Session 3:
Writing your personal statement

Personal statements

UCAS

UNIFROG

You will be writing your personal statement using UNIFROG.

Personal statements

Personal statements are about selling yourself.

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From a university/employer perspective

'With many highly qualified students applying to university and degree apprenticeships, the personal statement is crucial in helping us identify students with the greatest merit and aptitude for our courses and employers.'

University of Manchester

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What is being looked for?

- Independent study skills.

- Self-awareness.

- Motivation and commitment.

- An understanding of the course.

- Good numeracy and literacy.

- Research skills.

- Essay writing – don't write lists.

- Enthusiasm – going beyond the norm.

- Time management skills.

- Reflective thinking.

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Points to remember

- Strong opening paragraph.

- Research into courses/company will help you.

- 80% academic, 20% extra curricular.

- Be honest.

- Draft, redraft, and proof read.

- There's no perfect statement.

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Most common opening lines

1. From a young age, I have (always) been [interested in/fascinated by]... [1,779]

2. For as long as I can remember, I have... [1,451]

3. I am applying for this course because... [1,370]

4. I have always been interested in... [927]

5. Throughout my life, I have always enjoyed... [310]

6. Reflecting on my educational experiences... [257]

7. Nursing is a very challenging and demanding [career/course]... [211]

8. Academically, I have always been... [168]

9. I have always wanted to pursue a career in... [160]

10. I have always been passionate about... [160]

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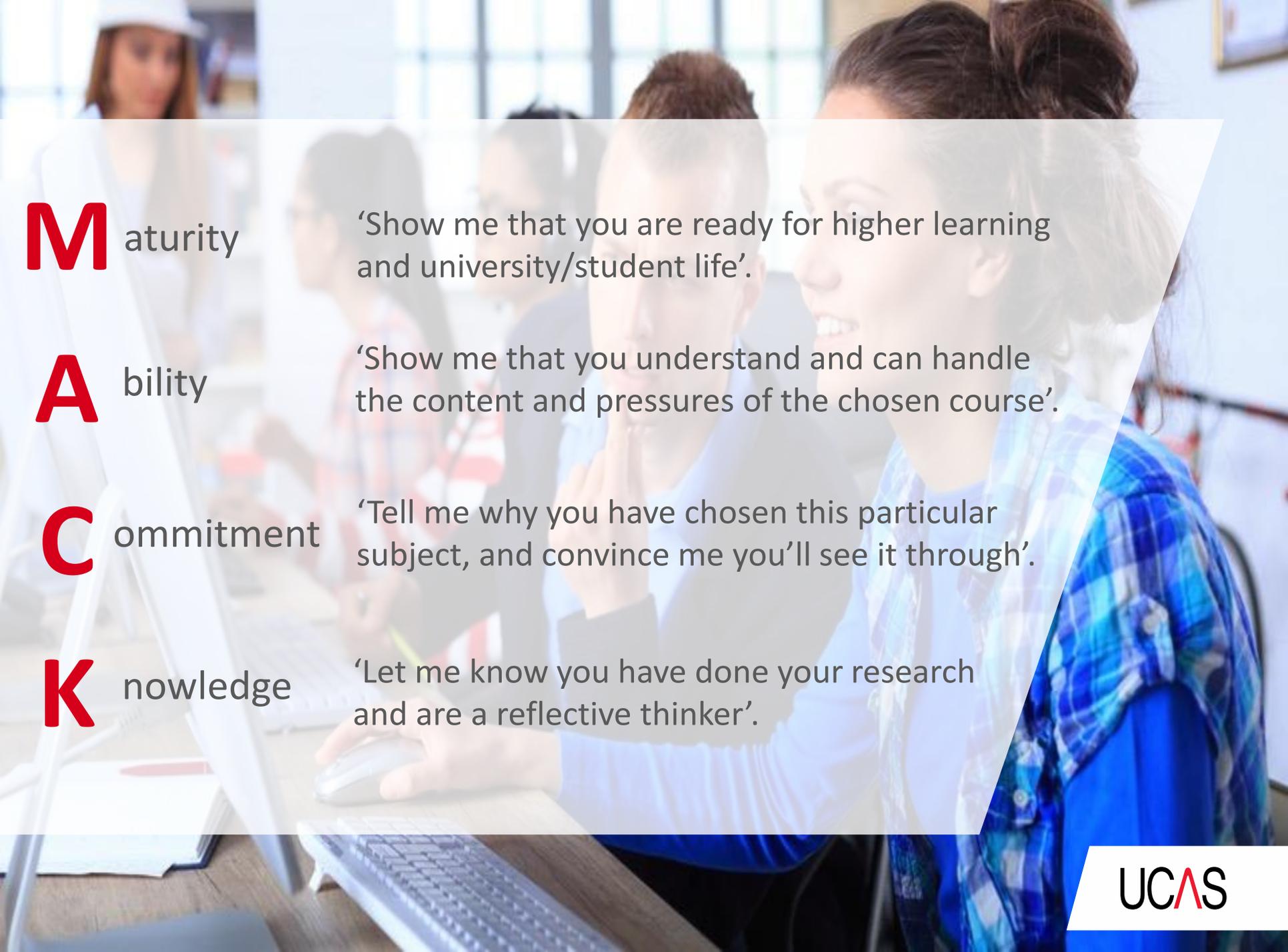
M aturity — 'Show me that you are ready for higher learning and university/student life'.

