

## **Real Essays From Stanford Medical Students**

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### **Stanford Essays**

The following essays were written by real Stanford medical students in preparing their applications. We suggest that you read through all of the essays to get a diverse view of the types of themes and styles which have been successfully used for personal statements. Each personal statement is exactly that, personal. No one format or style will work for everyone. However, there are structures and themes which are common throughout. These essays are meant to give you an in depth look inside previous applicants' writing and what has gone into their decisions to enter the field of medicine. All essays are presented in their original format, unaltered. In certain cases, personal identifiers have been removed to protect the privacy of the essay writer. These essays are meant to be a learning tool for you as well as a source of inspiration, not a source for copying or imitation. Plagiarism from these or any essays is illegal. We hope you enjoy the following essays, and we wish you the best of luck throughout your writing and application process.

### **Personal Statement**

The classroom and the 400-meter oval track, although very different venues, have taught me complementary and interwoven lessons. Concepts in physiology, biochemistry, and nutrition can be applied to elements of running, such as developing more effective training methods and learning how to optimize substrate utilization in order to achieve peak physical performance. The methodology developed through research has enhanced my development as an athlete. For instance, I can investigate a training method and evaluate its effectiveness in increasing my physical performance to better individualize my preparation. On the other hand, running has taught me lessons in teamwork and cooperation that improve my ability to interact in academic and professional settings. Running also teaches lessons in self-discipline, perseverance, and endurance which contribute to my success as a scientist. I have applied these character traits fostered from running to becoming a better scientist. In turn, to me running has evolved into a science. The application of science to health is medicine and is a natural evolution of my interests that I would love to pursue.

# **Sample Medical School Personal Essays**

**Stephan Sanders, Harveer Dev, David  
Metcalf**



## **Sample Medical School Personal Essays:**

The Premed Playbook Guide to the Medical School Application Process Ryan Gray, 2021-05-25 An excellent resource for applicants James Scott Wright EdD former Director of Admissions UT Southwestern Medical School The Premed Playbook Guide to the Medical School Application is the ultimate resource for the 60 000 students applying to medical school every year in the US with in depth explanations and information to help you build the strongest application you can This detailed comprehensive companion covers topics including The Application Timeline MCATs GPAs and Transcripts Early Decision Programs Personal Statements Disadvantaged Status Essays Letters of Recommendation School Lists Secondary Applications Situational Judgment Tests Interviews Waitlists Rejections and Reapplying and more Wonderfully thorough and comprehensive a very thoughtful and methodical approach to the medical school application Gregory M Polites Chair Central Subcommittee on Admissions Washington University School of Medicine

**BeMo's Ultimate Guide to Medical School Personal Statements & Secondary Essays** Bemo Academic Consulting Inc, 2020-03-17 BeMo s Ultimate Guide to Medical School Personal Statements Secondary Essays is the most comprehensive resource to use when preparing for your applications Written by former admissions committee members Medical Doctors and award winning scientists this guide is a must read for all medical school applicants The guide includes effective strategies 10 sample personal statements and 10 secondary essays All of which are analyzed and reviewed by our admissions experts so you are better able to understand the strategies Here is what is included in this book Top 5 reasons that get most applicants rejected 7 common personal statement errors 10 personal statement examples sent in by our students 10 secondary essays sent in by our students A guideline of how to brainstorm for your personal statements and essays Key Components for your outline An interactive step by step guide that lets you write your own statement from scratch The secret used by students who get accepted Bonus resources that help you understand the application process and what you need to write your own personal statement Over 300 pages of tips strategies and advice from admission experts including former admissions committee members Medical Doctors and award winning scientists BeMo Academic Consulting Inc BeMo R is a global leader in medical school preparation BeMo s expertise in medical school prep are sought after by media and official university career centers BeMo s core value is to help reduce the social gap in professional schools by teaching students the essential qualities required by such programs BeMo s team members believe everyone deserves access to higher education and they want to make sure every student gets a fair chance at admissions to these very competitive programs regardless of his or her socioeconomic racial or cultural background BeMo R BeMo Academic TM BeMo Consulting TM BeMo Academic Consulting TM MMI SIM TM InterviewProf TM Get In Or Your Money Back R are trademarks of BeMo Academic Consulting Inc

