The statement should be a 1 page narrative that provides a picture of yourself as an individual. It should deal with your personal history, family background, influences on your intellectual development, the educational, professional, and cultural opportunities (or lack of them) to which you have been exposed, and the ways in which these experiences have affected you and your personal growth.

Also include your special interests and abilities, career plans, and life goals, etc. It should not be a recording of facts already listed on the application or an elaboration of your Statement of Grant Purpose. It is more of a biography, but specifically related to you and your aspirations relative to the specific Fulbright Program to which you have applied.

Consider it an intellectual biography of sorts

•It is a PARTNER to your SGP

•How did you become interested in your field/your research area/focus area?

•How did you become interested in your host country/other countries/international affairs?

Work on fleshing out a narrative/story/anecdote

​•Describe what happened​

•Explain the significance of that experience (as it relates to why you are applying for a Fulbright grant)​

Don’t be afraid to scrap an early draft of a personal statement completely and start over completely.

•Experiment. Try different approaches, different content.