

My desire to study Medicine was sparked when I saved a swimmer's life. The feeling of supporting and comforting her in the water, followed by administering first aid, felt incredible. I enjoy the continual learning within medicine from my participation in many teaching conferences. The potential to save people's lives by applying biomedical knowledge in a clinical setting is what drives me to study Medicine.

Seeing the GP I shadowed remain composed when reading upsetting clinical notes presented the importance of resilience. Whilst feeling upset, I stayed calm and empathetic when listening to a patient's ignored suicide attempts, making him feel respected. Empathy is important in medicine as it positively impacts people's mental health, alongside resilience, as negative emotions can potentially affect the level of care provided. Building a connection with a patient with Alzheimer's at my local residential home has allowed me to further develop my emotional maturity and empathy through feeding him meals and listening to his stories.

Observing a general surgeon, I saw the multidisciplinary team (MDT) work together, amalgamating a variety of perspectives to decide the best care plan for a patient. A joint conclusion was made to abort the surgery due to scar tissue. These decisions were made under a time constraint, highlighting the importance of an MDT in relation to patient safety. The doctor informed the patient about the outcome, displaying professionalism and making them feel valued, which are used to strengthen a rapport. Through reporting a colleague for a serious breach of confidentiality I have shown integrity, despite knowing them personally.

I saw many upsetting cases whilst shadowing an A&E consultant who actively listened to distraught patients. The doctor's adaptive communication stood out to me when he interacted with a child by altering his body language and tone. Through communication and listening, doctors can formulate patient care plans well, alongside building trust. Volunteering as a swimming teacher, I alter my communication style between formally discussing progression with the parents and teaching the children, such as when I physically act out strokes to them.

Witnessing in a meeting on a ward, I noticed how organised the handover sheets were and the clarity of the doctor's explanations. This reinforced the importance of teaching and organisation, as doctors are continually learning to keep up to date with advances in the field, providing optimal care. Leading my school's Medical Society, I support the students with their applications to Medicine. The sessions ensure inclusivity as everyone is engaged through discussion; I love seeing people thrive whilst building their own confidence. This influenced me to apply for the role of Vice President of my Sixth Form, and being selected for this role has enhanced my ability to lead a team.

After attending a lecture on evidence-based practice, I was intrigued by the intensity of work involved in developing new drugs and treatments. Research is vital in medicine, as doctors must be aware of the best treatments. The idea of lifelong learning excites me and partaking in many GP meetings reinforced this feeling. Reading Bad Pharma taught me about the controversies of clinical trials, such as data collection from developing countries on drug effectiveness and its generalisation to our society. This inspired me to read Being Mortal, and after understanding the importance of geriatrics, I raised money for Alzheimer's UK. The

combination of these experiences motivated me to write a published academic article on palliative care for a medical magazine.

Organisation, problem-solving and commitment are all skills contributing to my healthy work-life balance which I have acquired through my various hobbies, such as swimming for 14 years, cooking and chess. The experiences I have sought have enhanced my interpersonal skills, the most influential one being me saving a swimmer's life. I am confident to apply these skills throughout my medical course to ultimately provide the best care.