

# Worksheet

## My personal statement



This worksheet will help you consider and identify what you could include in your personal statement. There is detailed advice on writing a personal statement on the UCAS website:  
<https://www.ucas.com/undergraduate/applying-to-university>

### **Why are you applying for your chosen course(s)?**

The course may be of great interest to you, or it may be relevant or essential for a career you wish to pursue. If you have career ideas or aspirations how does the course relate to your future plans?

### **What interests you about this subject(s)?**

Make sure you include evidence to show you understand what the course involves. For example, if applying for psychology, show you understand the scientific nature of the course.

Name .....

### **Why are you a suitable applicant for your chosen course(s)?**

Mention any particular skills and/or experience that will help you succeed. You can include details of any paid work, placements, work experience or work shadowing, and voluntary work that are relevant to your chosen course. Try to show how your experience is relevant.

### **Do your current studies relate to your chosen course? If so, how?**

An example might be a specific topic you have studied which you are looking forward to exploring in more depth at university.



**What other activities, if any, have you taken part in that demonstrate your interest in the course?**

Examples include a taster course or summer school.

**Do you have any achievements that demonstrate useful skills for the course or more generally for life at university?**

These could be accredited or non-accredited achievements. Examples include The Duke of Edinburgh's Award, Young Enterprise, National Citizen Service.

**What are your hobbies and interests?**

List your hobbies, interests and social activities, and the resulting skills you have acquired. Then consider their relevance, if any, to the skills and experience required for your chosen course.

**Is there anything else you could note?**

Examples include any other achievements you are proud of, positions of responsibility held at school or outside school, and any other attributes or experiences that make you interesting or unique.

