



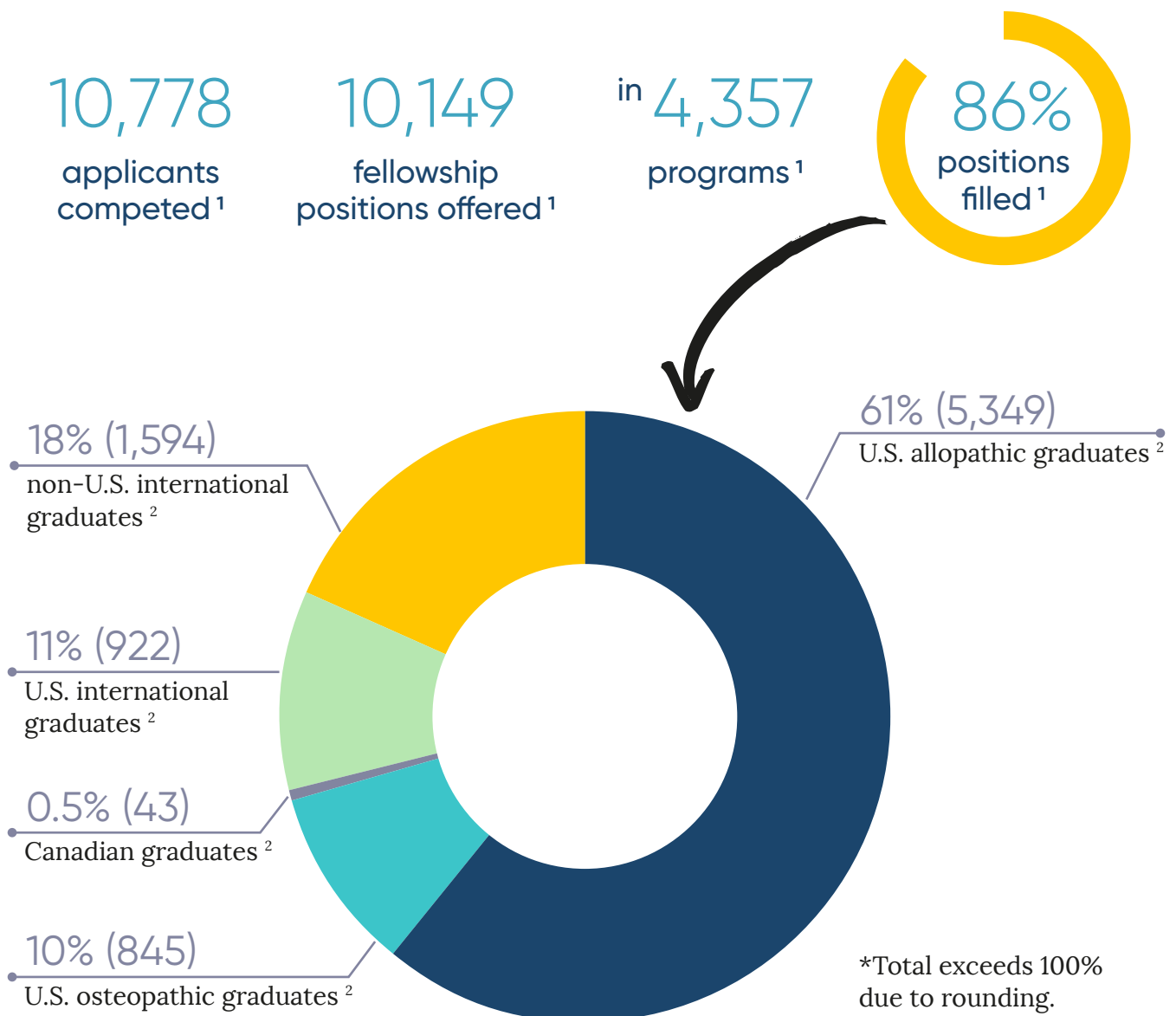
Shhh!

3 Personal Statement *secrets*
TO MATCH INTO FELLOWSHIP
(and exactly how to apply them)

Your medical fellowship personal statement is a brief piece of writing that has one main job: To get the selection committee at your top programs to invite you to interview.

It has to cut through the noise of thousands of other statements.

The National Resident Matching Program® reports that the SMS 2018 appointment year was the largest on record:



1. National Resident Matching Program (NRMP), NRMP Report Shows 2018 Appointment Year Fellowship Matches at Record High, 2018, <http://www.nrmp.org/nrmp-report-shows-2018-appointment-year-fellowship-matches-record-high/>.

2. NRMP, Results and Data: Specialties Matching Service®, 2018, <http://www.nrmp.org/wp-content/uploads/2018/02/Results-and-Data-SMS-2018.pdf>.

Luckily, you can *stand out*.

