

EXERCISE 1: 50 REASONS WHY MEDICINE

Start by listing 50 reasons why you want to be a doctor! It's okay if some of the reasons are cliché or unoriginal. That's why you're going to write 50. Be specific

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EXERCISE 1: 50 REASONS WHY MEDICINE

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EXERCISE 1: 50 REASONS WHY MEDICINE

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EXERCISE 2: WHEN MEDICINE

In one paragraph or so, describe when you decided to become a doctor. What moments contributed to your journey into medicine? Was it an “a ha” moment or was it a culmination of experiences?



EXERCISE 3: CORE STORIES

Brainstorm 5-10 stories that you want to tell somewhere in your application, such as your personal statement, secondaries or activities. This should not just be a reiteration of your CV/ resume. Use up to three stories in your personal statement.

Story 1:

- What happened? (One paragraph)

- Significance? (2-3 sentences)

Story 2:

- What happened? (One paragraph)

- Significance? (2-3 sentences)



EXERCISE 3: CORE STORIES

Story 3:

- What happened? (One paragraph)

- Significance? (2-3 sentences)

Story 4:

- What happened? (One paragraph)

- Significance? (2-3 sentences)

Story 5:

- What happened? (One paragraph)

- Significance? (2-3 sentences)



EXERCISE 3: CORE STORIES

Story 6:

- What happened? (One paragraph)

- Significance? (2-3 sentences)

Story 7:

- What happened? (One paragraph)

- Significance? (2-3 sentences)

Story 8:

- What happened? (One paragraph)

- Significance? (2-3 sentences)



EXERCISE 3: CORE STORIES

Story 9:

- What happened? (One paragraph)

- Significance? (2-3 sentences)

Story 10:

- What happened? (One paragraph)

- Significance? (2-3 sentences)



EXERCISE 4: BRAINSTORMING QUESTIONS

Your personal statement and secondary essays should be a series of stories that demonstrate who you are, why you are choosing medicine, and how you came upon this path. Consider these questions when coming up with your stories.

1. What are some traits that you want highlighted in your application, that may not be on your CV/ resume?
2. Go through your resume, experience-by-experience, and think, "what was the highlight of this experience?" Then, tell that story.
3. What unusual family obligations have you had, such as caring for a friend or relative?
4. What's an example of a time that you connected with someone from a different background?



EXERCISE 4: BRAINSTORMING QUESTIONS

10. Which patient encounter was the most memorable?

11. Did you ever have to make a difficult decision? What did you choose and why?

12. For DO's: What does mind-body-spirit mean to you? How can you use the osteopathic tenets in your medical practice?

13. What are your professional goals in medicine?



