

PERSONAL STATEMENT EXAMPLES

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.

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Law

Law surrounds us constantly without us even being conscious of it. The first time I encountered law first hand was when my best friend's parents got divorced; at this point I realised how much lawyers do behind the scenes in many people's lives and how detrimental badly handled cases can be. From then on law was always in the back of my mind and when I had the opportunity to do work experience, I knew exactly what I wanted to do. The two weeks I spent at the firm working in four sectors, as well as going to court and following a case, really consolidated my interest in law and I decided then that this was the path I wanted to follow beyond sixth form.

Since then, I have engaged in many extracurricular activities to increase my law knowledge, including my participation in the Jersey Youth Assembly where I had the chance to question deputies, present an idea to a minister, and persuade the assembly of our proposition. This gave me a real idea of how strenuous the life of a lawyer can be and how thorough the research that goes into presenting a case must be, but also how satisfying it is to see your hard work pay off. Additionally, I've done further reading on multiple topics, something that stood out to me particularly though was the discrepancies that can be found between countries and different types of law; for example in the 'Paquette Habana and Lola' case judged in 1900 where federal law failed to address the issue of whether ships could be taken as "prizes of war" but then customary law settled the case. (Henderson, Conway. Understanding International Law. Wiley-Blackwell, 2010). This was really interesting as customary law was a new concept to me; I then read further discovering that there are no specific regulations behind it other than it is propelled by the beliefs, philosophies and the value system of the people. I've always taken a liking to Spanish. Coming from a diverse family and living somewhere where the main language spoken isn't my mother tongue, languages have played a massive role in my life. I've spoken Portuguese and English since I was young and as new languages were introduced to me throughout my school years I've always absorbed them naturally. I enjoyed expanding my linguistic knowledge so much that I took it to a competitive level, participating in the Jersey Eistedfod from the age of 9 to 17 in English, Portuguese, and French (never achieving lower than a gold award) as well as taking them into my higher studies. I'm a true believer that in order to be successful in something you must take pride or joy from it, and this is my case with languages. A-Level Spanish never fails to amaze me; my favourite part being the socio-historical side of the course where I learned about how the Franco regime impacted Spanish society and how law changed so much during the shift from dictatorship to democracy. Whilst developing my language interests I found many others also had a passion for languages and law and with such came many articles that provided new outlooks; one particular reading that I found gripping was an extract from 'The Spanish Origin of International Law', on Francisco De Vitoria and his law of the nations because despite being written many decades ago the law is still applicable now and strategies from previous cases are regularly used to help in new cases. The elements of philosophy incremented in law are fascinating to me, as with philosophy A-Level we looked into many topics, my favourite being epistemology: the philosophy of knowledge, where we looked at methods of gaining knowledge and what it actually is, which is frequently reflected in the background of many laws.

Studying Law and Spanish together is my plan going forward; one day I see myself living in Spain for the impact I could make in Spain's legal life. Living in a different country offers people a fresh outlook on life, as well as transferable skills that can be used in many aspects of life.

Media

I have chosen Media Studies as I want to investigate the different cultures behind all media platforms to help me understand the different lenses used to bring awareness to what is going on around the world.

I want to understand how we can communicate with each other and interpret the ideological messages that are presented through social media or other conglomerates such as newspapers and broadcastings. I am curious and passionate to learn more about the media journalism industries, specifically in this time period where communication is now more worldwide and easily accessible. My curiosity about the impact of the media industry has been inspired by my studies and work experience. For my A level Media coursework, I designed two regional newspaper articles, one front cover and one double page spread that reported on a social or political issues. I decided to report about Covid and how it has affected many people to date. I also created three promotional flyers to raise awareness of my feature. I developed a range of skills in Adobe InDesign, experimenting with different layouts and incorporating beautiful graphic designs, gaining experience of industry standard software that I would like to continue with at university.

I had the wonderful opportunity to work a part time job at ITV channel as a prompt operator. I have really enjoyed my time there and has prepared me for this degree by giving me experience of being a part of a team in a complex environment. I sit in the main studio behind the cameras moving the cue script so that the presenters can read along. I must wear a headset so I can be notified when the broadcast is about to start, so I am constantly multitasking.

