

## Personal Statement Sample #2

### Meredith Douglas

Emergency Medicine has always been a passion of mine; the diversity of patients that come through the doors and the fast-paced environment are two of the qualities that attract me the most to this dynamic field. Over the years my family has made multiple trips to the emergency department due to broken wrists, a partial finger amputation, heart palpitations, a foreign object in the nose, horseback riding accidents, and automobile accidents. Each visit has its own unique story, culminating in a distinct quality of care in the emergency department. Having been a frightened and apprehensive patient myself, I understand the need not only for a competent Emergency Medicine Physician, but also a compassionate one.

To your program I will bring a variety of pertinent attributes and skills that I have developed throughout my life experiences, such as adaptability and fervent attention to detail. During my four years as a surgical technologist, I improved and refined my critical thinking and problem-solving skills. While scrubbing for cardiothoracic and trauma surgery, I learned to think one step ahead at all times, and be prepared for the surgeon's next request. My ability to become a part of the team and exhibit patience has allowed me to transition into teaching mode, as a trainer of new students and employees. While working as a surgical tech, I found the cardiac and trauma cases to be the most challenging and rewarding of all. The intense pace, variety of patient cases, and the constant rush of adrenalin associated with these cases were what solidified my desire to pursue Emergency Medicine as a lifelong career.

My leadership abilities were tested and proven during my extensive volunteer work with the Hugh O'Brian Youth Leadership Foundation (HOBY), a program that provides weekend leadership seminars to high school sophomores. As a high school sophomore, I participated in the program myself, and was so impressed with it that I later returned to serve as a volunteer. I worked with the leadership program for ten years, during which time I volunteered at various levels, including serving on the board of directors for five years and as Chairman of the Texas Panhandle HOBY Leadership Seminar. As chairman, I was responsible for the majority of the seminar planning. In preparation for the seminar weekend I secured the site, created and developed the schedule, and recruited both participants and volunteers. I was tasked with mentoring the student participants, and supervising the volunteers; I was also responsible for managing the weekend activities and ensuring that the event ran smoothly. My experiences with HOBY have proven to me that I have what it takes to be a strong, competent, and trusted leader. I believe that the skills I learned while volunteering in the leadership program will serve me well as an Emergency Medicine Physician. I am a confident, adaptable, and compassionate individual.

I understand that there is a growing need across the country for qualified Emergency Medicine Physicians. Having grown up in a rural community, I picture myself working in an underserved community. As a participant in the Rural Medicine curriculum at the Texas College of Osteopathic Medicine, I was able to experience first-hand the need for Emergency Medicine Physicians in a rural community hospital. During one of my clinical rotations to Cuero, Texas, I worked with the Emergency Physician on call in the Cuero Community Hospital Emergency Department. Not only did the physician and I examine patients with a variety of complaints, we also discussed the struggles and rewards that face an emergency room physician in a rural area hospital.

As a second year medical student, I participated in a medical mission trip to Puebla, Mexico; this experience strengthened my desire to serve in an underserved medical community, and my compassion for patients. I seek a residency program that will challenge me, and nurture my enthusiasm and outgoing personality.