

## ESSAY 1

Pick an example of a challenge/difficulty you have encountered that is of a personal, extra-curricular, or academic nature. What Insight have you gained about yourself and others from this event? Which skills, resources, and/or strategies did you rely upon? How will it influence your time in medical/other school and your professional practice?

## ESSAY 2

How are you sure you want to pursue your chosen career? What have you learned about it from your various experiences that convinces you that you are ready to make this commitment? Be sure to back up your claims with examples from your experiences (e.g., academic, work, internships, volunteer, etc.).

## ESSAY 3

Write a brief biographical sketch of yourself. Consider describing where you grew up, your family, and/or other influences on you.

## ESSAY 4

Given that health profession schools are committed to building a diverse learning community, please reflect on your own diverse experiences and how they will allow you to successfully participate in teams and engage in active learning with your peers, faculty, and patients. When composing your response please consider how these experiences influenced your understanding of others and yourself as well as any new insights you gained.