

Task 1: Look at you!

It is difficult to know what to include in a personal statement. This framework will help identify your skills and experiences.

Use the list below to help you complete the next sheets. You can come keep coming back and adding more ideas.

At home / In your own time

People around me: For example, siblings, friends, family members

Hobbies/interests: For example, Clubs/teams played for, classes you take, spare time, such as sport, music, art, writing, cooking, social media etc. Books / articles enjoyed, passions

Responsibilities: For example, chores, cooking, cleaning, help with sibling /grandparent/others, work, volunteering

Achievements: For example, DofE, NCS, sport/music award, fundraising, personal goals

Aspirations: For the short term and for the future



At School

Achievements: For example, Punctuality, correct uniform, merits / awards and other success markers

Participation: For example, Class discussion, presentations, Involved in sports, drama, singing, dancing, music, STEM, Robotics etc.

Responsibilities: Form / Year group responsibilities, club member / captain, school council, eco, fundraising etc.



If you had to give a 2-minute talk on something you love, what would it be?