Your statement **should**

- Clearly state your specific goal
  - hint: it's not to get into graduate school - it IS what do you want to do AFTER you finish graduate school
  - be careful not to be trite or cliché here - everyone "wants to help people"

- Show that you know what is required to meet that goal

- Tell them what you bring to the program
  - what do you experiences have you already had to help you meet your goal?
  - How has what you have done going to be an asset to the program?

- Help the committee determine if their program can help you meet your goal
  - Show them how you think their program can help you meet your goal
  - What can this particular graduate program provide to help you meet that goal?

- Be a example of good writing

It shouldn't

- Contain strings of awkwardly used big words - your GRE score shows them your vocabulary (i.e., use understandable, clear language)
- Contain abbreviations that aren't spelled out once
- Contain lots of references to your childhood/your mother/your father or some tragic event