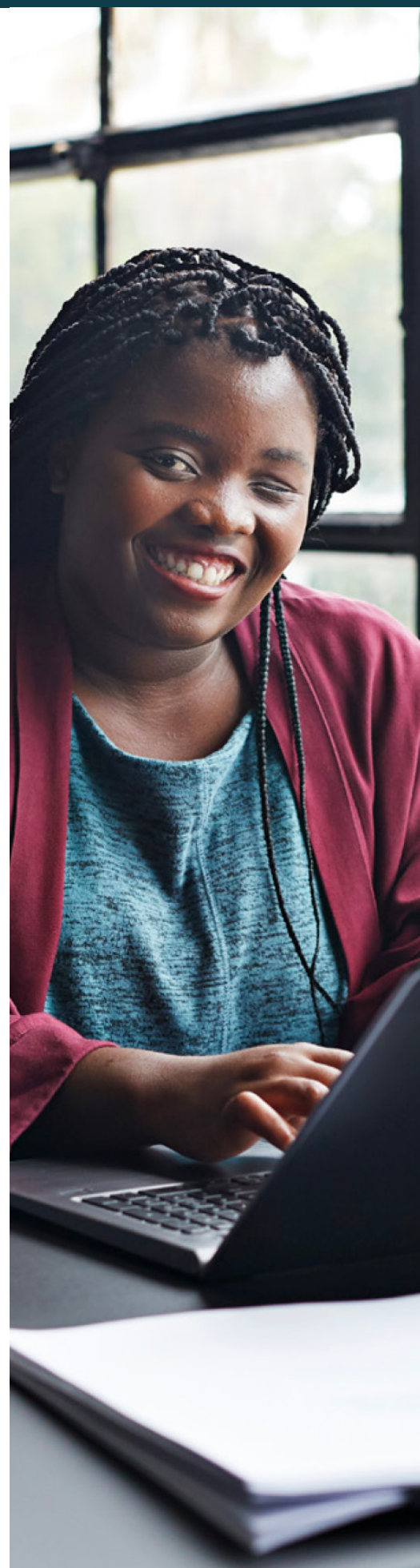


Guidance for Writing a Personal Statement

A personal statement can be a way for you to express in your own words how your disability impacts your test taking experience and performance. In addition to the documentation submitted from your qualified professional, a detailed personal statement may provide valuable information about your lived experience of disability, how it impacts you in a testing situation, and the reasonable accommodations you may need. To provide more direction for submitting personal statements, below are some tips for composing personal statements that may help to clarify your need for accommodations. Please note that we are not asking you to share information about yourself that is of a sensitive nature.

- It is important that the personal statement be written by you, as the test taker. Personal statements are valuable because they allow you to convey your thoughts in your own words. Statements from parents, advocates, teachers, etc., can be helpful; however, personal statements are unique because they allow you to express yourself and share your academic experience.
- The personal statement should address the impacts of your disability and how it affects your daily life, specifically within academic and test-taking settings. It is helpful to provide a summary of background information. This may include details about the onset of your disability, how your disability affected you throughout your educational experience, and your use of coping/compensation strategies and accommodations in the academic and/or work setting.
- If you are requesting accommodations not previously used or supported by your other documentation, please describe why the accommodation is being requested. For example, if you were previously approved for 50% extended time and are now requesting 100% extended time, please explain why 50% extended time is no longer sufficient.



- It may also be helpful to describe how your disability impacted you during prior standardized testing experiences and/or ETS practice tests (e.g., did you run out of time? did your score reflect your preparation time?).
- Please describe the use of any formal or informal accommodations and/or academic supports. If you have not used formal disability accommodations before, please describe why not.
- Referring to some of the information in your documentation may be helpful; however, it is not necessary to restate what your evaluator or others may have already written in the documents you have submitted. Your personal statement gives you the opportunity to provide additional information that you think may be important for us to know.

For more information,
contact us:

Website	www.ets.org/disabilities
Email	stassd@ets.org
Phone	1-866-387-8602



www.ets.org

Copyright © 2025 by ETS. ETS is a registered trademark of ETS.
The Eight-Point logo is a trademark of ETS. 10620