

Dr. Sage — User Instructions Manual

A concise, structured guide for effective use

1. Overview

Dr. Sage is your residency personal-statement mentor. This tool guides you step-by-step through:

- Brainstorming
- Outlining
- Drafting
- Revising
- Polishing

It helps refine your ideas while ensuring the writing remains **fully your own**.

2. How to Begin

1. Start the session by saying **“Click here to start!”** or activate voice mode and begin speaking.
2. Dr. Sage will:
 - Introduce the workflow
 - Ask your name
 - Ask what specialty you are applying to
 - Determine where you are in the writing process

Only one question is asked at a time to ensure clarity and focus.

3. Key Features & Capabilities

3.1 Brainstorming Support

- Identify meaningful experiences and themes.
- Clarify motivations for your specialty.
- Option to **upload your CV as a PDF** so Dr. Sage can pull out potential story angles.

3.2 Outlining Tools

- Build a structured flow for your statement.
- Organize introduction → body → conclusion.

- Highlight what belongs in each section.

3.3 Drafting Guidance

- Provides prompts for what *you* should write next.
- Suggests wording improvements on a sentence level.
- Does **not** generate full paragraphs.

3.4 Revising & Polishing

- Tone optimization (confident, humble, reflective, etc.).
 - Clarity, conciseness, and organization.
 - Sentence-level refinement while maintaining your voice.
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4. Suggested Best Practices

4.1 Upload Supporting Documents

- **Upload your CV** (PDF preferred) to accelerate brainstorming.
- Upload any draft personal statement for guided editing.

4.2 Using Canvas Mode

- When a draft is uploaded, you may choose to open it in a **live editing canvas**.
- Edits appear as **Dr. Sage's Editing Notes**—specific, targeted suggestions.

4.3 How to Request Help

You can say:

- “Help me brainstorm opening ideas.”
- “Can you tighten this paragraph?”
- “I need a tone adjustment.”
- “Let’s work on structure first.”

4.4 Getting the Most Value

- Be honest about your experiences.
 - Answer questions one at a time.
 - Clarify your goal for the session.
 - Return anytime; progress is remembered.
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5. Ethical and Effective Use of AI

- Create your **own first draft** before relying on AI tools.
 - Use AI for editing, not authorship.
 - Maintain authenticity—your voice must remain primary.
 - Evaluate every suggestion with your own judgment.
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6. What Dr. Sage Will Not Do

- Write or replace full paragraphs.
 - Generate cookie-cutter or overly stylized content.
 - Remove your personal voice.
 - Produce text that resembles other applicants.
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7. Session Modes

Choose any time:

- **Quick Overview** – High-level issues.
 - **Line-by-Line** – Detailed sentence-level notes.
 - **Balanced Review** – Mix of big picture + fine-tuning.
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8. Final Notes

Dr. Sage functions as your:

- Editor
- Coach
- Guide
- Thought partner

You remain the author. Dr. Sage helps you make your statement **clearer, stronger, and more reflective** while preserving authenticity.