I've used the 3 secrets I'm about to share to help other residents match into various subspecialties, including cardiology, infectious diseases, pediatric gastroenterology, pulmonary and critical care, and rheumatology.



Regardless of their specialty, clients often tell me the same thing: On the interview trail, selection committees rave about their personal statements.

Here they are:

1. STOP BRAINSTORMING. START CREATING YOUR MAIN MESSAGE.

Have you been “brainstorming” on your post-call days? Don’t bother. Seriously, that leads to weeks of typing a sentence here and there, but not making any real progress. Instead, set aside just 40 minutes to create your Main Message (and then you’re free to sleep or hit the road).

To be invited to interview at and match into your dream fellowship, you need to come up with a message that clearly shows what unique value you, and no other applicant, can add to that program.

Fellowship is a job with great responsibilities. Express why you are uniquely ideal for the job, and programs will be eager to have you on their team.



BOX 1 – LIST 3 REASONS YOU WISH TO PURSUE FELLOWSHIP TRAINING

E.g., the specific knowledge and skills you wish to learn, experts and patient populations you want to be exposed to, short- and long-term goals fellowship can help you to accomplish.

BOX 2 – LIST 3 ACHIEVEMENTS THAT HAVE PREPARED YOU FOR FELLOWSHIP TRAINING

E.g., rigorous residency training, published research, participation in projects in your future specialty.

BOX 3 – IDENTIFY 1 PATIENT INTERACTION THAT SPARKED YOUR DESIRE TO PURSUE FELLOWSHIP TRAINING

E.g., patient with health concern in your future area of specialty, any patient who benefitted greatly from your care.

BOX 4 – STATE WHAT VALUE YOU CAN ADD TO A FELLOWSHIP PROGRAM THAT NO ONE ELSE CAN

E.g., perspectives rooted in unique life and residency experiences.

Summarize the contents of Boxes 1–4

MAIN MESSAGE

I would like to pursue fellowship training in _____, [SPECIALTY]

because _____, [REASON 1 YOU WISH TO PURSUE FELLOWSHIP

_____, [YOUR MOTIVATION FOR REASON 1]

I must specialize in this field, in particular, because _____

_____, [REASON 2 YOU WISH TO PURSUE FELLOWSHIP TRAINING], _____, [YOUR MOTIVATION FOR REASON 2]

_____, [RELEVANT ACHIEVEMENT 1], so

_____, [HOW RELEVANT ACHIEVEMENT 1 HAS PREPARED YOU TO EXCEL IN FELLOWSHIP]. In

addition, _____, [RELEVANT ACHIEVEMENT 2], which means I

_____, [HOW RELEVANT ACHIEVEMENT 2 HAS PREPARED YOU TO EXCEL IN FELLOWSHIP].

My patient interactions in _____, [SPECIALTY] have confirmed

that this is the field in which I want to work long term. _____

_____, [STORY ABOUT PATIENT INTERACTION THAT SPARKED YOUR DESIRE TO PURSUE FELLOWSHIP TRAINING]

_____, [LESSON/CHANGED PERSPECTIVE YOU TOOK AWAY FROM PATIENT INTERACTION]

The fellowship program I train in will benefit from my _____, [VALUE YOU CAN ADD THAT NO ONE ELSE CAN]

_____, which

means _____, [REASON THIS VALUE MATTERS TO THE FELLOWSHIP PROGRAM]

_____. And _____

_____, [OTHER UNIQUE VALUE YOU CAN ADD], so _____

_____, [REASON THIS MATTERS TO THE SPECIALTY AND THE WORLD]

2. STOP WRITING RANDOM SENTENCES. START OUTLINING YOUR PARAGRAPHS.

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3. STOP MAKING GENERAL STATEMENTS. START TELLING STORIES.

This page is part of the full version.

Here's a complete example of these 3 secrets at work:

THE PULMONOLOGIST'S TOOLBOX

Follow-through is one of the most potent tools a physician can employ in patient care. I became convinced of this during my second month as a medical resident, when a young man with chest discomfort presented with a large lesion on his neck. Our team suspected tuberculous lymphadenitis and, after a positive PPD, started treatment. The patient was later transferred to thoracic surgery service, and I rotated to a different hospital. Upon returning, I checked his case: Meticulous follow-through by his internist had been integral to preserving his right lung, and his life. The case notes also revealed that it had taken over two months for a culture to grow *M. tuberculosis*, confirming his diagnosis, and an additional two for susceptibility testing to determine his medication regimen was effective; these intervals stood out to me, because of the solution I aim to create as a pulmonologist-researcher and intensivist.

