

LET'S  
DO  
THIS



THE TIME  
TO START  
IS NOW



## YOU'VE GOT THIS...



It's no secret – your personal statement is an important part of your UCAS application. It's your opportunity to 'sell' yourself. It gives you the chance to show how passionate you are for your chosen subject and why you're suitable for the course. It's also a way for university admissions officers to find out more about you as a person. And on competitive courses it could very well be the deciding factor in you getting offered a place or not.

However, writing your statement can feel like a hugely daunting task – this handy guide has been designed to help you produce a winning statement – with space for you to identify your key attributes.

If you want to take your planning one step further, follow our 52 THINGS TO DO guide – from thinking about the degree that's right for you to writing a personal statement, we've got it all covered – with handy advice and tasks designed to take no more than an hour each week.

Visit [www.solent.ac.uk/52-things](http://www.solent.ac.uk/52-things)



## COURSE COMPARISON

Before starting your personal statement it is important to research courses and universities that you might want to apply to.

Use the table below to track your research.

NAME OF UNI AND COURSE	WHAT ARE THEY LOOKING FOR	ENTRY REQUIREMENTS	DISTANCE FROM HOME

HOUSING COST	FOCUS OF COURSE	WHY DO I WANT TO STUDY THIS COURSE

TOP TIP:  
START AND END YOUR PERSONAL  
STATEMENT BY HIGHLIGHTING  
YOUR POSITIVITY AND PASSION  
FOR THE COURSE AND YOUR  
FUTURE CAREER OPTIONS

## COURSE COMPARISON

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TOP TIP:  
ASK SOMEONE ELSE  
TO PROOFREAD FOR  
YOU AND READ IT  
OUT LOUD

## NARROW IT DOWN –

PROS AND CONS OF TOP THREE UNIVERSITIES'

UNI NAME:

PROS		CONS	
1		1	
2		2	
3		3	
4		4	
5		5	

UNI NAME:

PROS		CONS	
1		1	
2		2	
3		3	
4		4	
5		5	

UNI NAME:

PROS		CONS	
1		1	
2		2	
3		3	
4		4	
5		5	

REMEMBER OPEN DAYS  
ARE THE BEST WAY TO  
WORK OUT IF A UNI IS  
RIGHT FOR YOU.

WWW.SOLENT.AC.UK/  
OPENDAYS



## MY RELEVANT QUALIFICATIONS

Focus on your GCSE results and BTECs/A-levels that you might currently be studying.

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TOP TIP:  
MAKE A PLAN  
BEFORE YOU START



TOP TIP:  
USE POSITIVE WORDS SUCH  
AS ACHIEVED, DEVELOPED,  
LEARNED, DISCOVERED,  
ENTHUSIASM, COMMITMENT,  
ENERGY, FASCINATION...



TOP TIP:  
YOUR PERSONAL  
STATEMENT SHOULD  
BE BETWEEN 400-  
600 WORDS (MAX  
4000 CHARACTERS)

## ABC

Whilst writing your personal statement it's important to highlight the skills you have developed, and how they are relevant to the course you're interested in. The ABC method can help you write about these experiences in a bit more detail. Experiences can come from your studies, work, social activities and sport.

**ACTIVITY** – what did you do?

**BENEFIT** – what skills/experience did you gain?

**COURSE** – how does it link to the course?

EXAMPLE

ACTIVITY	BENEFIT	COURSE
I started the college film club, making short films and running film screenings.	Practical film-making skills as well as teamwork and organisational skills from managing small events.	I have shown my additional commitment and interest in making films as well as having a broad interest in cinema.

ACTIVITY	BENEFIT	COURSE

IF THE PLAN DOESN'T  
WORK, CHANGE THE  
PLAN BUT NEVER  
THE GOAL

## PERSONAL STATEMENT TRACKER

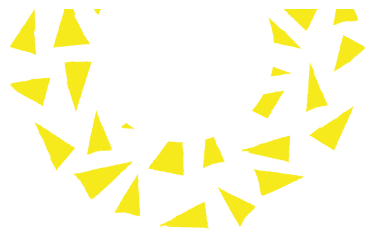
Use the table below to review how your extra-curricular activities demonstrate the attributes admissions teams are looking for.

ATTRIBUTE	ACTIVITY	HOW
PASSION AND ENTHUSIASM		
TEAM WORK		
INDEPENDENT WORKING		
PERSEVERANCE		

ATTRIBUTE	ACTIVITY	HOW
COMMUNICATION SKILLS		
INTERCULTURAL AWARENESS		
ATTENTION TO DETAIL		

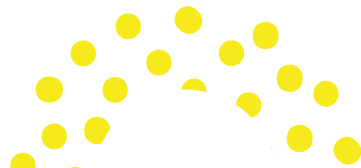
IF IT DOESN'T  
CHALLENGE YOU, IT  
WON'T CHANGE YOU





Now you've completed the above sections it is time to start writing your personal statement... good luck!

We're here if you need help, just email us on [schools.colleges@solent.ac.uk](mailto:schools.colleges@solent.ac.uk)



## NEED FURTHER HELP?

Email us: [schools.colleges@solent.ac.uk](mailto:schools.colleges@solent.ac.uk)

+ visit

[www.solent.ac.uk/52-things](http://www.solent.ac.uk/52-things)

OR

take a look at our instazine

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# SOLENT

## UNIVERSITY

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