

Match applicant: guide for noteworthy characteristics

*****THREE CHARACTERISTICS ONLY*****

The aim of the noteworthy characteristics section is to provide a holistic view of your achievements; these do not need to be related to your medical career but need to highlight your accomplishments in the context of your journey to becoming a doctor.

The key thing to remember is: what three things do you want the program to know about you?

When writing your noteworthy characteristics, try and answer the following questions:

1. What is unique about you?
2. What are you most proud of?
3. What makes you stand out from all other applicants?
4. What is the most important thing you have accomplished?

Provide a **maximum of three characteristics** highlighting your most salient noteworthy characteristics. This section must be presented as a bulleted list. Each characteristic should be described in two sentences or less. Information about any significant challenges or hardships encountered during medical school may be included in this section.

Complete this section in third person (i.e. “**He** did this” NOT “**I** did this”).

Sample Characteristics

- John Citizen grew up on a cattle ranch, with a five-generation history in ranching. John is the first family member to move overseas and pursue a career outside of this family tradition.
- John Citizen is an avid volunteer, having volunteered at the Seton Medical Center during his undergraduate Biology degree, assisting with influenza clinics, training volunteers, and socialising with patients. During his medical program, John was a peer tutor to first year students, helping to develop his teaching skills.
- John Citizen is passionate about ice hockey and once served as the practice goal tender for the Dallas Stars. He enjoys going to the gym and holds personal trainer certification with the American College of Sports Medicine