What is a personal statement?

A personal statement is your opportunity to express insights, strengths, and qualities about yourself that are not apparent in the rest of your application materials. Generally they are two-pages double-spaced, formatted as per each school's specifications.

What are schools looking for in personal statements?

- Adherence to each school's application directions. *Every school has slightly different requests- know exactly what each is looking for!*
- Strong sense of your authentic self and how your values match the school's values
- Focus on personal strengths
- Clear post-graduation goals
- Confidence, growth mindset, and solutions-based orientation
- Unique contributions in and out of the classroom, graduating class, and future career field

What to avoid!

- Writing your entire life story instead of what is most relevant
- Sharing weaknesses you aren't currently addressing
- Writing passively and ornately in a way that is inauthentic
- Using cliché, over-used quotes instead of sharing your own perspectives
- Insincerity
- Typos!