

A thick black L-shaped frame surrounds the text. The top-left corner is a horizontal bar extending to the right, and the bottom-right corner is a vertical bar extending upwards. The rest of the frame is implied by the corners.

# WRITING THE APPLICATION ESSAY:

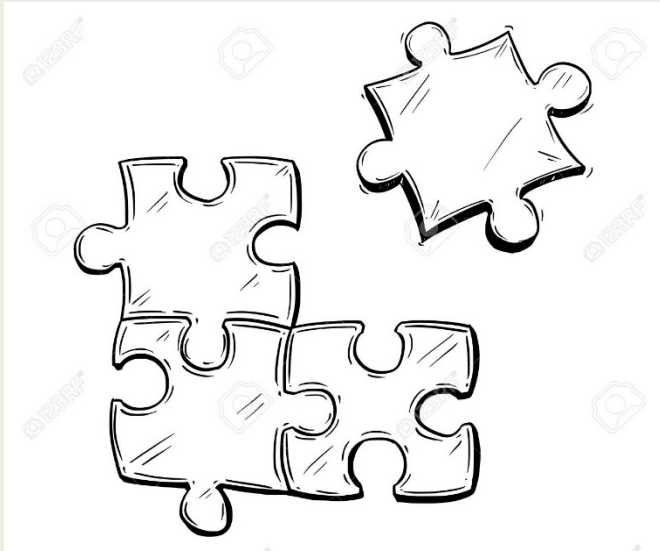
Articulating why you are following your path

# Meeting Objectives

At the completion of the meeting, you should be able to:

- Articulate the role the application essay plays in your future professional school application
- Describe the components of an application essay
- Generate and organize memories, values, and activities under themes that demonstrate your motivations for a future career in a health profession

# The role of the essay in an application



- Academics
- Out of the classroom experiences
- Admissions test
- Essay

# Structure of the Essay

- Why are you pursuing your chosen path?
  - How have you prepared for this path?
  - What will you contribute to your patients/clients, your profession, and your community?
- 
- Today, we are focusing on the why piece of the essay.

# Steve Jobs 1955-2011

“You can’t connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future.”

# Part I : Brainstorming

- We will work through a series of prompts with examples for each prompt. You will have two minutes to write down responses to the prompts.
- Do not edit or evaluate any responses that pop into your mind.
- List the prompts however you want – or make them all random on the page.
- Write only on one side of the paper.
- Think as far back as you can remember to even early childhood recollections.
- No need to write complete sentences

# Objects you frequently use and/or enjoy

- Books
- Cars
- Tools
- Sports equipment
- Camera
- Coffee mug
- Musical instruments
- Computer

# Memorable events:

Positive or negative, lasting a moment in time or for years

- Family challenge
- Vacation or travel
- Owning a pet
- Sports experience
- Death of a loved one
- Childhood memory
- Hobby
- Achievements



# People who have affected you in any significant way: positively or negatively

- Parents
- Relatives
- Friends
- Coach
- Mentors
- Health Professional
- Role model
- Religious leader

# Places and spaces where you have significant memories

- A part of a city
- A part of campus
- Home
- Sports venue
- School
- Halls or stadiums
- Vacations
- Mountains

# Entertainment:

## Be Specific and Name your favorites

- Music
- Art
- Sports
- Games
- Books
- Plays
- Movies
- Hobbies

# Academics/Extra curricular Activities: K-Union, likely on your resume

- Major/minor
- Leadership roles
- Clinical experience
- Study abroad
- Athletics
- Arts
- Community Service
- Campus organizations

# Part II: Connect the Dots: Mind Mapping

- Review the answers that you have recorded with the purpose of connecting ideas together that seem related. You are looking for big, overarching themes about you.
- Some sample themes include
  - *leadership – influence, collaboration, teamwork*
  - *ability to work with people different from you*
  - *communication skills – patience, listening, teaching,*
  - *Serving, helping*
  - *overcoming adversity*
  - *Research – investigative, curious, critical thinking*

Example: enjoy working with hands + enjoy watching films = creative expression

- Link/ organize/ group the ideas using whatever system works for you

# Part III: Looking Forward

You will have one minute to answer each of the following questions:

- According to my mind map, what themes stand out and make me memorable?
- Does it make sense to someone looking at my mind map that I want to become a \_\_\_\_\_?
- If not, what am I missing to present as a good fit for the profession?

# Some Recommended Resources

- [ExploreHealthCareers.org](https://www.explorehealthcareers.org)
- [O\\*Net Online](https://www.o*net.com)
- [AAMC 15 Core Competencies for Entering Medical Students](https://www.aamc.org/15-core-competencies)
- [PharmacyforMe.org](https://www.pharmacyfor.me)
- [ADEA: What a Career in Dentistry Demands](https://www.aede.org/what-a-career-in-dentistry-demands)

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