In this next module, I'm going to talk about writing personal statements.,Personal,statements are used for a variety of purposes, for admissions to medical or graduate school,,for fellowships and scholarships, for internships, and even sometimes for jobs.,So I'll keep my tips pretty broad.,My biggest tip is that a personal statement should be personal.,It should reveal who you are authentically.,A good personal statement should feel a little risky to write.,It feels risky to reveal who you are, but that's what a personal statement should do.,When I review applications for graduate school, I take notes and I literally write down the word b law.,When I get a personal statement, that's just a stilted list of accomplishments and doesn't show any flare or personality.,I remember reading this great personal statement once, where the author described how he grew up in two different, ,opposing cultural worlds, and then he brilliantly connected that to having to balance opposing forces in medicine, wanting to spend quality time with patients versus having to be efficient.,He revealed a part of himself, and then tied it into why he thought he would be a good doctor.,2nd thing Use specific examples and stories in writing.,We call this show don't tell.,Don't just say you are committed to solving global health problems.,Show an example of this. Readers don't remember abstractions, they remember stories.,3rd, the personal statement shouldn't just be a listing of accomplishments that are already available on your CV.,It's just like writing the results section of a manuscript.,In a result section, you're not supposed to read the data lined by line from the table.,The reader can get that information from the table, and the reader can get all your accomplishments from your CV.,You only need to highlight the most important aspects of your CV, especially as it applies to the specific position or award you're competing for.,Next thing, don't use big fancy words if you don't have a good sense of how to use them correctly. I was reading a personal statement where the author said something like, I want to better understand epidemiology and biosit statistics, doctrines.,Doctrine isn't the right word there.,Doctrine implies a set of beliefs that are lays down as incontrovertably true, as in religion or politics.,It's not the right word to describe a set of scientific principles, and of course, don't use cliches.,5th you want to butter your readers up a bit, tell them why you love their institutional program.,You are writing to people who are proud of the program they run.,Show them that you're a fan, and show them that you've thought about how you as a person fit in with the program's mission.,Don't be afraid to name drop some professors.,This shows that youve done your homework and that you are specifically interested in their program.,Finally, address any gaps or failures, any problems in your application.,Head on. If you have a poor undergraduate transcript or low test scores, but the rest of your application is strong, tackle that weakness head on.,In your personal essie. Tell me what happened.,It's just like the limitation section of a manuscript.,If you anticipate my concerns and address them.,That speaks volumes. That tells me that you are self aware enough to realize your own limitations and to learn from your mistakes.,Don't just hope that if you don't bring it up, reviewers won't notice, because they will notice, and silence on the issue will likely get your application thrown off the pile.,But a good