



# Application Essay Do's and Don'ts

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April 09, 2022

PAEA Virtual Fair

# DO'S & DON'TS



1 – READ & THINK: What are they asking for?



2 – WHO, WHAT, WHEN, WERE, WHY, HOW: What to write.



3 – WRITE A FIRST DRAFT: Then get eyes on it.



4 – REFINE & MINIMIZE: “KISS” it. Less is more.



5 – SEND IT OFF: Via CASPA.



# *Julie Black-Peart, MPAS, PA-C*

## Objectives

- Thoughtful information gathering
- Writing the first draft
- Making an impressive finish

- University of Nebraska
- SUNY Downstate College of Health Related Professions

Former Clinical Assistant Professor, Senior Clinical Coordinator

SUNY Downstate PA Program

12/2007 – 01/2019

I have no disclosures.

# 1<sup>st</sup> Skill

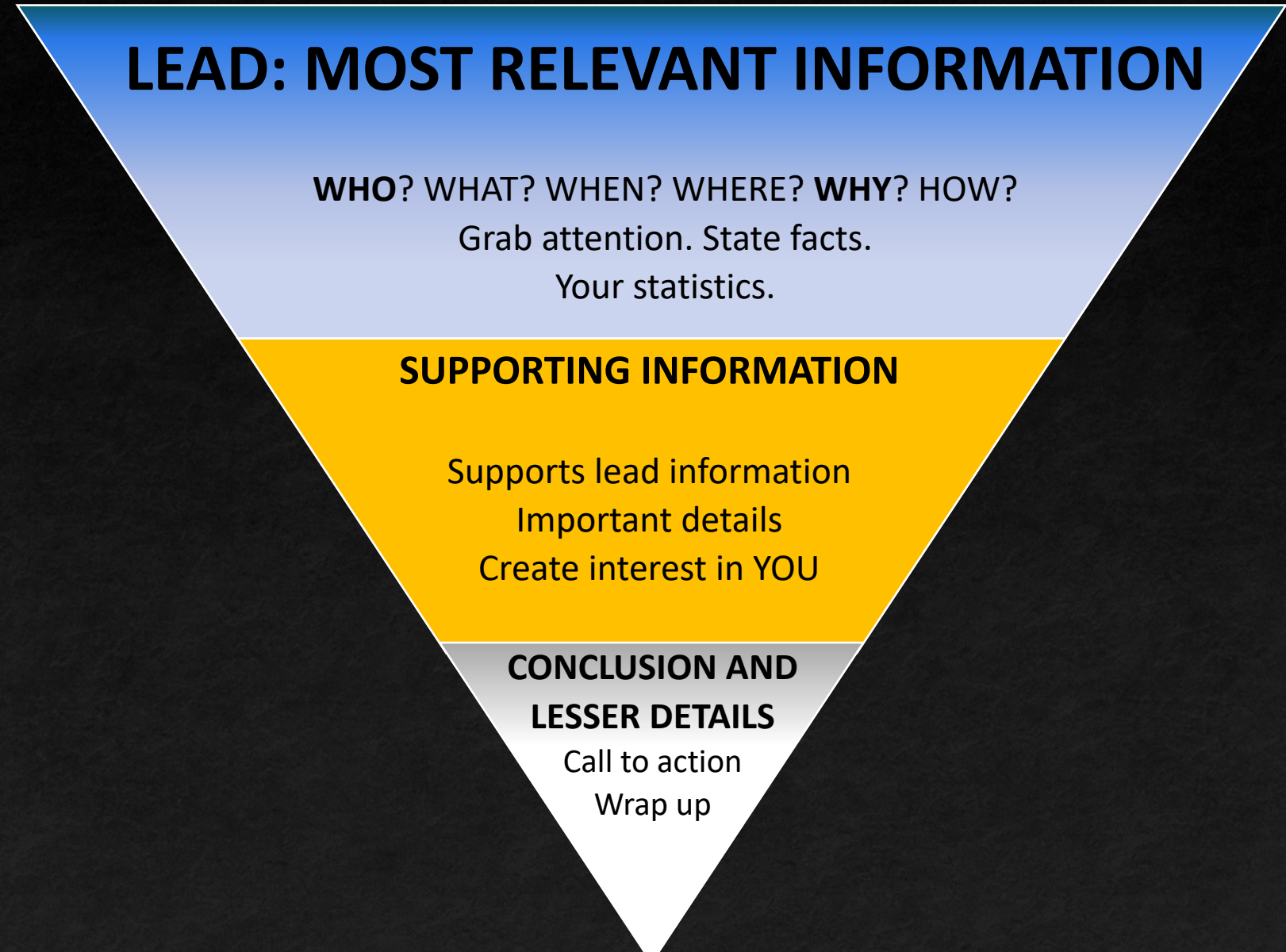
## 1 – READ & THINK: What are they asking for?

