

# Health Professions Personal Statement Prompts

In this document, the personal statement / essay prompts from the standardized applications to different health professions have been collected. Additional updates will be made as applications for the 2022 matriculation cycle are released.

- [Allopathic Medicine](#)
- [Dental](#)
- [Dietetics](#)
- [Health Administration](#)
- [Occupational Therapy](#)
- [Optometry](#)
- [Osteopathic Medicine](#)
- [Pharmacy](#)
- [Physical Therapy](#)
- [Physician Assistant](#)
- [Podiatric Medicine](#)
- [Public Health](#)
- [Texas Programs \(MD, DO, Vet, Dental\)](#)
- [Veterinary Medicine](#)

## AMCAS 2021

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<https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/applying-medical-school-amcas/> Go to 2021 [AMCAS Applicant guide](#) – pdf (p 54)

5300 characters

Use the Personal Comments essay as an opportunity to distinguish yourself from other applicants. Some questions you may want to consider while writing this essay are:

- Why have you selected the field of medicine?
- What motivates you to learn more about medicine?
- What do you want medical schools to know about you that haven't been disclosed in other sections of the application?

In addition, you may wish to include information such as:

- Unique hardships, challenges, or obstacles that may have influenced your educational pursuits.
- Commentary on significant fluctuations in your academic record that are not explained elsewhere in your application.

“Most Meaningful” Work/Activities Experience Descriptions (AMCAS Applicant Guide, p 44-45)

You may identify up to three (3) experiences that you consider to be the most meaningful. This designation will allow you an additional 1,325 characters to explain why this experience was particularly meaningful to you. When writing your response, you might want to consider.

- The transformative nature of the experience
- The impact you made while engaging in the activity.
- The personal growth you experienced as a result of your participation.

# AACOMAS 2021

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[https://help.liasonedu.com/AACOMAS\\_Applicant\\_Help\\_Center/Filling\\_Out\\_Your\\_AACOMAS\\_Application/Supporting\\_Information/5\\_Personal\\_Statement](https://help.liasonedu.com/AACOMAS_Applicant_Help_Center/Filling_Out_Your_AACOMAS_Application/Supporting_Information/5_Personal_Statement)

5300 characters including spaces.

In the space provided, write a brief statement expressing your motivation or desire to become a DO. Keep your statement general as the same essay will be sent to all schools you will apply to. Even if you only plan to apply to one program, do NOT make your essays school specific as you may decide to apply to additional programs at a later date, and once you submit your application your essay can NOT be edited or changed.

Don't forget to include the reasons that you want to study osteopathic medicine in your personal statement.

## **New extra questions for AACOMAS this year:**

1. *Did your school move to offering only online curriculum during the COVID-19 crisis?*
2. *Did you have an opportunity to receive a letter grade for any of your courses taken during the COVID-19 crisis?*
3. *The third is an open response essay question prompting applicants to describe how COVID-19 has impacted their pathway to medical school. The question is open ended and allows applicants up to 2500 characters for them to describe any academic, personal, financial or professional barriers that COVID-19 may have presented for them.*

# TMDSAS 2021

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<https://www.tmdsas.com/PLAN/references/application-handbook.html>

**Dental Applicant Personal Statement:** The personal essay asks you to explain your motivation to seek a career in dentistry. You are asked to discuss your philosophy of the dental profession and indicate your goals relevant to the profession. The essay is limited to 5000 characters, including spaces.

**Medical Applicant Personal Statement** The personal essay asks you to explain your motivation to seek a career in medicine. You are asked to include the value of your experiences that prepare you to be a physician. The essay is limited to 5000 characters, including spaces.

**Veterinary Applicant Personal Statement** The personal essay asks you to describe opportunities and challenges (veterinary-related and non-veterinary-related) you have experienced and how these have helped to prepare you to enter the veterinary profession. The essay is limited to 5000 characters, including spaces.

**Personal Characteristics - Required of All Applicants** Learning from others is enhanced in educational settings that include individuals from diverse backgrounds and experiences. Please describe your personal characteristics (background, talents, skills, etc.) or experiences that would add to the educational experience of others. The personal characteristics essay is limited to 2500 characters, including spaces.

**Optional Essay** – There is One Optional Essay Available for All Applicants. The optional essay is an opportunity to provide the admissions committee(s) with a broader picture of who you are as an applicant. The essay is optional, however, you are strongly encouraged to take advantage of this opportunity.

- Attention Veterinary Applicants! While traditionally the third essay has been optional, all three essays are now required and will be read and scored by the review committee. Therefore, take advantage of the unique opportunity essay #3 provides by presenting the review committee with a more complete picture of who you are and what you can bring to the veterinary program.
- Optional Essay: Briefly discuss any unique circumstances or life experiences that are relevant to your application which have not previously been presented. Optional Essay is limited to 2500 characters, including spaces.

## PTCAS 2021

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[https://help.liaisonedu.com/PTCAS Applicant Help Center/Filling Out Your PTCAS Application/Supporting Information/06 Essay](https://help.liaisonedu.com/PTCAS%20Applicant%20Help%20Center/Filling%20Out%20Your%20PTCAS%20Application/Supporting%20Information/06%20Essay)

4500 characters including spaces.

2020 Question: *Every person has a story that has led them to a career. Since there are a variety of health professions that "help" others, please go beyond your initial interaction or experiences with physical therapy and share the deeper story that has confirmed your decision to specifically pursue physical therapy as your career."*

In addition to updating the personal essay prompt, clarifying instructional text will be added to the top of the essay page within the application, reading:

*"DPT program faculty and admissions committees are looking for you to use this essay to persuade the reader that the physical therapy professions is the right fit for you. Please keep this in mind as you complete your personal essay."*

DPT programs may require additional school-specific essays.

Does your academic record accurately reflect your capabilities? If no, describe why it does not. Present any information that may assist the admissions committee in interpreting and evaluating your academic history or credentials. (1000 characters)

# OTCAS 2021

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[https://help.liasonedu.com/OTCAS\\_Applicant\\_Help\\_Center/Filling\\_Out\\_Your\\_OTCAS\\_Application/Supporting\\_Information/06\\_Documents](https://help.liasonedu.com/OTCAS_Applicant_Help_Center/Filling_Out_Your_OTCAS_Application/Supporting_Information/06_Documents)

No character limit indicated. Upload a document.

Use your own words to create a personal essay that responds to the question below. Upload your personal essay using the upload tool labeled 'Personal Statement.'

Your Personal Statement should address why you selected OT as a career and how an Occupational Therapy degree relates to your immediate and long-term professional goals. Describe how your personal, educational, and professional background will help you achieve your goals. The personal essay is an important part of your application for admission and provides you with an opportunity for you to clearly and effectively express your ideas.

# OptomCAS 2021

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[https://help.liasonedu.com/OptomCAS\\_Applicant\\_Help\\_Center/Filling\\_Out\\_Your\\_OptomCAS\\_Application/Program\\_Materials/OptomCAS\\_Program\\_Materials](https://help.liasonedu.com/OptomCAS_Applicant_Help_Center/Filling_Out_Your_OptomCAS_Application/Program_Materials/OptomCAS_Program_Materials)

4500 characters

OptomCAS essay(s) are located under "Program Materials", thus the questions and your responses can be customized for each Optometry Program. Most Optometry schools include this as their main essay question:

Please describe what inspires your decision for becoming an optometrist, including your preparation for training in this profession, your aptitude and motivation, the basis for your interest in optometry, and your future career goals.

# CASPA 2021

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[https://help.liasonedu.com/CASPA\\_Applicant\\_Help\\_Center/Filling\\_Out\\_Your\\_CASPA\\_Application/3\\_CASPA\\_Supporting\\_Information/5\\_Essay](https://help.liasonedu.com/CASPA_Applicant_Help_Center/Filling_Out_Your_CASPA_Application/3_CASPA_Supporting_Information/5_Essay)

5000 characters including spaces

In the space provided write a brief statement expressing your motivation or desire to become a physician assistant.

# AADSAS 2021

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[http://www.adea.org/dental\\_education\\_pathways/aadsas/Applicants/Pages/PersonalStatement.aspx](http://www.adea.org/dental_education_pathways/aadsas/Applicants/Pages/PersonalStatement.aspx)

4,500 characters including spaces

The personal statement explains who you are and, most importantly, why the applicant wants to pursue a dental career.

The **ADEAAADSAS application** requires a personal essay on why you wish to pursue a dental education.

Where do you start? Admission committees are looking for individuals who are motivated, academically prepared, articulate, socially conscious, and knowledgeable about the profession. What can you tell admissions committees about yourself that will make you stand out?

Although there is no set of rules mandating what a strong personal statement should include, here are a few tips to help you successfully craft a winning personal statement:

- Explain a defining moment that helped steer you toward a career in dentistry. Consider using that moment as the focal point of your essay.
- Be colorful, positive, imaginative, and personal when discussing why you're a good candidate for dental school. Ask yourself—in a pile of 100 applications, would I enjoy reading my statement? Be sure to convey your passion for dentistry in your statement.
- Be yourself. Don't use jargon, clichés or big phrases that you would not use in daily conversation. Remember, dental schools want to know about the real you.
- Be original and thoughtful: Discuss how you would contribute to the profession and patient care, all of which will help you stand out from other applicants.
- Tell your story—make sure the essay is your story, not someone else's.
- Recruit a friend. Ask a friend, relative or faculty advisor to read your essay and provide constructive criticism. Ask them to think about whether the essay is a good representation of your character, and what they know of your ideals and aspirations.
- Give yourself time to organize your thoughts, write well and edit as necessary. And don't forget to proofread, proofread, proofread!

