



Personal Statement Worksheet

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1.) Word Vomit

- (Set a timer for 10 minutes. Now, pretend someone asked you "Who are you and why do you want to be a dentist?" and write down everything you would want to tell them. No editing, no organization...just write)

3.) Outline Your Paper

- 1) Intro
 - a. Your story (sneak in the theme of all three of your statements):
 - b. Brief overview (caution: don't say "I am going to talk about.")
- 2) Body paragraph 1: Why do you want to be a dentist.
 - a. Thesis statement:
- 3) Body paragraph 2: What have you done to get there
 - a. Thesis statement:
- 4) Body paragraph 3: Have you had to overcome any obstacles:
 - a. Thesis statement
- 5) Conclusion:
 - a. What are your future plans?
 - b. Summarize your essay (revisit the 3 main statements in a unique way)

2.) Make a List

Look through your word vomit and pick three main statements. These statements should be your top three things you would want the admissions committee to know about you. When you choose these things you want them to be honest, unique, and very important to you. .

I want you to know.... (example)	I want you to know....
I have a passion for science AND art!	
I want to work in an underserved area.	
I am perseverant.	

4. Revise, Revise, Revise

Print out your first draft and read out loud while checking off this list.

<input type="checkbox"/>	Highlight anything cliché/ someone else could say
<input type="checkbox"/>	Strike out repetitive sentences.
<input type="checkbox"/>	Circle spelling / grammar errors
<input type="checkbox"/>	Comment if there is more you should add/ remove
<input type="checkbox"/>	Notice when the flow is disrupted (and mark it)

5.) Ask for help!

Send your revised first draft to multiple people:
 Friends in professional school
 Your school's writing center
 Advisors
 English majors
 Grammarly