

Personal Essay

The personal essay is required from all applicants. Recommend length is one page single-spaced, using Times New Roman font no smaller than 10 and no larger than 12 font size, with 1-inch margins. **Ensure your name is included on the essay.** The essay must be current (i.e., do not submit last year's essay). Your essay may outline personal/professional plans and goals, why you want to train in a particular specialty, and what strengths you bring to that specialty, etc.

NOTE: If you have any extenuating circumstances for the Joint Graduate Medical Education Selection Board (JGMESB) to consider, communicate these at the end of your personal essay.

Examples of extenuating circumstances include, but are not limited to, marriage to a member of the Air Force or another service; a spouse in a training program not affiliated with the Air Force (a statement from your spouse's training program is required to substantiate their presence in the program); a parent with a terminal illness (documentation is required from the provider stating parent is in their care and a prognosis). If you have a family member with special needs, you must complete the AF Form 4380 (see item 22 on checklist). **You should also discuss these circumstances during your program interviews and email your Physician Education Program Manager to bring their attention to your extenuating circumstance.**

Your personal essay is an opportunity to communicate with the JGMESB. Please use this to your advantage!

Important: If you are listing deferred/re-deferred (unfunded) training as your first choice, when there are Active Duty locations available, you must indicate your reasons for having deferred/re-deferred as your first choice.

Personal Essay Checklist

- 1 page
- Single spaced
- Font = Times New Roman, 10 – 12 font size
- 1-inch margins
- Name on top of page
- Extenuating circumstance(s) for Board consideration, if applicable