

Personal Statement Exercise.

University of
Northampton



The aim of this exercise is to get you thinking about what you could include in your personal statement. Once you've completed the section below you will have a good starting point and some ideas to build on.

Subject interest.

This section gets you thinking about what you want to study and why. It's really important that your passion and excitement for the subject you want to study shines through in your personal statement!

What course(s) do you want to study?

When did you become interested in this subject?

Why do you find this subject so interesting? What do you particularly enjoy?

What have you learnt about it that has inspired you to take it on to university?

What personal qualities do you possess that make you suited to this area of study?

Is your interest sparked by particular career ambitions?

Academic interests.

Including your academic interests, such as what you're currently studying, gives you the opportunity to talk about any relevant areas you have already covered.

What are you currently studying and how is it relevant?

What do you find particularly inspiring and why?

Have you done any particular academic projects within your studies? What skills have you developed?

Have you been on any trips that inspired you? What have you learnt from these?

Positions of responsibility.

Talking about being given additional responsibilities can look great in your personal statement, such as becoming a prefect or head boy/girl, leading a dance group, coaching a local football team or doing charity work. Always remember to talk about the skills and qualities you have gained from the experience.

Responsibility	Description	What have you gained from it?
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

Work experience.

If you have any work experience that is relevant to your degree subject, then it's vital to mention it in your personal statement. Even a part-time job may mean you have gained skills and qualities. Below is a list of skills - match these up with the part-time jobs you have held and consider any other skills you may have gained or developed.

Communication	Flexibility	Entrepreneurial skills	Initiative skills
Interpersonal skills	Working to deadlines	Time management	Working independently
Computer literacy	Determination	Commitment	Team work
Organisational skills	Problem solving	Responsibility	Confidence

Job	Skills gained
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

Gap year.

For those of you planning a gap year, you might want to talk about how you intend to use your time, things like relevant work experience can really strengthen your application. Explain what you hope to gain from the experience.

Gap year plans	Your reasons why and the skills you hope to gain
<input type="text"/>	<input type="text"/>

Career aspirations.

Don't worry if you haven't got any career plans at this point, but if you do have any plans for the future, they can become a great inclusion in your personal statement and potentially a good topic to end on.

Career aspirations	How will your degree and university life help you to achieve this?
<input type="text"/>	<input type="text"/>

Summary statement.

Providing a strong summary statement can be the difference between a good and a great personal statement. Sell yourself and think positive!