# Kickstart Your PA School Personal Statement

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

Your personal statement for your PA school application is your best chance 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. Instead, just focus on getting your ideas on paper. No wrong answers here.

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### Exercise 1: Why Healthcare?

Reflect on why you're drawn to healthcare. 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 help you achieve that goal?

**Tips:** Reflect on your experiences or influential people you've met along the way. Be specific about how these shaped your desire to help others.

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### 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 direct patient care focus, collaborative nature of the work, versatility, 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 less perks, like "I

want to make a difference in my community by expanding healthcare access and fighting for health equity" rather than just, "I want to be able to switch specialties") and explain why they resonate with you.

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## 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, patient care work, 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?

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

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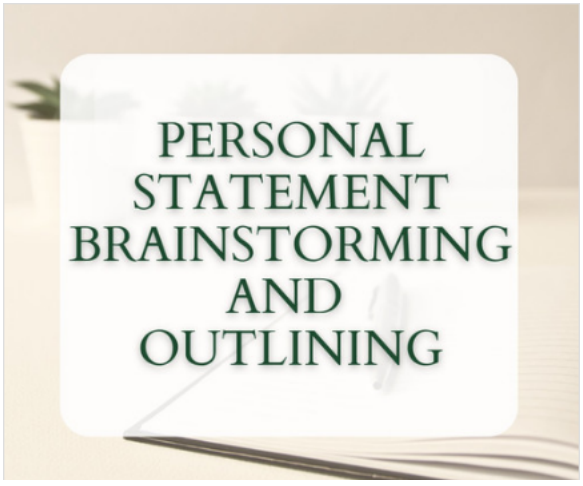
## Put it all together

Review the ideas you generated and create a structured outline organized by introduction, 2-5 body paragraphs (one idea each, e.g., how I found the PA profession through hospital volunteering or how shadowing a PA cemented my desire to become one), and conclusion. This is the plan for your personal statement. Now, you're ready to write your first draft.

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## Need Help On the Next Steps?

I would be happy to help! I offer **One-on-One Personal Statement Brainstorming and Outlining**, where, over a one-hour video call, we review your personal, professional, and academic experiences and create a detailed, paragraph-by-paragraph outline of exactly what you should write for your personal statement. You can learn more and book here:




And for a budget option, I offer **Personal Statement Perfection**, an online self-guided online course where I walk you through step-by-step how to pick from these ideas to make an essay

that stands out, make a structured outline, and write your introduction, body paragraphs, and conclusion, as well as how to edit it. I also include guidance on whether to mention your GPA/academic struggles, how to do so in a way that strengthens your application instead of detracting from it, special considerations for nontraditional applicants,, and how to avoid tropes and common pitfalls in your personal statement.

You can check that out here:

https://www.theexpatpa.com/challenges

And then once you have your draft completed, I would highly consider investing to having it reviewed 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 an essay that you are confident in and excited to share with the admissions committees of your dream PA programs!

In **VIP PA Personal Statement Editing,** I do just that with line-by-line, comprehensive editing and rewriting to improve your essay's structure, flow, and content, plus a full second edit so you can submit to CASPA with confidence! What sets me apart is my 15+ years as a practicing PA, plus my professional writing and editing experience as a former contributing editor for the New England Journal of Medicine. I'm also a one-woman show, and every edit, every message, every meeting is me personally, not anyone else!

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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*

*The Expat PA*

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