



Study Smiths

Personal statement examples

Dental Surgery Personal statement example

My interest in Dentistry grew following my experiences of primary and secondary dental care while receiving treatment for my reverse overjet. This proved to me first hand that an individual's smile can be integral to their confidence. Understanding the role of members of the multidisciplinary team, working collaboratively to improve my quality of life, inspired me to seek a career in dentistry, where I could make a meaningful difference to patient's physical and mental wellbeing.

To gain further insight into oral hygiene principles, I read Collins' 'Good Teeth' and Dr Hoss' 'If Your Mouth Could Talk'. I learnt about dental diseases, effective oral hygiene, jaw formation and the impact of lifestyle choices. Both books underscored the pivotal role dentists play in maintaining a healthy smile, leaving me curious as to how even the briefest of check-ups have such a profound impact. Dickson's 'Where There Is No Dentist', implied people can take responsibility to care for their own oral health, even when dental care cannot be accessed, proving the importance of education. This is important to me, as educating others is something I enjoy as it allows me to share my passion for a subject.

Shadowing a primary care dentist broadened my perspective and emphasised the importance of education, prevention and personalised treatment plans. Witnessing the dentist's strong rapport with patients highlighted the significance of patient trust in ensuring a positive experience, which I feel I can provide due to my emotional intelligence. I now understand that every smile is unique, reinforcing the importance of a patient centred treatment plan that addresses each individual's needs and concerns. I am excited to embark on a career where lifelong learning is essential to providing tailored care. During my placement, I witnessed patients seeking advice on a "nicer smile" through cosmetic dentistry, leading me to attend a webinar on the psychological effects of cosmetic dental care. This was personal to me as I had experienced a lack of confidence due to my smile. Patients' gratitude toward the dentist was a clear representation of the positive impact dentistry can have on a patient, both mentally and physically. This intensified my desire to pursue the career as it reinforced the positive impact dental professionals can have. Witnessing a case in which a patient declined treatment due to financial constraints, inspired me to focus my EPQ on investigating barriers impacting access to dental care. My EPQ, as well as multiple placements, sparked a profound realisation that even on a small scale, inequality has detrimental effects to individuals' care.

Following the longitudinal care of patients whilst shadowing orthopaedic and ENT surgeons enabled me to better understand the importance of medical ethics, such as consent. I witnessed a case where a procedure was terminated due to uncertainty of the surgical team regarding a patient's consent. This highlighted to me that healthcare professionals must remain calm and dexterous whilst simultaneously considering complex ethics, that best suit

patients. Consequently, I studied the GDC's 'Standards Of The Dental Team', to better understand how dental teams work to meet their professional obligations.

I volunteer, caring for elderly residents and tutor children, fostering my communication skills across age groups. Caring for residents has helped me to understand the importance of finding alternative methods of care tailored to each patient, building trust and a rapport, even if it requires more time. However, I have also learnt the role comfort can play for patients and families in troubling times, when there might not always be a solution.

Additionally, I participate in team sports and captain two football teams, building on my leadership and teamwork skills. When relaxing, I like to build complex Lego sets and cook - both of which allow me to engage in precision-based projects and exercise fine motor skills.

Medicine Personal statement example

My aspirations of pursuing a career as a neurosurgeon is dedicated to the profound realisation that the brain has the unique capability to name itself. Upon recognising the organ's power, I have become enthralled with its complexity and artistic being. My interest evolved after acknowledging the inevitable fallibility of the human body. I am driven to acquire a developed understanding of the mechanisms that leave a person susceptible to vulnerabilities.

Having read Greenfield's 'The Human Brain,' I developed a deeper appreciation for the complex intricacies of the brain. The guide explored the different regions of the organ and its functions such as movement and vision whilst proposing that the brain, remains a mystery. Inspired, the guide prompted me to write an EPQ, relating to the analysis of specific dream disorders and how neurosurgeons can treat these. I aim to research the underlying neural mechanisms that occur whilst a person dreams, thus allowing me to target interventions to help improve the quality of life for affected individuals.

To gain further insight of the role the brain plays during dreams, I took a MOOC course detailing the neurobiology of sleep medicine. Introducing me to sleep and psychiatric disorders, I learnt of the causes and treatments they require. The course entailed the molecular biology and genetics of sleep, helping me discover that these disorders can be inherited. Interested in identifying how to physically view these disorders within the brain, I shadowed doctors in a neurobiological lab. I observed how the doctors used cresyl violet to establish how harmful inflammation is produced in brain tissue. Accompanying them, I first sliced the brain tissue of a rat injected with a stroke, then continuously washed the tissue with an isotonic solution to add the dye and visibly isolate the parts of the brain infected. The placement broadened my knowledge of anatomy and in turn intensified my desire to pursue the profession.

Shadowing doctors gave me immediate insight into the life of a medic; doctors remained dedicated and effectively communicated with patients and colleagues. At a local hospital, I observed how doctors collaborated to prove a diagnosis; a doctor believed a patient presented with an arrhythmia; however, another doctor found a recent echocardiogram showed preserved heart function. The doctors' collective decision to immediately inform the patient, linked to Hope's idea of 'culture and consent,' in his short introduction of Medical Ethics. I understand how essential it is for a patient to remain informed of any discoveries regarding their health. With prioritising understanding as well reassurance, the visible comfort in the patients' manner re-established to me how communication between a doctor and patient can positively influence the outcome of the treatment.

A week at a GP surgery exposed me to the varied nature of primary care. I witnessed the contrasting roles of doctors as the GP froze a wart, which was thought to be a 'cancerous mole,' off a patient's ear. The GP displayed a patient-centered approach, by first acknowledging the patients worries and then moving on to reassure and relieve the patient

of their anxieties. Within each consultation, I noticed the familiarity and high rapport the doctor held, emphasising how trust is crucial to facilitating the best form of care.

Volunteering at a care home, enabled me to recognise how different forms of care are tailored to individual patients. When a resident suffering from dementia mistook me for her daughter, I witnessed how impactful it was to just hold her hand and be present. This encounter showed me the value of patience and compassion.

Beyond academia, I work on my dexterity skills through crochet, have completed my DofE Gold award and have been the lead role in numerous plays. I relish in the idea of being a doctor in the future, the prospect of lifelong learning captivates me into the ever-progressing field of medicine.