

**Overarching theme: Holistic healing, Tie “Invictus” Poem throughout**

- I. Introduction
  - a. Choir – Poem, perseverance
    - i. Hook – grab the reader’s attention
    - ii. CONTEXT
    - iii. Subtle transition to personal challenge
    - iv. **Thesis** – describe your motivation to become a physician or pursue
      1. Encompass what you’re going to talk about in the next paragraphs  
*(themes of each paragraph)*
- II. Experience with dad (aortic dissection, transgender)
  - a. How aortic dissection reaffirmed your interest in medicine
  - b. Demonstrate the ability **to overcome adversity**
  - c. Holistic perspective – taking into consideration the whole person
    - i. Be sure to make this connection to medicine and to the future
- III. Non-profit organization
  - a. **Advocacy** for marginalized populations
  - b. Be sure to link this to the relevancy and significance to your future – medical school or career in medicine.
- IV. Academics / Research
  - a. Alzheimer’s Academics – how it motivated you to become a physician, reaffirmed interest.
  - b. **Curiosity, life-long learning**
  - c. Understanding the disease progression, pathophysiology, how we can strive to learn more
- V. Conclusion
  - a. Talk about how this careers fits your personality
  - b. Transition back to the **narrative lead (poem)** and **thesis**

**AAMC / AACOMAS – 5300**

**TMDSAS – 5000**