

Noteworthy Characteristics – Guidance

The purpose of the noteworthy characteristics section is to provide a holistic view of your achievements. These do not need to be directly related to your medical career but should highlight your accomplishments within the context of your journey to becoming a doctor.

When preparing your responses, consider: **what three key things do you want the program to know about you?**

To guide your writing, reflect on the following:

1. What is unique about you?
2. What are you most proud of?
3. What distinguishes you from other applicants?
4. What is the most significant accomplishment in your journey?

You may include **a maximum of three characteristics**, focusing on those that are most meaningful and relevant. This section must be presented as a bulleted list, with each characteristic described in no more than two sentences.

You may also include information about any significant challenges or hardships you experienced during medical school, where relevant.

All entries must be written in the third person (e.g. “He/She/They did this,” not “I did this”).

Sample Characteristics

- John Citizen grew up on a cattle ranch with a five-generation family legacy in ranching. He is the first in his family to move overseas and pursue a career outside this tradition.
- An avid volunteer, John contributed at Seton Medical Center during his undergraduate Science degree, assisting with influenza clinics, training volunteers, and engaging with patients. During medical school, he also served as a peer tutor for first-year students, further developing his teaching skills.
- John Citizen has a strong passion for ice hockey and once served as a practice goaltender for the Dallas Stars. He also enjoys fitness and holds a personal training certification from the American College of Sports Medicine.