

Personal Statement

" This is it ! This is what I want to do." This thought ran through my mind almost daily during my third year surgical clerkship. Time and again, the sense of excitement was felt participating in the workup, diagnosis, and treatment of everything from acute appendicitis to bilateral adrenal pheochromocytomas. Every morning I found myself eagerly anticipating what the day would bring, whether it be time in O.R., clinic or the wards, and every evening the same eagerness accompanied reading about the diseases afflicting my patients.

The specialty of surgery holds several attractions; the high degree of patient contact, the intellectual challenge that is demanded in evaluating every patient, the satisfaction in learning and mastering manual skills, and the fast pace that is the nature of the specialty. However, this field of medicine demands as much in return as it gives to the practitioner. Surgery calls for a lengthy time commitment, starting in residency and continuing throughout the surgeon's life. Continual mental and physical stresses are placed upon the surgeon as well as the emotional strain of always putting the patients' needs before those of yourself and family. In spite of these admittedly weighty responsibilities that this field calls for, surgery holds an undeniable appeal for me that is matched by no other.

A surgical residency that combines a large volume of pathology with strong clinical teaching in a stimulating academic environment will provide me with a solid foundation of surgical knowledge, skill, and decision-making abilities. The opportunity to participate in research is also important. Presently, my principal interest is general surgery. My career plans include a primarily clinical career with some clinical research and teaching.

The assets that I will bring to a surgical residency include the personal traits of being honest, responsible and caring. My high level of enthusiasm for this field along with a strong midwestern work ethic and desire to excel are all qualities that are needed in a surgeon. In addition, a high degree of intellectual inquisitiveness coupled with a solid fund of knowledge make me a candidate who will be a productive member of any residency and the field of surgery.

I couldn't have chosen a more gratifying and rewarding career than medicine. It was my ambition when I began medical school to be an internist and my desire has continued to grow as I have advanced in my training. The complex medical problems handled through extensive and precise work-ups, the many major diseases, the patient population, and the comprehensive care are all aspects which appeal to me. I also am stimulated by the vast amount of knowledge of the major body systems that is required by the internist. I eagerly anticipate the many intense challenges that I will encounter in the field of Internal Medicine, for it is the continual challenge and constant stimulation that I find so appealing. It is my belief that the greater the challenge, the greater the reward.

I established a number of criteria that were important to me as I began evaluating prospective residency positions. These included the development of cognitive, as well as procedural skills, exposure to research and subspecialty medicine, a wide range of patient pathology, and close resident-staff interactions. My overall goal is to be a part of a resident-oriented program that promotes personal growth and autonomy through responsibility and teaching. My objective is to receive excellent training in Internal Medicine that will give me the basis from which to practice general Internal Medicine or subspecialty medicine.

I look forward to being an active and contributing member of my residency program. The attributes that I will bring to a program include dedication, responsibility, enthusiasm, and a caring attitude. My maturity and professional integrity allow for strong work relations with colleagues, patients and staff. My strong compassion for medicine and my willingness to make a serious commitment to providing quality patient care, combined with my mid-western work ethic, are qualities which I believe will make me a unique participant and strong candidate in an Internal Medicine residency.

In the year prior to starting medical school, I served as a Jesuit volunteer in Houston, Texas. As a full-time caregiver to hospice patients with AIDS, I discovered that the most invigorating connections I made with my patients occurred during our simplest shared moments. The care I gave to patients certainly did not change the final outcome of their disease processes, but their lives were a little less harsh because of the favorite meals I cooked, the backs I massaged, and the jokes we shared. In family practice, I experience the same profound satisfaction of being present for the day-in-day-out aspects of my patients' lives. The family physician's greatest strength and most difficult challenge is to be adequately skilled at caring for the broad spectrum of patients' needs. During my third year clinical rotations, I enjoyed and excelled in each specialty. During obstetrics, however, I missed performing newborn exams; while on psychiatry, I longed for the challenge of managing complex medical problems. With my drive for learning and my passion for patient care, this specialty allows me to meld my interests in the diversity of patients and medicine.

Knowing that family practice, particularly in a smaller community, has long been a career goal of mine, I participated in my school's Rural Opportunities in Medical Education (ROME) program. This learning opportunity allowed me to spend the first seven months of my third year in a rural North Dakota community. As one of two students, I had unparalleled access to my preceptors, including eight family physicians. Despite being far removed from the majority of my classmates and traditional didactic lectures, I excelled in self-directed learning, with my patients' illnesses as the foundation of my curriculum. Over the seven months, I fostered a relationship of trust with patients and their families.

