Your bio does not need to be lengthy, and it **does not** need to do the job of the personal statement. You don't need to convince them you want to be a doctor or convince them you're a good candidate. It's really to help your preceptor get to know a bit about who you are.

I suggest 2-3 short-ish paragraphs (maybe 1/2 - 3/4 page in total). You might start by talking about your **background**: where you're from, where you went to undergrad, what you studied, any interesting or notable details about family/upbringing (for example, you were raised on a farm, or you're the youngest of 12, or you played rugby growing up).

Then, it's often nice to talk about any **formative experiences** you had and/or clinical jobs you've held. Maybe you were a scribe or an MA, or maybe you volunteered at an organization that was really impactful for you. This may lead to talking about future goals but be vague here. You don't want to alienate your IM preceptor by talking about how you're only interested in emergency med, for example. But, if you have goals to work in an urban/rural area or if you're interested in preventive medicine, those things are fair to talk about. You could also skip this and talk about what excites you about rotations--maybe the site/town, population, or just exposure and hands-on learning.

Finally, you might talk about what you do for fun, in your **free time** (ha!). This is sometimes its own paragraph, and sometimes combined with the second. It can be brief—you're giving your reader an opportunity to see who you are and maybe find some common ground, but you don't need to give them an extensive run down of your Netflix queue or anything.