

## Future Options part three



Even if you are not thinking of applying to uni now, it's worth looking at this, as you need the same basic statement for applying for apprenticeships etc, as it makes you think about what transferable skills you have etc.

This week I have had a year 13 apply for uni, who thought they were going to get an apprenticeship, so it is WORTH knowing what it's all about, just in case.

Watch this:

- <https://www.facebook.com/ucasonline/videos/vb.139698816063240/1730618070304632/?type=2&theater>



This is excellent as a first introduction to writing a personal statement, please watch it

## Personal Statements

- Your chance to stand out and be YOU. Why would you be a good person for the course. Show that you really want to be on that course, make the uni think you'll be interesting to teach.
- Hardest part is starting, don't try and start with an opening sentence, do that later. Use the links on website to help you
- 80% academic, link everything back to why it makes you perfect for the course.
- I have been/ study/ XXXXX, then ask yourself **'so what?'**, then answer with, therefore/ this lead me/ this has given me XX skills which I can apply to.....etc.
- <https://www.sawtryva.org/sixth-form/ucas-information>
- You'll end up with 5/10/15 drafts before you have perfected it!

Personal statements need to be started as soon as you know what course you want to study. If only to start thinking about what needs to go into them, and maybe thinking about how you can enhance them. This year will be difficult with work experience, but what about making use of all the online courses there are, many free at the moment, which will show you are really interested in the course you have chosen, and you are prepared to read around the subject for interest sake.

## You will fill the empty space – just start!

- 3 subjects to talk about
- The course you have picked – WHY?
- Independent study – OUTLINE
- Mostly academic, but mention hobbies briefly
- Try to write it NOW, don't leave until September when you have loads to do at the start of term, you will feel very good if you have a good first draft soon.

Everyone  
has  
something  
to say



You all study three subjects, which you can talk about. What skills have you learnt, what has particularly interested you in the course and why

What attracts you to the course you have chosen and why will you suit it.

What independent study have you done for your subjects? Further reading/ linked activities

Most of the personal statement should be academic, so don't worry if you don't have many hobbies to talk about.

## Personal Statement - A B C rule

It is important that your statement is not full of lists. Lists of what you have done or lists of skills you have.

There is a way to avoid writing in this way – it is called the ABC rule

**ACTIVITIES + BENEFITS + COURSE**

Make each sentence **evidence skills** you have that are **relevant to the course** you want to study, by discussing a **specific activity**.

For example:

**ACTIVITY**

*'I studied history'*

**ACTIVITY + BENEFIT**

*'I had the chance to improve my research and essay writing skills whilst completing my history A level'*

**ACTIVITY + BENEFIT + COURSE**

*'For one of my essays I decided to focus on the history of British political thought. I really enjoyed this topic and look forward to studying it in more detail at a higher level. The experience I gained from researching this subject and completing my essay I'm sure will help me in my degree course'*

The ABC rule helps SO much, please try it. Write a list now and see how you get on, remember to say 'so what', after the A part, this will help you explain what doing that activity has given you in terms of skills and benefits and how it will help you on the course.



## Write your own list of A,B,C's to get started

**Getting started**

Before you start thinking about the structure of your personal statement, you need to reflect on the skills you have developed through your academic achievements and extra-curricular activities.

Which skills on the right are relevant for your course? How can you demonstrate evidence of these skills in your personal statement? Can you think of any more skills?

**Creativity**

**Writing Skills**

**Presentation Skills**

**Self Discipline**

**Critical Thinking**

**Initiative**

**Time Management**

**Analytical Abilities**

**Enthusiasm**

**Independent Working**

**Leadership**

**Organisation**

**Communication**

**Teamwork**

**Problem Solving**

**Research Skills**

**Motivation**

**Dedication**

**How to write about skills in your personal statement:**

**The ABC method**

Listing your experiences is not enough. It is also important to highlight the skills you have developed and how they are relevant to the course. The ABC method is a way of writing about these experiences in more detail.

**A**ctivity: What have you done?  
**B**enefit: What skills have you gained?  
**C**ourse: How will this prepare you for the course?

