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Introduction

A personal statement refers to one's personal qualities, achievements, interests, talents and goals to inform an organisation or university to get the chance there (Feraco et al., 2023). It is a short explanation about a person that is very effective to get a clear idea about his or her personality and behaviour for making the decision for selection in the applied position. The personal development plan is very important for every person to develop personal skills and qualifications for becoming suitable for employment. For a postgraduate degree, I have attached my personal statement and produced a health and social care CV in the following.

Personal Statement

To

The principal

XYZ university

Sub: Applying for getting the chance for completing a post-graduation degree.

Sir,

I want to apply to get a chance in your reputed university for getting a chance in the health and social care department to complete my post-graduation. I have come to the decision as I wanted to admit myself to a university where I will get proper nursing to develop my knowledge for developing my skills. I believe that a healthy environment has a great impact on the learner's mentality and enables him or her to provide more concentration to the study to acquire knowledge from different perspectives to become perfect for professional life. The skill and experience of the teachers also carry great importance for developing the knowledge of the learners. In your university, I have found that the teachers are very supportive and amicable that influence the learners to follow their guidance properly. If the teachers failed to understand the overall situation of a learner it can not possible to support them in developing their knowledge level and make them perfect for attaining their job position. As I discussed some of the learners of the university I could realize that the teachers are very supportive of the learners for preparing plans for attaining knowledge in the specific field.

I would like to mention that I am a very highly ambitious person who always tries to choose the best one for me. At the time of fixing my career, I also fixed it in such a way and it motivated me to do my task in the most effective way. I have fixed to be a leader in the public health sector and continue working to develop my skills to make me perfect for the post. I know it is very challenging to reach such kind of situation and I have full self-confidence that I will be able to reach there. I have completed my graduation based on my career aims and I tried to make sure the best use of the time. I was always regular throughout my academic life. It was possible because I thought that if I miss any class I might lose the most valuable information on that day which will create diverse difficulties

the next time. Leading may be my natural habit and I enjoy leading and supporting my team members. In academics in any group task, I got the leading role and got many recognitions for my efficiency for extraordinary outcomes. I am very interested to conduct the group activity as it makes the plan very effective. I overcome my previous academic life with so many achievements. I was the football team captain of my university and got the chance to play the role for a long time. I am very interested to perform different social activities for the well-being of the people that influence me a lot to provide more concentration on my study. I am a dedicated person and always try to develop my skills by collecting knowledge for developing my performance. I don't afraid to face challenges and like to implement innovative and creative ideas so that I can overcome the situation. I am also a flexible person which enables me to match with any situation and make sure the best use of every opportunity. I hope the environment of your university will be very helpful for me to get great speed for my career development.

I believe and expect that by considering all of the mentioned issues you will grant me to complete my post-graduation to make me skilled to go ahead and reach my destination. I will be very happy to get a chance at the university as it will allow me to attain my targeted opportunities in the same place. I will be grateful to you if you grant me to admit in your university and get the chance to continue my study very effectively.

Name-

Address-

Professional Health and Social Care CV

Zainab

@@@

Email id: zainabjalloh@yahoo.com

Personal Information

Date of Birth: @@@

Nationality: @@@

Religion@@

Professional Objective

I am a target-driven person who enjoys working under pressure and likes to face different challenges. I am a very committed person and like to be successful in any stage by overcoming difficulties. The public and social care profession is the sector which is my targeted area and I am ready to do any kind of hard and critical work in this sector to make it a sustainable career. Actually, I like to contribute to the well-being of people. I am seeking a better opportunity that enables me to work with my best effectiveness for the development of the people. I have acquired knowledge from a different perspective so that I can deliver the best services to people by understanding. Contributing to well-being is the main motivation for working in the public health sector.

Educational history:

Qualification	Board/University	Year
Bachelor of Social Care	@@@	
Higher Secondary Certificate	@@@	
Secondary School Certificate	@@@	

Other skills: Inter-school football champion, champion of national debate.