explanation and show of growth might actually get your application noticed.,Everyone likes a good story about overcoming obstacles or about an unconventional background.,And of course, it goes without saying, never lie or embellish or make things up.,That's obviously unethical. The essay should start with a strong opening paragraph, a strong lead, something that's compelling and memorable.,Don't be boring, and don't be afraid to sprawl a little a longer.,1st paragraph is OK if it's compelling.,Some of the most memorable personal essays I've read start with a story or a scene. I,remember one where the person started by describing the heat in the African country where that,candidate was doing a semester abroad, and she described how this doctor was treating a patient, ,and he was the only doctor around who could do the procedure, and the patient was tearful with joy.,That story stuck with me because it was emotionally moving.,I remember another one where the candidate had been a crew athlete in college, and she described being out on the river rowing in the early morning.,And that image stuck in my head.,I'm going to share a few examples um from students who agreed to share their work.,I may have changed a few details here and there to protect their identities.,I also dug through my own files, and I-I managed to find some personal statements that I wrote many years ago.,So I'm going to share a few snippets from my own essays.,Here's one that a student wrote.,It reads. Growing up in Tanzania, I heard a lot about HIV AIDS and its effects on our population.,But it was not until my cousin contracted the virus and subsequently passed it on to her newborn baby that it really hit home.,At age ten, I was shattered by the terrible news, and promised myself that one day I would do something to tackle the epidemic and help those affected.,The writer took a risk sharing personal details like this, but it's so moving and it draws you into the essay.,You immediately feel like you know the writer, and you are rooting for them to succeed in their quest.,This was the opening from my application essay for the UC Santa Cruz Science Writing Program, ,which I did after I finished my ph D-I was recently re reading an autobiography that I wrote in 4th grade.,I had to list my favorite things to do.,My top four were running, solving puzzles, reading and writing.,The foresight of children is amazing.,And then I actually go on to talk about that.,I was a competitive runner. I solved puzzles through epidemiology and statistics.,And I love to read. And then I finally get back to writing.,Not surprisingly, my passion for writing has also resurfaced. When I was a child, I did not dream of being a doctor or a scientist.,I dreamed of being a writer.,I have been steered toward the heart sciences.,All my life. I have pondered careers in biochemistry, genetics and bio statistics.,Yet, unfeelingly, I find myself drawn back to my childhood whip.,When I am asked what I am going to do when I finish my epidemiology PHD, I always answer laughingly, actually, I am going to be a writer.,And that's true. That's why I always tell people during my PHD.,You can see, it's quite a long opener.,I'm not even showing you the whole thing here.,I rarely write paragraphs so long, but it was a story I wanted to tell, and I was revealing who I am and why I wanted to go to the science writing program here.,S-A more boring and law opener.,I made this up, but I see versions of this frequently.,Inspired by the courses I have taken at Ex College, I