

AN INTRODUCTION TO YOUR UCAS PERSONAL STATEMENT

UCAS



WHAT'S THE PURPOSE?

It's your chance to:

- **show** your curiosity, knowledge and passion.
- **evidence** relevant skills and your potential.
- **communicate** your genuine interest and a desire to learn more.

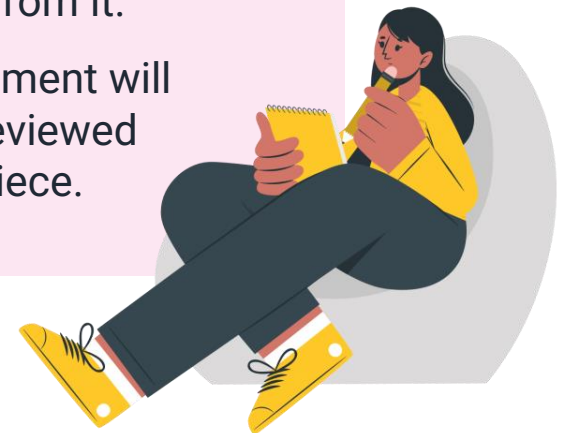
Question prompts are there to help you but remember to:

- **link** your academic, extra-curricular and other experiences to your chosen area(s) of study.
- use relevant **examples** throughout your personal statement.

Don't panic about the sections:

- the important thing is to **explain** why you're including the example.
- reflect on what you've **learned** from it.
- the statement will still be reviewed as one piece.

REMEMBER THERE'S NO RIGHT OR WRONG!



WHAT ARE THE QUESTIONS?



Why do you want to study this course or subject?



How have your qualifications and studies helped you to prepare for this course or subject?



What else have you done to prepare outside of education, and why are these experiences useful?



CONSEQUENCES — STARTER TASK

HAVE YOU
EVER PLAYED
CONSEQUENCES?

NO?
THEN HERE IT IS -
WITH A TWIST!

*Take turns
contributing
sentences to the
following story.*

*On a piece of paper
write your answer,
fold your paper to
hide your answer
and pass it to the
next player.*

*Be as silly or
serious as you like.*



CONSEQUENCES — STARTER TASK

COMPLETE THE
STORY BY ADDING
YOUR CHOSEN
EXAMPLES:

- (choose a name)
- **wanted to study** (name a subject)
- **so, they listened to** (give an example)
- **and they read** (give an example)
- **which led them to interview** (name a person)
- **next they decided to research** (what did they research)
- **and finally wrote a blog on** (title of blog)
- **the consequence was** (what happened)



CONSEQUENCES

[Name] *wanted to study* **[subject/course]** *so, they listened to* **[example]**, *and they read* **[example]** *which led them to interview* **[name]** *next they decided to research* **[example]** *and finally wrote a blog on* **[title of blog]** *the consequence was* **[what happened]**.

Did it make sense? Would you give them a place at your university if you were the admissions officer?

NOW READ OUT
YOUR STORY



PERSONAL STATEMENT

GETTING
STARTED

UCAS



EVIDENCE

What have you done/could you do that shows you are interested in a subject/course

TASK 1: Create a list of as many examples as you can!

Evidence will help to back up examples you want to share.



EXAMPLES - FAR AND WIDE

In person work experience	Blogs & vlogs	Positions of responsibility	Projects or essays	Mentoring
Virtual work experience	Documentaries	Awards	Books	Tutoring
Work shadowing	Podcasts	Challenges	Influencers	Online subject courses
Paid employment	TED Talks	Personal life experiences	Hobbies	Trips or visits
Volunteering	Articles	Work based learning / training	Clubs	Competitions



Q1: WHY DO YOU WANT TO STUDY THIS COURSE OR SUBJECT?

You'll want to show **evidence** of passion, curiosity and interest, this might include:

Motivations for studying this course(s):

- Have you been inspired by a key role model or moment in your life?
- Is it a subject you love and want to pursue further?
- What is your drive?
- How has your path led you to this course or subject area?

Knowledge of this subject area and interests:

- Is there a particular subject area you've researched?
- Something you can't wait to learn more about?
- What about a book or subject expert doing great things that's sparked your interest?

Future plans; demonstrate why this course/subject is a good fit:

- Do you already have a particular profession in mind?
- How might you use your studies to launch your career?
- What's important to you and your future, and how might the knowledge gained from this course(s) help you achieve this?



TASK 2: Add personal and relevant notes to your worksheet

Q2: HOW HAVE YOUR QUALIFICATIONS AND STUDIES HELPED YOU TO PREPARE FOR THIS COURSE OR SUBJECT?

