

Excerpt from Charlie's First Draft:

I have had many experiences which have given me a taster of these skills during my detached youth work etc, but specific experiences that I have had that have helped me to determine that social work is my chosen path would be the training I participated in through the Youth Safety Partnership programme around Cognitive Behavioural Therapy. This gave me a much better understanding of the emotions evoked in certain situations, how to deal with them and how to control them. I also had the experience of working with a young group from Glencairn on a mural surrounding the issues that young people face in that area. Through this and I met an adolescent boy who was a regular drug user and had fairly severe family issues. It was a very rewarding experience working with the group and the boy in particular to watch them grow and achieve their potential.

Excerpt from Close Content Edited copy:

I became interested in Social Work when I got involved in detached youth work in January 2010. Among the specific experiences that have helped me determine that Social Work is my chosen path is the Cognitive Behavioural Therapy training I participated in as a member of the Youth Safety Partnership last July. This gave me a much better understanding of how certain situations can provoke extreme emotions, how to deal with those emotions when they explode, and how to control them before they do. I also had the experience of working with a youth group from Glencairn. Through this work I met an adolescent boy who was a regular drug user and had fairly severe family issues. It was a very rewarding experience working with the group and the boy in particular to watch them grow and achieve their potential.

**Comment [J1]:** Or 'last year' or 'eighteen months ago' or whatever – just be specific, so they know you've been serious about this kind of work for some time. Specific detail also makes for a more vivid and memorable reading experience – and you want to be remembered by the Selection Panel.

**Comment [J2]:** Or whenever you did the training.

**Comment [J3]:** You need a stronger transition here. I'd suggest you explain how your CBT training enabled you to appreciate the challenges this boy faced, and shaped your response to his behaviour – then say how rewarding it was to see him respond to your encouragement and support.

**Comment [J4]:** Specific detail is always preferable. How about 'came from a dysfunctional family' or 'had experienced violence in the home' (or whatever the real issues were for this boy)?

**Comment [J5]:** With the deletions and revisions I've suggested here, your statement has only 506 words in it, which should give you the space you lacked before to provide more detail about your work with the Glencairn group, and maybe even have space to add to the other material we talked about – particularly how your exposure to students from other backgrounds through your secondary school has shaped your interests and honed your communication skills.