

I wheeled "Mr. Anderson" down the hallway to dialysis as we spoke about **\*\*\***. Volunteering at **\*\*\***, as a **\*\*\*** I gained firsthand exposure to the field of medicine. Seeing "Dr. K", the nephrologist, crouch down next to Mr. Anderson and explain the treatment plan. **\*\*\*** Here, I saw physicians treat patients as people, which represents the approach that I seek to take as a future physician, as I **\*\*\***

**\*\*\***

While completing my undergraduate studies at the University of Notre Dame, I sought to gain additional hands-on experience with medicine. While volunteering at **\*\*\***, a local community clinic, I saw the challenges posed by barriers such as uninsurance. Seeing the long wait times and the financial stress on patients shifted my perspective from viewing medicine as a purely scientific pursuit, to understanding it as a vital community service. As a physician, I will remain cognizant of the socioeconomic factors that prevent patients from receiving the care they need. **\*\*\***

Just as I saw the importance of an individualized approach for each patient, as a peer tutor for the Chemistry department, I similarly adapted my approach to each student. For example, **\*\*\*** helped many students who were struggling to understand the periodic table and chemical bonding. Partnering with my students, I celebrated with them as they received higher grades on their exams because of my help. This experience strengthened my communication skills and patience, while enforcing the importance of harnessing the strengths of each individual to maximize their future.

One specific clinical experience represents the type of communication I will strive to exemplify in medicine. Last summer, I shadowed Dr. Smith, a cardiologist who listened to each of his patients intently. One patient, "Martha", was an elderly woman who was immensely scared for her heart surgery. Dr. Smith held Martha's hand and explained the procedure in a way she could understand. This experience taught me that bedside manner is just as essential to the role of a physician as medical knowledge.

In contrast, while volunteering at a clinic in Central America, I saw firsthand how the absence of longitudinal care and trusted providers can impact a community. My role extended beyond the distribution of basic pharmaceuticals; it involved building trust with residents who had limited access to healthcare professionals. These interactions taught me that effective medicine requires meeting patients where they are, such as **\*\*\***. This global perspective has now become a cornerstone of my medical philosophy, driving me to advocate for underserved populations within my own community as well.

Furthermore, I have been a life-long athlete. Playing soccer taught me about teamwork and leadership. In medicine, you have to work with a team of nurses and other doctors to ensure the patient gets the best care. I am a natural leader and I know I can bring these skills to your medical school. My coaches always said I was the most determined player on the field, and I will bring that same determination to my studies. Whether I am on the field or in the operating room, I know that success comes from working together toward a common goal.

Ultimately, each of these experiences has helped lead me to medicine. Beyond personal experiences like tutoring and **\*\*\*** I have explored the complexities of healthcare through clinical experiences and global service. I now recognize that being a great doctor requires both intellect and humility. I look forward to the opportunity to apply these lessons throughout medical school and as a future physician, serving my patients with an individualized and compassionate approach.

**Commented [DM1]:** Your initial introduction focused heavily on cliches that did not show anything about you as an applicant. Pointing out that you saw doctors in white coats with stethoscopes risks making you sove ... [1]