- READ application essay instructions carefully.
- FOLLOW application instructions.
- THINK about the information you are asked to provide.
- ALWAYS write the truth without embellishments.



## 2<sup>nd</sup> Skill

- What to write



## 3<sup>rd</sup> and 4<sup>th</sup> Skills

3 – WRITE A FIRST DRAFT: Then get eyes on it.

4 – REFINE & MINIMIZE: “KISS” it. Less is more.

- Thank you to Ms. J. Lambert for providing permission to feature her application essay today.



The winter of my sophomore year, my roommate introduced me to the PA profession. We had both decided to not continue to play collegiate soccer and to end a 15 year old chapter. She explained why she had chosen to pursue a career as a PA. She related that being a PA would give her lateral mobility, level of autonomy, and job satisfaction. I decided to conduct my own research. I contacted two local UMass Hospital PAs. They mentioned that three days per week they practice Emergency Medicine and two days per week are nightshift PA-hospitalists. They emphasized that during each rotation, they have great autonomy to make a diagnosis, write prescriptions, and recommend specialty consults or discharge. They also said they frequently rely on their senior PA and attending physician staff to consult with if needed.

Aside from the obvious reasons why many choose the PA profession, I eagerly wanted to find my purpose for being a PA outside of myself and wanted to find what I could uniquely bring to the profession. I learned that my need for becoming a PA includes reversing and equalizing the disproportionate quality of care for marginalized identities, the distrust between these groups and the health care system, and the lack of diversity across healthcare providers on the whole.

I first learned about these injustices through my Health Psychology class where we analyzed medical racism. I had learned about the Tuskegee Experiment and the impacts of slavery that still coexist in health care today. For example, the black community continues to be given lower doses of pain medication compared to other racial populations due to the black community falsely being given a higher pain threshold during slavery. Many black women complain that they are denied epidurals during painful labor. Many sickle cell patients complain they do not receive adequate vaso-occlusive pain relief. The irony is that many black patients believe that going to a white hospital will afford them the brightest minds and best medical technologies for their care, but that they have to sacrifice cultural sensitivity and often self respect.

Currently there are just over 110K working PAs. However, less than 5% are African American and less than 5% are Latinx. These two demographics make up nearly 30 percent of our US populations. These countless examples of medical racism frustrate me but give me the impetus to become a solution-providing mid-level professional.



Diversity in healthcare is not only important for patients but for the future of medicine. In order for the provider and patient relationship to be strengthened, the provider population needs to reflect the communities they are serving. I am a certified EMT, CNA, and Critical Care

Technician and work throughout diverse neighborhoods in greater Worcester-area Massachusetts. My presence on frantic prehospital runs has made countless patients who identify as BIPOC (black, indigenous, and people of color) feel safe and welcomed. Seeing the differences I can make in their healthcare experience has been the most rewarding. I see the relief of my BIPOC patients when they see me as an ally on their treatment team. I have been told countless times how happy they are that I am there by their side. However, what I did unexpectedly learn about diversity is the role it plays in the culture of healthcare workers. In every healthcare occupation I held I was the only person of color. As uncomfortable some of my experiences have been, I have realized there needs to be diversity so that beliefs that impact marginalized communities can be checked and reformed. I have had to educate countless colleagues about some of their beliefs about other marginalized identities as well as be the voice for many groups.

Another key factor in pursuing the PA profession was my shadowing experiences. I was able to shadow a PA in a med-surg unit where I grew a deeper understanding and reality of the profession. I grew excited thinking about a black PA being responsible for a higher decision making in a patient's treatment plan. As well as the leadership required working in a team. I knew having someone who was educated and aware of diversity, biases, and marginalized community struggles on top of medical knowledge would ensure the patient's safety and well being. Shadowing has allowed me to grow excited about combining my passion for health equity with being in an occupation that I know fits my desires.

Ultimately, my decision to become a PA is a decision I am proud to have made on my own. For one, I know what it is like to have the autonomy to have a dream and to spend years working towards it. I have discovered my life's purpose and what I want to dedicate my legacy towards. Being a PA fits not only what I want in an occupation but what I want for the world. I want change and it starts with increasing diversity in healthcare.



The winter of my sophomore year, my roommate first introduced me to the Physician Assistant profession in the winter of my sophomore year. We had both decided to not continue to play gave up collegiate soccer and to ended a 15 year old chapter in our lives to pursue a career as a PA. She explained why she had chosen to pursue a career as a PA. She related that being a PA would give her lateral mobility, level of autonomy, and a high level of job satisfaction. I then decided to conducted my own research. I contacted by speaking with two local PAs. They mentioned that three days per week they practice both worked in Emergency Medicine three days per week and two days per week are as nightshift PA-hospitalists two days per week. They emphasized, that during in each discipline, each rotation, they have great autonomy to make a diagnosis, write prescriptions, and recommend specialty refer patients for -consults and write or discharge orders. They also said discussed the importance of being able to they frequently rely on their senior PA colleagues and attending physician staff forte consultation with if needed.

Aside from the obvious reasons why many choose the PA profession, I eagerly wanted searched to find my purpose for wanting to become being a PA, and found that I had something unique outside of myself and wanted to find what I could uniquely to bring to the profession. It learned that my need for becoming a PA includes involved my desire to help reverse and equalizing equalize the disproportionate quality of care for marginalized identities people, because, there is a distrust between these groups and the health care system, and the a lack of diversity across healthcare providers on the whole overall.

I first learned about these injustices through my Health Psychology class, where we analyzed medical racism. I had and learned about the Tuskegee Experiment and the impacts of slavery that still coexist in health care today. For example, the black community continues to be given lower doses of pain medication compared to other racial populations. This is due to the black community falsely being given a higher pain threshold during times of slavery. Many black women complain that they are denied epidurals during painful labor. Many sickle cell patients complain they do not receive adequate vaso-occlusive pain relief. The irony is that many black patients believe that going to a predominantly white hospital will afford them the brightest minds and best medical technologies for their care, but that they in doing so, have to must sacrifice cultural sensitivity and often self-respect self-respect. These are the things that fuel my desire to change the landscape of healthcare disparities by becoming a Physician Assistant.



JB

Julie Peart



Nice to say but does not add any positive substance. Keep it more about you.

JB

Julie Peart



Not quite sure what you're trying to say here.



Currently there are just over 110,000K working PAs. However, less than 5% are African American and less than 5% are Latinx. These two demographics make up nearly 30 percent of our US populations. These countless examples of medical racism frustrate ~~me but~~ me but give me the impetus to become a solution-providing mid-level professional.

Diversity in healthcare is not only important for patients but for the future of medicine. ~~In order f~~For the provider and patient relationship to be strengthened, the provider population ~~needs to~~ must reflect the communities ~~they are serving~~ served. I am a certified EMT, CNA, and Critical Care Technician, and work ~~throughout in~~ diverse neighborhoods in the greater [REDACTED]-area, [REDACTED] area. My presence on frantic pre-hospital runs has made countless patients ~~who identify as BIPOC (black, indigenous, and people of color)~~ feel safe, ~~and welcomed~~. Seeing the differences I ~~can~~ make in their healthcare experiences has been ~~the~~ most

rewarding. I see ~~the~~ relief ~~of my BIPOC~~ in these patients when they see me as an ally on their treatment team. I have been told countless times how happy they are that I am there by their side. ~~However, what I did unexpectedly learn about diversity is~~

JB Julie Peart

Great! Just be prepared to cite your legitimate sources, if asked in an interview.

Reply

JB Julie Peart

Not necessary. Does not add to the context of what you should be trying to get across. Keep it simple. You want to sound passionate, not too radical!



Hide tracked changes. ~~These experiences taught me about~~ the role ~~diversity~~<sup>it</sup> plays in the culture of healthcare workers. In ~~every each~~ ~~positions I occupation I held I was~~<sup>am</sup> the only person of color. ~~As uncomfortable some of my experiences have been, I have~~<sup>This led me to</sup> realized ~~that~~ there needs to be diversity, so that beliefs that impact marginalized communities can be checked and reformed. I have had to educate countless colleagues about some of their beliefs about other marginalized identities as well as be the voice for many groups.

Another key factor in pursuing the PA profession was my shadowing experiences. I ~~was able to~~<sup>shadowed</sup> a PA in ~~the~~<sup>a</sup> med-surg unit. ~~There, where~~ I grew a deeper understanding ~~and reality~~ of the profession. I ~~grew became~~ excited thinking about ~~a black the PAs being role responsib and responsibility~~<sup>le</sup> for ~~making a~~ high-level<sup>er</sup> decisions<sup>making</sup> in a patient's treatment plan ~~and~~. ~~As well as~~ the leadership required ~~to~~ working well within a team. ~~I knew having someone who was educated and aware of diversity, biases, and marginalized community struggles on top of medical knowledge would ensure the patient's safety and well being.~~ Shadowing has ~~allowed me to grow~~ excited <sup>me</sup> about combining my passion for health equity with being in an occupation that I know fits my ~~desires~~<sup>ultimate professional goals</sup>.

Ultimately, my decision to become a PA is ~~a decision one that~~ I am proud to have made on my own. ~~For one,~~ I know what it is like to have the ~~autonomy~~<sup>sovereignty</sup> to have a dream and to spend years working towards it. I have discovered my life's purpose and what I want to dedicate my legacy towards. Being a PA fits not only what I want in an occupation, but what I want for the world. I want change and it starts with increasing diversity in healthcare.

