

Medicine 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 Medicine? (UCAS Q1)

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

- When did you first become curious about medicine or healthcare?

- Was there a specific experience (work experience, personal, family) that sparked your interest?

- What aspects of medicine fascinate you most — science, patient care, problem-solving, teamwork?

- How does medicine connect to your values (e.g. helping others, curiosity about the human body, tackling health inequalities)?

- Can you link your motivation to current issues in healthcare (e.g. ageing population, new medical technologies, NHS challenges)?

Section 2: Academic Experience (UCAS Q2)

Reflect on how your studies have prepared you:

- Which A-level subjects have been most useful in preparing you for medicine?

- Have you done practical experiments (e.g. dissections, titrations, medical-related projects) that built your skills?

- 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 completed any coursework, EPQ, or independent projects connected to health/medicine?

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

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

- Have you read any books, articles, or listened to podcasts about medicine or healthcare?

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?

- Did you observe a procedure, shadow doctors/nurses, or take part in medical outreach programmes? What insight did this give you?

- How did these experiences change your perspective on being a doctor?

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

- Have you balanced paid work, volunteering, or caring responsibilities alongside your studies?

- 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 in healthcare:

- Where did you do your placement (GP, hospital, care home, hospice, volunteering)?

- What did you notice about the role of doctors, nurses, and healthcare teams?

- What qualities did you observe in good doctors (communication, empathy, decision-making, teamwork)?

- Did you witness any challenges (time pressures, difficult conversations, ethical dilemmas)?

- How did this confirm your motivation to pursue medicine?

Section 6: Future Aspirations (UCAS Q1 + Q3)

Think ahead to your goals and career in medicine:

- What do you hope to gain from studying medicine?

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

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

- What excites you about the idea of lifelong learning in medicine?
