

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

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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**

**James L. Flowers, M.D., Princeton  
Review, Theodore Silver, M.D.**



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