

Use the table below to stimulate ideas. On a post-it note/piece of paper write what it is that you have done. Then underneath what you have learnt from it then finally how it makes you a strong candidate for your chosen course. Choose the box you think it goes best in, they can always be moved around later as you draft your statement.

If there are gaps – there is plenty of time to fill them. An online course, an essay for a competition only takes a day.

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| GENUINE INTEREST What have you done outside of your lessons that shows that you are interested in studying the subject further? At least two things. Examples: essay competitions or lectures. Reading a book is not enough ‘pro-active enough’ |
| MATURITYDo you have any evidence of independent learning and managing workload and timelines? Examples: An extended project/EPQ or CREST Awards/online course. |
| RELEVANT EXPERIENCE Have you any experience of this or a similar course like a taster day or work experience of a possible future profession? |
| A LIFE OUTSIDE OF STUDYWhat else do you enjoy?Not only what do you do but how does it help you balance stress or have you gained evidence of organisational skills?Examples: helping organising a primary school football tournament shows more relevant skills than playing for the First XI. |

QR code for site also plug for proof reading service



When you have completed your personal statement using the advice on this sheet you can send it to us to be proofread. For just £25 you can be sure that it has been read and commented on by teachers and admission tutors with over 20 years’ experience. We will not write it for you – just give you the piece of mind that you have written it in the right style for the right audience. Anything that we think can be improved or is missing we will note for you with ways in which it could be improved.

For a short video explaining this process and examples go to [www.HelpWithPersonalStatement.co.uk/the-process](http://www.HelpWithPersonalStatement.co.uk/the-process)