**A Guide to Medical School Admission** W.G. Byrd, 1997-06-15 This is a detailed practical guide to gaining admission to medical school The book takes the prospective medical student through the entire process step by step with chapters covering academic

preparation the personal statement summer programmes MCAT submitting an application types of medical schools including podiatric allopathic and osteopathic important addresses and post baccalaureate programmes financial aid testing agencies publications medical school curriculums and course outline by year     Planning a Life in Medicine The Princeton Review, John Smart, Stephen Nelson, Julie Doherty, 2011-11-23 A life in medicine is something that many dream of but few achieve The tests students face both literal and figurative just to get into medical school are designed to weed out the weak In Planning a Life in Medicine the experts at The Princeton Review help you succeed in a premedical program score higher on the MCAT meet the challenges of medical school and ultimately flourish in your medical career More than just a comprehensive plan for getting into medical school Planning a Life in Medicine is a handbook that will help you to cultivate the skills and habits such as compartmentalizing knowledge and improving concentration that will help you along your path of heart and serve you well throughout your education and medical career     Medical School Essays That Made a Difference, 5th Edition The Princeton Review, 2015-02-10 The inside word on medical school admissions Gaining admission to a top medical school requires more than just a stellar MCAT score and an excellent GPA You ll also need to nail your personal statement In this book you ll find the help you need to do just that 45 real essays from future doctors along with each applicant s MCAT scores GPA and admissions profile An overview of med school admissions and financial aid including a breakdown of the anatomy of the application Interviews with admissions officers who have read thousands of application essays This fifth edition of Medical School Essays That Made a Difference includes application essays from students who enrolled at the following schools Cornell University Joan and Sanford I Weill Medical College Georgetown University School of Medicine Johns Hopkins University School of Medicine New York University NYU School of Medicine Temple University School of Medicine Tulane University School of Medicine University of Virginia School of Medicine University of Wisconsin Madison School of Medicine and Public Health Yale University School of Medicine     *Med School Confidential* Robert H. Miller, 2025-09-23 *Med School Confidential* from Robert H Miller and Daniel M Bissell uses the same chronological format and mentor based system that have made *Law School Confidential* and *Business School Confidential* such treasured and popular guides It takes the reader step by step through the entire med school process from thinking about applying to and choosing a medical school and program through the four year curriculum internships residencies and fellowships to choosing a specialty and finding the perfect job With a foreword by Chair of the Admissions Committee at Dartmouth Medical School Harold M Friedman M D *Med School Confidential* provides what no other book currently does a comprehensive chronological account of the full medical school experience     **Getting into Medical School For Dummies** Carleen Eaton, 2013-05-03 Your plain English guide to getting into the medical school of your dreams Getting accepted to medical school is a long and rigorous process and many students find they need help If you re one of these students *Getting into Medical School For Dummies* is the perfect tool to help you through the process and realize your dream By providing you with concise

