



Crafting The Perfect Personal Statement

WORKBOOK

All CRNA Connect

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Section 1: Understanding the Committees' Lens

Use this section to connect your background to what admissions committees value most. Write short, honest sentences showing how your experiences demonstrate readiness, resilience, and motivation.

Question 1: How does my background show readiness?

Question 2: Where have I demonstrated resilience?

Question 3: What specifically motivates me toward CRNA?

Section 2: Reflection – Find Your Why

Use this section to connect your background to what admissions committees value most. Write short, honest sentences showing how your experiences demonstrate readiness, resilience, and motivation.

1. The Spark

When did you first become curious about anesthesia or the CRNA role? Describe the scene in detail (what you saw, heard, felt). Who was there? What was happening with the patient? How did that moment make you think: “I want to do that”?

2. Actions You Took After

How did you act on that spark? (Shadowing, certifications, assignments, study habits).

3. Core Values & Resilience

What matters most to you as a nurse and as a person? List 3–5 core values (examples: excellence, advocacy, mastery, calm under pressure, curiosity). For each, explain how the CRNA role allows you to live this value.

4. ICU Skills & Growth

What have you learned in the ICU that makes you a strong future CRNA? List your top 3–5 ICU skills or experiences. How have these prepared you for anesthesia’s precision and responsibility?

5. Future You

Imagine yourself as a CRNA: Where, who, how do you serve? What do patients/colleagues say about you?

6. Dig Deeper

Circle any generic/weak answers (“autonomy,” “career advancement,” etc.). Ask: Why do I want that? Write the deeper truth.

Section 3: Anchor Experiences

It's time to bridge your raw reflections into usable stories. Select two or three meaningful experiences and break them down into context, action, and reflection so you can later weave them into your personal statement.

Pick 2–3 anchor experiences from Section 2 that best show readiness, resilience, and motivation.

- For each, complete:
 - Context – What was happening?
 - Action – What did I do?
 - Reflection – What did I learn?
- Draft a 5–7 sentence narrative snapshot for one story.

Experience 1

Section 3: Anchor Experiences

Experience 2

Experience 3

Section 4: Building Your Personal Statement

Now it's time to shape your stories into a cohesive personal statement. Draft a strong opening hook, organize your anchor experiences in a logical order, and outline a conclusion that ties your story together with purpose.

1. Introduction

Try 2 hooks: one vivid moment-based, one reflective. Circle the strongest.

Hook 1:

Hook 2:

2. Body

List Anchor Story #1, #2, #3 (optional). Write 1 linking sentence between each (ensures flow). Expand one anchor story into a full paragraph (context → action → reflection).

Section 4: Building Your Personal Statement

3. Conclusion

Answer: What unifies my story? Why am I ready for CRNA school? What is my vision for the future?

Section 5: Draft Your Personal Statement

Now it's time to bring your ideas into a first draft. Combine your introduction, one body paragraph, and conclusion into a rough essay snapshot that captures the flow of your personal statement.

Write a draft introduction (4–5 sentences): one full body paragraph (from Section 4) and a working conclusion paragraph.

Section 6: Revision & Polishing

Use this section to strengthen your essay for depth and clarity. Highlight generic phrases and replace them with specifics, smooth transitions, and refine your voice until the statement feels both authentic and professional.

1. Reflection Depth Check

- Highlight any generic sentences. Replace with specific experiences or reflections.

2. Clarity & Flow Check

- Do transitions connect each story logically?
- Does every paragraph link back to readiness, resilience, or motivation?

3. Peer/mentor feedback prompts

- Does this sound authentic to me?
- Are my motivations clear?
- Are there parts that feel cliché, vague, or unnecessary?

4. Final Checklist

- Word/character count within limits.
- No grammar, spelling, or formatting issues.
- The essay reflects my authentic voice.

