

Personal Statement Examples

Example 4: Matt

Matt is applying for a degree in Social Work. He is studying for A-levels and is 18 years old.

My mum is a Senior Nurse. I've seen how hard she works, how varied her work is and what a difference she makes to people's lives. This has inspired me to work in care, in particular to become a social worker. I have a GCSE in Health and Social Care, have studied Psychology and Sociology A-levels and am naturally caring and supportive.

My school offers a Community Action Programme in Y11. I worked with the mental health team at a local centre for young offenders. The team are responsible for safeguarding and providing access to better mental health for offenders. This experience allowed me to show confidence when dealing with people, my ability to be patient and a good listener.

In recent years I have had personal experience of a family member who suffered from drug and alcohol addiction. Not only have I experienced the effects this had on their mental health and the rest of the family, but I have also witnessed the patience, kindness and supportive nature of the Social Workers who played a huge part in their rehabilitation and the re-building of a family.

This experience made me want to understand more about addiction. I have found the writing of Marc Lewis, PHD, a neuroscientist and professor of development psychology, particularly interesting. The way he looks at first-hand experiences of real people who have struggled with various addictions (memoir) alongside science in his studies into what causes and sustains addiction is fascinating. Most compelling is his optimism towards finding ways out.

This experience led me to the subject of my Extended Project Qualification (EPQ): 'Should we use medication to treat addiction or focus on other forms of treatment?' I explored the potentially addictive nature of medication and compared this with the value of person-centred and cognitive behaviour therapies. I understand how important counselling can be in the social work profession. I have recently registered for a counselling skills taster course to understand more about therapeutic interventions and the different therapies available.

I am passionate about the environment and spending time in nature. I am part of the school Eco team and enjoy hiking. I have achieved my D of E Silver award and spent part of last summer on the National Citizen Service (NCS) programme which helped me develop confidence and resilience.

At University I want to achieve a high-level degree in social work, and I am committed to training and achieving further qualifications to progress in social care. I would like to be a principal social worker in the future.