# PharmCAS 2021

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<https://www.pharmcas.org/application-instructions>

<https://www.pharmcas.org/sites/default/files/2020-07/2020-2021-pharmcas-application-instructions.pdf> pg. 65

4500 characters including spaces

Your Personal Essay should address

- Why you selected pharmacy as a career
- How the Doctor of Pharmacy degree relates to your immediate and long-term professional goals.
- Describe how your personal, educational, and professional background will help you achieve your goals.

# SOPHAS 2021

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[https://help.liasonedu.com/SOPHAS\\_Applicant\\_Help\\_Center/Filling\\_Out\\_Your\\_SOPHAS\\_Application/SOPHAS\\_Program\\_Materials/SOPHAS\\_Program\\_Materials](https://help.liasonedu.com/SOPHAS_Applicant_Help_Center/Filling_Out_Your_SOPHAS_Application/SOPHAS_Program_Materials/SOPHAS_Program_Materials)

SOPHAS essay(s) are located under "Program Materials" on Documents tab and/or Questions tab, thus the questions and your responses can be customized for each Public Health program.

When submitting your Personal Statement, it should be unique to each degree program to which you are going to apply. Your statement is intended to give you the opportunity to submit a tailored narrative which will describe your education, experience and professional career objectives. Your personal statement should describe your:

- Reasons for interest in public health
- Reasons for interest in program of study and/or concentration
- Reasons for interest in the school or program
- Career goals
- If you are applying to a doctoral program, your proposed research topics.
- Be sure to check with the school or program to which you will be applying to determine if there are any additional questions you should answer in your statement.

# VMCAS 2022

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[https://help.liasonedu.com/VMCAS\\_Applicant\\_Help\\_Center/Filling\\_Out\\_Your\\_VMCAS\\_Application/VMCAS\\_Supporting\\_Information/01\\_Essay](https://help.liasonedu.com/VMCAS_Applicant_Help_Center/Filling_Out_Your_VMCAS_Application/VMCAS_Supporting_Information/01_Essay)

<https://www.aavmc.org/becoming-a-veterinarian/how-to-apply/>

Your personal statement is a one-page essay (not to exceed 3,000 characters) that gives veterinary admissions committees a clear picture of who you are and, most importantly, why you want to pursue a career in veterinary medicine.

Although there is no set of rules mandating what a strong personal statement should include, here are a few tips to help you successfully craft an effective personal statement:

- Explain a defining moment that helped steer you toward a career in veterinary medicine. Consider using that moment as the focal point of your essay.
- Be original and thoughtful: Discuss how you would contribute to the profession and patient care, all of which will help you stand out from other applicants.
- As you are telling us why you want to pursue a career in veterinary medicine, explain why you are good candidate for veterinary school. Ask yourself—in a pile of 100 applications, would I enjoy reading my statement? Be sure to convey your passion for veterinary medicine in your statement

# AACPM-AS (Podiatry) 2021

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[https://help.liasonedu.com/AACPMA\\_S\\_Applicant\\_Help\\_Center/Filling\\_Out\\_Your\\_AACPMA\\_S\\_Application/AACPMA\\_S\\_Supporting\\_Information/09\\_Essay](https://help.liasonedu.com/AACPMA_S_Applicant_Help_Center/Filling_Out_Your_AACPMA_S_Application/AACPMA_S_Supporting_Information/09_Essay)

4500 characters

In the text box state why you are interested in becoming a Doctor of Podiatric Medicine. Provide information about your development for a career in Podiatric Medicine. Please be aware, your response here will be sent to ALL schools you have designated on your application, so you should not tailor this essay to any one particular school.

# HAMPCAS (Health Administration, Management & Policy) 2021

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<https://higherlogicdownload.s3.amazonaws.com/AUPHA/3f8c0fae-d170-4d04-b5e8-aab04754f3f9/UploadedFiles/HAMPCAS%20Applicant%20User%20Guide.pdf> (p. 15)

[https://help.liaisonedu.com/HAMPCAS\\_Applicant\\_Help\\_Center](https://help.liaisonedu.com/HAMPCAS_Applicant_Help_Center)

4500 maximum characters

An Essay Statement of Purpose is intended to give you the opportunity to submit a narrative to each school to which you are applying describing your past education, experience and current professional career objectives.

You are encouraged to review the institution info card provided/program pages to answer the specific essay questions/statements for the programs you are applying to. You may create a general statement and or tailor your essays for specific schools.

## DICAS (Dietetics) 2021

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[https://portal.dicas.org/applicants2019\\_spring/instruction/ins\\_essays.htm](https://portal.dicas.org/applicants2019_spring/instruction/ins_essays.htm)

1000 words or less

You have two options. You may create one generic statement, suitable for sending to all programs, or you may create multiple tailored statements, which personally address the individual program to which it will be sent.

Address the following items in your personal statement.

- Why do you want to enter the dietetics profession?
- Discuss experiences that have helped to prepare you for your career.
- What are your short-term and long-term goals?
- What are your strengths and weaknesses or areas needing improvement?
- What other information do you consider important for the selection decision