

# Pharmacy Personal Statement Starter Template

## Step 1: Brainstorm Your Experiences

Make a big list of *everything you've done* — academic, extracurricular, work, volunteering, hobbies, personal challenges, etc.

Include things like:

- Football/netball / other sports
- Part-time work
- Caring for a family member
- School projects
- Leadership roles
- Travel / cultural experiences
- Reading or research in healthcare

**Goal:** Quantity over quality — just list as much as possible.

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## Step 2: Link Each Experience to a Key Skill or Trait

Experience	Skill	Example of Evidence
Football team captain	Leadership, teamwork	Led warm-ups, motivated team after loss
Part-time job at Tesco	Communication, responsibility	Spoke with customers, handled money
Volunteering in care home	Empathy, patient-centredness	Listened to residents' stories, supported staff

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### Step 3: Link Each Skill to a Role or Responsibility of a Pharmacist

Skill / Trait	Relevance to Pharmacy
Leadership	Pharmacists often act as responsible pharmacists and lead dispensary teams
Communication	Pharmacists explain medicines clearly to patients and liaise with other healthcare professionals
Empathy	Patients trust pharmacists for sensitive advice and reassurance
Accuracy / Attention to detail	Essential to ensure safe dispensing and avoid medication errors
Teamwork	Pharmacists collaborate with technicians, GPs, and nurses
Problem-solving	Pharmacists assess prescriptions and make clinical judgments daily

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### Step 4: Combine the Links into Reflection Sentences

Example:

“Playing football taught me the importance of teamwork and communication, especially when motivating others after setbacks. In pharmacy, these skills are vital when working with healthcare teams to provide the best patient care.”

Or:

“Working part-time at Tesco developed my ability to communicate clearly and remain calm under pressure. As a pharmacist, I will use these skills when advising patients and managing busy dispensary environments.”

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### Step 5: Build the Personal Statement Paragraphs

A simple paragraph formula your students can use:

1. **Experience:** What did you do?

2. **Reflection:** What did you learn or develop from it?
3. **Connection:** How does it relate to being a pharmacist?

Example:

“Volunteering in a care home allowed me to build empathy and patience when supporting residents with daily routines. I realised how much small acts of kindness can affect someone’s wellbeing. This experience deepened my desire to pursue pharmacy, where empathy is essential when supporting patients to understand their medicines and improve adherence.”

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## **Step 6: Optional — Core Pharmacy Values Reference**

You could provide a list of values or domains they can connect to, such as:

- Professionalism
- Ethical judgement
- Patient-centred care
- Scientific curiosity
- Lifelong learning
- Collaboration
- Safety and accuracy