Focus on what's most **recent** and **relevant** to your subject or course(s), examples could include:

How your studies or training relate to chosen course(s) or subject area:

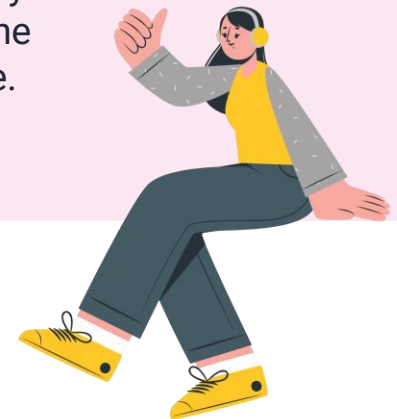
- This could be your current or previous studies.
- This could be from any form of formal education – think school, college, training, or short online courses.

What relevant or transferable skills have you got that make you a great candidate:

- Are there a couple of subjects that helped you develop a core set of relevant skills required for your chosen course(s).
- Maybe a particular module or project helped you understand where your interests and strengths lie.

Any relevant educational achievements

- Universities and colleges will see your grades on your application - don't waste space talking about these.
- Focus on your other accomplishments like a competition, holding a position of responsibility or representing the school/college.



Remember these are just some examples, you don't need to include it all. The key is to research the course(s) to find out what might be most relevant.

YOUR JOURNEY SO FAR...

What have you learned so far that is relevant?

- Subject/course in school
- Unit of work
- Course out with school?
- Research piece
- Online Course
- TED Talk
- Book read



TASK 3: Create a list of as many examples as you can using your booklet!



WHAT SORT OF SUBJECT SPOTLIGHTS ARE AVAILABLE?

AVAILABLE ON DEMAND



Lighting your way to a future in **Social Media**

Social Media Content Creation with Georgiana Ghetiu
University of Salford

[Quick start](#) [Learn more](#)

AVAILABLE ON DEMAND



ESPORTS BUSINESS MANAGEMENT
A WHOLE NEW CAREER AT YOUR FINGERTIPS

Esports Business Management with Iain Earle
University of Salford

[Quick start](#) [Learn more](#)

AVAILABLE ON DEMAND




CAN **ROBOTS** THINK FOR THEMSELVES?

BSc (Hons) Computer Science with Dr Christoph Salge
University of Hertfordshire

[Quick start](#) [Learn more](#)

AVAILABLE ON DEMAND




VISUAL STORYTELLING
THE MAGIC OF THE MOVIES

Film & Photography with
University of Sunderland

[Quick start](#) [Learn more](#)

AVAILABLE ON DEMAND



WHAT IS THE IMPACT OF **CONTEMPORARY** ARTISTS IN SOCIETY?

Art & Design with Dr Suzy O'Hara
University of Sunderland

[Quick start](#) [Learn more](#)

AVAILABLE ON DEMAND




CLIMATE CHANGE
THE IMPACT ON WOMEN IN THE GLOBAL SOUTH

International Relations with Professor Tamsin Bradley
University of Portsmouth

[Quick start](#) [Learn more](#)

AVAILABLE ON DEMAND




CANCER:
THE FIGHT AGAINST OUR ULTIMATE CHALLENGE

Biomedical Science with Dr Gavin Bowen-Metcalf
Anglia Ruskin University

[Quick start](#) [Learn more](#)

AVAILABLE ON DEMAND



DECO SOCIAL
An Exploration of Programming and Platforms

BSc (Hons) Computer Science with Dr Razvan-Ioan Dinita
Anglia Ruskin University

[Quick start](#) [Learn more](#)

Where can your Subject Spotlight be seen?

Found within the UCAS Hub, students will be able to view Subject Spotlights across key engagement pages on UCAS.com, depending on your selected package.

Q3: WHAT ELSE HAVE YOU DONE TO PREPARE OUTSIDE OF EDUCATION, AND WHY ARE THESE EXPERIENCES USEFUL?

Examples should be **reflective** and **demonstrate** further **suitability** for your subject or course(s), this could include:

Work experience, employment, or volunteering

- In-person or virtual work experience.
- Paid for work or volunteering.
- The key thing is reflection on the experiences and the skills gained relevant to your chosen course(s).

Personal life experiences or responsibilities

- Is there a situation you've personally overcome that has influenced your decision?
- Are there personal experiences that have helped you develop essential qualities for the course?

Hobbies and any extracurricular or outreach activities:

- Think sports, reading, community work, summer schools.
- Any activities outside of core studies that help further showcase why you'd make a great student.

Achievements outside of school or college

- This could be a position of responsibility for local clubs or groups, competitions, or qualifications you've attained outside of the classroom.



BUILDING THE FOUNDATIONS

ACTIVITY SHEET

UCAS

READY SET GO...

1 SO WHAT?

You have 3 minutes to list as many **achievements, personal experiences** and skills that you have. These could be awards, trophies or certificates, perhaps you've swum with dolphins or carried out first aid at a football match, or even that you've saved hard for something that you really wanted.