As I quickly developed a place of acceptance in the hospital and community, I recognized the impact a family physician creates in a small town. Because I knew my patients both inside and outside the hospital, I better assessed their fears and answered their questions. When I told an elderly patient I was leaving Hettinger to continue my training at a larger facility, she said in her thick German accent, "Oh, how I will miss you. I don't understand all that doctor-talk. You explained things for me." These are the moments when I know, without a doubt, that I am called to family practice.

Characteristics I value about a residency program include preceptors who are skilled and dedicated teachers; residents who are intelligent, reliable, and fun colleagues; and a learning environment where patient-based practical experience is balanced with promoting life-long academic pursuit. I look forward to caring for a diverse population of patients with a wide variety of needs. In particular, I would appreciate the opportunity to care for people who are otherwise medically-underserved, whether this be during the course of my regular day or as a volunteer during my free time. Eventually, I plan to obtain in-depth training to be skilled in evaluating and managing higher-risk obstetrical cases; I hope to make obstetrics and women's health a strong focus of my practice. The program I attend must demonstrate commitment and success in training family physicians who excel in this area. I would appreciate an opportunity for us to become familiar with each other and determine if our ideals of compassionate patient care and sharply honed clinical skills intersect.

My interest in medicine was ignited when my high school biology class studied the human body. I had always loved science, trying to figure out how nature worked, and found the human body with all its capabilities fascinating. The journey to become a physician has been interesting and challenging. The basic sciences during the first two years of medical school were rigorous. The third year clinical rotations have taught beyond the science aspect of medicine and entered the social realms of becoming a physician. The art of medicine is becoming a reality to me when I talk with patients to determine the cause of their illness, help them handle difficult news, or just listen to their concerns. These skills cannot be taught, but can be learned by observing compassionate physicians and viewing each patient as a person, not just an illness. My attending physicians have demonstrated these necessary skills and have given me the opportunities to develop these attributes in myself. Throughout this endeavor, I have realized that my ambition and hard-working attitude will always provide me with opportunities to succeed within the medical field and in life.

Many aspects of Obstetrics and Gynecology have stimulated my interest in this field. One area is the opportunity to educate people on living healthier with exercise, appropriate nutrition, and routine health visits. Women's health has been under-recognized in the past. As an Obstetrician and Gynecologist, I can be a proactive figure in educating women about the importance of optimizing their overall health. A second area of interest is prevention and early detection of disease. I feel this area is the wave of the future. Gynecology impacts this area through maintenance health exams while obstetrics focuses on optimal prenatal care. Another important issue in today's society is maintaining a high quality of life. Gynecology offers many women the chance to be more active and enjoy life to a fuller extent, either through medication or surgery. Surgery is another area I enjoy since it presents the opportunity to improve patients' lives almost immediately. In addition, other areas that have sparked my interest in this field are continuity of care, clinical procedures, and the excitement of bringing a new life into the world.

My goal during residency is to develop a broad foundation of knowledge that will enable me to either practice in a community as an Obstetrician and Gynecologist or pursue further education in a sub-specialty. I am interested in a residency program that will provide a large volume of patients in both Obstetrics and Gynecology, including the sub-specialties, guidance with independence in patient care, and strong teaching preceptors. I am also looking forward to interacting with residents, medical students, and attending physicians to further learn and appreciate the art and science of medicine.

In my free time, I play numerous sports, such as basketball, softball, volleyball, and golf, and enjoy reading. I spend time outdoors mountain biking, in-line skating, and relaxing in nature. Physical activity has been a key stress reliever throughout my education as well as a tool to overall health maintenance.

I have confidence in my ability to become a knowledgeable and compassionate physician. I describe myself as responsible, hard-working, and motivated, as well as personable, enthusiastic, and full of life. These traits along with my superb medical education will allow me to achieve my goal of becoming a competent and caring Obstetrician and Gynecologist.

My life theme has been one of caring, compassion and service to others. One of my greatest strengths is the ability to build and maintain relationships. I view people as 'gifts'; each unique, yet, each with the hope they will be discovered, loved, and treated with respect and kindness. It is this sense of compassion and love for people which I brought to my previous social work experience in children and family services, my military career and that which I will bring to my work as an Obstetrician/Gynecologist.

