



AUTOBIOGRAPHY (OPTIONAL):

If you choose to include an autobiography in your Letters Packet, you will need to indicate this on your initial Letters Packet Request Form. Then you will need to **upload your autobiography as an assignment in the Letters Packet Webcourse**. **Autobiographies will not be accepted via email or with the initial Letters Packet Request.**

PROMPT: “The purpose of the Autobiography is to allow you the opportunity to share with the admissions committees more about yourself, your upbringing, and your life thus far. We know that there are often aspects of who you are that you are not able to convey well in the application. The Autobiography will give you the chance to expand upon and provide the admissions committees a more in-depth description and understanding of who you are. You should really reflect upon yourself and write about your experiences and perspectives in your life. The more the health professional schools can learn about you, your character, and your life, the safer they often feel offering you one of the coveted seats in their entering class.

For example, you can write your Autobiography as a chronological description of the biggest events and reflections on your life. Start with where you were born, where you grew up, your family, parents’ backgrounds, and their jobs or professions. Include pertinent information about your upbringing, your schooling, and the biggest or most impactful events in your life (positive or negative). Be sure to include your reflections on your experiences along the way and how they helped to shape you into the person you are today.”

The Autobiography should be about **three pages in length** (11,000 characters with spaces). You must be concise, yet accurate and sufficiently detailed. Your Autobiography may be single or double-spaced (your preference).

We would like to share a quote from a recently accepted applicant to medical school. She used PHPL Advising’s Letters Packet and chose to write the optional Autobiography.

“I think doing the autobiography on my letters packet was an excellent decision and highly recommend other students to do it even though it is more work. Two out of three of my interviews asked me about things I mentioned in my autobiography and it helped them get to know me better.” J. Rodriguez, 2016

Differences: Autobiography vs. Personal Statement

The autobiography is NOT just an expansion of your personal statement. Therefore, you should try to avoid overlapping identically written information in the personal statement and autobiography; you want two, separate, individual works. In general, the following guidelines will help to differentiate the purpose of the two and will give a basic idea of what to include (you are not restricted to the information and topics):

Autobiography:

- Prompt: The autobiography asks you to “Tell the story of your life.” **This document has a very broad scope.**
- What to consider:
 - Create a timeline. (What stands out to you during each of these time periods?)
 - When/where were you born? And to whom?



- Early childhood events
- Middle childhood
- College years
- Your life story: hobbies, childhood, school, influences/inspirations.
- Demonstrate, with events, the person you have become.
- Focus on experiences up until entering college, though you can include some college experiences as well.

****Make sure information is different from what is included in the personal statement****

Personal Statement (General Outline):

- Prompt: In general, why do you want to become a doctor (for AMCAS and AACOMAS) or dentist (for AADSAS) **This document has a narrow scope.**
- What events will demonstrate that you are well prepared for this next chapter?
- Choose your 2-3 most significant reasons/experiences
- Characteristics that will highlight you are a good candidate.
- Make the reader feel your passion:
 - Through your characteristics, qualities, and your drive for continuous learning
- Do **NOT**:
 - Simply list your experiences as you would on a resume
 - Try to include everything you have done
 - Lecture the readers

CONTACT INFORMATION:

If you have questions that are not answered in this instruction manual, please contact our Letters Packet Coordinator, Chaurtrice Riley-Stanford, at letterspacket@ucf.edu or (407) 823-0101.