

## Personal Statement Example: Psychology with Sociology

Since I was a child, I have always been interested in human nature. Watching animals and people fascinate me. I am curious how the human mind works. I enjoy understanding how people behave, how people think and the emotion behind their behaviour. I often have a feeling psychology is part of me and I believe it is the best direction for me to continue my study.

I have an Operating Electrical Technician qualification which is considered comparable to BTEC standard. Although this is not directly relevant to the field I would like to pursue, it has helped to improve my knowledge of maths and data handling. I am currently attending a GCSE English course and Access to Higher Education Arts, Humanities and Social Sciences course. Preparing for higher education is challenging and interesting. I enjoy studying Psychology; our next unit will be especially interesting. We are going to do cognitive research, which will involve collecting data from participants, which will be analysed for a report. I have the opportunity to improve my knowledge in other fields as well. Cultural Studies and Government and Politics provide relevant knowledge of these subjects. Study skills are beneficial because they enable students to prepare for higher education and they develop writing skills. These enhanced skills are useful for writing essays and dissertations.

I worked for many years as a trouble-shooter and technician which involved a lot of calculations and data analysis. This knowledge can be beneficial in some fields of psychology. I have also been working as a carer with elderly people with dementia. My daily routines and activities have had a positive impact on my attitude towards people and values. While monitoring these residents, I have developed an understanding of their needs and discovered individual differences. I often needed to evaluate their mental and physical health to predict and understand their behaviour in order to provide suitable care to each individual. Recently, I have been offered a support worker job, which I have accepted and I am looking forward to the new challenges that this will involve.

I am doing voluntary work at City College Norwich. I am helping a student who has sensory impairment and a learning disability. We have a very good time each occasion we meet. I am happy to help and our sessions are mutually beneficial. I like to work with people and I am interested in people's well-being. My work experiences have given me a good background, where I can build on and enhance the transferable skills needed for my psychology-related career in the future. In order to know more about cognitive processes and to maintain a healthy and balanced life, I spend my free time studying and practising meditation and alternative healing. Some similar techniques are already used, for example, mindfulness-based cognitive therapy (MBCT) is an effective NHS treatment. I hold certificates of natural healing, holistic massage and regression techniques. I had the opportunity to organise presentations for my acquaintances in Serbia and Hungary regarding mindfulness, meditation and self-healing. Presently I am planning to do a similar presentation in Norwich for my friends who share the same interest. I think my free time interests, education and work fit well with many psychological approaches and they reveal my passion for health and psychology.

I am deeply convinced that social problems and health issues are primarily rooted in psychological factors. Therefore, I can be useful if I have a degree in psychology. There are many opportunities that are open to psychology graduates. I would like to work in the public sector. In my private life I want to create a charity organisation offering a wide range of services including counselling, self-development and complementary medicine. I am dedicated to realising these plans. Engaging in higher education is a great opportunity to work towards my psychology career.