

## **PERSONAL STATEMENT EXAMPLE**

### Personal statement Before

I am interested in studying nursing because I would like to have a career that involves being busy and physically active whilst helping and working with other people. Completing a work experience placement at a local sport centre inspired me to complete my National Pool Lifeguard Qualification. During the intensive preparatory training I learnt CPR, the use of the defibrillator and spinal rescue as well as dealing with more minor injuries. I have maintained these skills alongside my academic A level studies through monthly practice and part time work, and I enjoy the challenge and responsibility of my job as well as assisting with the care of family members with blindness and dementia. These experiences have emphasised for me the importance of patience, compassion and kindness, all of which will be essential qualities in a nursing career.

To gain some experience in the nursing industry, I have completed some work, shadowing of a prep school matron, a midwife and a local GP. This has offered me invaluable insights into the work of health care professionals: experiencing blood glucose testing for children with diabetes, practising taking blood pressure, observing the taking of blood and urine samples and monitoring various aspects of baby development, have all helped me to confirm my career choice. I met with the Head Nurse at Jersey General Hospital, where I worked alongside a local charge nurse on a 16 bed acute medical ward (The Corbiere Ward). This allowed me to begin to understand the role and work of a nurse in different areas. I also made a visit to a local care home, assisting patients suffering with dementia. Furthermore, a trip to the local hospice has offered valuable insight into the particular challenges of these specialisms, for example, coping with the loss of a patient

### Personal statement after

I am determined to study nursing because I would like to have a career that involves caring for others and working with other likeminded people. I assist with the care of family members with blindness and dementia. These experiences have emphasised for me the importance of patience, compassion and kindness, all of which will be essential qualities in a nursing career.

To gain some experience in the nursing industry, I have completed some work shadowing of a prep school matron, a midwife and a local GP. This has offered me invaluable insights into the work of health care professionals: experiencing blood glucose testing for children with diabetes, practising taking blood pressure, observing the taking of blood and urine samples and monitoring various aspects of baby development, have all helped me to confirm my career choice. I met with the Head Nurse at Jersey General Hospital, where I worked alongside a local charge nurse on a 16 bed acute medical ward. This allowed me to begin to understand the role and work of a nurse such as remaining calm when faced with conflict from some patients.

I also made a visit to a local care home, assisting patients suffering with dementia which helped me to understand the unpredictability of patients with this illness and having to react quickly in certain cases to their behaviour. Furthermore, a trip to the local hospice has offered valuable insight into the particular challenges of these specialisms, for example, coping with the loss of a patient.