information about preparing for and applying to medical school Getting into Medical School For Dummies prepares you for the application process Written by an industry expert it gives you a distinct advantage in the competitive medical school admissions process preparing you for every step and helping you create your best application Takes you through the often overwhelming process of applying to medical school Explains what medical schools and admissions committees are really looking for Provides plain English explanations of complicated medical school admissions processes If you re one of the over 40 000 students who apply to medical school each year and need help sorting through the admissions schedule writing statements of intent and preparing to take the MCAT Getting Into Medical School For Dummies has you covered **Essays That Will Get You Into Medical School** Liz Alberro,Chris Dowhan,Dan Kaufman,Adrienne Dowhan,2014-06-03 This updated volume offers vital help to college students who are applying to medical school and are required to write a medical school admissions essay Extensive advice covers the many do s and don ts of writing a successful essay The authors instruct on organizing ideas writing a rough draft then editing and polishing the draft to produce a finished essay for presentation This new edition offers special focus on subjects relating to questions frequently found on the MCAT Medical College Admission Test including information on the new 2015 MCAT The book concludes with approximately 38 model essays each followed by a critique All essays were submitted by applicants who were accepted to their chosen medical schools [How to Write the Perfect Personal Statement](#) Mark Alan Stewart,2012-03-26 The admissions process for law business medical or graduate school is more competitive today than ever before Peterson s How to Write the Perfect Personal Statement provides essential tips on how to create and write personal statements that respond to the questions that appear on the applications of many popular graduate schools The guide also offers great insight on whom to approach for letters of recommendation and how to make the best impression at the interview How to Write the Perfect Personal Statement features 30 actual samples of successful application essays as well as recommendations from admissions officers on winning strategies that have guaranteed students admission into business law medical and graduate school How to Write the Perfect Personal Statement offers step by step instructions on style format concept and theme preparation strategies for the personal interview tactics on whom to ask to write letters of recommendation top 10 DOs and DON Ts for writing the essay tips from admission officials from Columbia Michigan and other high profile schools and much more *The Unofficial Guide to Getting Into Medical School - E-Book* Bogdan Chiva Giurca,2024-02-06 This book is designed to help you become one of the few applicants to get into a highly competitive medicine degree based on the insights of over 300 medical students across 32 UK medical schools Written in a clear and engaging style the The Unofficial Guide to Getting Into Medical School Second Edition offers unique content to help you stand out from the crowd with useful tips and information at every stage of the process It demystifies what you can expect from the degree talks you though writing the application covers what you need to know and appear to know for the interview and provides a full guide to exam preparation Updated to incorporate recent post COVID changes to

the admission process and full of real life examples from those who have succeeded before you this will be a much cherished companion for every would be doctor Unique highly relevant and inspirational content all based on real life experiences Complete approach that focuses on every aspect of getting into medical school Written by doctors and medical students full of tips and tricks that work Improve your application covers what admission tutors are looking for when making their selection Blitz the interview strategies and techniques the top 120 most commonly encountered questions plus all the extra curricular background reading required Ace your entrance exams 20 hour preparation strategy Write a fantastic personal statement step by step support using previous successful examples Graduate medicine applications and dedicated section for international students Includes a section dedicated to international students Content updated to include post COVID changes to the process More real life examples How to select the best medical school to increase your chances New diagrams

**Med School Uncensored** Richard Beddingfield, MD, 2017-07-25 An entertaining insider's guide to the good the bad and the ugly of med school with everything pre med and med students need to know from day one to maximize opportunities and avoid mistakes Cardiothoracic anesthesiologist and recent med school grad Dr Richard Beddingfield serves as an unofficial older brother for pre med and incoming med students dishing on all the stuff he would've wanted to know from the beginning in order to make the most of med school's opportunities while staying sane through the gauntlets of applying to and succeeding at med school residency fellowship and starting work as a new physician With advice from additional recent Ivy League med school grads and top tier hospital residents this all in one guide is a must have for everyone who dreams of becoming a doctor

**Helping Your Students Write Personal Statements** Stephen Lassonde, 2024-04-08 This practical book is a timely and comprehensive guide designed for college advisors and instructors who are supporting and coaching students into successful internships fellowships graduate programs and professional schools This book emphasizes the most important part of any application the personal statement how to prepare to write it how to draft it how to revise it and why to invest time in the process of developing it Helping Your Students Write Personal Statements analyzes the components of the effective personal statement and provides examples from many successful essays by actual college students as well as exercises for students It also gives advisors the tools to help engage students who might not ordinarily consider themselves credible candidates for nationally competitive fellowships This book uniquely takes a developmental approach offering college advisors and teachers a concrete step by step plan to help any student craft the best most persuasive personal statement they can write helping transform their students into compelling competitive candidates

