

Dentistry Personal Statement: Guided Worksheet **(2026 UCAS Format)**

UCAS now asks you to answer three key questions, but this resource will guide you with smaller prompts.

Use the space to jot down ideas—you can then weave them together into your final statement. Don't worry if you can't answer them all, they are only prompts to help you get started!

The New UCAS Questions

1. Why do you want to study this course or subject?
2. How have your qualifications and studies prepared you for this course?
3. What else have you done to prepare outside of education, and why is this useful?

Using the ABC Method

To make your examples stronger, use the ABC method:

A = Activity – What did you do?

B = Benefit – What skill or lesson did you gain?

C = Course – Why is this useful for your chosen subject at university?

Example 1:

A – I was a member of the debate club.

B – This improved my confidence in public speaking and critical thinking.

C – These skills are valuable for studying Law, where clear communication and reasoning are essential.

Example 2:

A – I volunteered in a care home once a week.

B – This helped me develop empathy, patience, and communication skills.

C – These skills are essential for doctors, who need to listen carefully and work with patients from all backgrounds.

Section 1: Why Dentistry? (UCAS Q1)

Think about your motivation and passion for studying dentistry. Answer these prompts:

- What first drew you to dentistry — science, manual skill, or patient care?

- Was there a personal/family dental experience that influenced you?

- Do you like the balance between science, healthcare, and artistry in dentistry?

- How does dentistry connect to your values (improving quality of life, health equity, prevention)?

- Can you link your motivation to current dental challenges (access to NHS dentistry, cosmetic dentistry, preventative care)?

Section 2: Academic Experience (UCAS Q2)

Reflect on how your studies have prepared you:

- Which subjects have been most useful (chemistry, biology, physics, art/design for manual dexterity)?

- What experiments or projects helped you understand dentistry better?

- What have you learned about managing a heavy workload or balancing multiple subjects?

- How have you developed scientific thinking skills — analysing data, evaluating sources, or writing up investigations?

- Have you done research, EPQ, or coursework which have helped build your precision, problem-solving, or attention to detail?

Section 3: Super-Curricular (Beyond the Classroom) (UCAS Q2 + 3)

Think about activities outside your normal lessons that helped you learn more about dentistry:

- What books, journals, or articles have you read about oral health? What did you learn?

- Have you done online courses, virtual work experience, or attended lectures/taster sessions?

- Can you describe a piece of medical news or research that interested you and why?

- Have you shadowed a dentist, orthodontist, or dental nurse? What insight did this give you?

- What did you learn about oral health as part of overall wellbeing?

Section 4: Extra-Curricular (UCAS Q3)

These show who you are beyond academics:

- Are you part of any sports teams, music groups, or clubs? What skills have these given you (e.g. teamwork, resilience, communication)?

- Do you do activities requiring dexterity (music, art, sewing, crafts, sports)?

- Do you have a role of responsibility (e.g. prefect, mentor, coach)? How has this developed leadership and empathy?

- Do you volunteer in community settings that developed empathy and communication?

- What challenges have you faced outside school and how have you overcome them?

Section 5: Work Experience & Volunteering (UCAS Q1 + Q3)

Reflect on any placements or volunteering you have done related to dentistry:

- Where did you do your placement (local dentist, hospital or online?)?

- What qualities did you observe in dentists (patience, attention to detail, manual skill)?

- What challenges did you see (dental anxiety, patient communication, balancing cosmetic vs health needs)?

- How did this confirm your motivation to pursue dentistry?

Section 6: Future Aspirations (UCAS Q1 + Q3)

Think ahead to your goals and career as a vet:

- What do you hope to gain from studying dentistry?

- Which areas of dentistry interest you most right now (though you don't have to commit)?

- How do you see yourself contributing to oral health in the future?

- What excites you about the idea of lifelong learning as a dentist?
