Personal Statement planning.

Research
It is encouraged to have a 25% / 75% split in your personal statement. 75% should discuss your course, and 25% should discuss extracurricular activities/hobbies/other achievements.

Course research
Why are you applying for your chosen course?

What skills are required for your course?

It is important to choose a course that suits your individual learning style. How is the course you’re applying to delivered? How do you like to learn? Are the two linked?

What activities have you done that demonstrate your interest in the subject(s)? E.g subjects studied at 6th form/college, extracurricular activities, MOOCs, EPQs.

Extra-curricular activities
What activities have you undertaken that don’t necessarily relate to the subject you want to apply for at university but that still helped you develop valuable transferable skills? E.g volunteering, hobbies/interests, sports, part-time work, other achievements.
Writing
Once you’ve conducted your research, apply the ABC method when you write your personal statement.

**Action**: What did you do?
**Benefit**: What skills did you develop? What did you learn?
**Course**: How have the benefits informed the course you want to study? How will the skills you’ve learned make you a good candidate for the course you want to study?

<table>
<thead>
<tr>
<th>Action</th>
<th>Benefit</th>
<th>Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>In year 12 I completed a research project on the role of women in WW1 in Britain.</td>
<td>As well as providing me with historical knowledge, I was able to develop my research, communication and analytical skills.</td>
<td>During my project, I did an in-depth analysis of my findings and then wrote a 2,000 word essay. This will serve me well for studying History as I will need to write regular essays as well as carry out my own research.</td>
</tr>
</tbody>
</table>

**Top tips**
- Proofread (several times and also after each edit), ask family and friends to proofread for you
- Be enthusiastic and positive throughout - don’t be afraid to show off!
- Link your examples to the course as much as possible
- Maximise all the space available - you have 4000 characters/47 lines to work with, use them all
- **DO NOT PLAGIARISE**! Your application may be rejected if you copy any element of someone else’s personal statement.