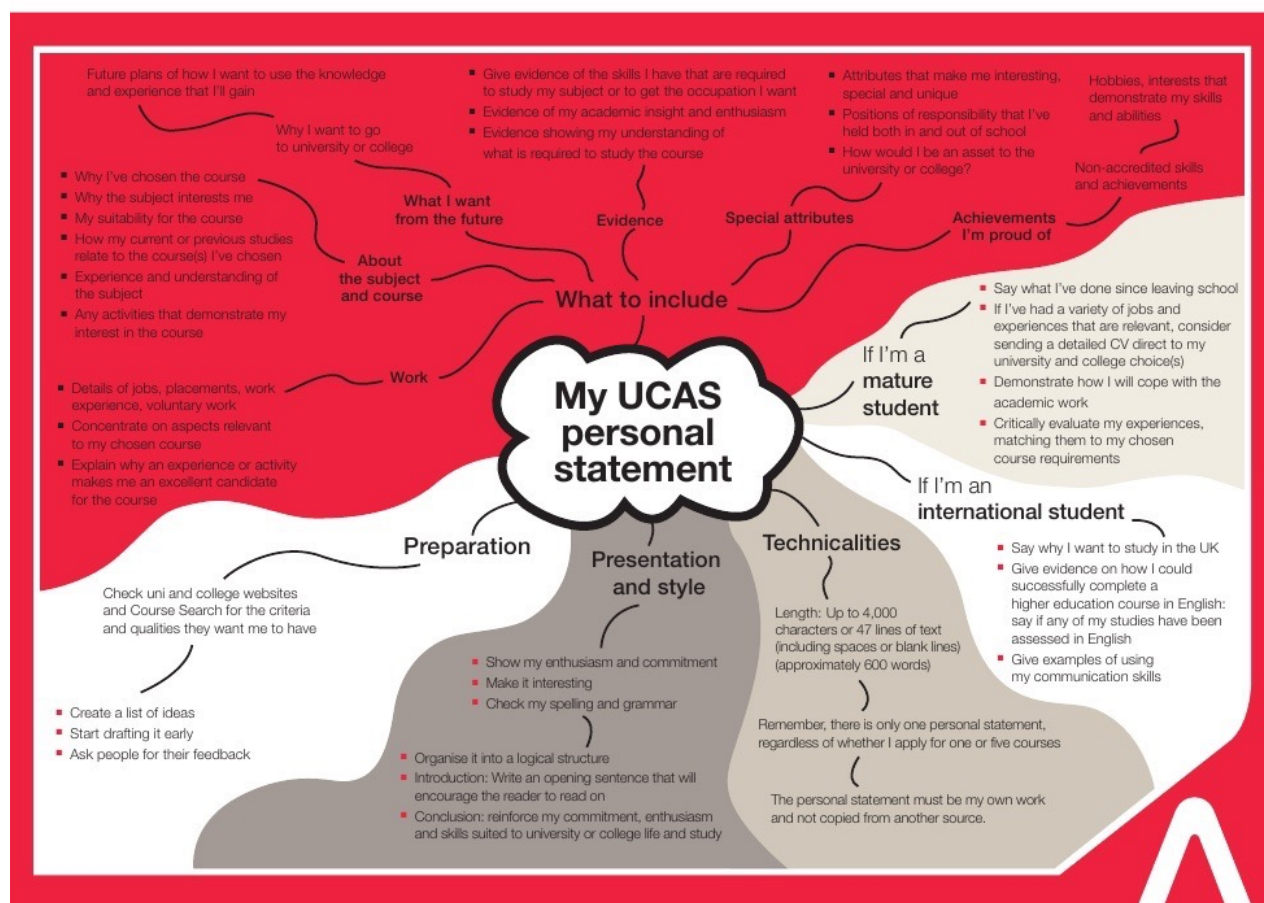


# WRITING YOUR PERSONAL STATEMENT

UNIVERSITY ACADEMY  
HOLBEACH

## A guide for students



## Your Personal Statement

### Starting Work on your Personal Statement

Many students find writing their personal statement the most difficult part of the whole process

The average student will take 6 re-drafts of their personal statement before it is ready to be sent off to Universities. It is therefore vital that students start their statements in the summer term of year 12 to give themselves enough time to do this successfully. A poor personal statement may well mean that you will not be offered a place at University!

Ultimately, going to university will equip you with skills and experiences that you can use in your career and in your personal life.

## Where to start?

### Plan Carefully ...

Think about what is exciting about yourself and makes you stand out — in a good way

- Write down words that come to mind — anything that shows why you are really excited about the courses you are applying for. Keep it positive
- List supporting evidence to back up why you are so excited about the courses you have chosen, include work experience or out of school activities
- Think about the skills you can use on the course; leadership, communication, playing music etc

## Pulling it together

Taking all the ideas and turning them into a great statement is the next step.

### Key points

- There is a maximum of 4000 characters to write your personal statement.
- It is vital that personal statements are well written and accurate in terms of spelling, punctuation and grammar
- There is no spell check system on the UCAS form so complete your statement in word and then copy and paste it into the form.
- It must be your own work – UCAS has software that scans all statements for plagiarism. If it is found that you have plagiarised from another statement then it is likely you will be banned from applying to University.

**“Their aim is to help students make informed choices that are right for them”**

- UCAS

ability in the subject. It should focus on specific skills that are relevant to the subject. You can include:

- Skills from your current course (both academic and practical)
- Academic knowledge from your current courses
- Knowledge you have gained from research, books, journals, magazines , etc.



There are over 35,000 courses available to choose from, it is vital therefore that you complete lots of research

### Make sure it has a clear structure

1. A punchy opening paragraph showing your excitement and understanding of what the course is all about
2. Your statement should focus on the reasons for choosing a particular course, your existing knowledge of it, as well as your interest and

- Courses and trips
- Visits to Universities
- Work experience

Your statement also needs to include activities that have developed your overall skills and qualities. You can include:

