# PERSONAL STATEMENT REFLECTION ACTIVITY

**Please choose a question from the list below to expand upon. Think of 1-2 stories from your past that support the question and what qualities, values, or elements of your personality come across by telling this specific story. What details need to be included in order for the reader to become a part of the story? What details are unnecessary? Will this story adequately represent who you are as a student, person, and future professional?**

- ☐ Who are the most influential people in your life?
- ☐ What have been the most pivotal moments in your life?
- ☐ What moments have been critical to your personal development?
- ☐ What is the source behind your passion for medicine/dental school/pharmacy school?
- ☐ What motivates you to become a professional within your field?
- ☐ What family or early experiences led to your decision?
- ☐ What activities, work/volunteer/extracurricular, influenced your decision?
- ☐ What are your long term goals?
- ☐ What is your personal philosophy as it relates to your career path?

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