

## **GUIDELINES FOR CHANGE OF STATUS PERSONAL STATEMENT**

The following are key points that you can address in your personal statement. Each point should be a separate paragraph.

1. State your current visa status (F-2, H-4, H-1, etc.) and the status you are applying to change to (F-1, J-1, etc.).
2. Explain when you obtained your current status and why (e.g., to accompany spouse, company sponsorship, post-graduation OPT, etc.).
3. Explain why you would like to request a change of status (e.g., accepted to MBA program at W&M, invited to teach in Department X, etc.). You can also explain why you chose to enroll/work at W&M.
4. Explain how your course of study or work will help you academically or professionally. It might help to think of your long-term goals when addressing this topic. For example, obtaining a degree/work experience from a U.S. institution will improve opportunities for employment worldwide, etc.