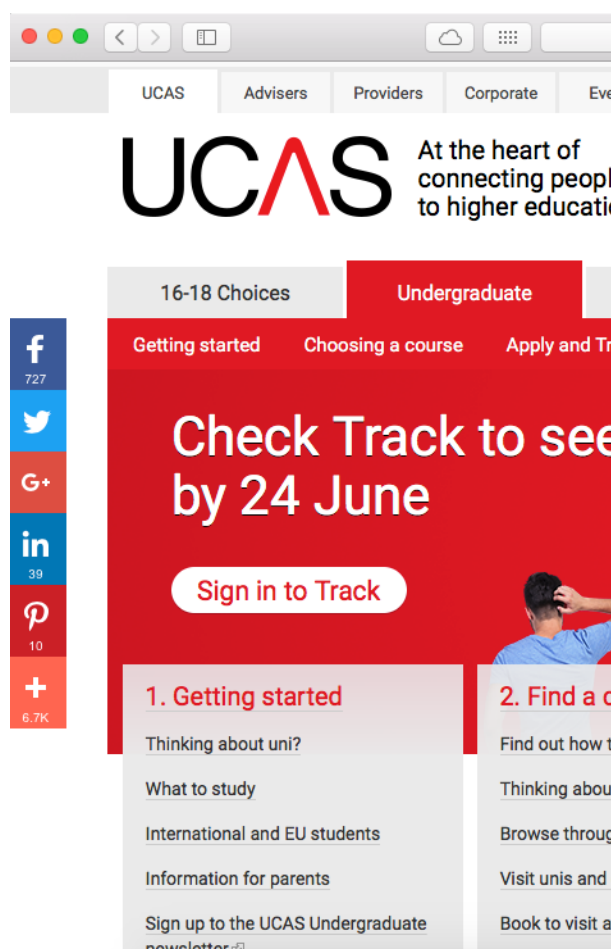
- Sports / clubs and other extracurricular activities like Duke of Edinburgh
- Volunteer work both inside and outside of school
- Work experience / part time work
- Hobbies and interests
- Any positions of responsibility e.g. Paired reader / subject mentor

Examples of skills and qualities that you can say you have developed and demonstrated (just pick the key ones that are relevant to you and the course you are applying for)

- Communication
- Problem solving
- Responsibility
- Team work
- Organisation
- Time management
- Initiative
- Willingness to learn
- Self-discipline
- Commitment
- Patience
- Stamina
- Leadership
- Confidence
- Empathy

3. Closing paragraph — end with a concise paragraph leaving the reader with a clear understanding of why the course is right for you and why you are perfect for the course.

You should start your search online using the UCAS website



# Sample UCAS Personal Statements

Below is a range of draft personal statements that you can use to give you inspiration ....

We have lots of other examples, so if you are interested in studying a subject at University that isn't listed below then please ask Miss Allen.

## English Literature

In the words of William Makepeace Thackeray: "There are a thousand thoughts

**"By using the UCAS website you will be able to find out more about how to research courses, make and track applications."**

- UCAS

lying within a man that he does not know till he takes up a pen to write." For me, this quote epitomises the inspirational value of literature. I believe that English literature possesses an overwhelming power: it has the ability not only to entertain but to challenge its readers to ascertain a deeper understanding of the world. The most recent novel to stimulate my senses in this manner has been Emily Bronte's 'Wuthering Heights'. The complex web of themes and motifs inspired me to question the nature of human relations and to truly exercise

my analytical techniques.

The language element of the course I have been studying has allowed me to develop an appreciation of the technical side of writing, which has consequently encouraged my enthusiasm towards literature to blossom. The subject touches me on a personal level; often there are no right or wrong answers or firm boundaries of 'black and white' and this leaves me with a burning desire to fully submerge myself into an author's work.

In the past year, I have had the pleasure of participating in a French exchange, which allowed me to stay with a host family in Angers for a week. To stay with a foreign family and to be dependent upon my linguistic skills was nerve-racking, however I embraced the challenge and became good friends with not only my host student but also with the rest of her family. Shortly after this exchange, I visited Berlin with my fellow German students, which was an equally wonderful and fulfilling experience. Studying two languages has benefitted both my English language and literature work immensely. Currently I am studying 'The Pardoner's Tale' by Geoffrey Chaucer and I am able to identify words which are derived from the French and German languages. This has aided my understanding of the text. Japanese language has been an integral part of my life for the last year. Through being taught extra-curricular lessons I have learnt both 'Hiragana' (the syllabic form of Japanese) and 'Kanji' (Japanese symbols). Learning about Japanese



culture has been absolutely fascinating: not only has it broadened my horizons, but it has also fuelled my yearning to travel and to meet new people.

I am a keen pianist and recently I passed the grade 7 exam. I adore playing both solo and as an accompaniment to fellow musicians. I am currently studying hard for the grade 8 exam. Although it is extremely challenging, it is at the same time incredibly rewarding because I like to push myself and to explore my abilities. I also play the clarinet and I have taken part in a number of concerts in the past as part of a concert band. One major event was when I played at the Royal Norfolk Show; to play in front of a large audience was an exhilarating experience. Through working in a retail outlet every weekend I have come across a wide range of people, which has articulated my customer service skills: something I am relieved to have on the odd occasion when a customer is slightly difficult to please! Often my co-workers and I are working under immense pressure, which enables me to fully appreciate the importance of teamwork and to experience a sense of solidarity which is vital under certain circumstances.

In today's society, I strongly believe that it is of the utmost importance that we, as a global community, can imbibe the opinions and ideas of each other; regardless of whatever walk of life we may be from. I consider English literature to be a valuable tool in acquiring this skill and I would love to take my adoration of the subject to the next level.



University Academy Holbeach offers all students the opportunity to go to the UCAS convention at Lincoln.

## Engineering Personal Statement

Engineering has helped shape the way we live throughout the last millennium, from the old Viking Longships to hybrid powertrains and high speed bullet trains. For me, this rate of development is incredible, and the chance to be a part of this ever evolving industry, with a focus on efficiency, is something I am very excited about. For myself, vehicle design and motor sport has intrigued me over the past decade, as has the shift in aeroplane design throughout the 20th century. The changes that speed and heat and altitude all produce fascinated me, increasing and decreasing resistance, increasing and decreasing pressure, entropy and so forth. I feel very passionately about the aerodynamics and efficiency of modern transportation methods and the effects of the local environment on components in everything from high speed trains to tiny transistors in radios and mobile phones. Even the development of the vacuum cleaner by Dyson over recent years has been something to behold.

Maths A-level, has helped me to grasp a range of difficult concepts, both simple and abstract. Maths has also helped me see that even the most difficult of

questions can be broken down and answered with a combination of different methods to reach the final answer, sometimes you can't solve a problem in one step, it may take three or five or ten, but the solution can be found. Engineers often have to work around multiple factors before a solution can be achieved, which is a skill I am continuously developing, and looking forward to applying this to more complex, focused problems at your University.

