



# PRE-HEALTH QUICK TIPS

## PERSONAL STATEMENTS

**1**

### UNDERSTAND THE EXPECTATIONS

Some professional health programs have one or more prompt question(s) to which you are expected to answer. Research the requirements for your specific application.

**2**

### REFLECT ON YOUR EXPERIENCES

Start by reviewing your resume and identify the experiences that have been the most meaningful to you and the reasons you have chosen your specific career in healthcare.

**3**

### GO BEYOND YOUR RESUME

Avoid giving a review of all of the experiences that are listed on your resume. Rather, illustrate how a few select experiences have motivated and prepared you for your career.

**4**

### BE SPECIFIC

Include specific examples of your experiences. This will provide context for the information you share about yourself and give your statement credibility.

**5**

### USE YOUR RESOURCES

Have your statement thoroughly reviewed by several people. Explore Center advisors and the UNL Writing Center are available to review your statement and provide feedback whether you are just starting or making the final edits.



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