have decided that I want to pursue a doctoral degree in Y as a double major in A and B.,At Ex College, I gained excellent skills and CD, thus I am well prepared for doctral studies and to pursue a career in academia.,This is safe and boring. It doesn't tell me anything unique about the applicant.,I already know from their CV that they went to college X and double majored in A and B, so it doesn't add anything to the application.,Don't be afraid to take that risk and be more personal.,After the opener, in the body of the essay, you will want to address the following questions, maybe giving one, maybe two paragraphs per item, one where do you want to go?,In other words, what are your short term and long term ambitions to What experiences have led you to this point?,Give some personal history that shows what's motivated you to want to be a doctor or get a ph d or work in this internship free.,What makes you a strong candidate?,Be specific and illustrate your strengths with stories.,Don't just list your accomplishments. This is also the place to explain any weaknesses you have and try to turn them into strengths, into obstacles you've overcome. Finally, toward the end, you want to show that youve done your homework and say specifically, why is it that you're interested in this particular programmer institution?,I'm going to give some examples now.,This is from a students essay answering the question, where do you want to go?,My interest in epidemiology and clinical research stems from an interest in neglected tropical diseases, group of diseases that infect over a billion,of the world's poorest people. Despite existing treatments that cost less than a dollar,,there is a startlingly large gap in scientific knowledge concerning fundamental questions about neglected diseases, ,from basic concepts in disease transmission to optimal treatment delivery strategies.,As a graduate student and future academic, I hope to provide solutions to these questions.,This student knows very clearly what he wants to do.,He wants to go to graduate school and then into academia to study a set of neglected diseases that predominantly affect poor people.,This is where he thinks he can make a difference.,And his whole essay goes on to talk about the research experiences he's already had, answering some of those questions.,Here s another example from a student essay where he's describing an experience that led him to decide that he wanted to pursue a career in HIV prevention.,In research there, I saw many children suffering from AIDS and opportunistic infections such as tuberculosis.,This environment was scary at times, because it was my 1st time witnessing children in the advanced stage of HIV infection.,It was painful to watch little kids suffer from various opportunistic infections and not be able to help them.,However, I turned this experience into a motivating factor to pursue a career path in HIV AIDS prevention and research.,This is compelling writing. It's moving.,It draws you in. And it's clear reading this why this person has chosen this particular career path.,Here s another example of describing the experiences that have led the person up to this point. Despite thinking of myself as a hardcore mathematician during my high school years, the amount of love, ,compassion and care I experienced during my voluntary work at an Institute for adults with Learning Disability was more than enough to sway me towards medicine.,This person is describing that even though they thought maybe they would go into math, they