I learned and adopted a strong work ethic, compassion, and service to others from a close and supportive family. My parents were always actively involved in various service organizations and stressed the importance of giving back to the community. Growing up on a farm I learned very early the necessity of hard work and the importance of team work.

My interest in women's health began long before medical school. From my social work experience I learned the importance of good prenatal care, and parenting education. By conducting child abuse and neglect assessments I learned of not only of the destructiveness that can occur between people, but also the tremendous growth and healing that can take place. It is this experience which developed my interest in pediatric and adolescent gynecology and my commitment to becoming competent in the medical assessment of children who may have been victims of sexual abuse.

Relationships are very important to me, so the potential for having long term relationships with patients in an obstetric and gynecologic practice is very exciting. The diversity of obstetrics and gynecology is very enticing. The miracle of life in delivering babies is exciting and fulfilling, but the opportunity to provide education and other prenatal care is a greater source of motivation for me to make a difference. The diversity of clinic, deliveries, and surgery is exciting and challenging. To be an effective obstetrician/gynecologist I sense the need to have a strong foundation in primary care medicine, and so seek a residency program who emphasizes comprehensive women's health care. I am looking for a residency program that will educate and challenge me through interaction with dedicated physicians and peers, and allow ample patient exposure with the variety and complexity needed to develop the diagnostic and technical skills necessary for the clinic and operating room.

In ten years I expect to be practicing general obstetrics/gynecology with a group practice in a rural community, with a connection to a medical school allowing me the opportunity to teach medical students and residents. My commitment to woman's health, providing excellent patient care with clinical confidence and compassion, a strong work ethic, enthusiasm, excellent leadership qualities will make me an excellent physician and a very effective member in an obstetrics/gynecology residency program.

HARD WORKING: I grew up in a farming community in western North Dakota. The people in the area have a strong work ethic that I am proud to share. I've worked at various jobs since I was in my early teens, which include: pinsetter, cashier, radiologic tech., farm hand, and member of the ND National Guard. I feel my hard work has helped me learn the importance of time management and organization skills, enabling me to excel in my educational career. I feel I give 110% in everything I do..

MATURE: At age 17, I joined the ND National Guard. I rose to the rank of Sargeant and was an assistant squad leader actively participating in the gulf war. This was a time of increased responsibilities and challenges which I met head on. I currently hold the rank of 1st Lieutenant, and I am acting platoon leader. I feel my years in the military have helped strengthen my leadership and organizational abilities, all of which will be required of me in a demanding radiology residency program.

I have been married for two years to a wonderful woman who has been the backbone of my success. Together we have a daughter less than one year old. Having a family is very rewarding and demanding, but it also gives me the motivation to achieve success not only for myself, but also for my family.

ACADEMIC & CLINICAL SKILLS: Medical school has been a rewarding experience for me. Besides expanding my basic medical knowledge and clinical skills, I've learned that teamwork is an essential ingredient to any medical student's survival. Dedication and hard work enabled me to receive honors in 75% of eligible credits and class rank of number four of fifty-seven students. I feel I'm just at the top of the iceberg when it comes to medical knowledge, but with my good work ethic and a strong desire to learn, I feel I will continue to grow throughout my career in medicine.

CAREER GOALS: My desire to become a physician wasn't self evident until my training started as a radiologic technician.. I found myself wanting to know more about medicine and at the end of my two year program, I decided to seek a career as a physician. My experiences with radiology before and during medical school convinced me that radiology will provide me with what I want from a career in medicine. It's a field that has no limits to its potential for advancing technology. I have a strong desire to attend a diagnostic radiology program. I'm not sure if I will seek a fellowship in the field of Radiology. I guess only time will tell. I would like to practice somewhere in the Midwest since I have grown to love this area of the country. A teaching institution would be desirable, because I get vast gratification from helping others, just as my mentors did, sharing their knowledge with me.

SUMMARY: I'm a hard working, mature individual who has a clear vision of a career in Radiology. Both my experience and training have reinforced my dedication to this dynamic and exciting field of medicine. Thank you for taking the time to review my application, and I look forward to hearing from you in the near future.

Personal Statement

Considering my personal goals and my medical school experiences, I have found that a career in Family Medicine will provide the challenges and rewards I desire.

I thought about becoming a doctor from an early age. I have always been an avid reader, and books about physicians and medicine held a special appeal. I realized that doctors were respected and trusted, and that they had the opportunity to have a positive influence on the lives of others.