JB Julie Peart

Not a fan of this sentence. Find a softer way to get your point across.

Reply

JB Julie Peart

Your shadowing experience is key. Talk about it earlier in the essay. Do some rearranging.

Reply

JB Julie Peart

Not exactly sure what you are trying to get across in this sentence. You may need to re-word; however, autonomy is not the correct word to use here

Reply

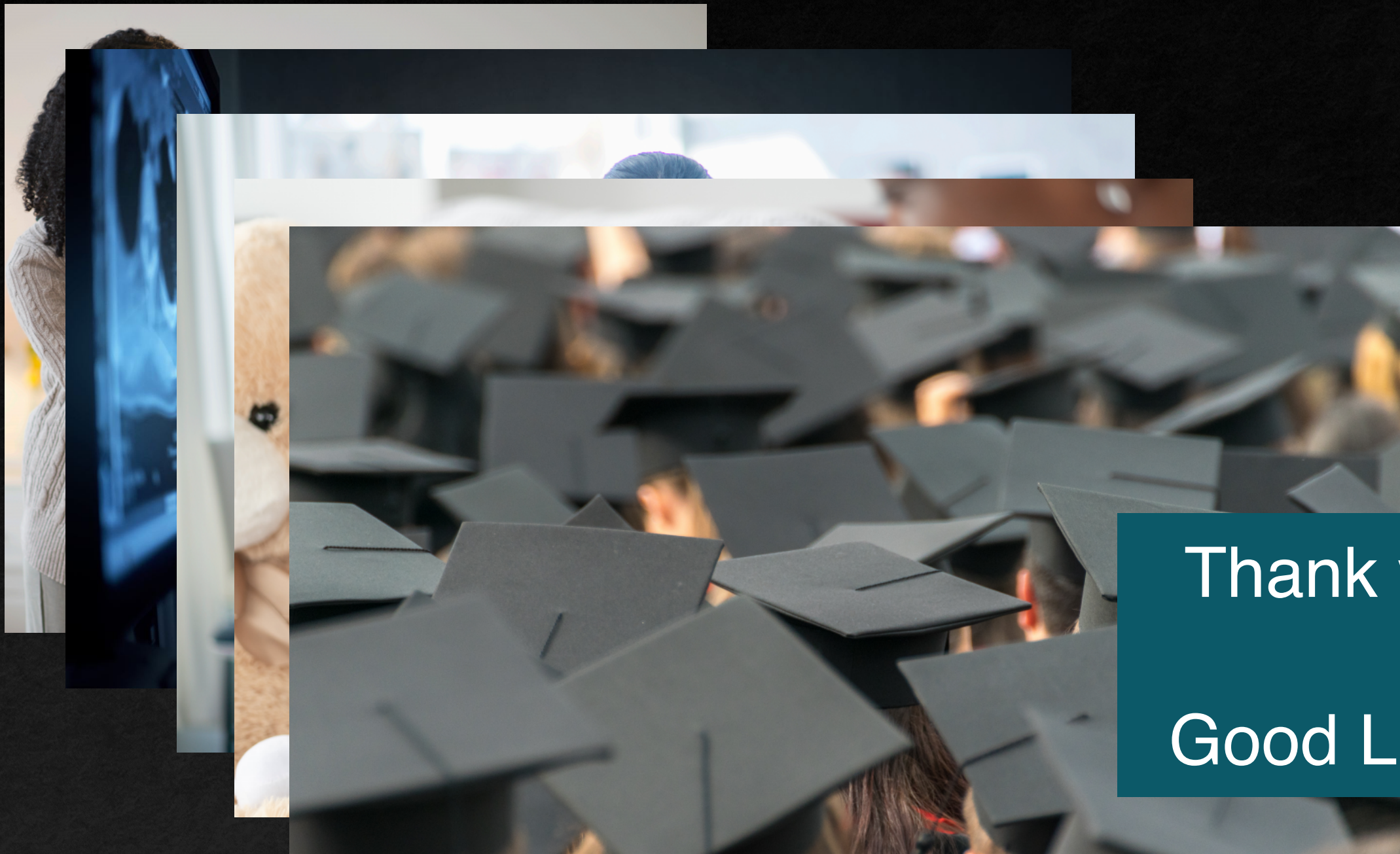


# 5<sup>th</sup> Skill

## 5 – BEFORE YOU SEND IT OFF: Via CASPA

- KNOW the application deadline
- NO spelling errors. Use a spell-checking tool. (Careful here.)
- CORRECT punctuation.
- GOOD grammar and syntax.
- ELIMINATE fluff. Writing must be cogent.
- BE concise and correct.
- KNOW that it is Physician Assistant NOT Physician's Assistant





Thank you  
Good Luck!