

# UNDERGRADUATE PERSONAL STATEMENT EXAMPLE

## PSYCHOLOGY

This is a real-life undergraduate personal statement example for **Psychology**.  
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### **Personal Statement Example: Psychology**

As a result of continued progress in the field of psychology over recent decades, researchers and psychologists can now offer increasingly meaningful observations and analyses regarding human behaviours, processes and emotions. Consequently, millions of people around the world are better placed to understand themselves and others, improving the quality of their lived experience. It is well known that life events frequently determine and shape behaviour, and our childhood years play a crucial role in developing patterns of thought and response. However, I find the dilemmas and challenges that psychologists encounter when forming a detailed diagnosis of the complexity of the human mind fascinating. Ultimately, psychology's inherent potential for positive change inspires my interest in this compelling discipline.

When I was younger, I suffered from panic attacks and anxiety. I communicated these feelings to my parents, and we sought help from a psychologist. After attending several sessions with my psychologist, I was surprised and relieved by the effectiveness of that therapy. I was fortunate to find a qualified psychologist who helped me to understand my feelings and gave me the tools to manage them.

Realising how my mind functioned concerning my issues and discovering healthier ways to react in challenging situations was illuminating on several levels. During these sessions, I felt comfortable speaking freely without fear of judgement. It was clear that empathy and the ability to listen are key skills for psychologists when assessing patients and providing pathways for change. Witnessing first-hand the transformational potential of psychology played an important role in forming decisions about my future and is a compelling factor behind this application.

My high school study of English, French and Spanish improved my written and verbal communication skills and my ability to express ideas clearly. While Italian is my mother tongue, I also speak the language of my parents, Romanian. Mastering several languages and travelling extensively, I have developed a high degree of cultural openness and a strong sense of self-reliance, maturity and personal responsibility. Studying maths improved my critical and numerical skills and sharpened my ability to construct logical arguments and expose illogical hypotheses. Alongside techniques related to gathering, analysing and interpreting data which I gained through the study of physics, I am confident my academic skills will provide a firm knowledge foundation and enable me to excel in this course.

In 2022 I was proud to be selected by a regional committee for an Erasmus program. There were only nine places for all high school students across the region of Lazio, and I received a grant to move to Ireland for four months and work as an HR intern for a company called The Buckley. I handled the recruitment and selection process, assisted with payroll tasks and helped induct new employees. Although initially challenging, I quickly became part of the team and provided effective assistance when needed. This improved my organisational skills, and as a proactive team member, I learned the value of collaboration when working towards my goals.

Working as a babysitter over the last five summers, I took on many responsibilities and learned the importance of listening and letting others express themselves. When some children were not always capable of communicating feelings or needs, I took the opportunity to improve my emotional and empathetic skills, which I consider critical for this degree course.

I aim to become a qualified psychologist and help those suffering from mental health issues, depression and associated disorders. This course is, therefore, a vital next step on my academic journey. I look forward to drawing on my unique experiences to actively contribute to this course, offering my strengths to others and accepting help to overcome the challenges of undergraduate study.

