

# BSC (HONS) MENTAL HEALTH NURSING | PERSONAL STATEMENT GUIDE

Thank you for taking an interest in our Mental Health Nursing Programme! We very much look forward to welcoming you to the University of Hertfordshire, so you can join our thriving community!

In addition to your academic qualifications, we are also very interested in your personal statement that you include with your application. We select who we invite to an interview based on both of these, so it is very important that you get this right! We will only be able to invite you for an interview if you meet the required standard for both your qualifications AND your personal statement. We know that sometimes it can be difficult to know what to include in your personal statement, so we have put together this brief guide. We hope that telling you what we expect to see in it, will help you write it!

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## WHAT WE EXPECT IN YOUR PERSONAL STATEMENT

### 1. Why are you interested in Mental Health Nursing as a career?

Tell us what makes you want to become a Mental Health Nurse. How does it suit with your personality and your character? What has inspired you to become one and what are you hoping to achieve as a Mental Health Nurse? What are your aspirations for yourself, the people you will be supporting, and society in general?

### 2. What is your understanding of the scope of the Mental Health Nursing profession?

We want to see that you are aware of the great variety of areas you can work as a Mental Health Nurse. A good starting place to find out more about this (and other Mental Health Nurse-related information) is the website of the Nursing and Midwifery Council ([www.nmc.org.uk](http://www.nmc.org.uk)) and the professional values expected of a Mental Health Nurse. [nmc.org.uk/globalassets/sitedocuments/registration/overseas/mental-health-nursing---field-specific-competencies.pdf](http://nmc.org.uk/globalassets/sitedocuments/registration/overseas/mental-health-nursing---field-specific-competencies.pdf). We cannot stress enough how important it is for you to explore this website, so make sure you do!

### 3. Do you have any experience of observing or working in mental health? What have you learnt from this?

- There is nothing better than having first-hand experience of what it means to work in mental health. This will help you see what it is all about and appreciate the diverse and varied areas in mental health. The best way to do this is to contact your local mental health services and ask them if you could go and spend some time observing or volunteering.
- If this proves difficult, you can try local care homes which offer services to older people or working age adults
- We don't have a minimum or maximum time that we expect you to do work experience or observation for. Anything from a few days to a week will be fine, but obviously the more you can do it for, the better your understanding will become.
- In your personal statement, we want you to tell us what you have done, where, how long for and more importantly what you experienced and the impact it had on you and your desire to become a Mental Health Nurse.

### 4. What do you know about the National Health Service (NHS) and what do you understand about the Values that are embedded in the NHS Constitution?

- Don't worry, this is not as complex as it may look like at first. It is however very important and the best starting point is to get an understanding of the NHS first. We suggest you explore the website link below, but you can find plenty of additional webpages about the NHS by searching the internet: [nhs.uk/NHSEngland/thenhs/about/Pages/overview.aspx](http://nhs.uk/NHSEngland/thenhs/about/Pages/overview.aspx).
- Once you are familiar with the basics of the NHS, make sure to have a look at the Constitution and the Values by clicking the link below: [gov.uk/government/publications/the-nhs-constitution-for-england](http://gov.uk/government/publications/the-nhs-constitution-for-england).
- In your personal statement, we want to see that you have an understanding of the Values and we want to see examples from your own experience that relate to them. This is what we expect to see, so make sure you tell us!

### 5. What interests, hobbies or other experiences have you gained prior to your application to the University of Hertfordshire?

In addition to all the above, we want to know a bit about you as well. What are your interests? Do you play any sports? Or do you have any hobbies? Do you want to tell us things you have achieved and are proud of? This is your chance!