When I entered college, I chose to study chemistry because I enjoyed the technical aspects of this field. I also felt that a background in the sciences would be good preparation for medical school. I realized that a career in chemistry would not provide the personal interaction I wanted, and I was reassured that applying to medical school was the right choice for me.

I entered medical school believing that I would enter Family Medicine, as I felt it would best combine the variety and intellectual challenges I sought with the personal contact I also desired. During my third year clerkships, though, I was at times drawn to other specialties as well. In obstetrics and gynecology, I enjoyed being a part of family planning, and the process of birth as families welcomed new members. I also liked being involved in the preventive care aspects of OB/Gyn. Similarly, I enjoyed my Pediatrics rotation because it allowed me to work with families, and to take part in the educational process that is so much a part of pediatrics. I grew to appreciate the partnership that forms between the physician and the parents in the care of each child. I enjoyed the intellectual challenges of Internal Medicine as well, and the difficulties of managing illnesses in adult patients with multiple health problems.

Although aspects of each of these fields appealed to me, none offered the opportunity to participate in the care of the whole family I desired. I resolved again to pursue Family Medicine, and my fourth year Family Practice rotation has confirmed my belief that this field is where my greatest interests and capabilities lie.

During my education I have pursued extracurricular interests as well. In addition to reading, which I still enjoy, I maintain my physical conditioning through swimming, jogging and tennis. I have found that physical fitness enables me to better meet the challenges of medical school.

Based on my personal goals and medical school experiences, I am convinced that a career in Family Medicine will best utilize my skills and provide the challenges and rewards I desire.

PS - General Personal Statement

Becoming a physician is an inspiring and humbling experience- to have the opportunity to make a difference in people's lives, be continually challenged to learn more, and to love what you do. Not everyone can say that about their profession. I chose medicine because I want to bring home more than just a paycheck for my efforts. I'm excited to invest in other people, discuss challenging cases with my peers, play an integral role in my community and to always be learning new things. The UND School of Medicine has provided me with a strong background in the basic sciences and the unique experience of working one-on-one with physicians without competition from other medical students or residents. Because of this, I've had hands-on experience performing many procedures such as endovascular harvest for CABG, open and laparoscopic tubal ligations, D&C, colposcopy, thoracentesis, delivery and episiotomy repair, cardioversion, joint injections and drainage, central line placement, chest tube placement, and esophagogastroduodenoscopy. Now I am ready to move on to the next step in my pursuit towards a future in Obstetrics and Gynecology.

My decision to specialize in Obstetrics and Gynecology was a relatively easy one. Although I enjoyed my rotations in the other medical specialties, they did not captivate me quite like Ob/Gyn did. This field combines the intellectual challenge of Internal Medicine, the intensity and technical skills of General Surgery, and the continuity of care and illness prevention common in Family Practice. These characteristics are all a part of the goal I have for myself in my future practice.

I knew I would like Obstetrics but was surprised to discover that Gynecology was even more fascinating. I enjoyed the patient interaction during routine exams, as this provided an excellent opportunity for health education and disease prevention. Gynecology offered more than other surgical specialties did- the chance to develop a relationship with my patients and spend more time together than just quick pre- and post-op examinations. I need to experience more in the field of Obstetrics and Gynecology before I can make an educated decision to pursue a career in one of the gynecologic sub-specialties or practice primary care Ob/Gyn. Either way, I am looking forward to precepting for medical students and residents as a way to both give back to medical education and keep me on my toes.

I am confident I will make a competent and caring physician. I am intelligent, self-disciplined and responsible as well as kind and patient. Helping people and working as part of a team is second nature to me as I am a good listener and deeply committed to the welfare of others. My love for medicine and people is a fire that drives me to learn more. My goal is to become an excellent Obstetrician and Gynecologist with a strong focus on gynecology and preventative medicine. I continue to have the enthusiasm and dedication with which I entered medical school and the broad knowledge UND School of Medicine has provided me, along with an excitement to begin my next step of training. I am looking for a residency program that will educate and challenge me through interaction with dedicated physicians and peers, allow ample patient exposure for continuing the development of my diagnostic and interpersonal skills, and provide the opportunity to learn the technical skills I will need for both the clinic and the operating room.

Thank you for considering my application. If you are looking for hard-working, enthusiastic and compassionate individuals to join your program, I am anxious to contribute not only my enthusiasm to learn but also my eagerness to excel.

