

TASK 1

As mentioned, writing a personal statement is very difficult. This is based on our inability to identify our key strengths, skills and characteristics. Therefore, a large proportion of this course will include self-reflection in order to help you improve this area and gain confidence in demonstrating this in applications and interviews.

INSTRUCTIONS

For this task, you must think about yourself and different aspects of your own life. Complete the boxes provided (below) with information. You do not need full sentences. If you struggle with ideas for each area, look back to Lecture 1: Part 3 where we looked at two different students; Ivan and Salima.

Remember, this could be the first time that you are doing an activity like this and it is OK if you find it difficult. It is this course's purpose to help you overcome any negative feelings you have towards completing a task like this. We will work through these things together and you will have an opportunity to ask me questions directly in our live webinar. It is my aim (and the aim of this course) to help you to develop your skills in this area, so do what you can at this moment.

Complete the following:

List your previous education & include grades/ qualifications:

List any work experience (including voluntary):

List any life experiences (Example: Travelling, studying abroad, having children):

List all of the things that you are interested in:

List your hobbies (If different to your interests):

List your skills (These can things that you have received a formal qualification for or not, example: Grade 7 in piano):

List any characteristic that you would use to describe yourself: