AMCAS application *(Medical)*: 5300 characters (including spaces)

AADSAS application *(Dental)*: 4500 characters (including spaces)

PHARMCAS application *(Pharmacy):* undefined length

* *Cannot go over; try to get as close to your limit as possible*

**Theme Discovery:**

What are the 2 things you want the reader to know about you that makes you the ideal candidate:

**Field Specific Evidence:**

**Why you want to become a doctor/dentist/pharmacist?**

Overall, general reasons…

Specific reasons *(Why med, dental, pharma and not anything else)…*

Evidence of deep reflection of the significance of your experience *(how have your experiences influenced you)*…

Evidence of knowledge about the field…

**Your Unique Perspective:**

Why you? Why should the schools admit you over all the other applicants?

**What will you uniquely offer to the field?**

What is my unique perspective…

What are my unique skills or strengths…

Which of my personality traits would make me great in my field…

What are my unique values that shape the type of health care professional I want to be…

Which aspects of my field am I most interested in, that make me unique…(if applicable)

**Tips:**

* Be sure you haven’t simply restated experiences that you’ve highlighted in other areas of your application.
* Resist the urge to use big words just for the sake of using them!
* Do you have clear points? Is the reader left making assumptions or guessing at what you are trying to say?
* Is your personal statement too focused on the story, leaving out your insight or personal reasoning to describe your motivation to pursue medicine/dentistry/pharmacy and your passion for the field?
* Have you spent too much time focusing on others (i.e. your role model who inspired you to go into the field) and not enough time on your own personal reflections?
* Have you include knowledge of techniques, procedures, terminology, etc. to illustrate you depth of knowledge about the field.
* Do you have a theme? Is it too much theme?
* Do you have a definite, fluid conclusion that ties the personal insights together with the theme or story?