To grow up on a small farm in a rural North Dakota community has been a defining experience for me, the value of which is often difficult for others to understand. I spent my first 17 years in a geographically isolated community, population less than 300, where I knew everyone and vice versa. I did not have the limitless activities that a metropolitan area offers. However, I was eager to focus on academics and this safe and caring environment supported me in every way. This childhood gave me an earnest desire to learn and experience everything I can about the world but also a small-town foundation of honesty, hard work, and compassion.

Human science courses were always the most rewarding for me and I frequently requested greater challenges from my teachers. Being in a very small school, psychology was never offered as a course but my outside learning on the subject intrigued me. Once I decided to study psychology in college I arranged correspondence courses from a state university in order to earn the distinction of being only the second person to ever graduate in three years from my high school. By this time my career decision was made, and it was to be medicine.

During college I always worked near full-time hours and was active in volunteering at local hospitals and clinics to explore my interest in medicine. I don't take on commitments rashly and like to explore all options, so after college I spent one year as a business professional and worked in both film production and software technical support for Microsoft. This year was invaluable because I worked in professions I never would have imagined for myself. Through these experiences, however, the biggest benefit was developing the passion that only comes when you are confident about yourself and your decisions. I was reassured that medicine was right for me.

The biggest challenge is still yet to come. This is not because I don't know what the future may bring but because I have decided to bring my past and my deepest passions to women's health. I have held a personal interest in women's health ever since attending a school with almost no education in sex or the female body. From my own experience I know the power that knowledge of one's own body can give to a woman, and the problems that can ensue when a woman isn't properly educated on how to take care of herself. I know the embarrassment to not know about your own body and frustration with not knowing where to go for information and help when necessary. A woman is empowered when she has a sense of control over her body and has all the information to make reproductive and general health decisions. These are the reasons my strongest emotions are directed towards women's healthcare, but not the only reasons for entering Obstetrics and Gynecology.

My end goal is to be a voice for advancing women's healthcare, a compassionate clinician for women of all ages, and a superb surgeon well trained in the newest laparoscopic and vaginal techniques. I admire the technical aspect of surgery and respect the surgeon's power to dramatically improve a life. The daily variety between deliveries, office procedures, and the combination of medicine and psychology will provide me a thrilling challenge. I am currently advancing my skills by out-of-state training in maternal-fetal medicine, adolescent medicine, and gynecologic pathology. The latter two will be done at the University of Minnesota hospitals in the Twin Cities. I desire to train in a major metropolitan area that will motivate me through dedicated physicians and peers as enthusiastic as myself. I am looking for great patient diversity and the opportunity to educate others while keeping my own knowledge current by teaching medical students and community members.

I am also passionate about playing tennis and weight training. Physical fitness has kept my life in balance while encouraging others to do the same. Baking delicacies is a love of mine, cheesecakes are my specialty. I feel that I do need to improve myself in other fields, and this is why I am currently studying the history of art. I believe I am unique for my strong work ethic and natural ability to build and keep strong relationships with patients and peers. Because of all these reasons I am confident I will achieve my goal of being a physician who will make an impression on the world of medicine.

As a competitive long distance runner for thirteen years, I have come to appreciate three entities essential to a successful race: a solid foundation on which to build, perseverance to keep sight of one's goals, and a true captivation for the sport. In medical training, I have seen how these entities contribute to a successful medical profession. The basic sciences of medical school serve as building blocks for assessing the anatomy and physiology of future patients, realizing that as one's knowledge expands, so does the need for continuing education. Most importantly, one must have the highest regard for medicine, since it is only then that both the art and the science of medicine come together.

Being able to see one's occupation as both an art and a science is what attracted me to Internal Medicine. I entered medical school with a yearning to understand the in depth pathophysiology of disease, and three years later, I find Internal Medicine as the one area that answers the "how" and "why" by which the body operates. I thoroughly enjoyed the procedural skills of surgery, the preventative health issues in Ob/Gyn, and the psychosocial impact of psychiatry, yet felt each was missing the holistic encompass of Internal Medicine. Throughout my Internal Medicine rotations, I was allowed to perform procedures that many are not allowed to do until their intern year: thoracentesis, paracentesis, chest tube placement, nasogastric tube insertion, central line and portacatheter placement, cardiac catheterization and stress testing, endoscopy, as well as laparoscopic procedures.

