

# CREATING A PERSONAL STATEMENT

SIUE CAREER DEVELOPMENT CENTER

A Personal Statement is an essay to professionally introduce yourself. Show some personality, but display yourself in the most professional way. Focus on your unique experiences, ideas, beliefs and passion you have related to your desired career industry.

## Reflection Questions

What's special, unique, distinctive, and/or impressive about you or your life story?

When did you become interested in this field and what have you learned about it (and about yourself) that has increased your interest and desire to pursue this career?

What are your career goals?

What skills (ex. leadership, analytical) do you possess?

What have your work and academic experiences taught you?

How have your experiences contributed to your growth?

What personal characteristics (ex, integrity, compassion) do you have that can improve your success in the field? How can you show these characteristics?

What are the most compelling reasons you can provide to increase the admission committees interest in you?

## Best Practices

Do not use the same statement for multiple applications - personalize and target it towards the school you are applying for.

Be specific and back up your statements with examples. Explain experiences you have been involved in that helped you develop your skills and passions.

Grab their attention in the first paragraph so they are interested in continuing.

The statement should tell a story about you by explaining your experiences. Create a fresh, lively, and different statement to make yourself stand out. Make them remember you!

Be specific and relate what you know about the career field - Talk about research, work, volunteer, etc. experiences that relate to the career you want & show your qualifications.

Learn about the school you are applying to. What are their values & goals?

What is special about the program? What excites you about the school & program?