Why not try for yourself? We have given an example to help. The student below is applying for Business Studies.

<b>Activity</b> eg. I am the school captain of the football team.	
<b>Benefit</b> eg. This shows I have good communication and team working skills.	
<b>Course</b> eg. This is relevant to Business Studies as being able to communicate effectively is an important skill when working on group projects.	

A
B
C

A
B
C

A
B
C

A
B
C

**TOP TIP** Do your research! You can only write an informed advice and show a real understanding of the course and subject area, if you have researched thoroughly.

**TOP TIP** It's important that you provide evidence for any skill that you mention in your personal statement.

We haven't just made it up, lots of universities recommend it, because it works so well.

<https://www1.essex.ac.uk/outreach/documents/personal-statement-writing-guide.pdf>



This is a big document, but really useful.

## Biochemistry and Biomedical Science

When I was twelve years old the car that my mother was driving was hit by lorry. Thankfully she recovered from the accident but only because she had a blood transfusion. Since that dreadful day I have aimed for a career in transfusion science because without skilled biomedical scientists, the blood transfusion service would collapse. With such a clear focus on my chosen career, I have been able to do extensive research into the skills and attributes that a biomedical scientist must possess. I am focused and determined, and am both accurate and efficient. These skills are essential because patient's lives and the treatment of illnesses depend upon me. I am also confident that my choice of A- and AS-levels, Biology, Chemistry, Psychology and Maths, will provide me with the solid foundation needed to proceed to undergraduate level.

The practical side of biology and chemistry has enabled me to gain good laboratory skills and I am eager to acquire more developed and sophisticated techniques at university. Maths has helped me to think logically and to develop my understanding of numerical information. Psychology has improved my written communication skills, which I believe to be important for any subject at university.

Throughout my school career I have enjoyed positions of considerable responsibility. I was nominated form captain four years running and elected Head Girl during my final year.

This was a demanding job as I was required to represent the school at prestigious events and do a lot of public speaking (something which used to scare me greatly). At our GCSE prize giving I received prizes for biology and maths. I was also awarded the Stubbs Cup which I am extremely proud of.

I love spending time in the country walking my greyhounds Mollie and Vinnie. I have taken Mollie to many open shows and am hoping to present her at her first championship show this Christmas. Showing and caring for dogs involves discipline and attention to detail. It is also a great way to socialise as I am constantly meeting new faces at the weekly club I attend. I can't wait to start university because I will get the opportunity to meet people from all over the world.

When I'm not walking the dog's I can be found in the gym. I like keeping fit and look forward to trying new sports and activities at university. I have also recently started working at the gym in their canteen. I enjoy working with children and have attained my first aid certificate.

I think that being a biomedical scientist will be a rewarding career because I will be doing work that will help improve people's health and cure diseases. University has been my goal for a long time now and I look forward to the challenge ahead of me.

### Strengths

- This student clearly states the skills that she has gained from her A-level subjects.
- She has written an enthusiastic final sentence that will appeal to admissions tutors.

### Weaknesses

- There are a couple of silly grammar mistakes (incorrect use of possessive apostrophes) that look bad.
- This student does not explain why they were awarded the Stubbs Cup. Details like this will support your application.

## Business and Management

I have always been a very academically determined and studious individual, hence why I knew that a degree at university would be my definite next step. I have a broad interest in many subject areas but feel drawn towards a business-orientated degree. Coming from the background of a small family business, I have been inspired by my parents and am keen to gain the essential skills to expand our growing empire! I am very aware that today's business requires not just balancing the books; it is about the investment and the management of assets, people, opportunities and risk. I am confident that studying a business degree at university level will prepare me well for my future ahead.

A-level Business Studies has definitely provided me with a solid foundation which I am eager to develop. Management, Culture and Communication is the module that interested me the most this year and I have undertaken extensive further reading in my own time. When in Rome or Rio of Riyadh: Cultural Q&As for successful Business Behaviour around the World by Gwyneth Olufson, is an excellent read. I particularly enjoyed her views on manners and gift giving across the world.