A bility — 'Show me that you understand and can handle the content and pressures of the chosen course'.

C ommitment — 'Tell me why you have chosen this particular subject, and convince me you'll see it through'.

K nowledge — 'Let me know you have done your research and are a reflective thinker'.

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Encourage good habits

Get into the habit of being very critical with the number of words you use in each sentence. Once you have written something, go back and decide if each and every word you recently wrote deserves to be there.

Be ruthless with excess words – take no prisoners!

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ABC rule…so what?

Activity: what have you done?

Benefit: what skills have you gained?

Course: how will this prepare you for the course?

SO WHAT?

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First draft

I have achieved my Bronze Duke of Edinburgh Award, I am currently working towards my Silver, and I am hoping to gain Gold level at university. I love planning and undertaking expeditions as they are physically demanding.

I also enjoy working for the 'service' element of the award. At the moment, I visit the elderly residents at the local sheltered housing association once a week. I am hoping to be involved in promoting the award scheme to young people in the future, as I have really benefitted from it and would like to be able to share my experience with others.

SO WHAT?
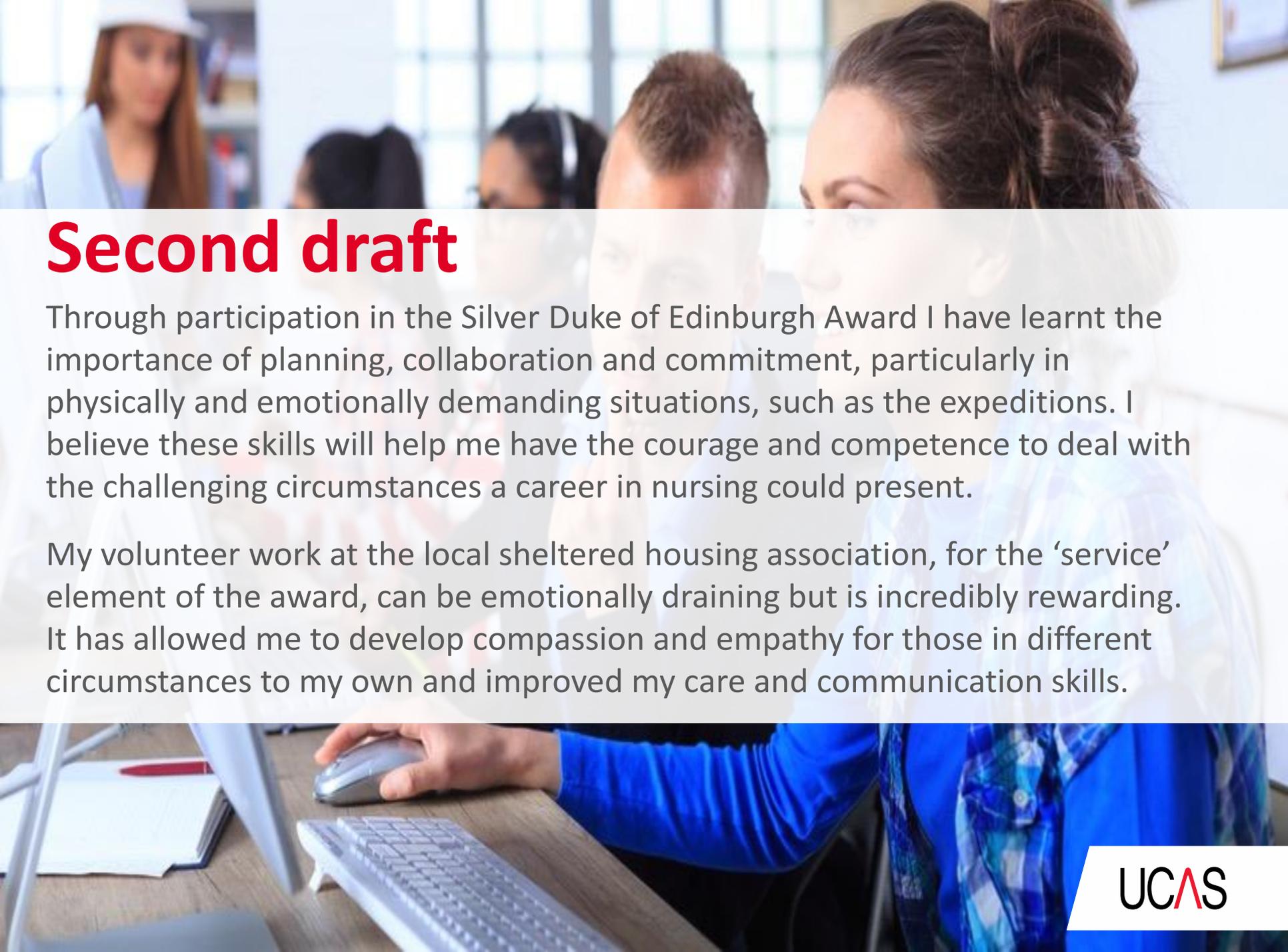
Second draft

Through participation in the Silver Duke of Edinburgh Award I have learnt the importance of planning, collaboration and commitment, particularly in physically and emotionally demanding situations, such as the expeditions. I believe these skills will help me have the courage and competence to deal with the challenging circumstances a career in nursing could present.

My volunteer work at the local sheltered housing association, for the 'service' element of the award, can be emotionally draining but is incredibly rewarding. It has allowed me to develop compassion and empathy for those in different circumstances to my own and improved my care and communication skills.

UCAS' similarity detection service

Every personal statement is put through similarity detection.

Personal statements are checked against:

- a library of personal statements previously submitted to UCAS

- sample statements collected from a variety of websites

- other sources, including paper publications

Each personal statement received at UCAS is added to the library of statements after it has been processed.

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Passion vs. career

- 300,000 personal statements

- 200 million words

Passion words
- Love (of)