A-level Physics has also provided a real backbone to the basics of engineering, with the use of basic formulas like Newton's Laws of motion to more challenging ones like Coulomb's Law and motion with non-constant acceleration. This has very much laid the foundations for more focused physics, like how the laws of thermodynamics affect the motion of a body, which will help when considering design of exterior and hydraulic pressure at speed and altitude. Understanding complex ideas is key to being an engineer, as it also often requires a logical approach and the ability to derive new methods of problem solving. Possessing these skills is something I am confident that I have, and am keen to develop in a new, more focused learning environment.

A-Level Geography helps in more indirect ways, explaining the necessities for quicker, more efficient, more reliable and cheaper solutions to transportation of people, whether this be public or private transport, or indeed advances in technology which allow business transfers and meetings to be done abroad. Contextual and environmental awareness is crucial to understanding what people needed, as well as providing the key stone to what will be needed in future, while also assessing the secondary impacts any solution might bring. Foresight is a quality I feel all engineers need to have in these times. During my

**“It's that you remember your log in details as they will need them throughout the year!”**

- UCAS

time in school, I was made a student ambassador for Physics and Geography, which involved helping out in school open days and evenings. Although voluntary, I was more than happy to as I am passionate about instilling the same love of my subjects into others. Commitment to try new things outside of lessons or work is key to personal and professional development, and I would be happy to be involved with any projects at your university. Starting DofE at bronze and continuing through to gold has helped me

understand the values of commitment and perseverance when faced with a challenge, as well as developing teamwork skills, mainly learning to encourage positivity and exploiting strengths rather than exposing weakness.

Engineering is at the forefront of technology, and I would like to be a part of it. I feel this course will help me achieve my ambitions of where I want to go and what I want to do in my future, but I also want to make a difference at your university, and not just be another student.

## Education and Special Needs

My passion to help others has always been my driving force. I want to be a part of society that supports those of us that face more challenges than others.

Partaking in a Special Educational Needs and Inclusion degree will be both emotional and intellectually challenging but also I believe a very rewarding career pathway. Academically I am especially intrigued to learn about the history and development of special needs education. From researching about Piaget and Vygotsky's theories it is clear that there has been significant progress in the understanding of cognitive development. The development of a child depends on them being able to construct an understanding of the world around them, they experience inconsistencies in what they already know and the difference in their environment. Having completed over 100 hours of work experience I have been lucky enough to see how a range of these strategies have been used in the classroom/setting. It has been particularly interesting for instance to see how they have used Gardeners theories of multiple intelligence to engage learning is fascinating. Many SEN Y 11 pupils that I have been volunteering with have really responded to kinaesthetic and aural methods and this is something I have developed when working with them to ensure that they are engaged and focused. Encouraging them to believe in themselves and staying positive and patient with them no matter what the circumstance is vital to success. The importance of structure in lessons was also clear to me and starters and plenaries provide the perfect opportunity to review and consolidate learning. Children need certainty and the sense that what they are doing is worthwhile, they need to be reassured that there is something out there that they can realistically aim for.

English A-Level has helped develop my research and analysis as well as fine tuning the fluency and accuracy of my essays. Whereas Law has developed my ability to grasp complex theories and strengthened my analytical skills and my ability to apply relevant contextual information, which has developed my initiative. It is also about being logical, methodical and organised-all of which are essential to special needs education. As the majority of the degree is coursework-related, I am committed to carry out my own research which I have had to do for my Music Performing BTEC. One unit that I have particularly enjoyed was Music in the Community, which involved creating workshops to fit different demographics. It was important to adapt my teaching style so that my teaching was accessible to everyone. I've also learnt that if I cannot make it attainable for them, I have not taught them effectively and need to reflect on my own teaching techniques. Inclusion is vital, as is creating a positive atmosphere where everyone is being encourage to partake equally. I believe that this is the essence of this

**Students have a maximum of 4000 characters to write their personal statement.**



degree; being fair and teaching others that we can achieve no matter what our issues, whilst at the same time understanding the importance of realism.

Being part of the Lincolnshire Youth County Orchestra and school ensembles has given me a great boost in confidence; I am a leader of a section within the orchestra as well as performing in front of large audiences. I hope that my love of music is something I can offer your university and to students I work with in the future. Music as a form of therapy is something I would like to explore in the future as a way of unlocking emotions as well as talent. Music is one of my passions and to help someone else express themselves through music would be very rewarding as a career. Education of any sort is a vocation; one that is immensely challenging but also immensely rewarding. I believe that I have the dedication, perseverance and passion to achieve at your university and I would relish the opportunity to fulfil my dream of making a difference to the educational experiences of others.

## Criminology and Psychology

Psychology and law underpins the whole of society, from marketing campaigns designed with the aid of psychologists to target a specific audience, to forensic psychologists who are responsible for carrying out risk assessments on dangerous criminals and vulnerable people. Psychologists are involved with all aspects of life; from education, to health, to the criminal justice system, the list goes on. What draws me to the study of psychology is simple: the variety. Psychology opens up many doors whilst criminology allows me to continue studying the area of law that I am passionate about. Criminal modules at A-level have given me an insight into case law, giving me a chance to examine the motives of crimes; from battery to murder. I also enjoyed examining the defences; especially diminished responsibility which focuses on abnormality of mental functioning and loss of control; all of which have many psychological aspects.

**“A poor personal statement may well mean that you will not be offered a place at University!”**

- UCAS

My subjects at AS have all helped me to develop my research and analytical skills whilst still allowing me to focus on the subject that I am driven to study at university. Modules I have the most interest in AS biology have revolved around the human body and the ethical and social issues regarding things like medical procedures; which would link in with the clinical modules in the psychology course. My analytical skills can best be represented by my physics practical assessment module, which required me to carry out experiments,

obtain data, compile statistics and then analyse the results identifying patterns. I believe that the skill to recognise patterns and analyse large volumes of data will be invaluable to me during both my criminal and psychological studies.

The criminal element of my Law modules allowed me to participate in class moots, enabling me to develop self-confidence, I believe this will support me when presenting my results from any experiments or the conclusion of any



research. The A2 law module on law and morals is concerned with the ethics of law and about how a lot of law is based on the general public's accepted views and morals (creating law based on public policy) and the Governments own interests. However as Durkheim, a French sociologist suggested it is almost impossible to find a single set of moral values that would be acceptable to all members of a modern society. This calls into question whether a judge should be able to set precedents as their own moral compass could influence their decision making — potentially creating different sentences and outcomes.