Section 7: Interview Prep Connection

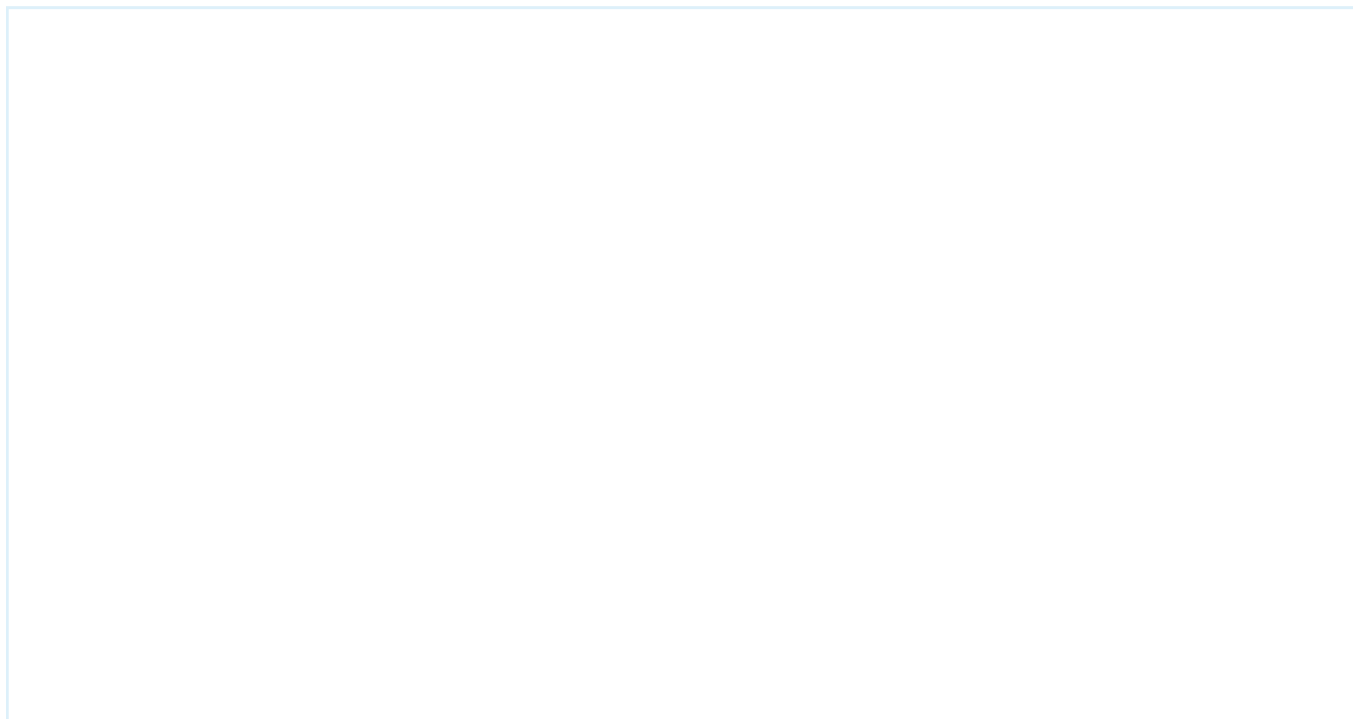
This final section turns your essay into interview readiness. Identify three to five themes or stories from your statement and rewrite them as short, spoken responses you can confidently share in an interview.

- List 3–5 core themes/experiences from your essay.
- For each, write a 2–3 sentence spoken version you could use in an interview.

