

**Academic Success Center
Thomas Jefferson University
East Falls Campus**

Personal Statements: CSARR

Purpose

This handout is designed to help build an academic paragraph for documents that require the use of personal experience as evidence, such as personal statements, cover letters, and application essays. CSARR stands for Claim, Situation, Action, Result (Local), Result (Global). Remember to tailor your document to each application. Often, this requires altering your language to reflect the language of the prompt.

CSARR

- **Claim** – The paragraph should begin with a topic sentence that makes a claim (usually a quality or experience) about yourself and argues that the quality or experience will make you successful at the job/program/position for which you are applying.
 - “My leadership ability will help me succeed as a Physician’s Assistant.”
- **Situation** – To provide evidence for the claim, you should provide a situation in which you utilized the quality or experience. The situation is the background context for the story. It usually describes a problem.
 - “During my final year of school, I held a three month internship at Children’s Hospital of Pennsylvania. One child, while I was on duty, went into cardiac arrest.”
- **Action** – Once you have established a specific situation, you should discuss the action of the story. This should describe how you utilized/implemented the quality or experience in order to improve their situation.
 - “I demonstrated my leadership abilities by immediately beginning CPR and instructing the healthcare staff to call the attending physician.”
- **Result (Local)** – The local result is a discussion of what happened in the situation based on your actions. Generally, this is a discussion of the positive results that occurred because of the actions you took.
 - “Due to my CPR and quick instructions, the physician arrived in time to revive the child.”
- **Result (Global)** – The global result is a discussion of how the quality or experience (the claim) will help you in the position for which you are applying. Rather than just a restatement of the claim sentence, this section should go into more detail about how the quality or experience will help you in the desired position.
 - “A successful Physician’s Assistant must have leadership abilities in order to successfully coordinate with other healthcare personnel to achieve the best outcome for the patient.”

Claim 

While interning in the orthopedic Physical Therapy clinic at Jefferson University Hospital, I developed critical thinking and communication skills. **My responsibilities included checking patient's vitals before appointments. During one of my shifts, I noted a patient's excessively low blood pressure, just before the patient lost consciousness. I knew, because of my training, to initiate the emergency response. I applied my critical thinking skills by beginning compressions, and I quickly and efficiently communicated the necessary information to the response team when they arrived. Because of the immediate response to the situation, of which I was a crucial part, the patient was successfully saved.** This experience illustrated to me the importance of continuing to utilize and develop my critical thinking and communication skills in the Physical Therapy program at Arcadia University and as a practicing Physical Therapist in my future career.

Situation



Action



Result
(Local)

Result
(Global)



Claim	Situation, Action, Result (Local)			Result (Global)