I have been exposed to the concept that practicing Internal Medicine requires a sharp mind and a compassionate heart. I have spent many hours witnessing the psychosocial aspects that accompany decisions of code status and organ donation, as well as relaying a terminal diagnosis to a patient. My preceptors in Internal Medicine deserve much of the credit, exposing me to the rich science base that the field requires, yet showing me the powerful nature that the art of bedside manner can hold.

My decision to follow the path of Internal Medicine has led me to create several professional goals: I am hoping to find a residency program willing to give me independence in patient care, yet supporting and criticizing my decisions to enable future learning. I am interested in a training program that exposes me to the vast array of subspecialties of Internal Medicine, and demonstrates options of practice in any particular area. I want to finish residency with a very strong general medicine background, yet feeling competitive to continue forward in a subspecialty of choice. My exposure to research has been somewhat limited, so I am eager to be exposed to the opportunities offered, working on projects that have real-life applications.

Once I finish residency and any subsequent fellowship, there are several key features I would like to see in my practice. First of all, I would like to work in an area where there is sufficient population to see the full spectrum of patient problems. Not only will my time be spent in the clinical realm seeing patients, but I also would thoroughly enjoy giving back some time teaching others. I was taught that it is a physician's role to teach those still in their medical training, for physicians are able to bring to life all that has been taught in the classroom up until the clinical years.

If asked to describe myself in two words, the most appropriate would be "determined" and "compassionate." These characteristics are the result of a strong and loving family background. The youngest of three children, I learned by example, acquiring discipline from mistakes and achieving satisfaction from accomplishments. The devotion my parents have shown one another has taught me all I know in terms of sharing. My father has been a prominent leader in education, showing me how determination will never catch a person short of their goals. My mother managed a medical clinic while I was growing up; there I first realized that healing not only requires medical knowledge, but also compassion. I regard my parents as exemplars, having instilled the qualities in me needed to be a leader. I believe strength and ability to achieve my goals are because of my life experiences.

I am more than eager to begin residency in Internal Medicine this next year. If your program is hoping to find a candidate committed to hard work, willing to grow in knowledge, goal-driven while searching for a resolution to a challenge, and mature in handling the psychosocial issues present in medicine, I am such a candidate. As previously stated, I often compare my long-distance running to my medical profession. I have two final goals before graduation from medical school: to run my first marathon and be accepted by an outstanding Internal Medicine residency program. Accomplishing these goals will allow me to build a stronger foundation, give me perseverance to set future goals, and allow me even more true captivation for the sport, and more importantly, for Internal Medicine. Thank you for your consideration.

Personal Statement

Considering my background in emergency medical services and my medical school experiences, I have found that emergency medicine will provide me with the challenges and rewards I desire in my career.

I entered medical school with a firm belief that I would ultimately choose emergency medicine as a specialty. Prior to my medical studies, I worked first as an EMT-B and an EMT-I for three years combined, and then as an EMT-Paramedic for one and one-half years. I worked both in a large metropolitan area, my hometown of Oklahoma City, as well as in a rural town of about eight thousand people. I feel comfortable working long hours, and deal well with high pressure situations requiring immediate decision making. I am aware of the fact that emergency physicians must remain calm and focused during the most critical situations, not only in order to stabilize the patient, but also to direct the team and communicate with family members. It was my exposure to both patients and personnel in the pre-hospital setting, as well as in the emergency department, which helped shape my career goal to become an emergency physician. I have first-hand knowledge of the pace of both rural emergency rooms as well as the pace of a level I trauma center, and feel that both have positive attributes. My areas of interest include EMS and disaster medicine.

I have spent a great deal of time educating myself about the different aspects of emergency medicine, and am certain that I will find the specialty to be very fulfilling. I would literally be making a difference in people's lives each day I worked, whether it be by performing a life-saving procedure, or more commonly by being a social advocate for a patient with a particular need. It has been my experience that often, the emergency room is the only place to which certain populations of medically underserved patients can turn for care. It is in this setting that I have witnessed emergency physicians displaying true compassion for sick patients who would otherwise go untreated. The best emergency physicians must possess the ability to establish trust very quickly between themselves and their patients. Through my interactions with patients thus far in the emergency department, I too feel that I possess this ability, and welcome the opportunity to put it to good use.

I know the demand on the emergency physician is constant, and I find the stressful conditions under which I will work to be very appealing. I have been told many times that the rate of "burn out" for emergency physicians is high. I firmly believe one must pursue interests outside of medicine, such as family, recreational activities, physical conditioning, and charitable activities, in order to maintain the essential balance one needs for a healthy existence. My outside interests include endurance running, triathlon, racquetball, hiking, and golf. I have found that staying physically fit allows me to better handle the challenges and stresses of life.

