

Guidelines for Writing an Autobiography and Statement of Purpose

Thank you for your interest in our Master's Program in Marriage and Family Therapy (MFT). As a part of your application, the department requires both an Autobiography and a Statement of Purpose. These narratives provide a professional and personal introduction and help demonstrate why you are an ideal candidate for our MFT Program. Thus, these narratives must include the following:

1. Autobiography: Describe your own life experiences in the context of how these experiences influenced your decision to pursue a MFT degree. To help us learn about the role of these experiences, you may include: (1) Information about your family of origin or current family situation and how they influenced your decision to pursue a MFT degree; (2) a description of two or three significant personal experiences that influenced your personal development; (3) a discussion regarding any personal experiences in psychotherapy; or (4) any other personal experiences or values that also influenced your interest in our MFT program. Thus, the goal of your autobiography is to help the admissions committee understand how certain life experiences influenced your decision to pursue a MFT degree.

2. Statement of Purpose: Describe how pursuing a MFT degree will aid in meeting your professional goals. To help us learn about these goals and your understanding of the field, please discuss the following: (1) briefly describe your knowledge of MFT as a profession, including the duties and process of being a MFT in California (or in other states, if applicable); (2) your reasons for selecting a MFT career; (3) relevant professional or academic experiences that contributed to your preparation as a MFT; (4) postgraduate career plans and interests in working with certain populations; and (5) discuss why you are specifically interested in our MFT program. Feel free to use information from <https://www.mft-license.com/>

The length of the Autobiography and Statement of Purpose should each be no longer than three typed, double-spaced pages. Because both narratives are important for the admission process, we encourage you to consider the following: (1) diligently edit your work; (2) communicate clearly and succinctly through well-organized narratives; and (3) avoid overused phrases, jargon, or artificial language.

In reviewing your Autobiography and Statement of Purpose, the program will:

- Assess your preparation for graduate education (including your writing ability, such as your ability to write a coherent and well organized statement that includes appropriate and relevant content regarding your academic skills).
- Assess your preparation and potential for success within in the field of Marriage and Family Therapy.

There are no "right" or "wrong" answers for the Autobiography and Statement.