

Occupational Therapy Personal Statement

Who will be there to help you, when your life is turned upside down and you don't know how to carry on, what to do, or whether you can pick yourself up and start again?

Some of us, if we're lucky, have family and friends to hold our hands and guide us through the darkest, most difficult days of our lives. Others are lucky enough to have one or more health professionals, who are not just good at their jobs, but have passion and compassion; who care about their patients, and whose patient's care is of the utmost importance to them.

As a mother, daughter, wife, divorcee, partner and friend I am fortunate enough to have had support when I needed it and more importantly to have been able to give support to others who have needed it.

It's something which has always given me great pleasure - to be there for someone who needs me; to help, listen, advise, suggest ways of solving problems and positive action; encourage, nurture, teach and even to engage in activities with people at certain times in their lives to help motivate them.

Now that I have a second chance in life to study; to choose a vocation which I am passionate about - something rewarding, challenging, inspiring, enjoyable and most of all where I would be able to do good, help people empower themselves, change their lives - I know after months of research and talking to people that OT ticks every box.

When I was 17, I did work experience in a Foyer D'Handicapee in Epinal, France, with severely disabled teenagers and young adults. I found it immensely rewarding and enjoyable, although I later concentrated my studies on music.

Being a parent has meant that certain aspects of me have grown and developed; both in terms of bringing up my children and supporting other parents. In some ways this fuelled my interest in how the mind works, its development, and contributed to a bookshelf on the subject.

It has greatly increased my patience, intuition and creativity, and I believe I have always had very good communication, people and organisational skills, as well as a (highly necessary!) great sense of humour and positive approach to life.

I am a sympathetic listener, open-minded and tolerant of others lifestyles and I think that along with my problem-solving skills, and desire to help people, the range of activities which I am skilled at and enjoy would greatly aid me in helping people to rehabilitate themselves.

I enjoy listening to and playing music, creative writing, poetry, theatre and the arts - as well as being artistic myself (2 small children are a great licence to indulge all forms of art and craft!). I

am a great cook; enjoy DIY; keen on growing all things edible; I am IT literate and due to work and life adept at organising bills/expenses and general paperwork. I also love the outdoors and

active pursuits, such as mountain-biking, paint-balling, riding the odd elephant and more - with a high degree of enthusiasm!

I've always been very sociable and made friends with people of all ages and walks of life; mainly due to my sense of humour, general affability and interest in others.

Of late it has given me pleasure to help my own friends by teaching one to drive, supporting friends with children by organising outings with them, and helping a friend who was very unhappy with her weight by motivating her to go biking/walking/to the gym with me and suggesting easy diet changes.

I have friends within this sector and talking to them has only strengthened my belief that this is something I very much want to do, and would be very good at - plus they seem to think I would make a great OT too!

I am a very determined person and extremely committed to doing this course. I believe that my past qualifications prove my academic capabilities and my life experience and disposition would make me an ideal candidate from a personal point of view. Unbeknownst to me, I have been a 'skilled helper' for most of my life, which I only found out recently through personal research and reading.