

Examples and Instructions

Your personal statement and supplementary essay should describe what appeals to you about occupational therapy (OT), and why you want to study this subject at university level. Use the following questions to help you write the essay and formulate your personal statement:

- What qualities, character traits and personality characteristics do you think you would make a good OTD candidate?
- What skills and experiences motivate you to become an OT?
- Why have you selected OT as a career?
- How does an Occupational Therapy degree relate to your immediate and long-term professional goals?
- How will your personal, educational, and professional background help you to achieve your goals?

When writing the essay, be sure to keep it concise. Before you submit the essay, remember to edit it one, two, even three times to ensure there are no spelling mistakes, missing punctuation, or grammatical errors.

Personal Statement Do's & Don't

DO	DON'T
demonstrate through your writing that you know	plagiarize
what OT is and why it's important.	
showcase why you'll make a great addition to their	be a downer. Avoid going into detail about your
program. Be sure to include any unique qualities	dislikes, negative views, or problems in your life.
that will differentiate you from the other applicants.	
talk about your shadowing experience, volunteering	guess what you think the reader wants you to say.
and work experience that is relevant to the field of	Be honest and don't write in a way that is out of
OT.	line with who you really are.
tie your personal statement together. If you make	write an autobiography. Focus on college and post
several different points, try to piece them together	college achievements unless something in your
for the reader to show that you've really thought	childhood or adolescence is what drove you to a
through the big picture.	career in occupational therapy.
have at least two people (but the more the better)	
read and proofread the final draft of your statement.	
Ask friends, family members, and someone at your	
school's writing center. This can help spark ideas	
and ensure your application is completely free of	
typos.	



Personal Statement Essay

Using your own words, create a 500 - 1000 word essay and personal statement describing how a personal experience or culmination of personal experiences in your life have shaped your choice to pursue a career in the field of occupational therapy.