Personal Statement Worksheet for Undergraduates

This worksheet is designed to help you brainstorm and draft your personal statement for graduate school or fellowship applications. Use the prompts below to reflect on your experiences and goals. Write in complete sentences where possible.

# 1. Motivation

Why are you interested in pursuing a summer program/graduate studies/professional studies?

What specific experiences sparked your interest?

# 2. Academic Background

What courses, projects, or academic experiences have prepared you for this program you are applying to?

# 3. Research Experience

Describe a research project or internship you participated in.

What was your role and what did you learn?

How did this experience influence your career goals?

# 4. Career Goals

What are your short-term and long-term career goals?

How will this program/graduate school help you achieve these goals?

# 5. Fit and Conclusion

Why is this program a good fit for you?

What do you hope to contribute to the program?

# 5. Challenges

What has been a significant challenge or obstacle that you have overcome?