

INSTRUCTIONS FOR WRITING A PERSONAL STATEMENT AND ANSWERING THE ESSAY QUESTIONS

I. Instructions for writing a Personal Statement

Write a concise one page (12 font typed, **DOUBLE-SPACED**, single-sided with 1 inch margins) personal statement for each program to which you are applying, then write your Last Name, First Name and site or clinic to which you are applying (i.e. A Woman's Time, Redirect Health, Bastyr Center for Natural Health, NUNM, SCNM, etc.) in the upper right hand corner of the page (in the header section).

Your Personal Statement should describe the following:

- a. Your reasons for applying to that particular program;
- b. Your expectations from the program;
- c. Why you think your application should be strongly considered;
- d. Your future plans upon completion of the residency program, and;
- e. For oncology based programs, be very specific about your interest in oncology and why you have chosen to apply this program.

Remember, you may submit one personal statement for each site. Once you complete your statement, make sure that you save the document as a PDF with site/clinic name as part of the file name.

II. Instructions for answering the Essay Questions for the First Year Residency Program

Please answer all three essay questions. These questions are required as part of your residency application. For each essay question below, write a complete, concise, one page (12 font typed, **DOUBLE-SPACED**, single sided with 1 inch margins) answer. Type your name in the upper right hand corner of the page, then write your Last Name, First Name and site or clinic to which you are applying in the upper right hand corner of the page (in header section).

Remember, to save as all 3 essays as one PDF. Create one set of essays for each site to which you are applying. Make sure that you save each essay file document with site/clinic name as part of the file name.

1. **Essay Question 1:** Undergoing a residency is very demanding and may require tasks that go beyond the usual expectations of the program.

- a) Describe a past experience that would highlight your adaptability and flexibility in meeting your work/school related responsibilities.
- b) Identify the residency work environment that you believe is essential in your success in the program. Explain in detail why this is important to you and how you plan to achieve it.

2. **Essay Question 2:** Part of the experience of working in a clinical setting involves interactions with a diverse environment of patients, office staff, students, and other physicians. Situations sometimes arise that involve ethical dilemmas or various types of conflict.

- a) Discuss how you approach conflict resolution and ethical dilemmas.
- b) Please cite an example from your own experience wherein you applied this approach.

3. **Essay Question 3 (Site Specific Essay Questions):**

a. If applying to BCNH through Bastyr, OR NUNM Teaching Clinic through NUNM, OR SCNM, please respond to this question:

*An important component of being a resident is the ability to use one's teaching skills in the clinical setting.

- i. What is your philosophy of teaching?
- ii. By what standard would you measure your effectiveness as an instructor?
- iii. Please cite an example from your own experience wherein you applied this philosophy.

b. If applying to an affiliate private clinic program through Bastyr or NUNM or SCNM please answer this question: An important component of being a resident in private clinic is developing your patient base. Please provide at least two specific ways on how you plan to approach this challenge.

c. If applying to a Naturopathic Oncology program, please respond to this question:

When managing patients with advanced stages of cancer, death and dying is an issue for these patients, their loved ones and their caregivers. In what ways would you attempt to support these patients and their families? How will you support yourself when working with these patients?

III. Instructions for answering the Essay Questions for the Second Year NUNM, Bastyr or SCNM Residency Program

Please answer all three essay questions. These questions are required as part of your residency application. For each essay question below, write a complete, concise, one page (**12 font typed, DOUBLE-SPACED, single sided with 1 inch margins**) answer. Type your name in the upper right hand corner of the page, then write your Last Name, First Name and site or clinic to which you are applying in the upper right hand corner of the page (in the header section).

1. Essay Question 1 (For Bastyr, NUNM and SCNM applicants): Provide an outline of your goals for your second year residency. Please indicate your vision for the year and how you might help facilitate the growth of the residency program.

2. Essay Question 2 (For Bastyr, NUNM and SCNM applicants): Comment on some of the challenges that you faced as a first year resident and how you overcame those challenges.

3. Essay Question 3

a. For Bastyr applicants: Provide an example of a work situation that had frequent rule changes, describe the specific steps you did at that time to address the issue, and now based on hindsight describe if and why you would make any changes to the initial measures you took .

b. For NUNM and SCNM applicants: As a second Year Resident, you will transition from solely working with attending physicians to managing your own teaching shifts. How do you plan to use this experience to incorporate both academic and clinical learning into the experience of the students?

c. For the Seattle Integrative Oncology program, please respond to this question:

When managing patients with advanced stages of cancer, death and dying is an issue for these patients, their loved ones and their caregivers. In what ways would you attempt to support these patients and their families? How will you support yourself when working with these patients?

4. Instructions for answering the Essay Question for the SCNM Second Year Homeopathic Residency Program
Please answer the following question. This question is required as part of your residency application. For the essay question below, write a complete, concise, one page (**12 font typed, DOUBLE-SPACED, single sided with 1 inch margins**) answer. Type your name in the upper right hand corner of the page in the upper right hand corner of the page (in the header section).

1. Essay Question: Please describe a case that you followed and treated using homeopathy.

V. Instructions for answering the Essay Questions for the Third Year NUNM or the Bastyr Chief Residency Program

Please answer all three essay questions. These questions are required as part of your residency application. For each essay question below, write a complete, concise, one page (**12 font typed, DOUBLE-SPACED, single sided with 1 inch margins**) answer. Type your name in the upper right hand corner of the page (in header portion of the page).

1. Essay Question 1: As a third year resident of the department you will be expected to provide leadership among your fellow residents. Based your background experience, provide example of a situation in which your leadership was questioned by the persons you were tasked to oversee, and describe specific measures you utilized to gain their support.

2. Essay Question 2:

a. For applicants to the Bastyr Chief Residency: Identify potential challenges that you expect to encounter in implementing an evidence-based medicine shift and provide specific steps on how you would address these issues.

b. For applicants to the NUNM Third Year Residency: Please summarize your professional accomplishments from the last 1.5 years of residency and discuss your goals for a third year residency position.