

Below are 10 musts of every medical residency Personal Statement -

- ✓ A strong hook to engage the reader right away
- ✓ Cohesive lead-in to your interest and pursuit of a specific specialty
- ✓ In-depth discussion of your background, skills, and characteristics
- ✓ Personal details that will be memorable and help you stand out
- ✓ Positive, professional, and proactive tone
- ✓ Expectations of a residency program
- ✓ Your future vision and goals
- ✓ Avoiding dramatization or overplayed cliches
- ✓ Perfect spelling, grammar, syntax, and style
- ✓ And a well-crafted conclusion leaving the reviewer wanting you to join their program!

Sound intimidating?



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→ "Because you are a single child"

This line has echoed in my ears since my childhood; whatever good or bad I do, people always use to compare it to my upbringing.

→ I am a single child of my parents which has its own pros and cons but people always used to taunt me saying, "You are a single child so you must be a spoiled brat".

→ Both of my parents are from medical field & both are working so from my early childhood I had to learn to do things on my own.

Even tho I was pampered, I had to make sure there is food ready before I go to school so that my dad can eat & go to hospital.

→ Growing up, I spent most of the time in hospital. Playing hide n seek in hospital corridor, I used to wonder why people are yelling & shouting & crying.



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• I saw a baby being born to a my father being there for post-mortem.

→ Carrying my mom ⁱⁿ tiffin on my way to school to get it dropped so that she can enjoy home food. I was always so comfortable with hospital & its smell.

→ We used to live in hospital quarter, as my father was a doctor, so it always use to make me curious, how one person can treat so many people. I had seen my father treating a child, man, woman, older people. In my small head I used to believe my father has some magical power: & I want to become one.

→ Everyone always used to tell me "You will be a doctor since your both parents are in this."

→ ~~I~~ But when

→ I remember a particular incident in my childhood which began to help me more towards it.

I was playing in my front yard where I hit my head & my father gave me my first stitches



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↳ I thought this is so cool to be able to treat another. I wanted to become like my dad.

→ Being a girl of 10-12 yrs old, I had my biggest insecurity as I had multiple moles on my face which were growing in size as I grow up, so I always knew I wanted to be a doctor so that I can treat myself.

→ I started my medical journey in Bangladesh, which itself was a challenge because of new country, new culture & most importantly language. But as my father used to say, No challenge is bigger, if you decide that you will do it.

→ As year passes by it became my second country. The people, the joy they have for their culture & their diversity is what I always cherished about Bangladesh.

→ As the clinical year started, then the real hurdle begins, because theory and practical are two different things. This is about human life. I won't say Oh I am the best doctor then



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is cause in my first day, I was horrible and scared.

- But what gave me motivation was my mother's word. She told me that I know you have done many hardship in life because of family and personal matter and despite that you have always thrive. No one is born to be a doctor, its all the hardwork of failure & mistake that will shape you to be a good doctor. This will always be with me what my mother said in phone call.

→ Taking history from patient, communicating with them & they telling me that "Oh you are not bengali but noone can say that by the way you speak" was my biggest compliment cause i believe to have a good rapport with your patient, it is a must that they can explain their problem and worrice to you freely.

→ They look at you with hope in there eyes is what I look up to the most. But with all



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~~that I couldn't do~~

→ I always knew I wanted to do internal medicine because of my father. The way he was able to treat so many (diverse age-group people).

→ Plus one main deciding factor was when my own father suffered from GBS (Guillain-Syndrome) during my final year in medical school. Even studying a MBBS, I was helpless as I was in total different country.

I took permission from my teacher & went to see him for a week.

→ When I opened that hospital door, I remember that moment clearly, when he was raising his both hand & feet to show me. People around us & my mom was crying but I know my father was showing me his improvement that he was recovering & he can use his extremities. Then I talked with his treating doctor & became actively involved. Even tho I had less time, I knew what was to be done.

At that time, I ~~released~~ realised this is it!



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I want to be able to treat people from their diagnosis to treatment. This is what I want to do for this time not for anyone but for me.

→ From there I started my USMLE journey, which was nothing like MBBS. I had my ups & downs. There were times when I hit rock bottom but I knew why I started in the first place & one failure can't determine my life & my journey so I started again & here I am finally being done to all my exams.

→ In world of medicine, everyday is a learning, not always by books but around your surrounding as well. I hope & I am sure I can do justice to it & make a worthy of a doctor.

→ After graduating MBBS, I thought my life is sorted, when I told my parents I want to do USMLE they were shocked cause they



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wanted me to pursue my career in Nepal.

But I knew I always wanted to do my career in America. There is no fixed reason why. But its always been america. maybe because i was comparing my life here in Nepal to USA or the health care facility which we couldn't get in our country.

Being a developed country, I feel America provides doctor their worth and respect they deserve.

→ I won't say I never had failure in life. When you get your first failure, you feel like this is it. There is nothing left in life. I had that when I had my first failure, but it was my partner who pushed me to go onⁱⁿ this journey. I started again with positive attitude.

→ Medicine has always been fascinating. When we were in internship and had my first admission duty, I realised how intricate a small detail is. You take entire history & can make a diagnosis & do treatment from start to finish.



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→ Which remind me how my father used to do it with such a ease -

→ Hopefully I can walk in his footsteps & do better for myself so that I can sleep peacefully in night knowing I am doing justice to my work.