I am currently a student member of the American College of Emergency Physicians, and am a student member of the Emergency Medicine Residents' Association. I am certified in ACLS, CPR, and NALS. I have enjoyed the wide variety of clinical procedures that emergency medicine offers.

Based on my pre-hospital, medical school, and clinical experiences, I am convinced that a career in emergency medicine will best fulfill my desire to positively affect the outcome of a person's life and health. It is my belief that this field is where my greatest interests and capabilities lie.

As a young man in Oregon just out of high school in 1975, I was torn by two passions. One for the sciences in general, and the other for composition and performance of contemporary music. While I dabbled in college during those early years, I supported myself as a self-taught guitarist working in local night clubs. When the opportunity presented itself, I decided to put my education on hold for some time and pursue a career as a traveling musician. In the years that followed I enjoyed a successful musical career. I taught myself to play several instruments including bass, saxophone, mandolin, and piano, and then ultimately traveled to Alaska in 1983 to work for the summer. I was quite taken with the natural beauty and ruggedness of the state and decided to make it my home. While I managed a good living playing music in Alaska, I began to yearn for something more intellectually challenging, and to make more of a contribution to my fellow man. I returned to school in the fall of 1990. I acquired a position at a radio station during my college years and supplemented my income by playing music on the weekends. I quickly rose to a middle management position at the radio station and gained valuable experience overseeing and developing projects related to station promotions and management. The increase in income allowed me to reduce the weekend work, and by my senior year I had enough free time to volunteer in the emergency room at a local hospital. I found the emergency room to be intellectually stimulating and an exciting place to be, and I began to seriously consider a career in Emergency Medicine.

Throughout my training in medical school, the emergency room has held a special attraction for me. I find the variety of medical conditions and patients encountered to be fascinating as well as challenging, and the pace of a busy emergency room to be exhilarating. These feelings were confirmed during my fourth year rotation in the emergency room. I am now firm in my commitment to pursue a career in Emergency Medicine and look forward to my training with great anticipation.

While my primary interest is in clinical practice, I would welcome the opportunity to participate in medical research and education. I am aware that many emergency physicians participate in the training of both medical students and emergency medical personnel, and would consider it both an honor and a privilege to participate in educational programs such as these.

I believe that I offer you unparalleled enthusiasm and dedication to the field of Emergency Medicine. I have elected to apply to your training program because I know it will provide me with the experience and wisdom necessary to achieve proficiency in what I believe to be a most challenging and rewarding specialty. I thank you for taking the time to review my application, and look forward to hearing from you soon.

There is an expression I once heard that said "The journey of a thousand miles begins with just one step." My personal statement will try and touch on some of the important steps I have taken along my journey. A journey that has now led me to apply at your residency program.

My name is Scott Anseth. I am from a small, Montana town called Choteau, which is nestled in the foothills of the Rocky Mountains. I was born in Choteau to Duane Anseth, a local electrician and his wife Eva. A year and a half later I was joined by my sister Wendy. As a kid I enjoyed the things every kid enjoys, like sports and riding my bike. Naturally, I grew to love the hiking and fishing opportunities that the foothills around Choteau offered. It was a great place to grow up, especially if you like the outdoors. When I was thirteen, my father passed away from Colon Cancer. This was a difficult time for me. I know it was also difficult for my mother trying to raise two teenagers, but my family managed through that difficult time and I graduated from Choteau High School in 1990.

After graduation I decided to attend Concordia College in Moorhead, Minnesota. Concordia is where I learned the principles and ideals that will continue to guide me as a man and as a doctor. Concordia nurtured in me a passion for learning, not just in the biological sciences but also in areas like art, music, literature and the humanities. I learned to value knowledge. I learned that no matter how much you think you know about something there is always more to learn. I also became involved with an organization called a Habitat for Humanity. Habitat is an organization which builds houses throughout the country for underprivileged families. It allowed me to experience the joy of helping others, have a better life. These experiences combined with many others helped draw me to medicine. Concordia's mission statement reads "The purpose of Concordia is to influence the affairs of the world by sending into society thoughtful and informed men and women dedicated to the Christian life." I try to follow that statement everyday in both my personal and medical life.