Volunteering at my local library has allowed me to develop a sense of responsibility as I was often supervising my section of the library with a group of children participating in several different activities. I believe that this skill along with using my initiative will be vital during my degree as a lot of personal study is necessary, requiring responsible management of my time. My teamwork skills were also developed, when working with colleagues to create games, activities and decorations to develop a love of reading and adventure in children. These skills have been further developed by my part time job where I work as a team to serve customers confidently, efficiently and quickly. Teamwork skills are vital, particularly with things like forensic psychology, as often a team of people will be responsible for writing risk assessments on offenders and working with them to ensure they receive the correct support. I believe studying psychology and criminology at degree level will be satisfying intellectually, whilst also enabling me to apply practical and contextual knowledge to the situation. My precision and



meticulous nature, along with my analytical and evaluative skills have been extensively developed through my A level and I believe that these skills combined with my determination and commitment will make me an ideal candidate for your university.

## History

“Unless we learn from history we are destined to repeat it” This is why it is crucial to study history. Alongside a passion for the subject I offer you a willingness to learn, unmatched levels of enthusiasm, and a passion to work with others dedicated to this subject.

During my current studies, I have enjoyed discovering the past and the effects that historical events have had on the Socio-political worlds both domestically and on a world scale. I especially enjoy studying the history of the United States; I find it amazing how a country so large and influential was able to remain unanimously conservative on issues such as civil rights, where in some cases citizens were left waiting 100 years for de facto civil rights.

The range of my A Levels has given me the ability to critically analyse and interpret the effects of key events. These include the effects on the Civil Rights movement in the USA, Hitler's rise and ultimate fall from power and the Suffragettes fight for equality. Another vital skill which I have learnt is the ability to interpret a wide range of information from the US's constitutions to contextual sources. Through the studying the course I have also developed the quality of my written communication, always using appropriate evidence to support my argument. The importance of independent study and reading around a subject to further my knowledge and understanding has been reinforced to me, but this has also been a real pleasure as well. Consequently I have amassed a large amount of reading material on various subjects, these include works by Elizabeth Roberts and Harold L. Smith.

I have also undertaken various extracurricular activities; such as touring the Battlefields of France. Prior to this however I have undertaken the Magistrates court Challenge which gave me experience of the UK Judicial system. Further academic studies have seen my gain not only academic awards but professional ones as well the most notable one of these is that I am working towards the CISCO certified qualification CCENT. The course challenged me but allowed me to develop my knowledge of IT and networking concepts.

In my spare time I have various hobbies which have resulted in gaining various awards. Possibly the most influential of these was my completion of the Silver and Bronze levels of the Duke of Edinburgh Award. In order to complete these not only did it involve me completing a four day expedition for each level, but it also involved undertaking the relative training and giving up my time in order to help people in my community. This has included working with local Scout groups and leading group activities.

Furthermore for the past four years I have been a Young Fire fighter at Boston. This has involved teamwork and leadership, as recently my hard work was

rewarded by gaining a promotion to Crew Manager. This role includes analysing and assessing situations. Besides this it also includes mentoring the younger members so as they can operate safely and so that their knowledge of fire fighting is strong. By undertaking this scheme I have achieved various awards the most notable was First aid. Essentially I have learnt vital skills that are not only relevant to your course but all walks of life. These include analytical skills vital to assessing information, the ability to remain calm under pressure however the most transferable skill I have learnt is the ability to be dedicated until the task is complete no matter how hard it may be.

To reiterate I offer you unparalleled dedication, and hard work. This level of dedication will make me a suitable candidate for your course, as I am willing to put in time and effort in order to succeed. I feel I have the necessary skills which I will deploy on your course

## Sports Therapy - Personal Statement

Sport has always been a passion but I didn't think about following it as a career until studying my Level 3 BTEC. This combined with volunteering to coach a Girls Football team has really inspired me to take my passion further and study Sport at University. Sports Therapy underpins the performance in all sports and I am focused on this as a career.

Within the BTEC the Sports injuries unit involved focusing on a range of areas across injuries, looking at how the athlete would react to receiving an injury, psychologically and physiologically. We also examined a range of injuries and different first aid methods before finally covering rehabilitation. The rehabilitation planning involved a programme for people who have suffered from different major injuries such as an open fracture and dislocation, I had to give examples of treatment, research into the stages of rehabilitation and learn about how to regain a full range of motion through different methods such as strength and conditioning training or massage and manipulation. This has allowed me to acquire a better perspective of the area I wish to go into which is Sports Therapy. Performers depend on their backroom staff, physiotherapists and sports therapists, to help support them through injuries. Linking to this was a Coaching unit, which involved creating development plans for a specific sport and also understanding the roles, responsibilities and skills of coaches. Included in this was the importance of filling out risk assessments for sessions and look at the different techniques that coaches use such as the use of demonstrations, giving feedback and setting goals, which helped me to understand the process and



There are a thousand thoughts lying within a man that he does not know till he takes up a pen to write.

effects of targeted coaching. Anatomy and Physiology expanded my knowledge on the muscular and skeletal system, which allowed me to become more familiar with the interaction of different muscles and bones in the human body. I now need to develop my understanding of how Sports Therapy can rehabilitate the body to once again achieve its maximum potential.

The Duke of Edinburgh Award has also been a large part of my life and I have completed my Bronze, Silver and am part way through Gold. This award has been a great experience, and it developed skills such as: team work, determination, responsibility and initiative. During both awards I volunteered at a local girl's football team which has led to me getting a FA level 1 coaching qualification. Achieving this qualification was a great experience, it made me a lot more confident and I had to work independently and use my initiative. During my session I had to speak loudly and confidently and learnt the importance of pace, timing and having a sense of humour! I also gained an emergency first aid qualification which gave me an understanding of correct procedures.

I am also an Assistant Manager at Glinton and Northborough United under 12 girls' team. Where I support the Manager in training and on match days, planning training sessions and suggesting ideas of how the team can improve their skill base and team ethic. From doing this I have gained knowledge and grown in confidence. I also gained some hands on experience of Sports Therapy when one player broke her ankle and once out of cast returned to training. Sessions had to be adapted for her, this was done by allowing her to perform drills at a low intensity and gradually work up as the weeks went on. Massage and manipulation also played a part in her recovery to ensure a good range of movement. It was important to monitor her to establish when to push training forward and when rest and light exercise was more appropriate.

The emphasis of the Sports Therapy course on manual skills and practical application really appeals to me, I feel that my skills of hard work and

**“List supporting evidence to back up why you are so excited about the courses you have chosen, include work experience or out of school activities”**

determination will allow me to excel, and by completing this course it will help me reach my long term goal of becoming a Sports Therapist for a club or an organisation.

