

PERSONAL STATEMENT WORKSHOP

Start Time: 7:10pm

End Time: 7:40pm

What is a personal statement?

- More weight on personal statement due to elimination of PCAT
- An essay about yourself to show "who you are"
- Gives the admission officers an idea about you that lead to the field of pharmacy

Personal Statement on PharmCAS

- your personal essay should include
 - Why you selected pharmacy as a career
 - How the PharmD degree relates to your goal
- An opportunity to clearly and effectively express your ideas
- Character limits: approximately 1 page (4,500 characters)
- Tips from PharmCAS
 - Keep your essay topic generic because it will be sent to all PharmCAS programs you apply
 - Don't plagiarize!!

UCSF PharmD Program

- UCSF specific essays will appear in the PharmCAS application
- Previous prompts:
 - Why UCSF?
 - In a class of 127 highly qualified students, which of your personal characteristics will make you stand out as an individual?

UOP PharmD Program

- Requires two written essay

Tips from Current Officers

- Brainstorm different experiences that you want to highlight
 - Tell a story and go into details about what you learned in that experience
 - Don't talk too much about others, FOCUS ON YOURSELF!
- Ask current pharmacy students, fellow classmates, pharmacists, and/or HPA to provide feedback
- Start early!
 - Recommend UWP 104F: has personal statement assignment
- When writing about experiences, think of 1 or 2 examples that really impacted you
- Be ready to rewrite many times
- Sit down and brain dump everything
- Make sure you address all parts of the prompt
- SHOW DON'T TELL

Q&A Session

- When did you start writing your personal statements? How long did it take to complete?
 - Officer 1: Started in September and felt really stressed, took her until deadline to finish (December)
 - Officer 2: Started early (January/February) and took UWP 104F to prepare personal statement and asked professor about feedback, asked alumni that got in pharmacy schools for advice, finished in September
- What was the biggest challenge you encountered?
 - Officer 1: Thinking about the specific details. Difficulty in considering which specific details to write about in supplemental questions
 - Officer 2: supplemental questions were difficult, specifically struggled with UCSF supplemental questions, had to sit back and think about, story telling in personal statement and supplementals to draw the reading in, being concise

and conveying what she wanted to the admission team

- Regarding secondary and personal statements, do you know if it's okay to talk about the same experience in different questions?
 - Officer 2: UCSF specifically asked to not repeat what was written in the personal statement
- What is one thing you wished you knew beforehand?
 - Officer 1: Go to HPA advising early, can brainstorm ideas together with advisor,
 - Officer 2: Not be too stressed, be okay with herself to take a break and think back to reflect