I am very comfortable performing in front of large audiences; I have competed against other schools in a poetry recital, and I have performed on stage in theatre productions. I have performed as many roles in the past in shows such as: The School of Rock in which I multi-rolled as a teacher, parent and a member of the rock band, I have also done another performance for Wizard of Oz, and I played the role of the scarecrow. Majority of my other shows were singing and dancing that took place in a live theatre production. Performing is a passion of mine, I enjoy acting as a different person and it enables me to create a character that doesn't exist and I able to explore the different traits and characteristics that it has to offer me. I thrive under pressure and have worked hard to keep a balance between my work and performing schedule.

I believe that I am in the right course as I do have a strong background of performances and work experiences that have prepared me for this course. My top three skills are: communication as I actively listen and take part in classroom discussions, teamwork as we should help each other and bring the best of it, and initiative as I handle every situation independently and try my hardest to take responsibility over my actions before asking for help, such as homework or coursework that I am finding difficulties on. I know that working in this environment I will come across many challenges, but I know that I can overcome them with my hard work and enthusiasm towards this degree. My main ambition has always been to be in front of a screen, and my work experience has inspired me to consider journalism and TV presenting. I believe my confidence in public speaking and calm; approachable nature will enable me to help the public understand more about the society issues and how they impact us in many ways. Being a journalist is empowering and presents the opportunity to help the public in their daily lives. With the independence and communication skills that I have learnt in my work experience that I've gained over a couple of months; I'm committed to learning and participating in this media course.

Psychology

When I heard and read about people not receiving adequate treatment for various psychological illnesses such as depression, eating disorders and substance abuse, I was keen to try to help. I want to know whether we are genetically predisposed toward addiction or if our environmental situations and experiences are the cause. With more people sharing their different mental health journeys, and more people having issues diagnosed, we need more research into effective treatment and coping strategies than ever.

Encountering Rosenhan's study about sane people in insane places and the Stanford prison experiment made me want to know more. I wondered at how easy it was to manipulate people into behavioural changes. One of my favourite topics is the cognitive and biological area as it divulges on biological reasoning for causes in behaviour such as brain abnormalities and neurotransmitter pathways. We have theories that not creating enough serotonin (a neurotransmitter which influences mood, emotion, and sleep) could be one of the causes of depression. Studying Psychology has taught me how to think analytically and enabled a critical mind-set when exploring research. I like the idea of linking a phobia back to an attachment stage in early childhood and wonder if we can get to a point where we can advise parents in ways that prevent the development of phobias. I am also confident in using a variety of statistical analysis from Chi squared to Man Whitney U.

It is amazing how learning about intermolecular attractions in year 12 chemistry influences where drugs end up in the body. For example, a non-polar drug will be better able to enter the non-polar environment of the central nervous system and the brain, but a polar drug molecule will remain in the aqueous environment of the blood. The same themes are what causes the drug to bind to and inhibit the receptors that would normally remove serotonin from the synaptic cleft, making more of it available to transmit messages.

Dr Sutton came into Hautlieu beginning of this year and gave a lecture on the correlation between neuroscience and psychology. He spoke about how neurotransmitters and how tumours can affect someone's behaviour. One of the most interesting cases Dr Sutton told us about was about a man who had a tumour in his brain that was only discovered because he was having sexual desires for children and when his tumour was removed, he stopped having these desires. However later his tumour came back it was only rediscovered when his wife realised these desires had come back which opens the question of did the tumour cause these desires or if he always had these desires in his subconscious, but they developed due to the tumour. I have also watched a few Ted Talks however one of that stood out to me was on the bystander effect - a theory made by Latané and Rodin in 1969. I watched a Ted talk presented by a man called Ken Brown explains that the fundamental idea of the bystander effect is "when you are in a larger crowd, you are less likely to receive aid and assistance". This experiment took place due to a woman Kitty Genovese who was stabbed to death over a period of 30 minutes. There were 38 witnesses to the crime, observing or hearing the incident from their apartment buildings. They could have intervened during the incident, but none even phoned the police until the murderer had left.

I'm really keen to learn more about psychology and how our brains work. I am curious about how our personalities form and whether our measurable intelligence is truly linked to the numbers of connections between neurones. I would be curious to see, not only whether we can find reliable ways to beat mental decline and dementia, but whether a person's mental abilities could be reliably enhanced through particular mental or physical exercises or activities and how this knowledge could be used to improve quality of life for everyone.