## Science

Science is my biggest passion and has been throughout my education. Biology in particular is the subject I find most interesting and for which I have most flair. I like all different

- UCAS

aspects of the science courses, from coursework based units, when I have had to study independently, to practical work in the labs with different equipment and experiments. I also enjoy displaying my work as a presentation to my tutor and the rest of my class. I have always dreamed of a career in a science based environment and I am eager to expand my knowledge in this area.

Throughout my BTEC Applied Science course I have used many different pieces

of specialist equipment for in depth practicals. These include; burettes whilst doing titrations and neutralising chemicals, I have used colorimeters to determine the concentration of different chemicals and liquids. Other practicals such as dissection need the use of sharp scalpels and steady hands, this links into one of my favourite units where we examine the physiology of human body systems, analysing different cell stages; looking at their life cycles with microscopes. I also enjoy Mendelian genetics and working out probabilities of different gamete combinations like dominant and recessive genes on inherited characteristics.

My CISCO BTEC course has increased my knowledge within computer networking and its components. This has included a lot of recorded presentations which has helped me gain confidence when conveying my work to others.

I have also completed the D of E Bronze, this was a very rewarding experience as I was able to develop my leadership skills and worked using my own initiative as well as support the local community. I gained a lot of amazing memories that I will cherish for the rest of my life, such as; being chased through a field by a herd of agitated cows!

My other achievements have included a Certificate for a Communication Training course and a level 1 award in Sports Leadership where I led groups of my peers in physical fitness training sessions. As well as these achievements I also have a certificate in Basic First Aid training; this taught me how to prioritise and deal with a variety of different incidents. These skills show that I can remain calm under pressure and deal with problems effectively.

Working for a newsagents has really developed my work ethos and appreciation of money, through this I have been commended on my Reliability, Punctuality and Commitment to this job. For the last year I have also been employed by a local retailer on a Sunday with occasional overtime when needed. I have enjoyed this work and have built up a good rapport with Customers, Staff and Management.

In my spare time I enjoy football and have played for my local town team since the age of 5. I always enjoy Swimming, playing guitar, keyboard and listening to music. I enjoy field target, hunter field target and clay pigeon shooting. I also enjoy spending time with my friends and family and understand the importance of balance work and family life.

As aforementioned my main interest is Biology. I have attended seminars and open days at Lincoln University, which has really given me an insight into the realities of a degree course, they have also inspired and challenged by to fulfil my dream of a career in biomedical science. I have also been lucky enough to have been awarded an Access to University Scholarship as my school really recognised my desire and potential to study Science at a degree level.

I am eager to meet the challenge that the course offers. My Determination and Commitment will ensure that I keep to deadlines and see the course through to a successful end. I feel that my efficiency and organisation skills will help me to work productively and on schedule throughout this course and I am genuinely



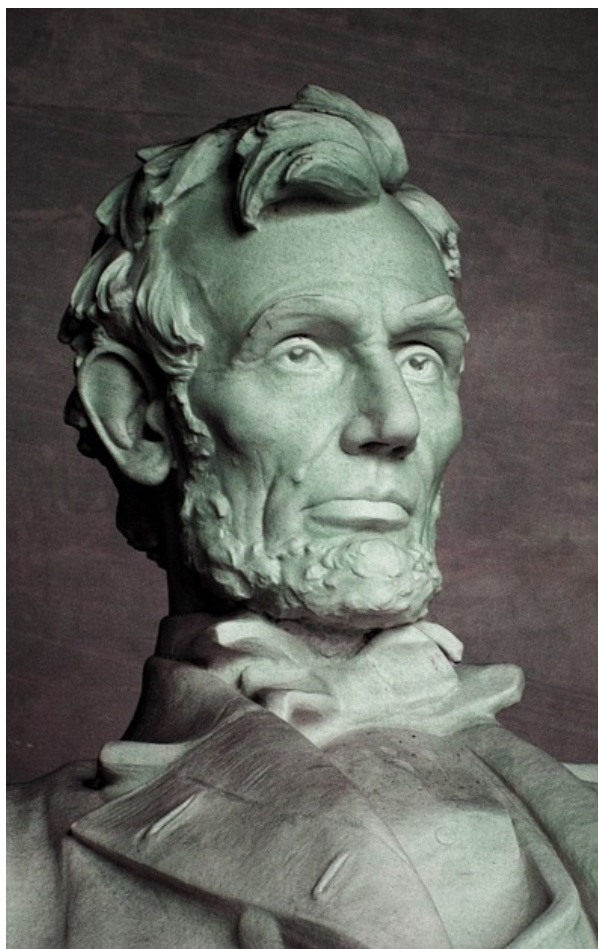
excited about starting at your university.

## History

The study of History is vital to any individual or society, without History we have no point of reference either social or cultural; "Those who don't know History are doomed to repeat it". Without the study of History, we would never learn from our mistakes and advance as a culture. It is impossible to overestimate its' importance as a subject and I now want to deepen my understanding by continuing my studies to a degree level.

Through History, I have learnt that there are many different perceptions and interpretations of events, and having the ability to present strong arguments and win debates has been vitally important. This is where being a part of the debating society really helped; communicating clearly my ideas and thoughts, as well as preparing a well-structured argument. Debates by Historians, such as Richard Evans on the subject of Nazi Germany and the effect of propaganda have really inspired me to get involved and discuss my own views, as well as exploring others. Reading around the subject is one of the joys of History, for example, John Gaddis' "The Cold War", as an American post-revisionist historian it was exciting to consider a view from a different culture. I am particularly interested in Cold War History, and the underlying politics and ideologies surrounding Communism and Capitalism. A-level English supports my History by teaching me to carefully analyse sources to find deeper, implied meanings, as well as helping to improve my critical essay writing. The study of History requires me to be analytical and logical, and the problem-solving skills I have developed in my Maths A-level have helped me to excel at this, developing my lateral thinking. Seeing how people and civilisations shaped the world we know today, and using that to help explain what is happening in a modern world is what enthral me. The rise and fall of great civilisations, like the British Empire, the USSR and the Romans shows how History is ever-changing and dynamic. I'm constantly looking to further my study of Historiography; the way people lived in the past, how they dealt with the problems they faced and the overall impact on ordinary people. Poverty, politics, war, rebellion, they all have their own impact. History is our key to understand the future and as a committed student of History I am excited about this prospect.

During my work experience at a primary school, I found teaching History to be another real passion, and is something I am interested in pursuing. I firmly believe that History is a subject accessible to everyone, looking at civilisations such as Egyptians with KS2 pupils, and linking this with a very kinaesthetic style of learning, painting hieroglyphs for instance, supports my view that History is very



**There are also lots of subject specific loans, bursaries and grants available**

much an 'active' subject. I also volunteer as a young reader, developing their skills as well as enhancing my interpersonal and communication skills, giving feedback to teachers as to how my reader is progressing.

