

unifrog

Acing your Personal Statement

What is a Personal Statement?

- The 2 most important sections of your UCAS application are:
 - Your Choices (Where you are applying and what you are applying to study)
 - Your Personal Statement (Your chance to convince the Admissions tutors that they should give you a place on their course!)
- No longer than 4,000 characters (roughly one side of A4)
- It HAS to be your own work (plagiarised statements = disqualification)
- You can only write one!
- Your statement should reflect you as a person AND the interest you have in the subject you want to study.
- This assembly will aim to show you how you can ace it!

But first; get inspired!

If you know what you want to study, great! If you don't, it can be tough to decide. Explore the following tools to give you some ideas:

Careers library – Start with where you want to be, and see what needs done to get there!

Personality profile – Take the quiz and Unifrog will give you some inspiration for careers according to your personality

Interests profile – Another quiz! This time, based on your interests and what's important to you.

Subjects library – We'll use this again later, but for now, browse via your favourite subjects, or interests.

Get inspired!

Once you've got an idea of the subject(s) you're interested in, use the UK university search tool to explore specific courses in that area, and create shortlists

This might give you some inspiration for which strengths different courses favour, and you can tailor your personal statement to match!

Standing out from the crowd

- Getting noticed by admissions staff is really important for securing your place on a course.
- Your Personal Statement booklet (we'll come to this in a minute!) will help you gather and record inspiration for enhancing your Personal Statement.
- How many knowledge-deepening activities can you do in the coming weeks?

Geek out

Read

Watch


Listen

Geek out

Use the **Geek out** section in the Subjects Library to get ideas for current 'hot topics' in your subject and areas you could do more research in to.



Psychology
The scientific study of the mind and how this underpins behaviour.



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- Story
- In a nutshell
- Getting in
- Decisions
- Statement
- Reference
- Geek out**
- Recommendations: Read
- Recommendations: Watch
- Recommendations: Listen
- Explore

Psychology

Some specialist areas

Experimental Psychology

The most classically scientific branch of psychology, experimental psychology aims to learn more about our cognition, perception and memory. To do so psychologists employ experimental methods on human and animal research subjects.

Clinical Psychology

Clinical psychologists use psychological knowledge to treat and counsel those with mental illnesses. Therapy is one of the main ways in which patients will be treated. Clinical psychologists have a hugely important job in a society where depression and other mental illnesses are more and more common.

Hot topics

Rising depression rates

The worldwide depression rate has risen by 18% since 2005, the WHO reports. That is a massive increase which can only partly be explained by better methods of diagnosis. This alarming statistic means that there is more need for therapists, as well as for research into the causes of depression. What is it about our contemporary world that causes people so much despair?

New approaches to education

The way the world's youth is being educated hasn't measurably changed in the last few decades, even though the world itself has changed immensely. Psychologists are trying to figure out what the most effective forms of education are, and what we can change in order to make kids more excited about learning. Are grades really necessary? Should technology play a larger part in schools? Psychologists are setting up large-scale experiments to find out what works.

Read Watch Listen

- **Read**: Examples of articles, books, magazines and websites relating to your subject
- **Watch**: Relevant Ted Talks, videos and films
- **Listen**: Music and Podcasts which link to your chosen subject

Psychology

The scientific study of the mind and how this underpins behaviour.



+ Story

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Examples of best practice


You might have heard the term ‘best practice’ before. This is reading or seeing a good example of something you’re about to do.

Use the ‘Statement’ section in the Subjects Library to see examples of best practice personal statements.

Subjects library
✕ Subjects favoured

[Go to tool >](#)

Geography [← Back](#)



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[Save to Favourites? ♥](#)

Where next?
[Return to the Subjects library Start.](#)

Geography

The universities will obviously know what A-levels you're taking; explaining the skills you have gained from them is the important part. Data analysis and being able to use GIS is a key part of most geography courses. By including this in the Statement, the university has an idea of what you already know and hopefully what you can bring to the course.

My A levels were quite a random mix, however this section ensured I was showing links and benefits relevant to the course I wanted to apply to.

Throughout my time studying A-level geography, I have developed my enthusiasm for reading around the topic. Louise Amoore's chapter in *Observant States* was an engaging view on geopolitics. By profiling the 'norm' of behaviour, whether via mobile phone images or CCTV footage, it becomes an algorithm that can be encoded so that deviations can be identified and decisions can be taken. This idea to minimise the war on terror was fascinating. The 'precautionary principle' is depicted throughout our lives, and is a critical asset to help minimise the war on terror and something I hope to take forward in political geography modules.

This section on wider reading involves a book with many interesting concepts, perhaps slightly above Key Stage 5 studies. Despite this, you're already showing how you can challenge your way of thinking and how suitable you are for university. It also provides an interesting starting point for any interviews that you can interpret and discuss effortlessly, which is always a plus.

The concept of sustainability is a paramount part of geography. By studying world cities I came across Mexico City's new energy-efficient buses, which won the 2013 sustainable transport award. At the root of this project is an understanding of sustainable development which I've developed by studying the course 'Sustainability for Professionals', giving me further insight into how businesses and communities can create sustainable development strategies and allowing me to refine my evaluative and critical thinking skills. The sustainability of our world is a topic that shows constant international innovation and therefore a topic that I believe would be beneficial to study.