*The Medical School Admissions Guide* Suzanne M. Miller, 2010 Lovable Clover Twig is back and now she's traveling along the Perilous Path to try and save her little brother Clover Twig clever neat responsible is still in the employ of Mrs Eckles chaotic cantankerous and a witch One day Granny Dismal a witch from the neighboring village warns them that the Perilous Path has been seen in the woods The Perilous Path has been around for ages and is all new for the sensible Clover Twig and her clumsy's baby brother

goes missing Clover and Wilf must take their chances on evil sister Mesmeranza

**Tips for the Residency Match** Justin W. Kung, Pauline M. Bishop, Priscilla J. Slanetz, Ronald L. Eisenberg, 2014-12-29 Tips for the Residency Match is a unique guide for medical students applying for residency positions Packed with hints tips and recommendations from both program directors and current residents Tips for the Residency Match chronologically covers the key information required to excel during the residency application process from r sum advice and preparing for the interview and beyond Both insightful and practical Tips for the Residency Match features a wide spectrum of medical specialties and an extra section for foreign graduates Tips for the Residency Match is Uniquely tailored to the needs of those applying for US residency positions Written by leading Residency Directors and current residents in the major specialties Offers unprecedented access to how departmental decisions about the Match are made Boasting expert advice and a wide scope Tips for the Residency Match is the ideal companion for those applying for residency positions throughout the United States

**Real Essays for College & Grad School** Anne McKinney, 2000 Colleges and universities place great emphasis on essays written as part of the process for admission and scholarships This guide to constructing essays includes essays that have worked for real people plus dozens of other actual samples

**Getting into Medical School** Barron's Educational Series, Sanford J. Brown, 2001-01-01 Getting into medical school is difficult even for students with excellent college undergraduate records Today only about one third of all students who apply to medical college are accepted a statistic that emphasizes the vital importance of well focused preparation on the part of medical school candidates Getting into Medical School now in its new twelfth edition has gained a well earned reputation as a time proven source of sound advice and information on how medical school candidates can improve their chances for admission Written by a medical doctor who is also an experienced student advisor and updated to reflect today s medical school environment this book emphasizes the importance of attaining a good score on the standardized MCAT Medical College Admission Test It also guides applicants through the arduous process of preparing the medical school application and advises them on how to make a good impression when invited for that all important personal interview The book concludes with a detailed medical school directory that lists up to date tuitions and fees academic requirements and application and enrollment information for more than 170 accredited medical and osteopathic colleges across the United States Also included is a list of Web sites that provide helpful information to medical school candidates

From Medical School to Residency Roger P. Smith, 2000-05-25 This indispensable resource from a noted physician who has spent years advising students and selecting residents gives students all they need to know to successfully match in a residency program in 2000 and beyond It is the only guide to fully cover the electronic application and match process complete with lots of screen shots The manual also addresses questions students should ask and strategies for successful matching

*So You Want to Be a Doctor* Niriksha Malladi, 2005 So You Want To Be A Doctor is a practical how to guide about becoming a medical doctor from an insider s perspective It addresses all the strategies needed to succeed as a medical

school candidate and then goes a step further than any other admissions guide on the market today to provide a glimpse of life as a medical student and intern through real ward experiences It provides a thorough explanation of the different medical fields and explores issues such as lifestyle salary and competition for residency and fellowship positions for each specialty It outlines options for not traditional students seeking a medical career namely older candidates ethnic minorities economically disadvantages students and members of the Armed Forces It also includes a section on Canadian foreign and osteopathic medical schools as alternatives to obtaining an American medical degree In short it describes the complete journey from thinking about a career in medicine to qualifying as a licensed MD

**So You Want to be a Doctor?** Stephan

Sanders,Harveer Dev,David Metcalfe,2011 The must have guide to getting into medical school Each chapter guides you through another step of the process from deciding if medicine is for you and choosing a medical school to passing the UKCAT and BMAT exams applying to Oxbridge and getting through the interview