**“Think about the skills you can use on the course; leadership, communication, playing music, etc”**

- UCAS

This ability to communicate effectively was further reinforced by taking part in Silver DofE, although challenging it was great to be taken out of my comfort zone as it helped me to develop my leadership and initiative skills. During the summer holiday I also took part in NCS. Four weeks, of sports and business activities, as well as a “social action project” for charity. This developed a range of skills

including presentation, team-working and organisation. Currently I am also involved in an ASDAN course focussed on volunteering; keeping to the deadlines has been vital as I have had to balance it with A-level work, but it is something I am proud to be a part of.

Our beliefs, social and political structures are all defined by our History, it is this breadth of study across a range of civilisations that really interests me. History is being made all the time and I am totally focussed on being a part of it at your university.

## International Relations

I have a broad interest in the world politics and the importance of the relationships between governments and corporations in the modern world. I'm aware of the instability that a modern-day world faces from war and conflicts over land, the economy, personal and political freedom, religion, international relations, racism, terrorism, immigration. Keeping up to date with current affairs is something important to me, as I regularly watch news and political programmes, from Question Time to The Agenda, and read broadsheet newspapers daily to keep me informed. I find the ongoing crisis in Ukraine particularly relevant as the Russian annexation of Crimea bears the hallmarks of similar interventions by autocratic leaders in the past. Whilst an invasion is illegal, the crisis raises an interesting debate about the ownership of the area, as it was previously Ukrainian-owned despite the majority of the population being ethnically Russian. The states of Sevastopol and Donetsk which proclaim their own autonomy also provide an intriguing discussion about human rights and sovereignty. International relations and history is vital as I believe the events of the past will always shape the future in some way.

My study of politics at A Level has allowed me to observe how ideologies define the ways in which people vote, and the ways political parties have to adapt to changing conditions to make them electable, whilst in their ideological position within the political spectrum. One module I study is focused on US politics, and as their first term is primarily based on achieving re-election, and their second on securing a legacy, their success in international diplomacy becomes almost as

important as their domestic performance. My study of English has helped me to unearth new styles of writing, all of which have helped me to write critically and synthesise arguments effectively and with confidence. These subjects have aided my wider understanding of the effects of politics, international relations and journalism and I would now like to take my knowledge of the subject to the next level.

I am also a keen singer in the Chamber choir. Being a part of this group allowed me to explore my abilities and gain the confidence to sing as a soloist as well as within a group. It was a rewarding experience, as we were able to showcase our talents in front of large audiences, in venues such as the Royal Albert Hall in London. I also starred in a number of school productions throughout my time at secondary school which challenged what I was able to achieve as both a singer and an actor.

In the modern world, I believe that it's essential that, as a society we take an interest and are educated in events and conflicts that happen throughout the world. Our relations with other nations are crucial, it benefits us socially, economically and politically, protecting our rights and liberties, and preventing us from being isolated in times of crisis. The study of international relations allows us to start to identify the successes and the problems in the world, and how there is not a definitive answer about how to replicate or repeal these issues. It allows us to recognise that our actions directly affect the actions of others in the world, regardless of their ethnicity, religion or wealth. International relations creates the society we live in and establishes the choices we are allowed to make, affecting our lives and the others around us. I am looking forward to being part of these discussions at your university and believe that I have the academic skill, determination and commitment to be successful on this course.



**End with a concise paragraph leaving the reader with a clear understanding of why the course is right for you and why you are perfect for the course.**

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## Chemistry

I have always enjoyed all aspects of science, my main passion being Chemistry. Chemistry is involved in every part of our lives from the small scale, including what happens within our bodies to the large scale industrial reactions we can perform. This varied scope of applications within chemistry makes this subject both fascinating and exciting to me and is why I wish to study it in depth. Biochemistry has so much impact on our lives with many opportunities in both medicine and drugs research. Medicine is very reliant on future developments from the chemical industry, with the development of new drugs for instance targeted anti-cancer drugs are particularly exciting as they turn off enzymes that cause the cells to become cancerous. They are relatively fast acting and are the future of cancer treatment.

In Chemistry, learning about and understanding how organic molecules work is fascinating. Having to find answers by piecing together information to form complex compounds very satisfying. Organic Chemistry relates to our lives regularly as we are all carbon based and the reactions that happen in our body have carbon based components. I also enjoy practical synthesis in chemistry, making compounds like aspirin, esters and azo dyes through a complex process is what Chemistry is all about. Other practical skills like titration and observational skills have contributed to my research skills massively, they have given me the expertise needed to reliably perform these practicals and gather usable data which I can study. A level Biology has given me skills to apply my scientific knowledge to all organisms and it's allowed me to look at the ethical social and economic issues behind some procedures. Ethics are an important element in biochemical research such as animal testing on drugs and vaccines. I particularly enjoyed Human Biology when looking at certain messaging processes like the control of the heart rate with the hormone adrenaline in the blood and the way the sinoatrial node initiates an action potential more rapidly in response. I have also greatly enjoyed lectures such as the TED which have given me a new insight into some of the biological processes inside cells and organs such as neurones and the brain. A level Physics has allowed me to understand very complex ideas such as the properties of elements on a nano scale as well as the physics behind all analytical chemistry. Maths is the language of science and will continue to underpin my understanding. A level Chemistry and Maths has given me great analytical skills in order to describe key information from graphs and formula that would be produced in a NMR, IR or mass spectroscopy machines. My work on calculations and algebra in maths has helped with calculating the rate and equilibrium constants and logs especially have helped when working out the pH.

Being a prefect at my school and reading with children in the mornings has enhanced my leadership skills and confidence dramatically. Outside of my studies I volunteer at a local care centre which I have found have further broadened my experience and attitudes towards charity, the hands on approach was very rewarding. My A level subjects have given me skills that will be useful during my time at university, such as note taking to reinforce my understanding and enable me to maximise my potential and study more effectively. Also time management has been and will continue to be a very important skill. During my course I hope to take part in some research projects and after university I am looking forward to work in science especially in organic chemical research and synthesis.

I feel that my time at university will make me more articulate and expressive. This enables me to work well in a team as I feel I can easily get along with anyone. It excites me to think that one day I could be involved and contribute to new ideas and would love to continue my studies in chemistry. I believe that my ability and passion for this subject will make me an ideal candidate to study at your university.

