RESIDENCY PERSONAL STATEMENT EXAMPLES
Anesthesia Residency Personal Statement

Relief from pain is something that many people take for granted. With something as simple as a pill, aches and soreness can be relieved for up to 24 hours. The advent of pain relievers, analgesics, and anesthesia has helped to improve the lives of millions across the globe.

Anesthesia is especially important in medicine, enabling doctors to perform surgeries that previously would have been impossible for a patient to endure. I first became interested in the field of anesthesiology after experiencing my own hours-long surgery, after which I emerged a little sore, but with no recollection of the lifesaving procedure that had just been performed on me. In the future, I hope to use my skills as an anesthesiology to improve patient comfort during operations.

During medical school, my Anesthesiology rotation taught me many invaluable lessons regarding the job of an anesthesiologist as well as how to work in tandem with the rest of the medical team. I learned how to closely monitor vital signs, including slight movements signaling incomplete sedation. Additionally, I learned to factor in patient-specific factors such as weight and previous health conditions in deciding the best mode of anesthesia. This experience was very rewarding for me, and I hope to be able to continue my experiences and learning through a residency in anesthesia.

This residency program will offer me an opportunity to not only practice the methods and techniques that I learned in medical school, but also to expand my knowledgebase. Especially in a clinical hospital setting, emergencies and unexpected occurrences are commonplace, and I hope to learn how to best deal with each situation on a case-by-case basis. This residency will also give me the opportunity to become more involved with ongoing research in the field, enabling me to become a better anesthesiologist and physician in the future.
VET SCHOOL PERSONAL STATEMENT

Since I was a child, I was always taught about the sanctity of life. I remembered my parents teaching us to always help anyone and anything we could, whether it was an animal or a fellow human. I grew up on a farm, which meant I was constantly surrounded by animals, and also learned how to tend to their needs. Through experience, I learned to recognize symptoms of distress, earn an animal’s trust, and identify the most effective treatment for their condition. I have a natural talent for working with animals, and I hope to be able to continue my work in caring for animals during Veterinary School.

Since I was fourteen, I have volunteered at a local animal shelter, providing wellness checks and other services for animals brought in by volunteers. Over the years volunteering, I was very inspired by the resilience of the animals, as well as how they seemed to understand that you were there to help and not hurt them. Some even showed their gratitude through their loyalty and nuzzling after their recovery. I hope to continue this work in the future, helping whatever animals I encounter to live fully and find loving homes.

I have always wanted to make a career out of caring for sick animals, and attending veterinary school is the next step towards my goal. I hope to learn more about animal physiology as well as how it differs between species, which will allow me to design treatment regimens specific for the animal. Throughout my experience, I hope to be able to work together with like-minded peers to share knowledge as well as challenge each other to be better. The skills and the knowledge that I will gain from Veterinary School are essential for my ability to provide quality care for animals, and I look forward to enhancing my understanding of medicine as applied to veterinary care.
Every night, she would be outside, furiously searching for something in the trash bags assembled outside. If you ever approached her during her foraging, you would hear her mumbling about a blue train. As a child, her activities fascinated me; as a student of the medical sciences, her symptoms are highly worrisome. Not only was she obviously in distress, but the inability for the members of the community to recognize and intervene is highly concerning. My goal is to become a psychiatrist not only because I hope to be able to diagnose and treat diseases, but also so that I can help educate others and encourage them to take action.

It took eight years for someone to finally realize that my neighbor needed help. In my junior year of high school, I approached my guidance counselor for help, asking if there were any resources that I could reach out to. Through talking to multiple organizations and doing my own research, I was able to better understand her condition and connect her to a community group dedicated to helping individuals with episodes of psychiatric symptoms identify and treat their conditions. When I was in college, I received a card from her, thanking me for helping her get back on her feet. As a medical student, these moments are what I love for, and why I want to specialize in the field of psychiatry.

