

## Personal Statement Sample #1

### Lauren Spencer

During the first two weeks of my ObGyn clerkship I realized how well obstetrics and gynecology suits me and meets all of my professional career requirements. I believe this particular specialty complements my work ethic and inclination to remain active. In addition, it provides opportunities for lifelong medical relationships with female patients and physical involvement through surgery and obstetrics.

The first time I delivered a baby I felt an overwhelming sense of excitement; I remember being scared that day, but the chief resident on my team assured me that her hands would be right next to mine and that everything would go smoothly. Her calm, confident demeanor inspired me to just relax and deliver the baby. Each subsequent delivery, I remembered her poise, not only in the delivery room but also in the surgical suite. My first delivery occurred so quickly, but afterwards I felt a huge sense of accomplishment that I have never experienced before. Shortly after I finished delivering the placenta and cleaning the mother, there was a call on the intercom for assistance two doors down. The chief resident quickly led me to the next room where we discovered that the scheduled cesarean delivery of a breach birth wouldn't take place, as the baby's foot had spontaneously delivered itself. Situations like this; the quick changes in plans and strong, composed doctors are what make Ob/Gyn so attractive to me.

I have always had a very straight forward, yet understanding demeanor. I feel that this quality will allow my patients to feel comfortable in trusting their needs to my

medical care. In addition, my undergraduate training as an engineer required me to work well in a team environment, and provided me with a strong foundation in problem solving skills. I believe these traits are fundamental in all Ob/Gyn settings, whether surgical, obstetrical or the outpatient clinic.

In conversations with women my own age and those women I have grown up with, including my mother and grandmothers, I realize that many women are unaware of health problems unique to the female sex. A friend recently told me about her choice of contraception, and that due to a family history of endometriosis, her mother said she shouldn't use oral contraceptives because they've been shown to hasten the onset of endometriosis. I explained to her that if she were to develop signs and symptoms of endometriosis, oral contraceptives would be one of the firstline treatments in controlling the disease. Misconception occurs due to a lack of interest, societal biases, and the natural embarrassment that many women experience when asking questions about their bodies. I wish to provide women with honest, straightforward answers and advice about their health while providing competent care, and following their lives from adolescence through menopause.

Upon completion of my residency, I would like to join a practice that focuses on providing preventative health care to women. I wish to educate my patients regarding the latest developments and discoveries in women's health. After spending some time in private practice, I would also like to pursue a position as an attending physician at a teaching hospital. The physicians that have mentored me as a future doctor have been indispensable; someday I would like to fulfill this role for medical students and residents, as well.