

**Success in the Personal Statement: 60 minutes**

**Part 1: 30 minutes**

**Slide 1 and 2: 5 minutes**

**Icebreaker**

Welcome the group to the session and ask each of them to state the strongest quality they have to study medicine

Go through the ILOs:

1. Reflect on the skills & attributes of an ideal candidate to medicine
2. Apply these skills & attributes to their own experience
3. Start writing their personal statement

**Slide 3: 2 minutes**

**What do you think are the ideal qualities?**

Ask pupils to shout out the ideal qualities.

**Slides 4-7: 5 minutes**

Run through the slides to cover the key qualities. Mention these are cited by the Medical Schools Council as key qualities.

**Slide 8- 10 10 minutes**

**What**

Ask the pupils to consider any experiences they may wish to put on the personal statement and write this down. E.g. I volunteered for Askdoc, a BAME charity which helps to empower patients from this community to understand health better. I delivered a talk on health inequalities to the BAME community

**Why**

Ask them to then consider the experiences they have put down, and explain why they did this. Basically, this is to justify choosing the experience for the personal statement.

e.g I did this to raise awareness of the issues facing the BAME community.

**So What**

Looking at the experiences, they need to dissect the key qualities and attributes these encounters have given them to become a medical student.

e.g. This activity demonstrated skills in teaching and communication skills. I had to learn about health inequalities and had to communicate this to a lay audience as a teaching workshop. This map well to the following qualities:

1. Communication skills- I had to present the information to a large audience in a simple and clear way
2. Academic skills – I had to research and design the slides

**Part 2: 20 minutes**

**Slide 11**

This is the opportunity for students to start writing a personal statement.

Ask them to do this individually but to ask you for help when needed.

**Part 3: 8 minutes**

Ask for examples of voluntary work undertaken, using the format what/why/so what and discuss how you would apply this to an MMI relating to the personal statement. You would need focus on skills and qualities that they would be able to demonstrate in an MMI setting.

**Part 4: Reflecting on activities and end: 10 minutes**

Review the ILOs and the learning from this activity

Then ask each pupil to apply what, why, so what to one activity they have already done. Ask them to complete the box in their student handbook.

They should then present to the group.

Activity to complete in remaining time or after the summer school:

Workshop	what	why	So what
Medical Career talks Journey to medicine/GP/Surgeon/Psychiatry			
PBL and study techniques			
Reflective practice			
Communication skills			
Values and behaviours of doctors			
Motivation and inspiration workshop			
MMIs			
Life as a medical student			

Then end the session