STARTING YOUR PERSONAL STATEMENT

KEY INFO

Maximum of **4000 characters** or 47 lines (whichever comes first).

Top universities recommend **70-80%** of the statement should be focused on academic and course-related info.

The remaining **30-20%** can include relevant info about extra-curriculars.

TOP TIPS: THE CONTENT

➤ A personal statement is not a list of experiences and skills; stuff you mention needs to have an explanation of how it's prepared you for your chosen course or area of study. A good way to think about it is considering the *"so what?"* of something you've written.

➤ Don't stress too much about a snappy opening (or closing) line – and don't open with a quote.

➤ Your current/previous studies will have helped you prepare for the course you're applying for – explain how! Whether it's because they've developed your interest for a subject or helped develop particular skills, admissions staff want to read about it.

TOP TIPS: THE CONTENT

➤ Work/voluntary experience is always worth mentioning, but only if you can relate it back to the course and what it might have taught/shown you.

➤ For subjects where work experience is a really important component of your application, like medicine, nursing, social work, and teaching, this is crucial to include in your personal statement.

➤ Your personal statement should demonstrate your **enthusiasm** for and **interest** in the course, and it's also a chance to big yourself up. If you've read around the subject, attended talks/taster lectures, mentioning this can demonstrate your interest and enthusiasm.

KEY INFO

You can apply for up to **5** courses, but you only get **1** personal statement so it has to work for all of those courses.

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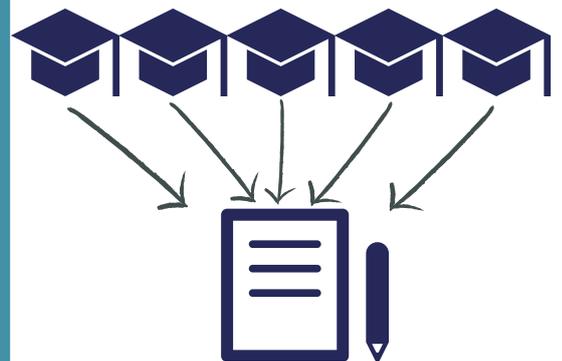
STARTING YOUR PERSONAL STATEMENT

TOP TIPS: THE PROCESS

➤ Staring at a blank piece of paper (or word document) trying to figure out how to start something is always tough. When you start trying to write your personal statement, it may be easier to **not** start at the beginning.

➤ Writing down, maybe in note form, some key points you want to make, some key experiences you want to mention, or the answers to big questions like 'why do you want to study this course?' can be a good way to bypass that 'blank page' stage – you can then build around these to create something more polished.

➤ You submit your personal statement through UCAS, but should always have an up to date version saved somewhere – preferably in more than one place, or somewhere online so if your computer packs it in, it's safe! Writing it in Word or Google Docs means you can use spell checking too - don't underestimate the importance of spelling things right!

➤ Get the people in your life to proofread it! Friends, family, family friends – they don't need to be experts on uni to give advice about how well something reads. It may be helpful (if a bit cringey) to get someone else to read it out loud, as it's often easier to hear when things don't quite work than it does to read them.

➤ You may want to get your school or college careers adviser to have a read through as well – but remember they will be really busy trying to help lots of people like you, so try to get your personal statement to a good standard before asking for their help.

FIND MORE HELP

🖑 UCAS has tons of helpful pointers

🖑 UCAS also has a Personal Statement Tool that can help you get started

🖑 Prospects also has a few helpful pointers

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