## Radiography

It was a 6th form visit to a radiography unit in a local hospital that first introduced me to the idea of diagnostic radiography as a career. As part of our course we studied medical physics and the types of equipment that are used in hospitals from MRI scanners to X-rays, it astounded me that with such equipment we can diagnose serious diseases and other concerns often before they become incurable. I have always had a love of science both the practical and the theoretical side and the BTEC in applied science has allowed me to expand on my practical skills, as well as my ability to work independently or in a group to complete a task. Completing a BTEC has allowed me to enhance my ability to prepare equipment for different experiments and procedures, whilst also being able to record results accurately and effectively. Obviously one of the units that I found most interesting was medical physics; because it is about how different types of radiation are used to cure specific diseases and why certain isotopes are chosen over others. Another thing that drives me passionately towards Diagnostic Radiography is my love for technology like super conducting magnets and vacuum tubes. Medical advances in technology intrigue me and I would love to learn how they are used and how they function. I believe that I have the determination, organisation and the commitment to do well at your university because I'm eager to learn and gain a better understanding of all the methods used in Diagnostic Radiography.

I have also felt inspired visiting hospitals, especially the x-ray department. I like to get a look into the workings of a hospital and how all the different procedures are carried out. Whilst at work experience in Addenbrookes hospital, in the diagnostic imaging department I got to work with some of the staff and look at some of the techniques and equipment that they use on a daily basis to diagnose patients. For example I saw how to x-ray different parts of the body and the procedures that have to be followed to ensure the safety and the well-being of the patient; I

**“Their aim is to help students make informed choices that are right for them”**

- UCAS

also learned that to be a radiographer you have to have good communication skills, be supportive and empathetic towards the patients, hardworking, and have a good understanding of the human anatomy. I believe that this has given me a goal to work towards in university, which is why I want to study Diagnostic Radiography.

Employment at a local newsagent as a supervisor has allowed me to improve and develop my communication skills with the

general public; providing good customer service, dealing with any problems that may arise and also increase my knowledge of how a business environment differs from the school environment. I also have two paper rounds, for which I have to wake up at 5:30 am every morning, which shows that I am self-motivated and independent. These jobs enable me to get a grasp on working life and help me develop skills such as communication, developing a sense of responsibility and both time and money management; all essential for university life.



Volunteer work at a local community centre to help feed the elderly was

**“Your statement also needs to include activities that have developed your overall skills and qualities.”**

challenging and hard work but also it gave me a sense of empathy for the elderly, it also helped me develop my communication skills and shows that I have the skills necessary to work with a wide variety of individuals. I have also taken part in various higher education extra curriculum activities that have given me a better understanding of how universities run and what it takes to get into and succeed in a university.

- UCAS

I am a hardworking and independent person that strives for success and is self-motivated to achieve my goals. I've also developed a good sense of money management and independent study skills which I think will benefit me in university. I believe that I have all the necessary skills, commitment and determination to be successful at your university.

## Physical Education

From a very early age sport has been an integral part of my life. I have had much success within my academic studies, gaining all GCSE grades at A-C and a Merit at BTEC Sport Level 2. This together with my extracurricular activities, has given me a solid foundation to embark on a challenging and exciting degree in Physical Education.

At the end of my degree I aspire to become a Physical Education teacher for secondary school pupils. Studying Sport at BTEC level 2 and 3 has given me an excellent insight into practical elements of different sports, whilst the academic side has helped me understand further systems and processes relating to all areas of sport including coaching and teaching.

I have played football since the age of six, playing in the junior school 5 a side school team then progressing to eleven a side for my local team within the junior sports league locally. When I started secondary school I had the opportunity to participate in different sports. Though I still continued to play football for my local team and the school, I became an active member of our school cricket, basketball and athletics team. Our basketball team were school league champions for two years running. I became team Captain for our cricket team and kept this status throughout my secondary school. During my time as Captain I was successful in motivating others to succeed. Taking this a step further, for my work experience I chose to work alongside our PE teachers to gain further experience in motivating, communicating and leading pupils in sport. I thoroughly enjoyed this experience as I gained exposure into the life of teaching. As well as helping with the practical elements of our school sports, I also helped with the academic aspects of this by helping to formulate lessons plans, and looking more closely into the relationship between theory and practical and how they link together.

I have always been a very keen athlete and have been running the 400 m on behalf of the school for the past four years. Last year I became Senior Boys Lincolnshire County Champion at 400 m running a personal best, and qualifying for the East Anglian Regional Championships where I finished in 3rd place. I am a member of the Nene Valley Harriers athletics team competing in the East Anglian League. This has given me an excellent opportunity to further enhance my skills in teamwork and communication whilst competing at a higher level of athletics. Competing at this level is something I would like to continue to pursue during my time at University.

As well as studying BTEC sport in 6th form, I have also participated in the Junior Sports Leadership Awards programme. I have gained Level 2 Certificate and am currently studying for the Level 3 award. This has been an excellent way for me to learn further skills in organisation, motivation and working with others. Coaching younger students to fulfil their highest potential in sport is an exciting and challenging element to this programme, as is teaching them about fitness and the importance of health with the help of sport. Recently my cohort of BTEC students and myself organised a charity bike ride. This was part of our module of 'organising an event.' We raised over £1000 for the charity. This was an excellent activity and achievement for our cohort, our school and the charity.

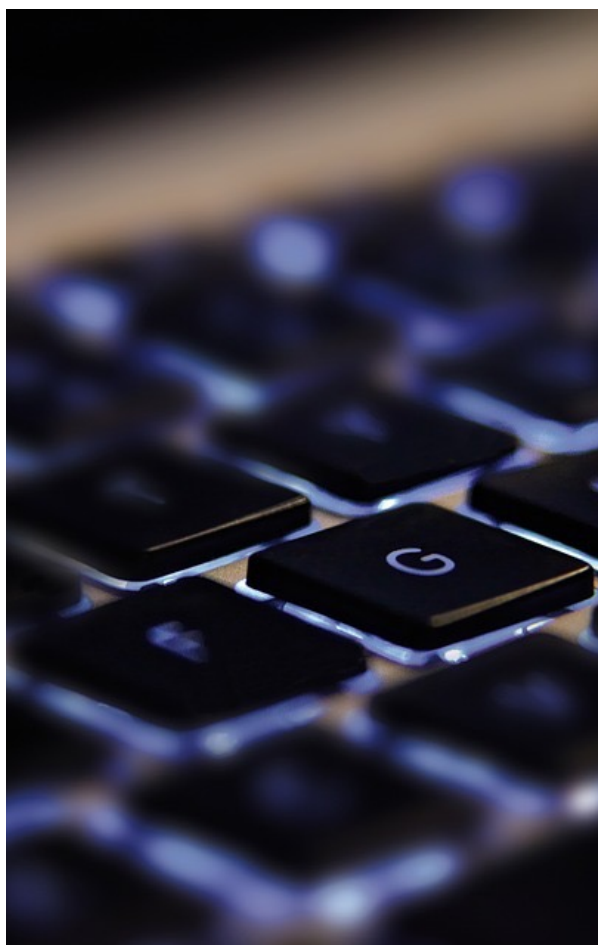
Working as a Barista in our local Costa Coffee store has given me more life skills which can only enhance my life and study within the university setting. My Communication skills with the general public have enabled me to have a wider outlook whilst at the same time being given responsibilities and decision making have helped to give me more independence.