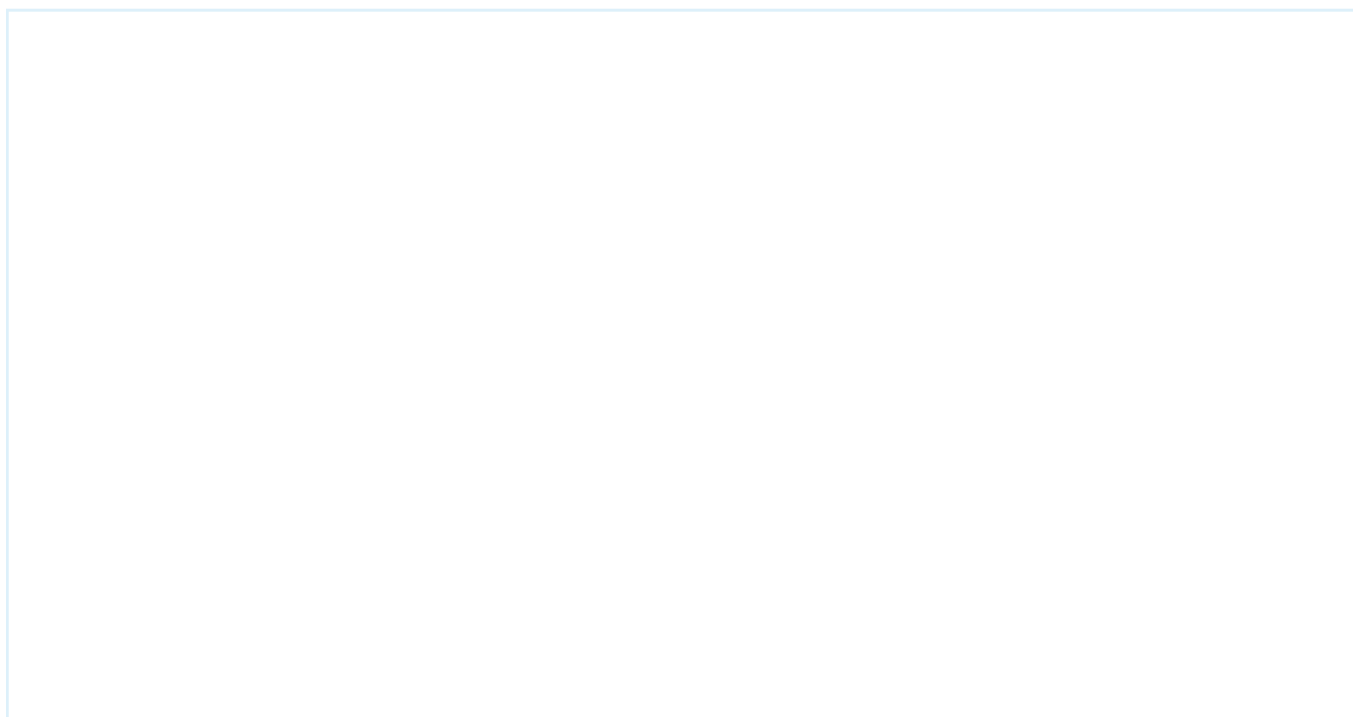
Experience 1

Section 7: Interview Prep Connection

Experience 2



Experience 3



Rubric

Evaluate your Personal Statement and assign positive or negative points depending on whether specific characteristics are effective or ineffective. You can award full, partial, or no points in each category.

Evaluation Criteria	Subtract points for:	Minus	Points	Award points for:	Plus	Points
Voice and Tone	Talks about self in primarily general or abstract ways.	-3		Feels authentic, personable voice with balance of friendliness and formality.	3	
Clinical Competence and Leadership	Does not illustrate or discuss leadership, resilience, or clinical skills.	-3		Demonstrates leadership, resilience, clinical competence with examples.	3	
Use of Examples	Offers no specific or relevant examples/anecdotes.	-3		Provides specific, relevant examples or anecdotes illustrating qualities.	3	
Redundancy vs. Depth & Reflection	Simply restates resume items without reflection or new insight.	-3		Expands on resume with personal reflection or storytelling that adds new depth.	3	
Motivation and Goals Connection	No clear connection between experiences, motivation, and future goals.	-2		Effectively connects personal journey to CRNA goals and future vision.	2	
Clichés vs. Authenticity	Reliance on clichés like “passion,” “lifelong dream,” or “helping people.”	-2		Clear, authentic reason for interest in CRNA and program.	2	
Relevance	Too much creative storytelling, examples or anecdotes that appear irrelevant.	-2		Maintains a good balance of stating, showing, and connecting experiences.	2	
Writing Style and Clarity	Overly technical, “teaching the doctor medicine.”	-2		Writing is clear, concise, professional but authentic.	2	
Organization and Transitions	Lacks smooth, logical transitions or clear structure.	-2		Well-structured with logical flow: Hook → Journey → Experience → Why CRNA → Goals.	2	
Grammar and Mechanics	Multiple grammar or spelling errors distract the reader.	-2		Well-edited with minimal or no errors.	2	
Fit and Specificity to Program	Applying to the profession rather than the specific program.	-1		Demonstrates awareness of and investment in the candidate’s field and program.	1	
Total negative points		-25		Total positive points	25	

For best results, revise your personal statement to remove negative points.

TOTAL POINTS: