

# Personal statement session

We hope you found the information in the session useful. Here are the key points and links to further advice and support.

It would be great to get your feedback on this session via the link below. It only takes two minutes to complete. Thank you.

[Student feedback survey](#)

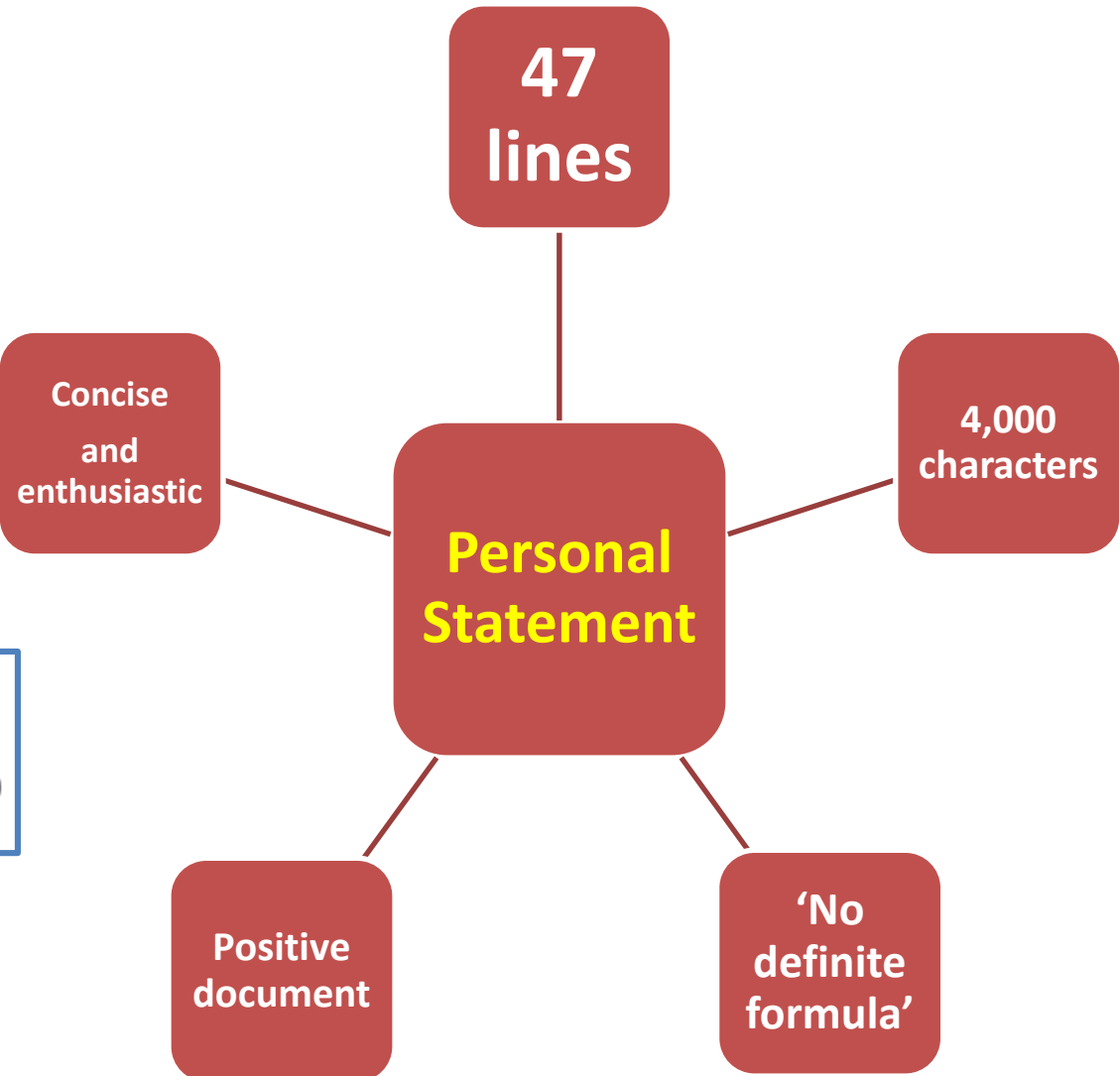
If you have further questions about planning for Higher Education and careers, you can email us at [prehecareersadviser@uwe.ac.uk](mailto:prehecareersadviser@uwe.ac.uk) and we'll be happy to help where we can.

**Please use your school/college email account.**

**Good luck with your plans!**

# What is a UCAS personal statement?

No text formatting  
Draft in Word first



[www.ucas.com](http://www.ucas.com)

# What to include in your statement

**Why** have you chosen this course?

What have you done that **demonstrates** your interest?

**How** are your academic subjects relevant?

What **skills** have you developed that **show** you have the aptitude?

**80-90% academic focus**  
(this includes work experience)

**10-20% extra-curricular**  
(part-time job/sports/hobbies  
etc.)

# Personal statement **ABCD** guide

## Activity

What have you done?

## Benefit

What skills/knowledge has it given you?

## Course

How do these relate to your course?

## Drive

How does this link to your interests and plans?

**Good**

**Better**

**Even  
better**

**Best**

# Personal statement resources

## Videos

- [UCAS - personal statement advice](#)
- [Health degree personal statement advice](#)

## Worksheets and advice

- [UCAS - personal statement guide](#)
- [UCAS - personal statement builder](#)
- [Which Uni - personal statement builder](#)

# Get started on your statement

**Why do you want to study this subject?**

**Why do you think you are suitable for this course?**

**How do your current courses relate to the course you have chosen?**

**What have you learnt from your work experience and extra-curricular activities, and how does this relate to your course?**

**What have you done that you're particularly proud of?  
What makes you stand out?**

**Describe any career ideas you have.**

# More useful websites

- ❑ **Careerpilot** (careers and options information with a South West focus) - [Careerpilot](#)
- ❑ **UCAS** (searchable database of courses and lots of great advice on choosing courses and more) - [UCAS](#)
- ❑ **SACU** (degree ideas generator) - [SACU](#)
- ❑ **What Uni** (lots of useful information about different courses and universities) - [What Uni](#)
- ❑ **Prospects** (gives you an idea of where a particular degree subject could lead in terms of careers) – [Prospects](#)

# Blackbullion – money advice site

Useful website to help you get money-ready for university:

[Blackbullion](#)



## Why Uni?

Get to grips with the real financial benefits and costs of going to university in these short videos.



## Student Loan Repayment Estimator

Learn the true cost of your student loan and exactly how much you'll repay after graduation.



## Budget Calculator

Plan your budget so you don't run out before Christmas with an easy to use calculator.



# Action words for personal statements

Accomplished	Achieved	Attained	Clinched	Collected
Completed	Contributed	Delivered	Discovered	Earned
Enabled	Engineered	Exceeded	Executed	Fulfilled
Gained	Implemented	Integrated	Negotiated	Obtained
Outperformed	Outstripped	Performed	Produced	Published
Reached	Restored	Saved	Secured	Shaped
Sold	Solved	Submitted	Won	Analysed
Appraised	Assessed	Audited	Calculated	Clarified
Classified	Considered	Contemplated	Critiqued	Diagnosed
Distinguished	Estimated	Evaluated	Examined	Explored
Extracted	Focused	Forecasted	Identified	Inspected
Interpreted	Measured	Monitored	Projected	Recorded
Researched	Retrieved	Reviewed	Screened	Scrutinised
Studied	Surveyed	Tested	Tracked	Validated
Verified	Adapted	Adjusted	Amended	Cut
Developed	Diversified	Diverted	Downsized	Edited
Halved	Improved	Initiated	Innovated	Integrated
Invigorated	Modified	Overhauled	Reduced	Rehabilitated
Remodelled	Restructured	Revamped	Revised	Transformed
Trimmed	Tweaked	Updated	Upgraded	Advertised
Advised	Authored	Briefed	Called	Campaigned

# Action words for personal statements

Circulated	Clarified	Communicated	Conferred	Contributed
Convinced	Co-operated	Corresponded	Discussed	Displayed
Distributed	Documented	Edited	Emphasised	Familiarised
Illustrated	Influenced	Informed	Instructed	Interacted
Interested	Liaised	Marketed	Oriented	Persuaded
Presented	Promoted	Publicised	Recommended	Redirected
Referred	Related	Reported	Represented	Requested
Showed	Spoke	Summarised	Translated	Transmitted
Wrote	Authored	Built	Compiled	Composed
Conceived	Conceptualised	Created	Designed	Developed
Devised	Drafted	Engineered	Established	Formulated
Fostered	Founded	Generated	Imagined	Initiated
Innovated	Installed	Instigated	Instituted	Introduced
Invented	Investigated	Kindled	Launched	Originated
Programmed	Proposed	Published	Setup	Shaped
Started	Stimulated	Accommodated	Advised	Alleviated
Assisted	Coached	Consulted	Counselled	Educated
Encouraged	Explained	Harmonised	Helped	Informed
Mediated	Mitigated	Moderated	Oriented	Reconciled
Served	Supported	Accelerated	Adapted	Advanced
Automated	Balanced	Boosted	Broadened	Changed
Cut	Decreased	Developed	Doubled	Downsized
Eliminated	Enhanced	Enlarged	Eradicated	Exceeded
Expanded	Halved	Improved	Increased	Invigorated
Optimised	Raised	Reduced	Rehabilitated	Repaired