ended up getting swayed into medicine because of this experience they had volunteering.,Notice also that this person is subtily conveying something else.,They're telling us about the fact that they have a strong math ability, and that was actually important to this application.,So they're slipping that in there.,Here's another example. This is one from a personal essay that I wrote to get a science writing internship on a research ship in Antarctica.,I'm a bit of an outdoors adventure seeker.,In June 2000, I packed up my camping gear and touring bike, flew to France and biked from Paris to Barcelona, spain.,I was also a competitive distance runner for many years, and this taught me to always seek adventure, even if it's hard.,Incidentally, I traveled so much for competitions in college that I developed an excellent knack for riding on buses, planes and trains.,I expect this would extend easily to ships.,In this essay, I'm highlighting strength that I might not highlight for any other opportunity.,But one of the concerns for this internship was motion sickness.,You have to have a strong stomach to cross the Drake Passage on a ship.,It's about 36 h of very big rolling waves.,I wanted to convey that I like travel and adventure, and I was up to this kind of physical challenge because it was relevant to this internship.,Of course. Notice, I'm also subtily conveying here a bunch of other qualities that I am adaptable, high achiever, focused, dedicated, without saying any of those words.,I'm showing, not telling here. The next one is a made up example,, but it's reminiscent of the kinds of things I see on a personal statement that are less compelling, where the author is just reading off their CV like I have submitted or published three 1st author publications, and I am a co author on nine additional publications.,I've presented independent research at five conferences and participated in the implementation of six different research projects.,Publications are absolutely pertinent to positions in academia, but just listing them off is boring and simply repeats what the reader can already see for themselves by glancing at the CV.,It would be better to highlight one of the 1st pub 1st other publications.,Tell the reader about the experience, what was involved in that research?,How did it feel doing that research?,Was it exciting? How did it motivate you?,Were the findings interesting? Did you come across any challenges that you had to figure out how to overcome?,Show don't tell you can get across the fact that you are competent, hardworking, persistent, a problem solver, ,and that you have 1st other publications without directly saying any of this, by showing all of this through stories, here's an example of a better approach.,This author, leading up to this had just described his work on a research project with a professor I'm going to call Dr Smith.,He describes the research, and then he writes, doctor Smith and I are currently drafting a manuscript reporting our findings for journal submission.,My work at IU has been invaluable, as it has helped me gain insights on challenges associated with recruitment and retention of vulnerable patients into a study.,So this author does slip in the fact that this work is going to be published, but he spends more time talking about the experience and what he gained from it.,Here's an example that shows somebody talking specifically about the institution they want to attend.,I've changed some names, but the student had done an internship at Stanford