Studying A-level Psychology has also given me insight into the human influences on organisational behaviour through looking at motivational theories, such as the hierarchy of needs model proposed by Maslow. The coursework element has developed my skills in collecting and analysing data in order to establish trends and draw conclusions. A-level English Language has allowed me to develop an ability to express my ideas clearly and concisely.

I have a wide circle of friends and we often meet in our village pub to compete in the quiz. I also enjoy playing football with friends and hope to join a team when I arrive at university. Our family business is very important to me and I work most weekends at our shop, often shadowing my father at meetings with suppliers. I take work very seriously and I feel that my conscientious approach will stand me in good stead for university study.

I recently attended a two-day Challenge of Management conference at my local university. I also had the chance to go on a tour given by a current student and this made me realise that a campus-style university is definitely suited to me. I am certainly going to take advantage of all the opportunities that universities provide to widen your knowledge like clubs and societies.

### Strengths

- It is good to explain why a certain book appeals to you because this demonstrates your analytical skills and shows that you read around your subject.
- Mentioning research into universities shows that you are dedicated and focused.

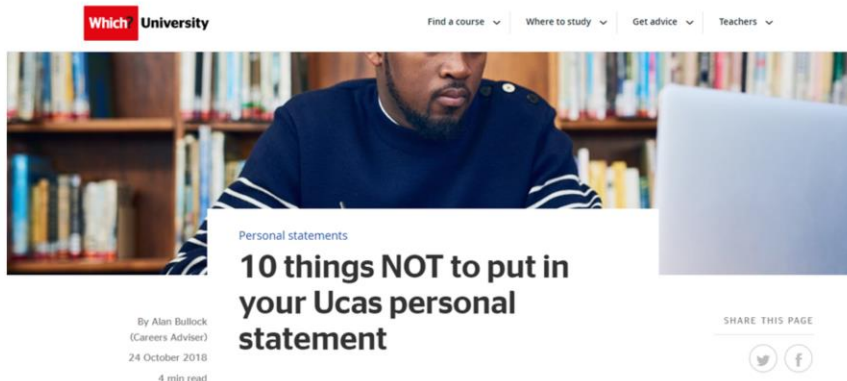
### Weaknesses

- The Challenge of Management conference that this student attended is very relevant and should have been expanded upon; always give details about specific experiences like this.

It goes through a selection of courses in alphabetical order, giving examples of personal statements, then gives you the strengths and weaknesses, this is very useful.



<https://university.which.co.uk/advice/personal-statements/10-things-not-to-put-in-your-personal-statement>



This is good, it tells you what admission tutors groan at seeing, so follow it!

# Personal Statement Help

Home About Sawtry Academy Information **Sixth Form** News Calendar Contact Us

Russell Group, Informed Choices has a lot of useful information  
<https://www.informedchoices.ac.uk/start>

**UCAS Personal Statement**

Starting to write a personal statement can be a daunting. However, there are some really good websites that can help.

UCAS have a handy personal statement tool, that asks you questions and compiles them into a personal statement for you. It's a very good place to start, I would advise that you see this as the start of your statement, and after you have answered all the questions, copy it into word and then begin to refine it. <https://wwwucasdigital.com/widgets/personalstatement/index.html#/main>

Whatuni also has a personal statement builder <https://www.which.co.uk/tools/personal-statement-builder/>

For a good overview on how to write a personal statement, please click on the links below:

<https://www.ucas.com/undergraduate/applying-university/how-write-ucas-undergraduate-personal-statement>

<https://university.which.co.uk/advice/personal-statements/10-things-to-put-in-your-personal-statement>

<https://university.which.co.uk/advice/personal-statements/personal-statements-the-killer-opening>

<https://www.whatuni.com/advice/ultimate-guides/how-to-write-the-perfect-personal-statement/39162/>

Please also remember to ask for help.