Although the field of psychiatry has grown by leaps and bounds and has helped to encourage a more understanding attitude towards mental illness in society, there is still much work to be done. I want to go into the field of psychiatry not only to be able to treat patients, but also to learn more about the underlying biological mechanisms driving disease. I am especially interested in pharmacological developments that can modulate CNS signaling and affect mood disorders. Psychiatry will allow me to unite my strong background in the research sciences, my clinical experience, and my passion for patients to make a difference in society.
INTERNAL MEDICINE RESIDENCY

Medicine is an ancient art, stemming from the first civilizations that sought to alleviate human suffering through various herbs. Since then, science has evolved to allow for higher concentrations of highly-potent products to be synthesized, allowing for a greater range of conditions to be treated. However, the fundamental principles remain the same – what particles can be utilized in order to treat a variety of different pathologies? How are they metabolized? These are some of the questions I hope to gain more insight into during my residency in Internal Medicine.

Since I was a child, I was highly interested in the mechanisms of medications and how they applied to different conditions. This was a fascination that stemmed from watching my cousin, who had myeloma, take a handful of different drugs every day. Since then, I have avidly followed both scientific and clinical developments in the field of medicine. I believe that through combining clinical therapies and traditional medicine, a great variety of diseases can be treated, if not cured. It is my goal to apply the knowledge gained in medical school to a relevant clinical experience in order to gain additional insight into the field of Internal Medicine during my residency.

A doctor of Internal Medicine must be well-informed of not only the disease pathologies of a plethora of conditions, but also must be familiar with the latest treatments as well. Throughout medical school, I have stayed informed about recent medical developments through corresponding with professors and keeping abreast of the most recent scientific publications. A residency in Internal Medicine will give me access to more resources, such as clinical professionals and actual patients through which I can better hone and develop my craft. This residency in Internal Medicine will provide me the tools and skills I need to become a successful practitioner of Internal Medicine in the future.
Surgery Personal Statement

The first exposure to the field of plastic surgery was the television documentary entitled Operation Smile. I was fifteen that time, and I stared at the screen, fascinated by both the real cause as well as the outcome of the collaboration that medical professionals achieved when they traveled to the Philippines, volunteering their skills and expertise. They helped a group of children who had problems with deformities, and had to deal with bullying and forms of ridicule.

I was grounded by the knowledge and insight that I have gathered while in elective volunteering experience with a pediatric plastic surgeon, as well as a reconstructive specialist at the Basic Hospital in XYZ City. I am very confident with my decision to complete a career in plastic surgery. I have learned that there is a possibility of continuity of care, which is something that is not very common with other surgical specialties. I was introduced to various genetic syndromes, plagiocephaly, craniosynostosis, hemangiomas, as well as chronic wound care. I have primarily witnessed the impact of plastic surgery on both the patient, as well as the family.

During my third year in medical school, I have realized that each of the patients represents with their unique challenge which covers a wide array of procedures, including cosmetic reconstruction, trauma, craniofacial, hand surgery as well as wound care. As far as a career in plastic surgery is concerned, after my residency, I am planning to pursue a fellowship, focusing on craniofacial surgery. Eventually, I also want to become a part of the Operation Smile mission, devoting my life to giving children their smiles back. I already imagine myself fostering a career in academic medicine at an academic institution. This has awakened my passion of other people just in the same way that my residents as well as my colleagues have done for me.
Pediatrics Residency Personal Statement

Sample

Unlike many people who have completed medical school, I did not know from a young age that I wanted to be a physician. As one of those people with a natural zest for life and desire to truly impact the lives of those around me, I knew I wanted to do something to serve others. However, it wasn’t until the age of 25 that I realized medicine would give me the opportunity to serve others, work with the resilience of the human body, teach, lead, and advocate for children who need a strong guide and role model.