previously, and was able to name drop some professors she'd worked with.,Notice also that the writer is slipping in some accomplishments.,Here, she writes the far reaching implications of Professor jones' work, the untapped potential of using statistical methods to explore large databases of information. The opportunity to rediscover my old passion for mathematics through medicine and the driven as well as welcoming people I met at Stanford created a priceless educational experience.,Within three weeks, I had learned how to program an are and had produced, under the guidance of Dr Smith, a paper on and so forth.,The reader slipped in a lot.,The writer here has slipped in a lot.,They've praised Stanford. In particular pieces, people at Stanford showed a specific interest um and knowledge of Stanford.,She's also shown some accomplishments. She knows our programming.,She wrote a paper in three weeks.,This is, again, much richer than just listing the volume of publications.,This gets into the experience, and again, also shows a specific interest in Stanford.,Now, you may not have had as deep of an experience with an institution as this, but even if you've just read about someone's work or seen them give a talk, mention this again.,Do your homework show that you understand the institution.,At the end, you need a concluding paragraph where you summarized your interest in the program or opportunity.,Consider wrapping it back to the opener.,E.g., if you started with a patient's story, end with a reference back to that patient tells what happened to that patient.,If you started with an image of you rowing crew on the river, wrap back to that image.,You could also end on a famous quote that inspires you, or just with a parting thought.,For your readers, it's okay to be lofty and aspirational here.,E.G. I ended my essay for the science writing internship on the boat in Antarctica ,with the opportunity to work with your team would put me smack in the middle of one of the most exciting research labs on the planet.,It would give me a wealth of experience that would not only inspire beautiful writing, but would forever be woven into my future tales.

在下一个模块中，我将讨论如何撰写个人陈述。个人陈述用于各种目的，用于医学院或研究生院的录取、奖学金和奖学金、实习，有时甚至用于工作。所以，我会把我的小贴士保持得很宽泛。我最大的建议是，个人陈述应该是个人陈述。它应该真实地揭示你的身份。写一篇好的个人陈述应该有点冒险。透露自己的身份感觉很危险，但这是个人陈述应该做的。当我审查研究生院申请时，我会做笔记，当我收到的个人陈述只是一份高调的成就清单，没有任何天赋或个性的个人陈述时，我会写下等等这个词。我记得曾经读过这篇精彩的个人陈述，作者描述了他在两个不同的对立文化世界中是如何分组的，然后他巧妙地将其与医学界的对立力量保持平衡、想要与患者共度美好时光而不是必须提高效率联系起来。他透露了自己的一部分，然后将其与他认为自己会成为一名好医生的原因联系起来。其次，使用具体的例子和故事。以书面形式，我们称之为这个节目，别说。不要只说你致力于解决全球健康问题，还要举个例子。读者不记得抽象了。他们记得故事。第三，个人陈述不应该只列出你的简历中已经有的成就。这就像写手稿的结果部分一样。在结果节中，你不应该从表中逐行读取数据。读者可以从表格中获得这些信息，读者可以从简历中获得所有成就。你只需要突出简历中最重要的方面，尤其是当它适用于你要竞争的具体职位或奖项时。接下来，如果你对如何正确使用它们没有很好的了解，就不要使用大花哨的单词。我正在读一份个人陈述，作者在陈述中说了我想更好地理解流行病学和生物统计学教义之类的话。教义在那里不是正确的词。教义意味着一组信仰，这些信仰与宗教或政治一样无可争议地是真实的。用这个词来描述一套科学原理是不对的。当然，不要使用陈词滥调。第五件事，你想让读者大吃一惊。告诉他们你为什么喜欢他们的机构或项目。你写信给那些为自己运行的计划感到自豪的人。向他们展示你是粉丝，并向他们展示你已经考虑过自己作为一个人如何适应该计划的使命。不要害怕点名丢掉一些教授。这表明你已经完成了功课，并且你对他们的计划特别感兴趣。最后，解决应用程序中的任何差距或故障，以及任何问题。如果你的本科成绩不佳或考试成绩低，但申请的其余部分却很强劲，那就在你的个人论文中直面这个弱点。告诉我发生了什么。就像手稿的限制部分一样。如果你预料到我的担忧并解决这些问题，那就说明了很多。这告诉我，你有足够的自我意识，可以意识到自己的局限性并从错误中吸取教训。不要只是希望，如果你不提起它，评论者就不会注意到。因为他们会注意到这个问题，而对这个问题保持沉默可能会让你的应用程序失败，但是一个好的解释和增长表现实际上可能会让你的应用程序受到关注。每个人都喜欢一个关于克服障碍或关于非常规背景的好故事。当然，不言而喻，永远不要撒谎、修饰或编造东西。这显然是不道德的。这篇文章应该从一个强有力的开头段落开始，一个强有力的线索。引人入胜且令人难忘的东西。不要无聊，也不要害怕稍微张开一点。如果第一段有说服力的话，那么更长的第一段是可以的。我读过的一些最令人难忘的个人文章都是从故事或场景开始的。我记得有人首先描述了这个非洲国家的炎热，那位候选人在国外度过了一个学期，她描述了这位医生是如何治疗病人的，他是周围唯一能做手术的医生，病人高兴地流下了眼泪。那个故事一直困扰着我，因为它在情感上令人感动。