



Kickstart Your PA School Personal Statement

Brainstorm Exercises to Uncover Your Story and Start Your Personal Statement Off Right

Writing a personal statement for your PA school application is your best opportunity to showcase your passion, experience, and commitment to becoming a physician assistant.

To get you started, try these three writing exercises. Set a timer for 10-15 minutes for each, and let your thoughts flow freely. Don't worry about grammar or structure—just focus on getting your ideas on paper.

Exercise 1: Why Healthcare?

Reflect on why you're drawn to the healthcare field. Consider:

- When did you first realize you wanted to work in healthcare? Was there a specific experience or moment that sparked your interest?
- What personal values or beliefs align with the healthcare profession?
- Think about the impact you want to have on others. How does a career in healthcare allow you to fulfill that goal?

Tips: Think about your experiences or influential people you've met in your journey. Be specific about how these shaped your desire to help others.

Exercise 2: Why PA?

Clarify how you can show why becoming a physician assistant is right for you:

- What aspects of the PA role appeal to you? Think about the versatility, direct patient care focus, collaborative nature of the work, or emphasis on expanding care access, particularly for underserved populations.
- Did specific experiences with a PA influence your decision? Whether that's as a patient/family member of a patient, shadowing, or working/volunteering with a PA
- How does being a PA fit your long-term goals and your passion for making a difference?

Tips: List characteristics unique to the PA role (think more altruistic and not just perks) and explore why they resonate with you.

Exercise 3: Show Why You're Qualified

Reflect on how your experiences, education, and qualities have prepared you for PA school:

- Consider your healthcare experiences, including shadowing, working in patient care, or volunteering. How did they increase your passion for becoming a PA?
- What valuable skills have you gained (problem-solving, teamwork, communication)?
- How have you demonstrated resilience or perseverance?
- How will you bring diversity to the PA profession?

Tips: Always write about your patient care experience in your personal statement. PA programs require it for a reason and they want to hear about yours!

Next Steps

Review the ideas you generated to make a structured outline (introduction, 2-5 body paragraphs, conclusion) for your personal statement. Then you're ready to write your first draft.

Need Help?

In [Personal Statement Perfection](#), my online self-guided online course just for PA School applicants like you, I walk you through step-by-step how to pick from these ideas to make a compelling essay that stands out, make a structured outline, and then write your introduction, body paragraphs, and conclusion, as well as how to edit it to perfection. I also include how to decide if you need to talk about your GPA/academic struggles and how to do that in a way that adds to your application instead of detracting from it, as well as special considerations for nontraditional applicants and how to avoid tropes and common pitfalls in your personal statement.

You can check it out here: <https://www.theexpatpa.com/challenges>

And once you have your draft completed, consider investing in review to ensure you are best selling your strengths (think of your personal statement as a cover letter for why you want the job of becoming a prospective PA) and polish your draft into the star of your application and into an essay that you are confident in and excited to share with the admission committees of your dream PA programs.

In [VIP PA Personal Statement Editing](#), I offer line-by-line comprehensive editing AND rewriting of your personal statement to improve the structure, flow, and content. What separates me

from other services is my 14+ years as a practicing PA as well as professional writing and editing experience (I'm a former contributing editor for the New England Journal of Medicine)

Read more about my VIP PA Personal Statement Editing service and book here:

<https://www.theexpatpa.com/product-page/personal-statement-editing>

Remember, your personal story is what sets you apart, so embrace your unique experiences and let your passion for the PA profession shine through.

Always Cheering You On,

Megan, PA-C

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