HPAS Personal Statement - Optometrist

This form is for Students who will apply to Optometry School.

PLEASE NOTE:

• Your pre-application final meeting with the Chair of the HPAS Office must be scheduled for a date between January and June. (Students are reminded to check application deadlines of the institutions in which they plan to apply.)

• This personal statement must be completed and delivered to the Health Professions Advisory Office two weeks before the pre-application final meeting. Failure to meet that deadline will necessitate a cancellation without the opportunity to reschedule.

• The HPAS Office will write a letter to support the student’s optometry application when a completed copy of the optometry application has been submitted to the HPAS office and the appropriate number of meetings with the HPAS director has been met.

• Students who do not proceed as described above will not be provided with an evaluation letter that is required by the optometry schools.

GUIDELINES FOR THE PERSONAL STATEMENT

• The personal statement will include three main sections, which are described on page 2.
• The entire personal statement must comprise not less than 10 pages.
• Use double spacing, left and right margins of 1 inch, and number the pages.
• Utilize correct English grammar and spelling.
• Place the following information at the top of page 1 of your statement, as shown below:

  Name (last, first) __________________________ Student ID Number ______________________

  Phone(s) ________________________________ Email Address ______________________

  Date and Time of Interview ______________________________________________________
CONTENTS OF THE PERSONAL STATEMENT

A. AUTOBIOGRAPHY

Please submit two passport size photos with your Personal Statement

- Help us get to know you. Include aspects that you consider important, relevant, and interesting about yourself. Suggestions include, but are not restricted to: your family history; your personal history; your choice of undergraduate major; your experiences in and outside the realms of science and medicine; travels you have taken; books you have read; hobbies you enjoy; events which have influenced your career choice. Remember, no topic is mandatory, and there are probably some that are not mentioned here that you may wish to include.

B. YOUR CHOICE OF PROFESSION

- In at least three full pages discuss the following: What do you know about optometry? Have you had any experience in working in an optometric setting or in optometric research? How did you decide upon optometry as a profession? What would be the advantages to you of becoming an optometrist? What would be the disadvantages? What skills and personality traits do you think are particularly important for a person practicing optometry or one of its allied specialties? Which ones do you possess? How do you know?

C. PERSONAL PERSPECTIVE

Keep a personal journal for at least three weeks. At the end of each day, quietly reflect upon the following three questions: What surprised me today? What moved me, or touched me, today? What inspired me today? Ask the questions one at a time and move backward through your day to find the answer to the question you are asking. When you find the answer, write it down. Then go on to the next question. Repeat this each day for as long as you keep the journal.

- Describe your response to this exercise and discuss what you have discovered or learned by doing it.