**Queen’s Ophthalmology CaRMS Supplementary Question**

**Instructions:**

**Please upload a one-page PDF document with your answers to the following TWO questions:**

1. From the list of the following traits, choose the 3 that you feel best align with your personal values and provide a brief explanation. (**CHOOSE ONLY 3 – Max 250 words**)

Accountability Achievement Adaptability Adventure Altruism Ambition Authenticity Balance Beauty Being the best Belonging Career Caring Collaboration Commitment Community Compassion Competence Confidence Connection Contentment Contribution Cooperation Courage Creativity Curiosity Dignity Diversity Environment Efficiency Equality Ethics Excellence Fairness Faith Family Financial stability Forgiveness Freedom Friendship Fun Future generations Generosity Giving back Grace Gratitude Growth Harmony Health Home Honesty Hope Humility Humor Inclusion Independence Initiative Integrity Intuition Job security Joy Justice Kindness Knowledge Leadership Learning Legacy Leisure Love Loyalty

Making a difference Nature Openness Optimism Order Parenting Patience Patriotism Peace Perseverance Personal fulfillment Power Pride Recognition Reliability Resourcefulness Respect Responsibility Risk-taking

Safety Security Self-discipline Self-expression Self-respect Serenity Service Simplicity Spirituality Sportsmanship Stewardship Success Teamwork Thrift Time Tradition Travel Trust Truth Understanding Uniqueness Usefulness Vision Vulnerability Wealth Well-being Wholeheartedness Wisdom

1. Briefly describe your ideal residency program and the objectives you are hoping to accomplish during your time in residency. (**Max 250 words**)