My foremost research interest is improving identification and treatment methods for established pulmonary conditions, to enable medical teams to remedy these ailments sooner. I see the potential benefits of doing so in my current research at the [NAME REMOVED] Hospital, a large referral center for bronchoscopy procedures. As our team identifies factors associated with patients who are difficult to sedate, we are enhancing the toolbox physicians can use to determine whether a patient would benefit from deep or moderate sedation. Proper sedation allows for smoother workflow and fewer complications, which facilitate a more efficient use of time and personnel. This improved efficiency is essential now, as bronchoscopic procedures are increasingly used for interventions, and to diagnose and stage malignancies like cancer, which are likely to proliferate as the global population lives longer.

My desire to be an academic physician springs from my fascination with established-but-uncommon pulmonary conditions, which began when I was a junior in college: One day as I browsed the internet in my dorm room, I felt a nagging pressure on my chest. I took Tylenol, as my older brother recommended; however, the discomfort continued for days. When I tried to walk briskly or run, I felt breathless. I landed in the emergency room—spontaneous right-sided pneumothorax. I recovered; the pneumothorax recurred; I

underwent thoracoscopic blebectomy. In the aftermath of the operation, I bombarded my pulmonologist with questions: How did they know which piece of my lung to take out? How did the needle they used work?

During an elective rotation with a pulmonary and critical care physician, [NAME REMOVED], I recognized I was not merely intrigued by facts about pulmonary medicine; I also enjoyed administering care and interacting with patients. I loved talking with patients and explaining their ailments, as well as the steps I would take to treat them, in accessible terms. Whether during critical care, inpatient consultations, or outpatient pulmonary care, I felt energized by understanding pathophysiologic processes, and compassionately applying timely pharmacologic, procedural, and technological interventions when necessary.

Now, I have matured into understanding that while it is essential to closely guide each patient's case through to its end, it is equally important to approach medicine as an endless process of discovery and improvement. Clinical practice and research, therefore, are inseparable complements. I envision my future self assuring my pulmonology and critical care patients that I will do all I can to help them, while I simultaneously conduct research to ensure that the external tools—data, diagnostic tests, treatments, and cures—physicians have at their disposal are more efficient and effective tomorrow than they are today.

It started with this Main Message:

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And here is the outline:

This page is part of the full version.

And that's it!
Remember:

- 1. STOP BRAINSTORMING.
START CREATING YOUR MAIN MESSAGE.**
- 2. STOP WRITING RANDOM SENTENCES.
START OUTLINING YOUR PARAGRAPHS.**
- 3. STOP MAKING GENERAL STATEMENTS.
START TELLING STORIES.**

Now that you know these 3 key secrets to writing a memorable medical fellowship personal statement, you're well on your way to the match you want.

If you would like to **be 100% sure your application stands out** and you want my one-on-one support to make that so, I would be happy to help you.

CLICK HERE AND BOOK A TIME TO CHAT

Hey there:

I'm Shawna-Kaye. I help busy, driven medical doctors like you match into their dream fellowship by submitting an application that stands out.

My clients have matched into pulmonary and critical care, rheumatology, cardiology, infectious diseases, pediatric gastroenterology, and other subspecialties.



I PROVIDE ONE-ON-ONE SUPPORT SO YOU CAN:

→ write a personal statement the selection committee remembers long after they've read it

→ revamp your CV

→ get strong letters of recommendation

→ develop, practice, and master persuasive interview responses with ease and speed.

Since 2007, I have guided more than 300 ambitious students to gain admission (and more than US\$4 million in funding) at some of the most selective colleges and universities in the U.S. and around the world, including Icahn School of Medicine at Mt. Sinai, Harvard T.H. Chan School of Public Health, Harvard College, The University of Oxford, Tsinghua University, University of Pennsylvania, and John's Hopkins University.

One summer evening in 2013, I was talking with a friend who was applying to medical residency as an International Medical Graduate.

She kept saying, "I don't have anything to write about." I knew that wasn't true... some of the most memorable stories I had ever heard were ones about her experiences in med school.

I had known her since she was 12; I understood how many nights during high school, then medical school, she had fallen asleep on her books; I knew about the thousands of dollars she had pumped into taking the Steps. I couldn't imagine her not matching.



I supported her using the expertise I had gained from my years as a college and graduate school admissions consultant, journalist, and communicator; and when she interviewed for match, **a selection committee member let her know how much they loved the stories she told in her personal statement.**

Since then, I have been helping other doctors match into residency and

fellowship—with similar rave reviews for their applications.

I believe doctors should be able to practice medicine in a way that makes them **have the professional impact, personal fulfilment, and legacy they want.** Why? YOLO.

When you work with me, I am focused on helping you get the medical career you really desire, not the one you had to settle for.

If you want to learn more about how ***I can support you in your journey to fellowship match,*** I would love to meet you.

BOOK A FREE DISCOVERY SESSION HERE

SHAWNA-KAYE LESTER

College and Medical Admissions Consultant
Founder, Memorable Essay®



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