When I began my undergraduate studies, I knew I enjoyed math and science and decided to major in chemical engineering. It did not take long for me to realize that engineering was not the right profession for me. Therefore, I decided to choose a major that would allow me to focus more on diversity and helping others, and I studied socio-cultural anthropology where I graduated with honors. At the time, I was working part-time as a personal trainer and loved it so much that I decided to begin doing it full-time. It didn’t take me long to realize that I ultimately wanted to work in the field of health and wellness, much like I watched my father do as a physical therapist. Thus, I decided to apply to medical school in the Caribbean. This transitional point in my life was a huge blessing. Not only did I find my true calling in medicine, I also learned many life skills, became even more culturally aware and gained the experiences necessary to determine that my ultimate goal was to work as a Pediatrician.

When determining the area of medicine I wanted to focus on, I recalled working with Dr. Yellow who is a Pediatrician. She had a natural ability to bond with and educate children on their level, and it was truly motivating and inspiring to witness. She also spent adequate time working with the parents, gaining the knowledge and trust necessary to make proper decisions regarding care, and teach parents how to properly advocate for their children. She emphasized prevention and the importance of teaching children to live a healthy lifestyle and make good decisions from an early age. While working with her, I continued to learn, and I saw the Pediatrician I was striving to become.

I have always loved educating youth, and have been teaching Indian cultural dance, as well as tap and ballet, for several years. I began dancing at the young age of 6 years and was recognized as a graduate of the dance program at 14 years old, after having done an intricate 3-hour solo performance with a live orchestra. At that time, I became eligible to teach, and have been doing so ever since. My determination, perseverance, love of fitness and movement, desire to learn and strong work ethic allowed me to accomplish this huge goal at a much younger age than most dance students. Additionally, I had the great privilege of working as a USMLE tutor after passing my exams on the first attempt, with excellent marks. In fact, I was actually hired by a local tutoring agency to help other students, which also helped me to solidify my knowledge base. I truly believe that one of the best ways to learn is to teach, and I look forward to imparting this knowledge on my young patients and their parents as a Pediatrician. I have always had the natural ability to take on leadership roles and connect with people. I am confident that I will carry these assets with me into your esteemed residency program.

I have always been one of those people who accomplish what they set their mind to do, and I am determined to serve the youngest of patients as a Pediatrician. With the desire to serve, I began volunteering for the Organization BLUE at the age of 19 where I spent many hours, and by the age of 21, I was elected to the Board of Directors. Here, I learned that it is possible to make a strong and impactful difference in society at a young age because I did just that. I look forward to helping my patients realize this potential, and guide them to making a positive impact on the world around them. My charisma, empathy, compassion, confidence, sense of humor, active listening skills, and ability to think outside the box will make me an asset to your program. I am able to easily connect with people of all ages, and in fact, was nicknamed the “baby whisperer” during my Pediatrics rotations in medical school. I cannot imagine doing anything else with my life and look forward to helping children forge forward with confidence by giving them the skills necessary in youth to develop good physical, spiritual, and mental health through education and a holistic and balanced approach to life.
The first time I looked at a slide under the microscope, I was amazed. It was a summer internship in my senior year of high school, and I was struck by how different tissue looked than I had imagined. My mentor explained to me the differences in cell structure leading to cancer grades, and allowed me to try my hand at identifying the type and stage of cancer from different slides. Since then, I have been greatly interested in diagnostic tools for identifying human diseases in the hopes of developing treatments. This fellowship in Pathology will allow me to continue my research and clinical training, preparing me for a career as a Pathologist.

As a medical student interested in pathology, I have always been interested in different biomarkers and histological signs of underlying disease. I believe that the earlier these signs are identified, the greater change a patient has for survival. During my last year of medical school, I worked in the lab of Dr. Harmon Yates, where I helped to identify five biomarkers that could predict response to certain chemotherapeutic agents. This type of identification and validation work could continue to save lives in the future, and I hope to continue my work in this field during my Pathology Fellowship.