- Passion
- Passionate
- Explore

Career words
- Salary
- Employable
- Career
- Job (in)

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Personal Statement Writing

Furthermore	Strengthen	Commitment	Efficiently	I particularly enjoyed
Enable me	Enhanced	Reinforced	Hard work	I continue to develop
Intellectual exploration	Thrive under pressure	This has furthered my	I undertook	Through regularly attending
of particular interest to me	As well as	My pursuits	Broadening my interest	I was determined to
on reflection	Explore my interests	Taking part in	I aspire to	Combining… with… has taught me
Additionally	skills I have gained through	Creatively	My interest in	This has expanded my knowledge of
used my initiative	I learnt from	Benefit	Responsibility	Challenging
To improve my	Immensely rewarding	Thought-provoking	Learnt to prioritise	My involvement with

UNIFROG

You will be writing your personal statement using UNIFROG.

Drafting application materials

UK Personal Statement
- ✕ Subject added
- ✕ Started
- ✕ Character count
- ✕ Marked as finished

Go to tool >

Classes
- ✕ CACHE Health and Social Care
- ✕ Psychology
- ✕ Sociology
- ✕ Overall Reference

Edit >

CV / Resumé
- ✕ Write CVs perfectly tailored for the roles you want

Start >

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This is your opportunity to shine

The Personal Statement is your opportunity to demonstrate that you would be an excellent student for the courses you are applying to. It is primarily an academic statement and you must target it towards the subject in which you are interested.

Latest version of your statement for studying: ADD SUBJECT

Write	**Preview**
Add, edit and delete text	How it'll look to universities

Section 1
Why do you want to study this subject?

0 of 1200 characters

Start >

Section 2
What have you done in the past that makes you particularly suitable to study the subject?

0 of 2400 characters

Start >

Section 3
What else have you done that would contribute to the university community?

0 of 400 characters

Start >

Marked as 'Ready to add to Locker' by a teacher? Not yet
If you think you have finished, please ask the appropriate teacher to check it and mark it as 'Finished and ready to add to Locker' on the Teacher side of Unifrog.

TOTAL: below minimum - 0 of 4000 characters;
3300 is the minimum

Single box layout
Would you prefer to draft your Statement in a single text box rather than in 3 sections?
Convert to one box here.

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Summer Task

Before **and during the holidays**, do your **RESEARCH** and write your first draft of your personal statement. The deadline for this is **Monday 6 September.**
NOTE: On average it will take you 8 drafts before you feel that you have a good personal statement!