I am currently finishing my medical degree at the University of North Dakota School of Medicine. During my first two years the faculty and staff worked hard to expand my knowledge base. In the last two clinical years the teaching physicians have worked hard to hone my eyes, ears, and hands to gather as much information as possible from the patient. They have also helped sharpen my mind, by asking me to analyze the patient and come up with my own plan of action. Sometimes these plans were right, sometimes they were wrong but the experiences taught me a great deal about how to manage patients and their problems. The physicians at UND have set a fine example in applying knowledge, thinking creatively and in communicating with their patients and families.

In my free time I enjoy playing basketball, hiking, fishing especially fly fishing, reading, philosophy and photography.

Orthopaedic Surgery combines all of the things that I enjoy about medical school and life into one area. First, I enjoy being a highly trained expert in one area who is rapidly able to assess and handle any problems that arise within this area. Surgery also places an emphasis on my two favorite subjects in medical school, anatomy and physiology. For in order to be a good orthopaedic surgeon you must have a dynamic understanding of both human anatomy and the physiologic reactions that take place within that body. Orthopaedics gives me the opportunity to improve people's lives. I find it rewarding and fun to help people regain function and activity they thought they had lost. It doesn't matter if it is repairing an ACL on a young high school basketball player so he can continue to chase his dreams of a college scholarship or an elderly woman with breast cancer metastasis to her femoral head and neck, who needs a total hip replacement so she can continue to dance and enjoy her remaining years. Orthopaedics is fun for me. I have a desire to be a good orthopaedic surgeon. I think that the combination of my past experience and medical school training will help me be a good hard working resident in your program and a good practicing orthopaedic surgeon someday.

My interest in medicine began when I realized the impact physicians and health professionals had on my brother's life. Through the past years, my family has ridden an emotional roller coaster of events as major as emergency neurosurgeries and routine as sharing my brother's frustration accomplishing everyday activities due to his cerebral palsy. During these experiences, I witnessed the profound impact physicians and other healthcare workers make. I firmly believe that becoming a physician is a calling to my full potential and that I will make a significant contribution just as others have for my family.

Before beginning medical school I was employed as a Registered Respiratory Therapist. I worked in a variety of clinical settings from the Neonatal Intensive Care Unit to the Emergency Room to Adult Intensive Care. I experienced the satisfaction of weaning premature infants from mechanical ventilation, performing airway management during codes, and moments when I sat and held a person's hand as he or she died from lung cancer. I quickly learned to employ different communication approaches for every type and age of patient and family member I encountered. Most importantly, I came to understand the importance of teamwork and effective communication when delivering healthcare.

Once I began medical school, I quickly realized the advantage I had from my previous work experiences. It enabled me to assimilate information quickly and transition easily into the clinical years of medical school. The University of North Dakota incorporates a problem based approach to learning. This type of curriculum places a heavy emphasis on peer teaching which gave me great satisfaction. My zeal to teach was recognized at the awards ceremony at the end of year two when I was presented with the North Dakota Medical Association's Peer Teacher Award. While it is very satisfying teaching peers, it has also been very satisfying using my teaching skills by giving tobacco prevention talks to children in local communities as a member of *Doctors Ought to Care* or by educating my patients to make healthy lifestyle decisions.

Aside from enjoying the teaching side of medicine, I also enjoy finding answers to questions than remain unknown. I'm currently working on a research project in cooperation with Blue Cross Blue Shield of North Dakota to compare antibiotic prescribing practices between physician and midlevel healthcare providers and also how the location of their practice (rural vs. urban) affects the way they prescribe antibiotics.

I have been fortunate to view our medical system in many dimensions. I've witnessed the receiving end of medical care with my family, delivered medical care as a respiratory therapist and medical student, and assisted in prevention while a member of the North Dakota HIV / AIDS Community Planning Group. I've gained a cultural and different community perspective by mentoring Native American youth at risk through the local United Tribes mentoring program. By assimilating all these experiences, I have come to appreciate those qualities that are most valuable in being a physician such as listening, trust, compassion, competence, and unselfish service.

Although I don't know my exact career path in Internal Medicine, the one thing that is certain is that I will continue to advance my profession. It may be as a physician educator, researcher, a clinician dedicated to delivering the finest healthcare, or a combination of the above. It is my intent to find a residency where I can experience all of these areas so that I might develop my niche. I believe the Mayo School of Graduate Medical Education has potential to provide me with all these opportunities. My past endeavors have been tempered with a strong work ethic, commitment, and patient persistence. I assure you that I am dedicated to reaching my goals and look forward to the challenge of attaining them.