Strengths

- I carry a positive thinking mentality to get positive outcomes.
- I am enough confidence to work and bring out the best outcomes
- I am a hardworking person

- Honesty and sincerity are my big strength in career development
- I am a flexible team player to work in any person and any working place.

Hobbies

- ✚ I am fond of travelling
- ✚ I like to read books
- ✚ I am interested in drawing.

Skills

Communication skill; Soft spoken with good communication

Problem-solving. Taking responsibility, Time management, leadership and flexibility.

Computer skills: sound knowledge of MS-word, MS-Excel, MS-PowerPoint, typewriting (speed- 40w/pm) good use of the internet.

Field of interest

Photography, freelancing

Professional Pitch

Hello sir!

Hope you are well and enjoying your life very well. I am Zainab, a public health leader. Actually, I want to inform you of some issues that will be very helpful for me as well as the people who will see the program. I am asking you as I have seen your channel is always publishing many educative and helpful programs that increase the awareness of the people. It is a very good initiative and I always appreciate this task. Actually, I have learned many things from the programs that you are telecasting for many days. From an early age, I have followed your channel as most of your programs could attract me for well-structured presentations. Your channel telecasts programs that can be understandable to the people and they also get the proper ideas to get relief from different critical situations. I hope my proposed thing for telecasting in your TV series will be getting acceptance.

Actually, the matter I have found by working for a long time in the public health sector staying beside the people is that people are not enough aware of their health. Most people don't think that they have to ensure healthy living by taking regular care services and maintaining good eating habits (Borovay et al., 2019). People have long hours of work but they are not intended to spend a few moments exercising. The people mostly provide priority to their duties where they will get the payment that will make them wealthy. But they never think that health is the most valuable wealth for them. A man with sound health can provide more productivity and can work for a long time (Obidovna and Sulaymonovich, 2022). They can be successful when they are able to work with calmness. Innovative ideas can be possible to bring out extraordinary outcomes if they are aware of their health segment. Many people don't go to the service providers at the beginning hour when they face any health issues and it creates diverse health difficulties that can not possible to get rid of in the future time (Jakovljevic et al., 2019). When people work with illness they can not able to execute the plan properly and it impacts their mental health. They get depressed which reduce their productivity and they may lose their job. Entrepreneurs are also a victim of different mental issues and they cannot implement their ideas for that reason. If they take the proper time and perform the activities with a

relaxed mind they can be successful. But most of the time it is seen that the entrepreneurs work for a long time and don't focus on their physical and mental health which reduces their effectiveness in thinking more critically to produce the best use of the resources to become successful. Sound health is not important for the businessman or entrepreneur it is the most important for every people (Zhao et al., 2021). if people don't provide proper concern to their health segment they face diverse difficulties that are quite impossible to overcome. Students with sound health can focus on their studies and be able to cut a good figure in the examination. So, sound health is very important for everyone that should understand by everyone to make them fitted and healthier by taking necessary care in the proper time.

I hope it is the best time to take the necessary initiatives so that people get more aware of their health segment. If you consider the matter with proper concern it will be possible to make people aware to take necessary health care for their healthy bodies and mind. If you telecast the programs in your well-known it will be possible to get the most effective outcomes. I will provide you with all of the necessary data in numeric and qualitative data to structure the documents to present properly to get acceptance from them. If the programs can telecast for a long time it will be possible to solve many problems at the earliest time. Most serious health issues occur to the reason unconsciousness of people. They can not able to take necessary decisions for their well-being and health safety.

Conclusion

The personal development plan is a structured process of skill development. It is needed for every learner, especially those who want to attain a better position with their capability and skills. Every learner should attain sufficient knowledge so that it can be possible to get the preference in the applied position. The personal statement should have prepared with all of the achievements in the academic and professional career to draw the attention of the employer. If the skills are matched with the job role there has a huge chance of getting the opportunity in the job position.

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