**Commented [DM2]:** Try to include a personal detail here about something you may have talked about with th ... [2]

**Commented [DM3]:** Be specific about where you volunteered.

**Commented [DM4]:** Include your role (patient transporter?)

**Commented [DM5]:** Include a line about how Mr. Anderson responded to this type of treatment

**Commented [DM6]:** The last sentence of your introduction is your thesis statement. I think this ... [3]

**Commented [DM7]:** You want to avoid making comments that indicate that you have wanted to be ... [4]

**Commented [DM8]:** I rephrased this to help with the transition and make your tone sound more professional

**Commented [DM9]:** Including the name of this clinic will help make this story sound more humanistic.

**Commented [DM10]:** Try to include a specific patient example in this paragraph. This will help to "show" r ... [5]

**Commented [DM11]:** Based on your initial description, I recommend that you don't include your research ... [6]

**Commented [DM12]:** Include a specific story of a student that you tutored. Comment on his/her spec ... [7]

**Commented [DM13]:** You can incorporate this concept into the example that I recommended adding per my ... [8]

**Commented [DM14]:** I recommend using a fake patient name. This helps your story feel more humanistic.

**Commented [DM15]:** Designate which heart surgery she was having and what her underlying medical condit ... [9]

**Commented [DM16]:** Be more specific- how did he explain the procedure to tailor it to her level of ... [10]

**Commented [DM17]:** Try to be more specific about where exactly this was. Also give some time referen ... [11]

**Commented [DM18]:** I rephrased this to help tie in to the previous paragraph

**Commented [DM19]:** Good point to acknowledge!

**Commented [DM20]:** Give an example or examples of how you met individuals where they were

**Commented [DM21]:** Do you have any volunteer experiences in your own community? If so, referen ... [12]

**Commented [DM22]:** I recommend deleting this paragraph. You want to aim for 5-6 paragraphs tota ... [13]

**Commented [DM23]:** Re-reference your local community service activity here

**Page 1: [1] Commented [DM1] Dr. Michele's Editing 1/13/26 9:07:00 AM**

Your initial introduction focused heavily on cliches that did not show anything about you as an applicant. Pointing out that you saw doctors in white coats with stethoscopes risks making you sound immature. Instead, focus more on a patient interaction, and try to highlight a way that you saw the physician interact with one of your patients.

**Page 1: [2] Commented [DM2] Dr. Michele's Editing 1/13/26 9:08:00 AM**

Try to include a personal detail here about something you may have talked about with this patient. This will help the reader better connect to your story and make it more memorable.

**Page 1: [3] Commented [DM6] Dr. Michele's Editing 1/13/26 9:19:00 AM**

The last sentence of your introduction is your thesis statement. I think this sentence is best suited to start off your thesis statement. The two parts of a good thesis are:

1. Allude to yourself as a future physician
2. Include some qualities that you will exemplify in this role.

Focus on incorporating #2 into this sentence.

**Page 1: [4] Commented [DM7] Dr. Michele's Editing 1/13/26 9:12:00 AM**

You want to avoid making comments that indicate that you have wanted to be a physician since you were a child- this can make you sound aspirational without showing that you have concrete reasons to enter the field.

**Page 1: [5] Commented [DM10] Dr. Michele's Editing 1/13/26 9:29:00 AM**

Try to include a specific patient example in this paragraph. This will help to "show" rather than "tell". For example, you can explain how a lack of insurance led to a patient's disease progression. Try to include a fake name for the patient to help the reader better remember the story.

**Page 1: [6] Commented [DM11] Dr. Michele's Editing 1/13/26 9:31:00 AM**

Based on your initial description, I recommend that you don't include your research experience in your personal statement. It does not sound like it was particularly meaningful to your journey. That description will be better suited for your work/activities section.

**Page 1: [7] Commented [DM12] Dr. Michele's Editing 1/14/26 1:14:00 PM**

Include a specific story of a student that you tutored. Comment on his/her specific learning style and how you tailored your approach to that with a specific learning/memorization tool.

**Page 1: [8] Commented [DM13] Dr. Michele's Editing 1/14/26 1:15:00 PM**

You can incorporate this concept into the example that I recommended adding per my previous comment.

**Page 1: [9] Commented [DM15] Dr. Michele's Editing 1/14/26 3:22:00 PM**

Designate which heart surgery she was having and what her underlying medical condition was

**Page 1: [10] Commented [DM16] Dr. Michele's Editing 1/14/26 3:23:00 PM**

Be more specific- how did he explain the procedure to tailor it to her level of understanding? Providing an example here will mirror the example you provide in the prior paragraph about your tutoring, and help reinforce the idea of individualized care.

**Page 1: [11] Commented [DM17] Dr. Michele's Editing 1/14/26 3:57:00 PM**

Try to be more specific about where exactly this was. Also give some time reference as to how long you were there. Admissions committees don't usually appreciate short-term mission trips (eg. 1 week) unless you can expand on how it impacted your own journey. If this was a longer or more longitudinal experience, that will be more valuable.

**Page 1: [12] Commented [DM21] Dr. Michele's Editing 1/14/26 3:59:00 PM**

Do you have any volunteer experiences in your own community? If so, reference them here to show that you have carried these traits beyond a temporary mission trip.

**Page 1: [13] Commented [DM22] Dr. Michele's Editing 1/14/26 3:24:00 PM**

I recommend deleting this paragraph. You want to aim for 5-6 paragraphs total in your personal statement. This paragraph states general qualities that you gained from soccer, but doesn't go into depth into anything specific. For this reason, it doesn't add much impact to your statement. However, you can expand on this in your activities section.