This fellowship will give me the opportunity to not only heighten my research skills, but also to enhance my clinical knowledge as well. Training under skilled pathologists will help me to better identify signs of rare diseases or nuances that I could not learn from a textbook. Additionally, the mentorship that I will receive will undoubtedly impact my future desire to serve as a guide for young students seeking to enter the field. This Pathology Fellowship will enhance my ability to help my patients as a physician, and help me transition easily into the professional medical field.
OPHTHALMOLOGY RESIDENCY PERSONAL STATEMENT

I looked through the window of my living room at a street that is filled with tanks as well as marching soldiers. A ray of light slashed along the night sky as distant sounds and explosions shattered a very deceptive silence. This has resulted to the water inside my glass to quiver. After that experience, my family had to move to a safer place. As a young child, I have always viewed each move our family makes as an adventure, with experiences that has positively influenced my personality.

While I was doing my internal medicine rotation, I have chosen to spend time in the ICU in order to enhance my capability in distilling and understanding cases that are complicated, including several disease processes. I particularly took interest in the observation of the ocular manifestations which often accompanies systemic diseases. With this evolving interest, I also took part of a three-month rotation exploring in research opportunities at the US State Eye and Ear Infirmary. There I became convinced even more that ophthalmology is the specialty for me.

While spending time in clinic, I was able to work with various instruments that I have previously read in books. All of my previous experiences has allowed me to have an understanding an insight into what I can expect in the field of ophthalmology, preparing me to pursue residency in this field. I am extremely excited in working together with a group of diverse and talented ophthalmologists as well as residents who show compassion and care for their patients.

As a senior resident, I am also looking forward towards participating in a program which can provide me with the skills needed for this field. I will certainly be able to bring my unwavering curiosity as well as enthusiasm in order to be learned as well as to be trained.
When I talk about my motivation in entering the field of gynecology, I always refer to my mother’s friend who died of ovarian cancer when I was ten. Back then, I barely understood what cancer was, only that it was something that could not be cured in the same way as a cold or a broken arm. That incident inspired me to read more regarding the underlying mechanisms driving cancers of the ovaries and other gynecological malignancies. I realized that I wanted to make sure more women survived these cancers, and this motivated me to pursue a medical education in the field. I hope that this Gynecologic Oncology fellowship will equip me with the skills and techniques I will need to better diagnose and treat my future patients.

When I entered medical school, I debated whether I wanted to become a gynecologist or further specialize in oncology. However, after my friend was also diagnosed with cervical cancer in her early twenties, I realized that I wanted to focus on helping people like my friend fight their battle with cancer. I worked in a research lab specializing in gynecologic cancers in order to better understand the biological mechanisms of cancer development as well as treatment, and I hope to be able to use my research experience as well as my medical knowledge to gain the most I can from this fellowship.

My ultimate goal is to become a clinician at a University-operated hospital, where I can not only help patients, but also work closely with researchers and students to drive interest in the field. I believe that there is a need to better inform the public regarding screening for these cancers, as well as erase stigma pertaining to testing and diagnosis. I know that this fellowship in Gynecologic Oncology will enable me to better take on the challenges that await me as a physician in the field, using the latest in diagnostic and treatment regimens to enhance patient lives.
Emergency Medicine Personal Statement

Sample

After all of the many experiences that I have had in the emergency room, I have sometimes felt like it was my second home. I always thought of this as a negative; no child wants the ER to be the place they spend most of their time. Granted, it was very nice to be cared for by so many loving people and to have so many on my side. But there was still a stigma attached to the ER that I just could not shake.

When I first started school, I had every intention of pursuing pediatrics. If I had, I would now be giving you the “I just love children” speech. And although it would be very true, I am so glad to report that is not the speech I will be giving today. After a long and interesting relationship with the Emergency Room in my childhood, I have now returned to stay. But this time with feelings of joy rather than of fear.

