

# BSC (HONS) PHYSIOTHERAPY | PERSONAL STATEMENT GUIDE

Thank you for taking an interest in our Physiotherapy programme! We very much look forward to welcoming you to the University of Hertfordshire, so you can join our thriving community! Please make sure that you read this guide very carefully, so that you put yourself in the best possible position for joining us.

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.

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## WHAT WE EXPECT IN YOUR PERSONAL STATEMENT

### 1. Why are you interested in Physiotherapy as a career?

Tell us what makes you want to become a Physiotherapist. 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 Physiotherapist? What are your aspirations for yourself, the people you will be treating, and society in general?

### 2. What is your understanding of the scope of the physiotherapy profession?

We want to see that you are aware of the great variety of areas you can work as a Physiotherapist. A good starting place to find out more about this (and other Physiotherapy-related information) is the website of the Chartered Society of Physiotherapy ([www.csp.org.uk](http://www.csp.org.uk)). 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 with Physiotherapists or other Health Professionals? What have you learnt from this?

- There is nothing better than having first-hand experience of what a Physiotherapist does at work! This will help you see what it is all about and appreciate the various areas they work in. The best way to do this is to contact your local hospital(s) and ask them if you could go and spend some time observing or volunteering to help a Physiotherapist. Our advice is to start asking large hospitals that offer a range of specialities (musculoskeletal, respiratory, neurological rehabilitation, etc) so that you get a chance to spend time with Physiotherapists working in these areas.
- If this proves difficult, you can try outpatient physiotherapy clinics, hospices, charities and other settings that may be offering Physiotherapy services.
- If you struggle to arrange direct physiotherapy work experience, don't give up! You can try to gain some experience in healthcare settings that are relevant to physiotherapy.
- 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 Physiotherapist.

### 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!