Work Experience and your Personal Statement

All applicants must be able to provide evidence of 650 hours of health related work experience. The two main reasons for this experience are to give you a true insight into working in healthcare and to develop the essentials skills needed to be a successful Nurse:

- Communication skills
- A sense of service to the community
- A sense of responsibility
- Self-insight
- Energy
- Enthusiasm
- Perseverance
- Ability to overcome setbacks
- Ability to work independently
- Experience of working with diverse groups

Here are some examples of relevant work experience:

- Paid or voluntary work experience in a residential care home, hospice or similar
- Working in a youth centre or working with young children
- Participating in community volunteering schemes
- Shadowing a GP or other medical practitioner to gain an insight to their role, responsibilities and the complexities of healthcare
- Working with a diverse range of people (whether on a paid or voluntary basis)

Participatory work experience (not simply observing, but a 'hands on' role) is extremely valuable. Many applicants arrange to undertake paid or voluntary work as a Healthcare Assistant. Whatever work experience you have, it is important that you reflect effectively on this in your Personal Statement.

Your Personal Statement should communicate not only what meaningful activities you have undertaken, but also what you have learned from these experiences e.g.

how they have changed reinforced your views. Discussing a highlight or poor experience is welcomed. We are not looking for a rota of the duties your job or project involved! Your Personal Statement should highlight how this insight to healthcare will enable you to become a good medical practitioner in the future.

Because this is a shortened programme it is essential that you can demonstrate that you have worked in relevant areas for a sufficient period of time. If you are invited for interview a framework for identifying and reflecting on this experience will be sent to you.

Here are some other things to include in your personal statement alongside your work experience:

- explain why you want to be a nurse
- demonstrate your commitment to a career in Nursing
- describe your participation in previous studies and community life
- highlight your achievements
- describe your hobbies and interests

When the team read your personal statement they are looking for:

- motivation for nursing
- evidence of commitment for caring
- work experience
- understanding the nature of nursing
- breadth and depth of interests, and linking these with ability to cope with stress
- evidence of team work, leadership skills, communication skills, acceptance of responsibility