

# EXCELLENCE THROUGH EQUITY PATHWAY TO MEDICINE



## PREPARING A PERSONAL STATEMENT

### WHAT IS A PERSONAL STATEMENT?

A personal statement is either one page of written information or a short video of about 2 minutes simply recorded on a smartphone (or similar device), which you provide as part of your application. This is a chance for you to articulate why you would like to study medicine at the University of Newcastle, and to outline your experiences and future commitments that show your passion for medicine. In your statement, you could talk about why and how you will sustain your commitments during the duration of your studies. You don't need to go into lots of detail about your circumstances or experiences or share anything you don't feel comfortable talking about. If you have a question about recording or writing your personal statement, don't worry, you're not alone! See below.

### WHAT DO I WRITE OR SPEAK ABOUT?

You. You are telling the Excellence through Equity Selection Panel why you are suitable to study with them. Here is some information to help you get started:

- Look at information about the program and identify the qualities and experience it requires – you can use these to help you decide what to write or speak about.
- Tell the reader/audience why you're applying – include your ambitions, as well as what interests you.
- Think about what makes you suitable – this could be achievements you've gained from education, work, or other activities.
- Think about personal and other circumstances which have affected your educational performance, and outline them in your personal statement. However, ensure you focus on what role the experience has had on your motivations and commitments to progressing through a medical degree into a career.
- There is no exactly right way to do it when you are writing or recording your personal statement. You are unique, so feel welcome to be original, positive and enthusiastic.

Your personal statement provides evidence of your interest in, enthusiasm for, and understanding of studying medicine and working as a medical professional.

### IT IS IMPORTANT TO TELL US ABOUT:

- your reasons for choosing the medical program (this is the most important part of the statement)
- your experiences (and their relevance)
- work experience (where this is relevant)
- any achievements
- your wider interests and hobbies (providing they are relevant)
- any career plans you might have.

### HOW DO I STRUCTURE MY PERSONAL STATEMENT?

- Make sure each paragraph or part of the video is saying something different and follows on from the one before.
- Stick to the page/video limit and other requirements.
- Start and end your personal statement by highlighting your passion for the program and your future career options.

## WHEN WRITING OR RECORDING YOUR PERSONAL STATEMENT, YOU SHOULD:

- Be honest and use your own words. Your personal statement is all about you, so it should be totally unique.
- Use full sentences, accurate grammar, and if writing, correct punctuation and spelling. Be sure to proofread or check your statement before submitting it.
- Show that you have reflected on what you are communicating. The personal statement should not recite what you've read or what you've done. Illustrate what you gained from this, or how it changed your understanding, and how this relates to your passion for studying medicine.
- Provide any evidence of your transferable skills, including research, critical thinking, communication, organisation, planning and time-management.
- Make sure you allow enough time to plan and structure your personal statement, ensuring you include everything you want to say. You may need to redraft or re-record a number of times.

## CHECK:

- If it's a written statement, have you proofread it? Get friends, family, teachers - anyone that'll look at it. Try reading it aloud too, doing this will make it very clear if something isn't quite right.
- Have you convinced the Excellence through Equity Selection Panel that you want to study and progress through the degree?
- Have you shared your experiences – something unique to you and how you're an excellent candidate?
- Have you given examples to illustrate your points and to show how these are unique experiences and insights to you.

## YOU CAN USE THE ABC TEST TO SEE IF YOU ARE MAKING IT RELEVANT:

A = Activity: This is what you've done

B = Benefit: This is what you have learnt/gained from the activity

C = Course: How the benefit learning/gains will help you in, and sustain your commitment to, your studies.

Take a look at the responsibilities, skills, and characteristics below. These are just to get you started. Your statement does not need to bring in every point below but might help inspire your thinking about what you want to say.

### ACTIONS AND EXPERIENCES (I DO)

Practical: E.g. making appointments, learning a new language, learning about entirely new systems.

Financial: Managing a tight budget, learning how to prioritise financial needs.

Emotional: Enduring distressing experiences, handling difficult situations, dealing with challenging decisions, learning to overcome and recover from difficult past experiences, reaching out for assistance.

Personal: Developing skills, gaining qualifications, and seeking support and professional experience.

SKILLS (I CAN)	PERSONAL CHARACTERISTICS (I AM)
• Attention to detail.	• Hard working.
• Financial management and budgeting.	• Hopeful.
• Managing challenging situations and behaviours.	• Brave.
• Adaptability.	• Motivated.
• Stress management.	• Determined.
• Advocacy.	• Courageous.
• Decision-making.	• Resourceful.
• Problem-solving.	• Self-aware.
• Taking on big responsibilities.	• Committed and dedicated.
• Understanding complex information.	• Responsive to changing situations.
	• Patient.
	• Value diversity and difference in people, environment, and culture.

## **SEND YOUR PERSONAL STATEMENT TO:**

[excelthroughequity@newcastle.edu.au](mailto:excelthroughequity@newcastle.edu.au)

If you are sending a short video statement, please save your video file to your student OneDrive account and share a link with the above email address.

If you are sending a written statement, it needs to be a one-page document in Arial (Font size 11) and PDF format.

## **WHERE CAN I FIND FURTHER INFORMATION?**

Please visit <https://www.newcastle.edu.au/joint-medical-program/newstep-and-open-foundation-students> OR email [excelthroughequity@newcastle.edu.au](mailto:excelthroughequity@newcastle.edu.au)