When I was three years old, I was rushed to the ER with a broken bone and eventually diagnosed with Osteomalacia, more commonly known as Rickets. Osteomalacia is a disease that occurs mostly in children because of inadequate mineralization of the bone. It results in brittle bones that fracture and break easily. As a child, I was determined to not let the condition slow me down. Because of this determination, there was a lot of broken bones involved. Falling out of trees, sledding down the street and jumping off of the swing set were some of the more common ways that I was injured. There was also the occasional falling out of bed or even just skipping a step on my way outside. Each of these instances caused a broken or fractured bone every time.

When I was younger, looking back on the experience always caused anger in me. Anger not directed at any specific person, but at the situation itself. After I began my degree, I realized that this anger was completely misplaced and that I actually had nothing to be angry about. I made some of the best friends I have ever had because of my condition. I felt true love and care from complete strangers who came to know me by name. I grew as a person in that emergency room.

Now that I am capable, I wish to give that same experience to others. I want to rush to the side of people that I have never met and do everything I can for them because I know the real impact of that action on a person. I want to give back the love that was given to me by so many. And if that means that the ER is again my second home, then that is exactly what I want.
Endodontics Residency Personal Statement

My interest and pursuit of a career in Endodontics was inspired and driven in part by the great fear I had for dental procedures while growing up. As a very cautious child, I was horrified when my dentist informed me that I may have to have a root canal when I was seventeen years old. However, in order to save my tooth, it was the only option. In order to prepare myself for the operation, I started to read more on the literature and the procedures related to endodontics, and it inspired me to take a greater interest in the biology of bone growth and development. Due to these months of research, by the time my surgery occurred, I was no longer fearful – the fear had instead been replaced with curiosity and the desire to see what I had read about in action.

My studies and research in the area inspired me to study Biology in college, where I gained a basic understanding into human physiology and how the body develops. Additionally, these studies gave me an appreciation of how compounds administered during local surgery can impact the entire body, and now these surgeries had to be performed with the age and desires of the patient in mind. I then decided to go to dental school, where I was able to learn more about the functions and growth stages of the maxillofacial region.

I decided to apply for this residency in endodontics because it was the field that piqued my interest in dentistry and dental surgery, and I hope to continue to cultivate my skills in the field. During my dental rotations, I received top marks for dexterity and ability to multi task, and I also have a knack for multitasking. I look forward to the hands-on clinical experience I will gain as part of this residency program, and know that it will greatly benefit me in my future career aspirations.
I Cardiology has always been a very dear subject to my heart ever since the birth of my younger brother. As a premature baby, the doctors weren’t sure he would ever survive on his own due to one of his heart valves being insufficiently developed. My interest in the field started from a very young age, reading books and searching the available literature for ways to comfort my parents as well as myself. Through interacting with the families of other patients facing similar situations, I also learned about the need for better diagnostics and treatment options. My experiences motivated me to study to become a cardiologist, and this fellowship in Cardiology will allow me to continue towards my goal.

I believe that part of being an excellent Cardiologist in the current clinical atmosphere involves training in both the clinical and research aspects of the field. Throughout medical school, I have striven to enhance my studies with research experiences, and I took a Dean’s Research Year between my second and third years of medical school in order to work in a lab performing heart transplants. This experience touched on all of the medical experience and knowledge that I had accumulated, and also gave me the ability to identify and perform scientific techniques to test hypotheses. As a fellow, I hope to continue to integrate my clinician and scientific knowledge to enhance the state of the field.

My brother’s doctors played a large role in fostering my interest in cardiology, and I know that part of my desire to become a cardiologist also stems from my hope of inspiring the next generation of physicians and researchers. This fellowship will prepare me not only for cases that I will encounter in the clinic, but also will give me the ability to head a research laboratory where I can help to train future physicians and scientists. For me, this is my ultimate goal – to be able to contribute to the field of Cardiology through clinical practice and meaningful research, and ensuring that this work will continue in the future.
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