我记得还有一个候选人在大学时曾是一名船员运动员，她描述了清晨在河上划船，那张照片浮现在我的脑海里。我将举几个同意分享自己作品的学生的例子。为了保护他们的身份，我可能在这里和那里更改了一些细节。我还翻阅了自己的档案，设法找到了很多年前写的一些个人陈述。所以，我将分享我自己文章中的一些片段。这是一位学生写的。上@@面写着，在坦桑尼亚长大，我听过很多关于艾滋病毒/艾滋病及其对我们人口的影响的消息。但是直到我堂兄感染了这种病毒并随后将其传染给了她刚出生的婴儿，它才真正进入家中。十岁的时候，这个可怕的消息让我大吃一惊。并向自己保证，总有一天，我会做点什么来应对疫情，帮助那些受影响的人。作者冒险分享这样的个人细节，但它太感人了，它吸引了你进入这篇文章。你会立刻感觉自己认识了作家，你正在为他们成功完成追求加油。这是我在完成博士学位后写的加州大学圣克鲁斯分校科学写作项目申请论文的开头。我最近正在重读四年级时写的一本自传。我必须列出我最喜欢做的事情。我的前四名是跑步、解谜、阅读和写作。孩子们的远见卓识真是太神奇了，然后我实际上继续说自己是一名竞技跑步者。我通过流行病学和统计学解决了难题，我喜欢阅读，然后我终于回到了写作领域。毫不奇怪，我对写作的热情也重新浮出水面。当我还是个孩子的时候，我没有梦想成为一名医生或科学家。我梦想成为一名作家。我一生都被引导到硬科学领域。我曾考虑过生物化学、遗传学和生物统计学方面的职业。然而，我发现自己被童年的异想天开所吸引。当有人问我完成流行病学博士学位后要做什么时，我总是笑着回答。实际上，我要成为一名作家，确实如此。这是我在攻读博士学位期间经常告诉别人的话。你可以看到，这是一个很长的开场白。我甚至不会在这里给你看整件事。我很少写这么长的段落，但这是我想讲的故事，我在透露自己是谁以及为什么要参加科学写作课程。这是一个更无聊的开场白。这是我编造的，但我经常看到这个的版本。受到我在X学院上过的课程的启发，我决定要攻读Y的博士学位。作为X学院A和B的双主修，我在C、D和E方面获得了出色的技能。因此，我已经为攻读博士学位和从事学术界的职业做好了充分的准备。这既安全又无聊。它没有告诉我关于申请人的任何独特之处。我已经从他们的简历中知道他们上了X大学，主修了A和B的双专业。所以，这并没有给申请增加任何东西。不要害怕冒这个风险，变得更加个性化。在文章正文的开场白之后，你需要回答以下问题。也许每个项目给出一段，也许是两段。第一，你想去哪里？换句话说，你的短期和长期抱负是什么？第二，是什么经历使你走到了这一步？给出一些个人经历，说明是什么促使你想成为一名医生、获得博士学位或在这次实习中工作。第三，是什么让你成为强有力的候选人？具体一点，用故事来说明你的长处。不要只列出你的成就。这里也是解释你的任何弱点的地方，并努力将它们转化为优势，转化为你克服的障碍。最后，快要结束了，你想证明自己已经完成了功课。然后具体地说，你为什么对这个特定的项目或机构感兴趣。我现在要举一些例子。这是一篇学生的论文，回答了这个问题，你想去哪里？我对流行病学和临床研究的兴趣源于对被忽视的热带病的兴趣。尽管现有的治疗费用不到一美元，但这些疾病仍感染着世界上超过十亿最贫穷的人。关于被忽视的疾病的基本问题，从疾病传播的基本概念到最佳的治疗提供策略，科学知识存在惊人的巨大差距。作为一名研究生和未来的学者，我希望为这些问题提供解决方案。这些学生非常清楚自己想做什么。他想进入研究生院，然后进入学术界，研究一系列被忽视的深层疾病，这些疾病主要影响穷人。这就是他认为自己可以有所作为的地方，他的整篇文章接着谈到了他在回答其中一些问题时已经获得的研究经历。这是学生文章中的另一个例子，他在文章中描述了一段经历，这段经历促使他决定要从事艾滋病毒预防和研究领域的职业。在那里，我看到许多儿童患有艾滋病和结核病等机会性感染。这种环境有时令人恐惧，因为这是我第一次目睹处于HIV感染晚期的孩子。看着小孩子患有各种机会性感染却无法帮助他们，这真是令人痛苦。但是，我将这段经历变成了追求HIV/AIDS预防和研究职业道路的激励因素。这是一篇引人入胜的写作。它在移动。它吸引了你，读了这个人为什么选择这条特殊的职业道路就很清楚了。这是另一个描述引导他走到这一步的经历的例子。尽管在我高中时期，我自认为是一名铁杆数学家，但在学习障碍成人研究所做志愿者工作期间，我所经历的爱、同情和关怀足以促使我走向医学。这个人描述说，尽管他们认为自己可能会进入数学领域，但最终还是转向了医学。由于这段经历，他们做了志愿者。还要注意，这个人巧妙地传达了其他东西。他们告诉我们这样一个事实，那就是他们有很强的数学能力，这实际上对这个应用程序很重要。所以，他们把它塞进去。这是另一个例子。这是我为在南极洲的一艘研究船上进行科学写作实习而写的一篇个人文章。我有点像户外探险爱好者。2000年6月，我收拾好露营装备，旅行自行车飞往法国，然后从巴黎骑自行车前往西班牙巴塞罗那。多年来，我也是一名竞技长跑运动员，这教会了我即使困难也要始终寻求冒险。顺便说一句，我在大学里经常出差参加比赛，以至于我掌握了在公共汽车、飞机和火车上写作的绝佳技巧。我预计这很容易扩展到船只。在这篇文章中，我将重点介绍在任何其他机会中我可能不会强调的优势。但是这次实习的担忧之一是晕车。你必须有强壮的胃才能乘船穿越德雷克海峡。这是大约36个小时的巨浪滚滚。我想传达的是，我喜欢旅行和冒险，我可以应对这种身体挑战，因为这与这次实习有关。当然，请注意，我还突然在这里传达了许多其他品质，这些素质是我适应性强，成就卓著，专注，专注，不说任何一句话。我在这里表现得没说出来。下一个是一个虚构的例子，但它让人想起我在个人陈述中看到的那种不那么引人注目的东西，而作者只是在读简历。就像我已经提交或出版了三篇第一作者出版物，而我是另外九本出版物的合著者一样。我曾在五次会议上发表过独立研究报告，并参与了六个不同的研究项目的实施。出版物与学术界的职位绝对相关，但是仅仅把它们列出来很无聊，只是重复读者通过看一眼简历就能亲眼看到的内容。最好重点介绍第一作者的出版物之一。告诉读者这段经历。那项研究涉及什么？做那项研究的感觉如何？令人兴奋吗？它如何激励你？这些发现有趣吗？你有没有遇到任何必须弄清楚如何克服的挑战？看，别说。你可以理解这样一个事实，那就是你称职、勤奋、执着。一个问题解决者，通过故事展示所有这些，你首先有了他们所有的出版物，而无需直接说出任何这些。以下是更好方法的示例。在此之前，这位作者刚刚描述了他与一位我要称之为史密斯博士的教授合作开展的研究项目。他描述了这项研究，他写道，史密斯博士和我目前正在起草一份手稿，报告我们的发现，供期刊投稿。我在印第安纳大学的工作非常宝贵，因为它帮助我深入了解了与招募和留住弱势患者参与研究相关的挑战。因此，这位作者确实错过了这部作品即将出版的事实，但他花了更多的时间谈论这段经历以及他从中学到了什么。这里有一个例子，显示有人在谈论他们想就读的机构。我改了一些名字，但是那个学生之前曾在斯坦福大学实习，并且能够透露一些与她合作过的教授。这里还要注意，作者在这里取得了一些成就。她写道，琼斯教授的工作具有深远的影响，即使用统计方法探索大型信息数据库的未开发潜力。有机会通过医学和动力，以及欢迎我在斯坦福遇到的人，重新发现我以前对数学的热情，这创造了一种无价的教育经历。三周之内，我学会了如何用R编程，并在史密斯博士的指导下撰写了一篇关于等的论文。这里的作者陷入了很多困境。他们称赞了斯坦福大学和斯坦福大学的某些人。对斯坦福大学表现出特别的兴趣和了解。她还取得了一些成就。她知道我们的编程。她在三周内写了一篇论文。再说一遍，这比仅仅列出出版物的数量要丰富得多。这进入了体验。再说一遍，也表现出对斯坦福大学的特别兴趣。现在，你可能没有像现在这样深厚的机构工作经验。但是，即使你刚刚读过某人的作品或看到他们发表演讲，也要提一下。再说一遍，做功课。证明你了解这个机构。最后，你需要一个结尾段落，总结你对计划或机会的兴趣。考虑把它包回开瓶器里。例如，如果您从患者的故事开始，则以对该患者的引用作为结尾。告诉我们那个病人怎么了。如果你一开始是河上划船员的照片，那就回过头来看一张图片。你也可以以一句能激发你灵感的名言作为结尾，或者只是为读者留下离别的想法。在这里保持崇高和抱负是可以的。例如，我在南极洲的船上结束了科学写作实习的论文，有机会和你的团队一起工作，这会让我大吃一惊，进入地球上最激动人心的研究实验室之一。它将为我提供丰富的经验，不仅可以激发精美的写作，而且会永远融入我未来的故事中。