

When I was nine, my family moved from Bishkek, Kyrgyzstan, to Spokane, Washington. Coming to the United States was a big adjustment for all of us. One of those adjustments was learning how to communicate, though this time in English. When I started going to school, I could not understand what the teacher or the students were saying. In Kyrgyzstan, I was a straight A student for all three grades. I have received multiple awards for being one of the best students in my class. Not being able to read, write, and understand the language was devastating to me. However, instead of giving up, I spent most of my days translating my school assignments word for word with a dictionary always in close proximity. This was the way I learned English. In just six months, I learned enough English to even translate for other kids at my school. I was proud of my achievement, and as a result, I was motivated to work even harder. !

As a child, my access to healthcare was limited. For instance, I needed to get a root canal as a ten-year-old and. Most many dentists told my mom indicated that our insurance did would not cover it, and we had to pay out-of-pocket about \$750. We did not have that much money and were correspondingly lost about how to go about it proceed next. For about three months, I had terrible tooth pain, and then we found a dentist who was willing to do it for free. This act of kindness helped save my tooth and relieve my pain.

Throughout my high school education, I volunteered at the local food banks, nursing homes, worked at my church's school throughout high school, and even got accepted with a scholarship to Junior Statesman of America (JSA). I volunteered as an international student liaison in college, tutored for the Pipeline Project in a rural, underserved community. As of now, I am passionate about tutoring immigrant children as well as helping my local foodbank with food deliveries and packaging. Through these experiences and my work, I have gained the necessary experience in asking government officials questions governmental policy, budgeting, teamwork, and de-escalation. to name a few. I believe all of these qualities are important for a future physician, physician assistant, nurse, or anyone else working in healthcare. For instance, Bbeing a leader and voicing my opinion or concerns will allow me to advocate for my patients while. Working-working effectively as a healthcare team is crucial; this will to allow patients to have the best care possible. Knowing how to budget will allow me to explore various treatment plans depending on my patient's situation chose the best and affordable plan/medications for them. De-escalating patients while remaining calm will allow me to understand and address their concerns. Thus, providing treatment that they need. Being an immigrant and overcoming struggles allows me to know-understand the challenges that many people in immigrant and low-income communities face because I have lived through them myself.

My future goal is to attend Medical School. After graduating college, I became interested in healthcare, and my experiences as a home care aide (HCA) and as a certified nursing assistant (CNA) have solidified my desire to continue on this challenging journey path. My grades were not not

**Commented [EF1]:** Perhaps we can add some imagery here in order for the reader to place themselves in your shoes. What did this look like from your point of view? This will inadvertently act a strong hook for the reader to be engaged in your writing.

Let me know if you need examples of this 😊

**Commented [EF2]:** I think you can elaborate on this point. Why was this the case?

**Commented [EF3]:** Let's add one more sentence here of which links in the significance and relevance of why you would tell the reader this story. This will be your **thesis.** Additionally, in your thesis we will want to discuss your motivation to become a physician as well as make a connection to the major themes of which you will mention in the upcoming paragraphs. The best way to encompass the themes of the body paragraphs is to read through each paragraph and ask yourself "what is the purpose of this paragraph and what do I want the reader to take away here." Then we can include these themes in one way or another in the thesis.

**Commented [EF4]:** In general, or to afford this procedure? We might clarify this.

**Commented [EF5]:** For the final 2-3 sentences, I want you to really make the connection to what this means for you and your journey to medicine. We must touch on the fact of why you would mention this story in your personal statement. What is its significance?

**Commented [EF6]:** I think we will need to add something personal about these experiences – why are you mentioning them and what does this mean to your journey? Otherwise, this might appear as a reiteration of your activities section of the application.

**Commented [EF7]:** Why are you passionate about this? Be specific.

**Commented [EF8]:** De-escalation of what? Be specific.

**Commented [EF9]:** Why is this the case? Be specific here as well.

**Commented [EF10]:** This final sentence might be a little misleading as this was not necessary the overarching message of the paragraph. Perhaps instead we might include another concluding sentence of which summarizes what you discussed before.

We might add this to the paragraph below if you would like to keep this statement.

**Commented [EF11]:** We can eliminate this as this is the purpose behind the personal statement itself.

~~perfectideal~~ in college ~~because due to the fact~~ I had to work multiple jobs, which made it more difficult for me to ~~prove my standing academically perform at the top of my class~~. However, working while studying ~~taught enhanced my me better~~ time management skills, ~~better~~ study techniques, and ~~allowed the lesson of pushing perseverance through despite~~ difficult times. In my senior year of college, my husband and I learned we were pregnant with our first child. ~~Pregnancy can be very unpredictable. As a result, this news correspondingly-~~ made my senior year ~~very~~ difficult, ~~but though~~ I still decided to keep pushing through and graduated college at 38.5 weeks pregnant. To continue and pursue my medical school dream, I decided to take ~~some~~ classes at a local community college while working and ~~taking care caring of for~~ my two daughters. ~~I earned a 4.0 in each course, but the best part is that I learned to study with them by teaching them what I am learning-~~ I have illustrated fortitude and patience throughout my academic and professional careers and am ~~adept at juggling responsibilities~~. In the past year alone, I have been working at Virginia Mason Medical Center as a CNA and as an individual provider for a client, helping take care of my father-in-law, ~~studying and taking preparing for~~ the MCAT, and of course, taking care of my family. ~~This I consider this~~ is an accomplishment in itself and achieving balance will be crucial in my future career in healthcare.

To pay back the kindness I ~~was blessed to~~ received, I ~~have~~ started volunteering with organizations that serve immigrant and low-income communities. They face many of the barriers to healthcare that my family once faced. Lack of insurance or a high deductible makes it challenging to see a provider ~~and receive get good quality~~ preventative care. As a future physician, I would like to donate my time to improving preventative and continuity of care for people ~~who have low incomes of poverty~~ and live in rural areas of Washington state. ~~Similarly, Wworking~~ at the hospital has allowed me to work with a diverse group of patients. Coming from an immigrant background, I always try to listen to ~~my a~~ patient's needs and preferences. ~~Our hospital serves a diverse patient population. To accommodate them, I ask them if there are any religious practices that they follow, dietary preferences, and anything else that can make their stay at the hospital better-~~ Additionally, I try to listen to patients and observe ~~in order~~ to gain a better understanding of their expectations and boundaries. ~~For instance, some of my patients do not like maintaining constant eye contact and might want more personal space. I must explain what I will be doing in advance and make sure that they are comfortable. On a given day, my patients can range from homeless to a company executive-~~ My role in their care is to make every person feel equally cared for regardless of their status ~~and -I~~ treat each patient with kindness, compassion, and respect to ~~make show~~ each patient ~~feel like they matter~~. I try to put myself in other people's shoes. What if I was in pain, scared, and frustrated? I would want my care team to take their time and be patient with my wants and needs. I think this helps me be kind and treat others how I would want to be treated.

**Commented [EF12]:** We might make the connection here to how you perceive this might help you in the future in medical school.

**Commented [EF13]:** I think we can combine this paragraph with the last.

**Commented [EF14]:** I think we can eliminate this for cohesiveness of this paragraph and for the character count.

**Commented [EF15]:** So what does this mean for your future in medicine and as a physician. I think we must make that connection here.



**Commented [EF16]:** We will need to add one more paragraph of which will serve as a concluding paragraph. Typically, this will include no new information and serve to summarize what you discussed before. Also, we will want to make the connection back to both your introduction and thesis statement in order to allow for a more cohesive read.