**It is vital that personal statements are well written and accurate in terms of spelling, punctuation and grammar**

## Computer Science

From an early age, I have always had a strong fascination with electronics, particularly with regard to computer systems. My interests stem from experimenting with various software on my family's desktop computer and installing custom software on my first ever games console. This passion for understanding has never left me and has only grown stronger with age. My interests since have evolved into a passion for experimentation and creativity. I constructed my first website at the age of 14 using self-taught knowledge and also installing my first Linux distribution at the age of 16.

I chose to study the BTEC Level 3 diploma in I.T. because I felt it would help further develop my pre-existing knowledge, such as my basic programming skills in Python, HTML and CSS. I also wanted to



expand my understanding of networking concepts and technologies, various types of computer hardware and software. This BTEC has given me not only key knowledge for my future career in I.T, but has also allowed me to develop myself as a person; understanding specifically what aspects of computing interests me the most and further developed vital communication and teamwork skills through group projects. I have also studied the Cisco CCNA qualification, which alongside the BTEC, has greatly improved my knowledge of networking technologies, their functions and concepts. For example, understanding sub-netting how people throughout the world are interconnected and implementing VLSM & VLANs in an industrial context. Cisco CCNA has also allowed me to advance my mathematical and analytical skills by performing tasks such as calculating effective variable length subnet masks for networks with different needs. I have participated in various team activities situated around real life scenarios; an illustration of this was my involvement in developing e-commerce strategies for a developing local business where by I had to collaborate with clients to produce an effective and suitable website for their company. The knowledge I acquired while studying has already helped me outside the confines of 6th Form and I recently installed and configured my own router and a home media server.

As well as my interests in computers, I also have a keen interest in sound engineering and music production, particularly in audio mixing. I practice DJing as a hobby, I find that practicing this hobby relaxes while also helping me understand more how certain aspects of how software and hardware can interact.

Aside from the academic portion of my life, I like to keep active physically active and learn new skills. For example I currently work at McDonald's where I have learned a variety of new skills within the job. It has also allowed me to see the how importance, maintaining professionalism is within a social environment. In 2012 I raised over £200 for the Stroke Association charity by being sponsored to abseil down Battersea Power station. This was a great experience for me as it allowed me to support a charity close to my heart while also participating in something adventurous and fun. I have also taken part in other extracurricular activities such as Gymnastics, Karate and tap dancing where I have performed in front of audiences and gained qualifications. All of these extracurricular activities have not only helped me understand the healthy balance between having a professional working mind-set and enjoying other aspects of life, but it has also helped me build confidence in myself and what I am able to accomplish with hard work and determination. I have also been a member of 'Lincolnshire, Essex & Trent Boxer Rescue' for over 5 years, helping raise money and organising Fun days. Balancing all of this work has allowed me to develop good time management skills.

I am looking to what studying a Computer Science degree can teach me, take my interests in new directions and develop my skills even further.

## Fine Art

Art plays a part in everyone's life; art surrounds us from the moment we are born.

Personally there is no better form of expression than that of art. Jackson Pollock said "Every good artist paints what he is" I believe this is true, under every piece of art there is an emotion or a reaction. Whether it is emotion drawn from somebody else's work or the freedom of creating something which has the potential to inspire and provoke, art allows expression like nothing else. I have always found expressing myself with art is the simplest way to convey the deepest emotion whilst also having the satisfaction of producing something other people can enjoy and relate to.

I believe an important stage in art is finding yourself as an artist; this includes the development of your own style. Continuing art to a higher level will help me further develop and find myself as an artist, Fine art is a creative and visual art whose products are to be appreciated primarily or solely for their imaginative, aesthetic and intellectual content. I believe fine art is the most creative sense of art, stripping it back to the most natural sense, where work comes from a personal sense with more freedom of expression which is what I believe art is about. I have been particularly influenced by the work of Frida Kahlo who drew largely upon her emotions to produce emotive and provoking works, often depicting herself using symbolic imagery to portray her pain and distress. This to me is a clear example of the power of art; her work allows a viewer to portray her pain and provokes the viewer to understand her distress through beautifully naive oil paintings. Another big influence has been the work Alyssa Monks whom focuses on capturing the delicate relationship of colour; allowing her to produce highly detailed pieces imitating fog, rain, glass and flesh which captivates the viewer to look closely into the composition of the piece.

My current studies have allowed me to experience a range of artistic fields, such as Graphic Design, illustration and live projects. It was vital to have good communication especially when working with a client to ensure I fulfilled my brief effectively. During the live project my outcome was chosen to be produced for a local village sign; displaying my ability to work alongside others under tight commercial constraints. Units based on fine art and the history of art was fascinating as they allow a sense of freedom and creativity. Whilst art has always been my first love and passion I have also been studying AS History, which has helped me to develop analytical skills that allow me to examine how historic events have inspired artists. My current course has raised many opportunities to visit galleries; I gained particular influence from visiting the Saatchi Galleries 'Paper' exhibition which exposed a wide range of works all involving the simplicity of paper, visits to galleries always leave me itching to combine and try out new ideas and gain further inspiration.

Art for me isn't all about creating a perfect copy of an object it's more about expressing emotion, yet I believe it's important to practise and develop general drawing skills including participating in life drawing classes. I believe working from life and the use of primary sources are particularly important as it allows a personal experience.

Work experience with a photographer has allowed me to take image and produce studies from those images. I have also produced several wall paintings

for the offices of a local horticulture showing that I am able to produce commercial art.

Art plays a key role in everyone's lives, it's all around us, and it has changed and developed overtime influenced by technology, historical events and the emotion of people. It is an output that allows something beautiful to be produced whilst also delivering a sense of achievement. Art has always been a passion and I am determined to pursue it to the next level.