

Medical School Admission Personal Statement

My name is xxx. When asked what drove me to pursue a career in medicine, I do not hesitate to say that it is my love for sports. As such, my passion for the career field can be traced to the years during which I have been a sportsperson. On the same note, my involvement in sports has cultivated in me values that I am confident make me an asset to St. George's University School of Medicine. Moreover, as I will explain herein, I have so far engaged in several other activities that have served as an inspiration to pursue a medical career.

For some time now, I have engaged in a number of sports key among them volleyball, beach volleyball, diving, running, skydiving, and bungee jumping. One of the greatest lessons that I have learnt regarding sports is that to succeed, good health is a key factor. Engaging in sports with a poor health can further endanger one's wellbeing or compromise his/her performance. In fact, globally outstanding sportsmen and women are known for paying a lot of attention to their health, ensuring that it is sound before they enter the field, and not ignoring even the slightest health issue. From this, I have learnt that if all people gave their health the first priority, like sportspersons do, they would be able to perform their jobs properly and the world would undoubtedly be a better place to live in. With good health, teachers, doctors, lawyers, engineers, architects, political leaders, farmers, and everyone else stand a better chance of better playing his/her role in the society. The fractions that make up a society would then be able to support each other appropriately. It is in this respect that I have chosen to be part of the worthy cause that ensures that persons are in good health for them to perform their functions as they should.

It is also through sports that I have developed values that I believe make me an asset to your institution. Firstly, my sports involvement has seen me develop a great capacity to accommodate people of diverse backgrounds even with their equally diverse viewpoints. Many will agree that to realize good performance in sports, team work is of great importance. This is both to sports that require individual participants and those involving teams. On the other hand, team work calls for the team members to accommodate and appreciate each other, as well as work together towards a common goal. Personally, I have always been an active team member playing my part well and supporting other members to play theirs as well. This is a value I look forward to putting into action once I join your institution. I intend to work collaboratively with other students and the instructors where necessary to ensure that we all achieve the goals that we have set for ourselves. Sports have also taught me the value of hard work. I have learnt that excellence is always preceded by hard work as I witnessed when we would spend many hours of practice before tournaments. I believe that by showing determination and hard work in my studies, I will be supporting the instructors in their work and St. George's University School of Medicine as a whole.

I am also a disciplined individual who strictly follows instructions and rules to ensure that I do not get into loggerheads with the authorities and colleagues. Closely related to this is that I strive to promote peaceful coexistence among those that I live with as I understand that this is the only way we can be able to pursue our goals. My efforts are what have seen me assigned responsibilities such as that of a camp counselor in which

one of my roles were to discipline girls who were participating. As such, I pledge to be an asset to the student body in which I will be an ambassador for good discipline as one of the steps towards academic excellence. I also attribute the positions of leadership that I have been given to my being disciplined. One such position is that of a volleyball coach on numerous forums and in all of them, I have led the teams to exemplary performance. I believe I am a good role model whom many would strive to emulate. I thus do not have a shadow of doubt that as part of the student body, I will lead other students into doing what is right and pursuing our primary purpose for being in the institution.

I have engaged in a number of activities that I feel have prepared me for a career in medicine. Sometimes back, I travelled to Colombia where I helped my mother and a nurse in taking care of my grandmother. This was an irreplaceable experience as I got an insight into the day-to-day duties and responsibilities of a home health care nurse. Most importantly, I learnt the basics of the nursing profession and this further grew my interest in it. However, I would like to get deeper into the profession by pursuing a medical career as opposed to a nursing one. Fortunately, the nurse was kind enough to always spend some time with me and share what she knew about medicine as a career. She also inspired and encouraged me to go ahead and pursue the career.

As I mentioned earlier, I served as a camp counselor and this was during a summer camp for overweight teens held in 2013 in San Diego, CA. The experience I had further opened my eyes on the importance of good nutrition on health after learning what being overweight and obese had done to the teens' health. I have since come to appreciate that the two aspects (nutrition and health) can never be separated and this is one of the issues I will advocate for once I venture into medicine. Moreover, I want to learn more on their relationship, as well as other factors that impact health to equip myself better to serve my patients upon starting my career. Also, in 2008, I volunteered at a local clinic for mentally and physically disabled adults in Westlake Village, CA. I was able to establish a good relationship with the individuals I was serving, and this further inspired me to become that special person in the lives of the disabled. I would like to be on the fore front in improving their lives by ensuring that they do not suffer more pain from illnesses that can be avoided and/or treated. However, I acknowledge that I can only be able to do this once I get the relevant knowledge and skills and these are what I am hoping to gain from your institution.

I have a strong will and determination to pursue a career in medicine. I have over the years established that it is my ideal choice of a career and I am hoping that your institution will guide me towards making my dream a reality. On my part, I pledge to do what it will take me to excel in my studies, as well as support other students to achieve the same. In this regard, kindly review my application and grant my request.

Thanks