Name:

Extracurricular Activities Log

Use this logbook to keep track of any extracurricular activities you do and the relevant skills that you can demonstrate through them! This will be useful when it comes to writing your personal statement and at interview, it is always better to start early to think of examples and identify areas that you can develop/build on.

We’ve selected the most applicable attributes when it comes to writing your personal statement, and included some examples of where you might be able to develop these. The attributes listed are taken from the Statement on Core Values and Attributes Needed to Study Medicine (2018 Update) published by the Medical Schools Council [<https://www.medschools.ac.uk/media/2542/statement-on-core-values-to-study-medicine.pdf>].

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| **Skill** | **Experience** |
| Motivation to study medicine and genuine interest in medical profession | *Work experience**Medical books such as When Breath Becomes Air by Paul Kalanithi or Being Mortal by Atul Gawande.**Research projects you’ve taken part in* |
| Academic ability | *Any prizes or competitions – UK maths competition, essay competition* |
| Problem solving | *Work experience, part-time jobs, volunteering, school societies, Duke of Edinburgh* |
| Dealing with uncertainty | *Work experience, part-time jobs, volunteering, school societies, Duke of Edinburgh* |
| Taking responsibility/Leadership | *Being a captain of a sports team**Leading a school project or a society/enterprise* |
| Effective communication  | *Volunteering roles – care home, youth club, hospice*  |
| Empathy and caring for others | *Volunteering roles – care home, youth club, hospice*  |
| Resilience and the ability to deal with difficult situations | *Work experience, part-time jobs, volunteering, school societies, Duke of Edinburgh* |