

Developing your Personal Statement

The written personal statement is an opportunity for you to discuss your motivation for pursuing an Interdisciplinary Studies degree at East Stroudsburg University. The statement is a central element of your application and you should put considerable effort in preparing it.

You should discuss your personal and career goals, and how the program serves your specific academic interest. You also will want to develop outcomes and show how the courses you are taking are related to those outcomes.

When developing your personal statement, you will want to include the following:

1. A proposed title of your area of specialization, making sure your title accurately describes the academic focus of your degree.
2. a theme and your motivation to develop the central theme
3. a description of your personal goals, as they related to the theme
4. a description of your professional aspirations, as related to the theme
5. an indication of how the courses you will take or have taken support the central theme
6. a description of learning outcomes that support the central theme

An example of a personal statement

Theme: Psychological Factors Related to Nursing

Motivation, Goals, Professional Aspirations

I am declaring a major in interdisciplinary studies focusing in Psychology and Nursing while essentially concentrating on the health or the psychological aspects related to nursing. I seek to have an in-depth understanding of how psychological factors influence physical illness and how to prevent illnesses from a psychological perspective. I will also be able to have a deeper knowledge of the psychological value of nutrition and its crucial role in maintaining health and promoting rehabilitation. This attractive field is a new and rapidly evolving area that correlates psychology to the study of behavior relevant to health, illness, and healthcare. I ultimately intend to use this profession to dedicate my time to improve the quality of life of others. Studying this field allows me a variety of opportunities and aspirations including careers in public health, social services, rehabilitation centers, health and spirituality therapies, or mental health clinics.

Curriculum that Supports the Central Theme

The curriculum I have developed blends the study of psychology with health, healing, and wellness along with allowing me an array of nursing preparation. This area of study also requires a broad understanding of biology, pharmacology, anatomy, and human physiology, all of which I have incorporated in my curriculum. Several specific examples of the course selection that integrates into this major include but are not limited to:

Health Psychology and Behavioral Medicine (PSY 326), which is a course that focuses on the relationship between psychology and the field of Behavioral Medicine. It involves an in depth study of how psychological factors influence physical illness, and how to prevent these illnesses from a psychological perspective. Specifically, the course considers the process of lessening the course of certain physical illnesses by applying behavioral, cognitive, and social psychological principles. Seeking health care and adhering to medical advice is discussed.

Abnormal Psychology (PSY 351) is a course that reviews basic principles of motivation, learning, and development as they are related to disorganized behavior, physiological,

sociological, and psychological factors in the development of disorganized personalities, the etiology and symptomatology of the major categories of neurosis, psychosis, personality disorders, and organic brain disorders, and methods of treatment and prevention.

Health Assessment for Nurses (NURS 201) focuses on the holistic health assessment of the adult client along with communication and interviewing skills, physical examination techniques, and documentation of findings, which are useful skills I will find valuable in my future career.

Nutrition and Diet Therapy (NURS 301) provides a comprehensive overview of nutrition and its crucial role in maintaining health and promoting rehabilitation. This course focuses on nutritional and public health; nutrients; metabolism; food sources; food selection for nutritional, psychological and cultural values; and on various therapies for disease conditions.

Learning outcomes

- I will be able to apply principles of nursing and psychology to provide a holistic analysis of diagnoses and formulate a prevention plan.
- I will be able to articulate health and psychological similarities and differences in the treatment of health issues.
- I will be able to evaluate approaches to healthcare critically and participate in the healthcare community.
- I will evaluate and apply quality approaches to healthcare across the healthcare profession by facilitating a better understanding of the role of behavior and cognition in illness and prevention.
- I will be able to evaluate the methods of prevention of illnesses from a psychological perspective.
- I will be able to evaluate and apply behavioral, cognitive, and social psychological principles to lessen the course of certain physical illnesses.

With this degree, I am interested in practicing and applying the promotion and maintenance of health, treatment of illness and disability, and the improvement of the health care system.