Attendance and Reporting  
Student Life  
Results  
Well Being and Enrichment  
16 - 19 Bursary  
**UCAS Information**  
Not Going To Uni?  
Alumni

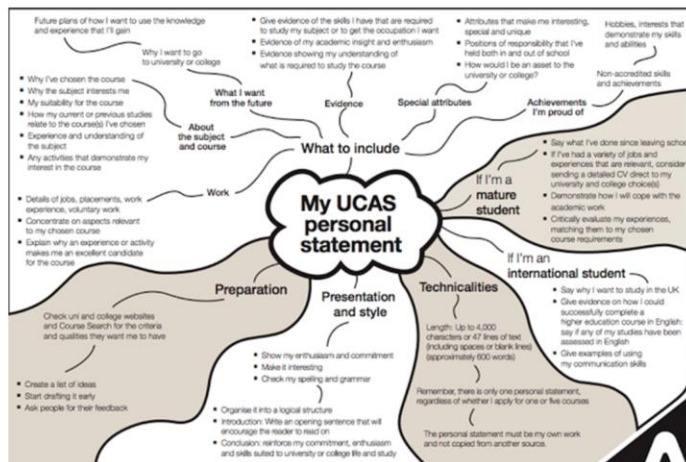
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TOP

Unifrog has help on writing personal statement too

I have collated a few good links on our sixth form website

<https://www.sawtryva.org/sixth-form/ucas-information/>, to help you.

# Personal Statement – start preparing



## top tips for writing your UCAS personal statement

- 1 start well**  
A strong opening sentence will make a clear link between you and the course you are applying to.
- 2 make it easy to read**  
Don't write in one long paragraph. Copy out your experiences, activities, qualifications and interests.
- 3 write it yourself**  
Make sure it reflects your own personality and individuality.
- 4 use examples**  
When you are talking about your strengths and qualities, use examples to highlight your claims.
- 5 let your personality in**  
Show a genuine and honest self.
- 6 demonstrate a real interest**  
A significant amount of the statement should be focused on your chosen subject.
- 7 answer the question**  
Why should we put you at place on the course? Don't just write about yourself.
- 8 value added skills & learning**  
What have you been doing that is relevant and beyond the requirements of your A-levels?
- 9 work experience**  
What have you learned from it?
- 10 write naturally in your own voice**  
Use personal and your own words, not a bunch of clichés.

**remember the abc rule**  
a the action | b the benefit | c the relevance to the course



Some students find that making a mind map help, especially at the start to get ideas down.

<https://www.ucas.com/connect/blogs/ten-places-get-personal-statement-pointers>

The above is a great link to find where to get help from to help you.

A good source of information from Oxford university,  
but relevant to any university

- [https://www.wadham.ox.ac.uk/docs/PersonalStatementWor\\_1588243587.pdf](https://www.wadham.ox.ac.uk/docs/PersonalStatementWor_1588243587.pdf)

- Check out these web sites for further help with personal statements, if you feel you need it!

UCAS VIDEO - [CLICK TO WATCH](#)  
*Good for students who have yet to get started*

BIRMINGHAM VIDEO - [CLICK TO WATCH](#)  
*Good for students who need to know about putting in subject specific content*

LEICESTER VIDEO - [CLICK TO WATCH](#)  
*Detailed & comprehensive 8 mins long - good for Dos and Don'ts*

KING'S COLLEGE - [CLICK TO WATCH](#)  
*28 mins long. More than just personal statement advice. For academic top end*

You don't need to click on all of these links, just if you feel you need to have even more info

Hopefully all this information will help you start your personal statement



*So you won't have to end up feeling like this!*



If you do end up feeling like the bottom image, let me or your tutor know, and we'll try and help you. Everyone finds it hard to start, but as soon as they do, they get really into it!

## Actually filling in the form and applying to university

Apply, which is the what  
the registration process  
is called in UCAS,  
becomes live in the next  
few weeks. I will send  
another ppt at that  
point, explaining how to  
register and start your  
application



Maybe you are thinking uni isn't for you.....

- If you are feeling that you have had enough of academia, and would like a practical nature to further your studies, please consider apprenticeships. That is what I will be going through in the next instalment of future options.

**Salary**



**Training & qualifications**



**Work Experience**



The end 😊

Please let me have any feedback, and ask any questions you may have. Hayley