

EXAMPLE OF A PERSONAL STATEMENT: INTERMISSION FOR MEDICAL REASONS

Letter dated 13 November 2022

Dear Exam Access and Mitigation Committee,

I am writing in support of my application to intermit the 2022-23 academic year so that I can return in Michaelmas term 2023.

I am a third year undergraduate student studying History, and I am a member of Downing College.

I returned to University 3 October 2022, at the beginning of Michaelmas term, and it was from this moment that I began to experience heightened anxiety and panic attacks. During the long vacation, I had been worried and anxious about returning to University and the amount of work that I would need to complete in my final year.

From the day I returned, I had difficulty eating or sleeping. This affected my ability to concentrate or focus for a prolonged period of time. I have not been able to socialise with friends or take part in the clubs and societies I was a member of last year, as I have been too anxious and exhausted to leave my house.

I missed my first lecture on 6 October due to the anxiety I was experiencing. The thought of attending the lecture caused me to feel breathless, which culminated in a panic attack.

This continued for the next two weeks, with me missing every lecture and supervision I was due to attend.

On 21 October, I contacted my Tutor to share my situation. The thought of missing so much of my studies was making my anxiety worse. My Tutor advised me to visit my GP. It was following this conversation that I booked an appointment with my GP.

On 1 November, I went to see my GP, who confirmed I was experiencing generalised anxiety disorder and panic disorder. I was prescribed medication and was advised to seek therapy to help manage my anxiety. My GP also suggested I consider taking a break from my studies, as it appears it is the pressure of studying that has been exacerbating my symptoms. My GP indicated that with medication and therapy, I can learn to manage my symptoms so that I can return next year to complete my studies. You will find a supporting letter from my GP attached to my application.

I have been referred to a therapist for Cognitive Behavioural Therapy and I have my first session on 13 December, which I am hoping will provide me with some tools to manage my anxiety and panic disorder. I have been advised that my course of treatment should be completed in 6 months. I would like to complete my therapy before commencing my studies to make sure I am in the best possible position when I return next academic year.

My first and second year supervision reports are testament to my dedication to my studies. I want to complete my studies to the best of my abilities without facing any disadvantage. It is for this reason that I request a period of intermission. Intermission will allow me to take the time I need to manage my anxiety so that I can return to University ready to finish my final year.

Please also find attached to my application supporting letters from my College Nurse and Tutor with details of my condition and the support I have received.

Thank you for considering my application. I hope the Committee will be satisfied that my mitigating circumstances are supportive of my request for intermission.

Yours sincerely,

John Smith

Note: This is a fictional example. Although it has not been inspired by real-life situations, some students may have had similar experiences and might identify themselves with this situation. Our aim is to provide an example based on a common issue that may require a student to apply for intermission.