The Writing Section is a required element of your application to the university and major and is a very important component of the review for admission into the major. Additionally, it is often the best way the admissions committee has of getting to know you as an applicant.

The Writing Section consist of four elements; A) the Personal Statement; B) the Goal Statement; C) the Journal of Activities, Accomplishments or Experience; D) Additional Comments (optional). Content, grammar and connection to the major and profession of nursing are factored into the review process.

A: Personal Statement
Directions: Choose either #1 or #2.
Recommended word length is 500-650 words.

The Personal Statement is part of the admission committee’s best means of getting to know you, and for creating a context for your academic performance.

Select either #1 or #2, not both.

1. Discuss how your family’s experience or cultural history enriched you or presented you with opportunities or challenges in pursuing your educational goals.

Or,

2. Tell us a story from your life, describing an experience that either demonstrates your character or helped to shape it.

Consider the following:

- Some of the best statements are written as personal stories. Your imaginative interpretation is welcomed.

- You may define experience broadly. For example, in #2, an experience could be a meeting with an influential person, a news story that spurred you to action, a family event, or something that might be insignificant to someone else that had particular meaning for you. If you don’t think that any one experience shaped your character, do not worry. Simply choose an experience that tells the admissions committee something about you.

For example you could share:

- A character-defining moment
- A cultural awareness you’ve developed
- A challenge faced
- A personal hardship or a barrier you’ve overcome

B: Goal Statement
Directions: Discuss the motivation and reasoning behind your decision to pursue nursing as a major and profession, and how you believe you’ve prepared for the major and its requirements. Preparation for the program can be defined broadly. For example, preparation could include taking extra science courses, volunteering in your community, assisting an ill, injured or disabled friend, community or family member, taking a health or medical training course, shadowing
healthcare and or human services providers, or completing CPR or CNA (Certified Nursing Assistant) training. 
Recommended word length is 300-500 words.

C: Journal of Activities, Achievements and or Experience

Directions: Identify and describe up to five of your most significant activities, achievements and/or experiences in or outside of the school environment. For each, describe the activity/achievement/experience and the duration/frequency with which you participated, including which grade/s you were in at the time. If possible, we recommend you include healthcare or human services related activities. Share why the activity, achievement or experience had meaning for you and if possible, how it relates to the major and in becoming a nurse. 
Recommended word length is 100-200 words

Format each activity in the following format:

- Title of activity/achievement/experience
- Duration/frequency
- Grade level/s at the time of the activity/accomplishment
- Description of activity/achievement/experience and what it says about you, your character, and your goals

Consider any of the following for your journal: An academic accomplishment (including your highest level of achievement or an honor attained); a volunteering or paid activity, including any responsibilities you had as part of the activity, experience as well as the impact it had on helping a community or individual; the contribution you believe you have made to your school, community, family or organization. Don’t just describe the activity, achievement or experience; share what qualities were required, the skills and/or knowledge you gained and what it says about you as a future University of Washington Bothell nursing student and healthcare provider.

Some examples of activities, achievements and/or experiences:

- Health/healthcare/human services/volunteer related activities that influenced your decision to apply. Make clear the relevance of the activity to your interest in nursing.
- Any academic programs or courses that influenced your decision to pursue nursing.
- Leadership in or outside of school-e.g., athletics, student government, cultural clubs, band, scouting, community service, or volunteering.
- Employment related achievement or demonstrated leadership.
- Activities (paid or volunteer) in which you have worked to better your school, community or family.
- Exceptional achievement in an academic field or artistic pursuit
- Personal endeavors that enrich the mind-e.g., independent research or reading, private dance or music lessons, weekend language/culture school

D: Additional Comments (optional)

Directions: You are not required to write anything in this section; however, it is provided for you so you may include additional, relevant, or impactful information. If something has particular significance to you that you were not able to address in any of the writing sections, include it here. For example, use this section if:

- You have experienced hardships in attaining your education. This can include illness or injury, frequent moves, learning disability, personal or familial hardship, etc.
- To explain low grades or downward or erratic grade trend. Your activities were limited because of resources, work, and family obligations or otherwise.
- You want to elaborate upon something you briefly mentioned within the personal statement or short response.