MY ACHIEVEMENTS	MY EXPERIENCES	MY SKILLS



2 PICK AND MIX

Make a list of all the places you could go to find out what **skills, experiences or evidence** is relevant to the course, subject area or career you are interested in. There's a couple of examples to get you started.

- 1. UCAS course search
- 2. University or college website



TASK 4:

RESEARCH WHAT TO PICK

- Read university or college course information on UCAS
- Read the course content information on uni or college website
- Look at how a course might be assessed
- Chat to a student ambassador on Unibuddy who already does the course
- Take a subject spotlight session on UCAS
- Take a uni or college subject taster session
- Ask questions of subject lecturers at an open day
- Research job adverts of careers you might be interested in the future
- Take the UCAS careers quiz and look at the skills listed for each result
- Interview someone already in a career you're interested in



FORMAT AND STRUCTURE



Three sections with question prompts



4,000-total character count split across sections



Minimum character count 350 characters per section



Don't waste characters listing grades and subjects



Don't repeat information across sections



PICK AND MIX

- Is everyone looking for the same skills or experiences?
- How can you find out what skills or experiences are specifically required?
- Why would it help to know?
- Do you think admissions tutors might ask 'So What'?

SO WHAT?



REMEMBER TO PEEL

When talking about any activity you have been involved in, be reflective. What evidence have you got and what did you learn/take away from it

POINT **MAKE YOUR POINT**

EVIDENCE **BACK IT UP WITH EVIDENCE AND EXAMPLES**

EXPLAIN **EXPLAIN HOW THE EVIDENCE SUPPORTS YOUR POINT**

LINK **LINK IT BACK TO THE COURSE(S)/SUBJECT**



UNIVERSITIES & COLLEGES WILL CONSIDER

- Have you chosen the course for the right reasons?
- Do you have a depth of interest in the subject?
- Do you appear motivated and committed?
- Can you study independently?
- Are you genuinely engaged and knowledgeable about the area you're applying to?

RESEARCH IS THE FOUNDATION

Research and preparation is key when you're starting to think about your personal statement.



Before you start writing anything, take some time to:

- mind map what you might want to include
- build up a bank of examples you can refer to
- list evidence of your skills and experiences
- rank your evidence and examples that are **MOST** relevant to the course(s) you're thinking of applying to

PERSONAL STATEMENT GUIDES

<https://www.ucas.com/applying/applying-university/writing-your-personal-statement/2026-personal-statement-guides>



What to include in your architecture, planning or building personal statement



What to include in your animal science personal statement



What to include in your art and design personal statement



What to include in your biology personal statement



What to include in your business management personal statement



What to include in your chemistry personal statement




What to include in your computer science personal statement



What to include in your dance personal statement

WHAT SORT OF VIRTUAL WORK EXPERIENCES ARE AVAILABLE?




The World of a Housing Developer & Social Landlord
ASTER GROUP

VIRTUAL COMING SOON

🕒 Eligibility criteria

Want to learn about the range of rewarding careers available at Aster Group? Come with us as we embark on a journey through the...

Apply




Met Office Careers
THE MET OFFICE

VIRTUAL START NOW

🕒 Eligibility criteria

Explore Met Office career opportunities & transferable employability skills. Secure your dream role with this comprehensive...

Start




Technology Work Experience with Vodafone
VODAFONE

VIRTUAL COMING SOON

🕒 Eligibility criteria

In this programme, you'll join Vodafone to learn about their product development process, design your own Internet of Things...

Apply




Business Admin Work Experience with Specsavers
SPECSAVERS

VIRTUAL START NOW

Explore Specsavers behind-the-scenes: law, tech, IT, marketing, finance, logistics & more in this exciting VWEX programme.

Start




Social Care Work Experience with Brighton & Hove
BRIGHTON & HOVE CITY COUNCIL

VIRTUAL START NOW

Explore career opportunities in social care settings. Engage in interactive activities & connect with industry professionals in...

Start




AtkinsRéalis Virtual Work Experience programme
ATKINS

VIRTUAL START NOW

AtkinsRéalis is a world-leading firm. With a team of visionaries at the helm, they help change the world. Want to join them?

Start




STEM Work Experience with Severn Trent
SEVERN TRENT

VIRTUAL START NOW

Discover Severn Trent & water world in this exciting Virtual Work Experience. Water cycle, treatment, innovation, sustainability & STEM...

Start



Healthcare Careers with Torbay and South Devon NHS Foundation Trust
TORBAY AND SOUTH DEVON NHS FOUNDATION TRUST

VIRTUAL COMING SOON

Explore diverse healthcare careers in Torbay & South Devon NHS Foundation Trust. Engage in interactive activities, quizzes &...

Apply

<https://www.ucas.com/explore/search/virtual-work-experiences?query=virtual%20work%20experiences>