

Your story, on paper.

Start with one real experience. The aim is to understand it, not to manufacture a perfect answer. Write notes in your own words.

01 Choose the moment.

What happened? What was your role? Pick a specific situation that you can describe honestly.

02 Make your thinking visible.

What did you notice, decide or do? What other perspective did you consider? What felt difficult?

03 Reflect, then connect.

What did you learn about yourself or other people? How might that shape the way you learn and work in medicine?

04 Say it out loud.

Explain the experience to a person. Ask: what was clear, what felt vague, and which follow-up would you ask me?

Keep it human: protect other people's privacy. Use no patient names or identifying details. Do not invent experiences or imply clinical responsibilities you did not have.