

# Is My Personal Statement Good Enough?

20 minutes discussion  
20 Minutes Q&A from students

Host: Mark Williams  
Founder of Medical Projects

Panelist: Minnie Kenworthy  
4th Year Medical Student

Panelist: Dr April Diviney  
IMT1 Doctor

 Medical Projects



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**MEDICAL  
PROJECTS**  


# Importance of The Personal Statement

- Selection for **interview**
- The university's **first impression** of you
- Opportunity to demonstrate you **qualities** as a person and your **commitment** to medicine
- May be used in interview: **know it well!**

# What Are They Looking For?

Empathy

Commitment

Communication  
skills

Motivation

Teamwork

Resilience

# Empathy

## Don't do this...

I spent a week shadowing an Obstetrics consultant and witnessed the many tough ethical decisions they had to make, and how it impacted the women they were treating.

## Do this...

Reading 'A Short Introduction To Medical Ethics' helped me understand that not all healthcare decisions are straightforward. This was further highlighted following a week spent shadowing an Obstetrics consultant where I was able to speak to some of the women in the centre of these decisions. I could see how mentally taxing it was for the patients but also how a doctor could help to relieve some of that stress and anxiety by taking the time to listen to their worries.

# Teamwork/Leadership

## Don't do this...

In year 7, I was captain of the football team and used my leadership skills to help my team win the cup.

## Do this...

In year 7, I was captain of the football team, which helped me develop my communication and management skills. During this time I recognised how important good leadership is to the cohesion of a team, and in supporting members as individuals. This is the same in healthcare, as consultants play an important role in helping the team work efficiently together to provide the best care for patients. I saw this in action when...

# Commitment

## Don't do this...

I spent a day shadowing a Palliative Care consultant and learned about the challenging decisions involved in end of life care.

## Do this...

During my 2 years volunteering in a hospice I saw how important privacy and dignity was to the patients. Although, there was nothing that could be done to treat their disease, keeping the patient comfortable, clean and free from pain was just as important. This led me to...

# Communication

## Don't do this...

Last year I was elected student president and was able to develop my communication skills by speaking to a variety of students from different age groups.

## Do this...

Communication plays a vital role in being a doctor: being able to explain complex information in a simple way to patients; listening to and taking on board the concerns of a patient, and getting across information clearly and precisely. As student president last year, I honed these skills through...

# Resilience

## Don't do this...

Outside of school, I enjoy going to the gym and playing football for my local club.

## Do this...

I understand that Medicine is not only physically taxing but mentally as well. Having spoken to current medical students, I understand how important it is to maintain your own wellbeing in what can be a stressful and uniquely challenging job. I currently play football for my local club to help me destress, and I've also developed skills in mentoring and communication through coaching younger players.

# Motivation

## Don't do this...

I've always wanted to study Medicine

## Do this...

- You all have unique motivations!
- Make it personal
- Be truthful, don't exaggerate

# Top Tips

- Draft, draft and draft again... and again
- Start off with bullet points. What are the main things you want to get across?
- Have as many people read it as possible
- Don't be afraid to cut big chunks out
- Be different. Do you have something that makes you stand out from everyone else?
- Write about anything you feel is relevant, as long as you can link it to studying Medicine or the job of a doctor

# How Do The Universities Use The Personal Statement?

- **Not used at all:**
  - Brighton & Sussex, Plymouth, St Georges, Sunderland
- **Screened but not scored:**
  - Aberdeen, Aston, Barts, Birmingham, Cambridge, Glasgow, Hull York, Leeds, Newcastle, Norwich, Nottingham, Queen's, Sheffield, St Andrews
- **Used in selection for interview:**
  - Barts, Buckingham, Cardiff, Imperial, King's, Oxford, UCLan
- **Used to differentiate candidates who score similarly on academic criteria/entry exam:**
  - Aston, Bristol, Edge Hill, Hull York, Kent, Leicester
- **Used in interview:**
  - Anglia Ruskin, Barts, Dundee, Edinburgh, Keele, Kent, Lancaster, Liverpool, Sheffield, Southampton,