

XXXX. Anguish. Relief. In those moments, my mind was unwittingly surrendered to a disease. Temporarily suspending my **XXXX** degree due to the emotional upheaval that followed my illness taught me resilience. I became determined to change my life for the better. Compassionate primary care and an understandable diagnosis brought me solace. By undertaking pursuits to better my understanding of the medical profession, I realised I yearn for nothing more than to practice the care I once received.

Volunteering at a public hospital in **XXXX** for three weeks exposed me to a less modern side of medicine. When a lady was mentally defeated, as a result of domestic violence, the care and compassion from the treating doctor enabled me to appreciate the necessity of developing a good rapport in order to gain trust. As she had limited funds at the time, treatment was refused so I had offered to provide the appropriate funding. The gratitude received by this gesture held me in awe and allowed me to completely value the service provided by the NHS. I was directly involved with patient care including dressing wounds and administering intravenous injections, which I had performed under aseptic technique. During my time here it was apparent that the resources were very limited, yet benefit was still seen in the patients treated. It was this experience that had driven me to explore the medical system in a more developed environment.

Playing an integral role in the **XXXX** audiology department during an eight-day internship, I sorted and managed sensitive data where I was exposed to the importance of patient confidentiality. During my time in **XXXX** I witnessed the referral system first hand, where complicated tests would be performed in the hospital instead of by the GP. Knowing when a particular issue is beyond your capability is a fundamental practice which ensures that the patients interests are always put first. Shadowing consultants on the liver department, I saw the effects that alcoholism can have on the overall biology of a person and the importance of taking a holistic approach as opposed to only treating the clinical symptoms.

During my time out of study, I worked as an NHS 111 Health Advisor for five months and a Pharmacy Sales Advisor for three months. I developed skills in critical thinking, building a rapport with patients and working under pressure. Communicating with patients through telephone triage taught me the importance of active listening. Some people were more aggressive than others but maintaining a calm demeanour aided in gaining their cooperation.

When volunteering with Syrian refugees within my community over five weeks, I overcame a language barrier which further allowed me to mentor individuals on an academic basis. Patience and perseverance was key in this approach and they have now gone on to apply to study at university. I engage in art, photography, blogging and reading. Such wider interest stemmed from when I won 1st place in the Lions Clubs International Peace Poster Contest. My interpersonal skills have evolved through public speaking and working as a sale associate in retail. My role as head girl gave me the ability to lead and work with my fellow peers as well as being able to organise my time effectively. As an **XXXX** community volunteer, for three years, interacting with the community has allowed me to develop my knowledge of cultural differences. At sixth form, I was awarded the Head Teacher's award at prize giving for outstanding commitment. I was also awarded scholarships from **XXXX** and **XXXX**; a testament to my hardworking nature.

I feel that the privilege of working with patients when they are at their most vulnerable and the lifetime of learning confirmed in my mind, medicine is not just a career but a calling. It would be an honour to dedicate my life to it.

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