



Personal Statement Guidelines

- Aim for 600-650 words (one page max) – 3 to 4 paragraphs
 - Program Directors will likely review before interviews to learn something new and distinguishing about each applicant.
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Honestly attempt to answer the following 4 questions:

- 1. How did I get interested in this specialty?**
 - 2. What are the unique/innate qualities that I will bring to the residency program?**
 - 3. What areas of the program I match into will likely be improved as a result of me training in it?**
 - 4. What do I plan to do with all the great training I will acquire once I complete the residency?**
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Reflective Questions to Consider:

- Why am I interested in this field?
- What do I want in a residency program?
- What are my professional goals?
- Why should a residency choose me?
- What accomplishments should I highlight?
- What contributions can I make to the specialty?
- What contributions can I make to the residency program?
- What outside interests do I have?

Do:

- Provide insight into who you are and what you have achieved.
- Write about something you would like to discuss in an interview.
- Address a problem in your application if you can put a positive spin on it.

Don't:

- Use quotes from famous authors or statesmen to begin your narrative.
- Restate your CV/application
- Be too cute unless you have vetted it with several people
- Use the entire statement to address problems in your application—try to keep it positive

Additional Tips:

- Less is more! Never change the font size in an effort to cram more words into the space. No one will ever read your composition if you do this.
- Recommend technical writing at its best: lean, to the point, and do not use too many adjectives.

This form is provided by the Ochsner Clinical School Office of Student Affairs.
