

Westfield State University  
Bachelor of Social Work Program  
**Personal Statement Essay Guidelines**

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Use the following outline to write a 3-5 page essay and include the essay when you submit your application. Essays must be typed, double spaced, and on 8 ½ x 11 paper. The essay will be evaluated regarding the material below and also will be considered a writing sample to evaluate your ability to express yourself in written form.

Use the **bolded** words as headings in your essay.

1. An assessment of your Personal Values and congruence of these beliefs with the profession's values and ethics;
2. A discussion as to how you will balance outside commitments and the required coursework with a **16-18-Hour Per Week Internship**;
3. An assessment of personal strengths and limitations as they pertain to your **Human Service Experience** or life experience;
4. A discussion of a personal or professional experience where you needed to maintain **Appropriate Boundaries** and how you will apply that knowledge to working with vulnerable populations.
5. **Additional Information**. Please add any other information you believe is relevant to this application, that would support your application, or that you think is important for the Admission Committee to consider, including any special needs, experiences, concerns, requests, and so on.