

Personal Statement/CV

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For personal statement exercise or guidelines, e-mail me

Personal Statement/Statement of Intent

- What is it?
 - Gives the selection committee a view of how you regard yourself in relation to the program.
 - Why are you interested? Your motives? Your influences? Goals? Your research interests?
 - Provide the admissions committee with a sense of who you are and your motivations aside from your transcripts and references.

Some examples of instructions

- Statement of interest in pursuing graduate studies in the fields of psychology, neuroscience and behavior (PNB fields of study: Animal Behavior; Systems & Behavioral Neuroscience; Cognition/Perception; Developmental Psychology; Evolution & Social Behavior). Statement should be no longer than one page in length, single spaced 12 pt font. Please list any research, teaching, or work experience that is related to the fields in which you are interested in working.
- Describe your interest areas in clinical psychology and your career plans. Describe your strengths and weaknesses for graduate study, and your need for financial support. Indicate whether you may be interested in obtaining extended education and training in Public Health if you gain admission to the doctoral program.
- Follow specific instructions given!

Personal Statement vs. Statement of Intent

- An account of your personal experiences that have shaped who you are and enabled you to develop the skills required for the program of interest.
- The statement should also convey what specifically motivated you to pursue this area of study as demonstrated through the following experiences: education, employment, volunteer roles, international excursions (not personal vacations), personal life

Personal Statement

- Sample Prompts:
- Discuss your motivation to pursue a career as a _____
- Describe key experiences that have influenced your decision to pursue a career as a _____
- Discuss your career goals and the attributes that you will bring to the XYZ program

Personal Statement vs. Statement of Intent

- Communicates your research interests and career goals.

Within the statement you are required to communicate:

- Why the subject area is of interest to you?
- What you intend to research within the program? Name the professor(s) you would like to work with (if requested to do so).
- The academic and/or research experiences that have contributed to your skill set? The skills you possess that will enable you to be successful in the program

Statement of Intent

- Sample Prompts:
- Outline your research interests and career goals upon completion of graduate studies
- Outline the key experiences that have prepared you for graduate level studies
- Of the 3 areas of study available, provide a rationale for your selection, your key qualifications and the professors with whom you would like to study

Skills to Highlight

- communication skills (verbal, written, additional languages)
interpersonal and teamwork skills
- leadership and self-management skills
- organization and time management skills
- problem solving skills and the ability to learn new things
- research skills/scientific literacy

Steps to writing

1. Know your audience
2. Do your research
3. Self-reflect

Steps to writing

4. Write!

- Concentrate on opening paragraph
- Tell a story
- Be specific
- Watch your language
- Follow formatting guidelines

Things to avoid

- Avoid clichéd phrases/words as they present as being vague and do not add value to your statement
- Don't be TOO personal
- Don't use same statement – same content ok BUT presentation of your qualifications should be written to match each program's specific requirements
- How do you end it?

Curriculum Vitae (CV)/academic resume

- Name
- Contact info
- Education
- Awards (scholarships, honors, etc.)
- Research experience (independent study, thesis)
 - Posters, presentations, publications
- Relevant work/teaching experience
- Relevant volunteer/education experience (e.g. Community Practicum)
- Relevant computer skills (programming, e-prime, survey monkey, etc.)

http://psychology.unl.edu/psichi/Psi_Chi_Sample_CV.pdf