*Cracking the MCAT, 2013-2014 Edition* James

L. Flowers, M.D.,Princeton Review,Theodore Silver, M.D.,2012-12-04 If you need to know it for the MCAT it s in this book

The MCAT is a challenging exam that tests more than your knowledge of basic physical and biological sciences You need to know absolutely everything from amino acids and proteins to translational motion to verbal reasoning and more Cracking the MCAT 2013 2014 Edition will help you review all the necessary content with in depth coverage of all subjects tested on the MCAT This book includes Exclusive free online access to 4 full length practice tests with comprehensive answers and explanations A full color 16 page tear out reference guide with all the most important formulas diagrams information concepts and charts for each section of the MCAT Complete coverage of all the topics on the MCAT including physics general chemistry biology organic chemistry and verbal reasoning Practice passages questions and detailed explanation with step by step solutions at the end of every chapter for maximum practice and preparation A bonus chapter containing helpful advice on effective study habits applying to medical school and top trends in health care A comprehensive index Study your way to success with Cracking the MCAT 2013 2014 Edition



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web cooled heat exchanger provides a means of transferring the heat from the fluid or gas into ambient air without environmental concerns or without great ongoing cost such as water supply and treatment a fin fan is a type of heat exchanger that forces air over a set of coils to cool the process

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web a fin fan is a type of heat exchanger that forces air over a set of coils to cool the process it is also referred to as an air cooled heat exchanger fin fan heat exchangers are generally used where a process system generates heat which must be

removed but for which there is no local use in fin fan heat exchanger air is forced in cross flow

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web fan the most common industrial cooling fan failure modes typically involve gearboxes or fan blades and are catastrophic in nature in many cases this type of failure leaves the gearbox and or fan blades lying in the cooling water pond at the bottom of the tower or above a heat exchanger 1

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web air cooled heat exchangers in short air fin or fin fan coolers are used in any application where large quantities of heat need to be transferred this includes chemical and petrochemical industries power stations geothermal

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web the air cooled heat exchangers are also known as fin fan coolers fin fan cooler is nothing but traditional name of air cooled heat exchanger since fins are used in the cooler it is called as fin fan cooler please refer

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web the main function of the air cooled heat exchanger is the direct cooling of various process mediums by atmospheric air these heat exchangers are also known as air fin fan coolers or air fin coolers or air coolers or fin tube heat exchangers

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web cleaning your air cooled heat exchanger with jpx f is better for the equipment and personnel the gentle yet effective foaming action clears away dirt and debris effectively without damaging equipment your fin fans and heat exchangers will run at optimum levels and return to their peak performance once again

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used as the cooling media to cool the main hot fluid which used in tube side

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web sep 9 2018 issue 2 many time we see the performance of the fin fan cooler is not as ok and unable to maintain the proper cooling it is because of the many reason e g fouling of the tubes inside of the

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web life of the cooler this is the preferred tube for operating temperatures up to 600 f the embedded fin also affords a continued predictable heat transfer and should be used for all coolers operating above 600 f and below 750 f the wrap on footed fin tube can be used below 250 f however the bond between the fin

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web introduction fin fan cooler is a kind of heat exchanger that uses the air for cooling medium it is required a wide surface area for heat transfer it is applied to finned tube for increasing the heat transfer surface and compact design of construction area and the process fluid can be cooled by the natural air it is not required a coolant

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web our large fan field erected units are available in bay sizes up to 70 feet by 54 feet and fan diameters up to 36 feet our modular design and construction expertise allows for fast and dependable field erection benefits of the large fan design include air cooled heat exchanger air heat exchanger heat exchanger

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web the air cooler bank essentially consists of finned tube bundles fan rings axial fans with suitable drive units and a supporting structure it can be equipped individually with maintenance platforms louvers and other equipment as requested by the customer

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web disposal to get more out of what you have without the need for brand new air coolers this fan is located below the process bundle and air is forced through the fin tubes induced draft fan is located above the process bundle and air is induced or pulled with the data sheet paper and pen in hand head out and do a detailed visual

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