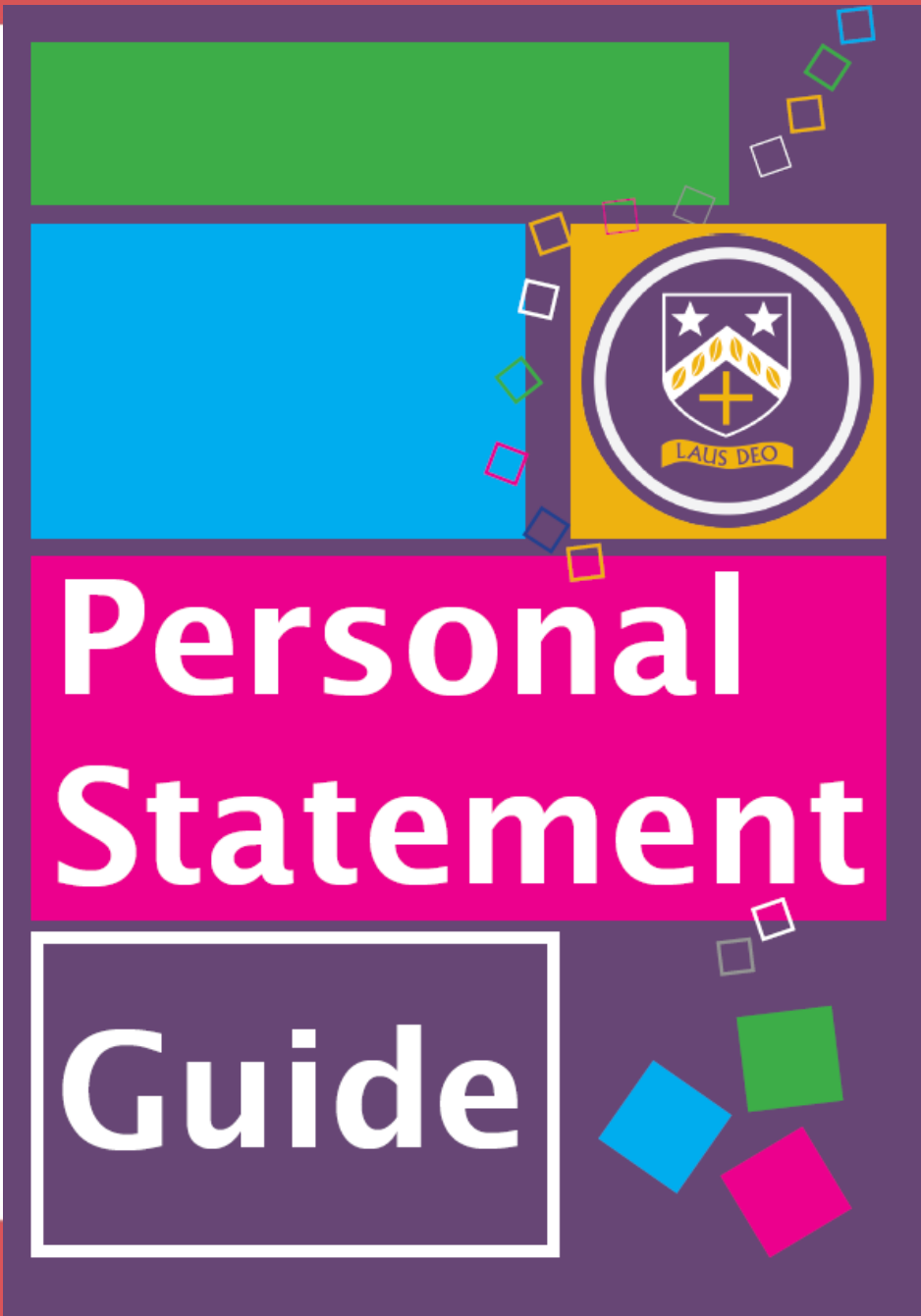
It's important to link to the real world and skills you can apply to it, especially in a subject like Geography which has so many real life applications.

Like in the introductory paragraph where I speak about *The Geography Review*, this paragraph shows that I am up to date with current geographical research as I am discussing current issues, important as it shows drive and real engagement with geography.

Sustainability is a huge part of geographical studies as well as part of our daily lives. It comes across well if you can select specific aspects of the subject you enjoy and incorporate them into the Statement. It's even better if you can show how it has affected your personal studies and attitude to the ideas (great for interviews!)

Go to the Subjects library and read the example Personal Statement for the subject you're interested in.

Annotated Personal Statements allow you to see clearly what makes a good statement in your chosen subject, and gives you ideas as to things you could include.



Bishop Challoner’s guide to putting your Personal Statement together.

We’ll be going through this with you on Wednesday during Enrichment!

This will be the start of your personal statement.

How to get started

Bullet points are a great way to get some ideas down. You can use your Personal Statement booklet and then Unifrog's Personal Statement tool, to write notes in each of the sections. When using Unifrog, remember to click 'Save' when you're finished in a section, and your notes will stay there!

Consider:

1. Why do you want to study this subject?
2. What have you done in the past that makes you particularly suitable to study the subject?
3. What else have you done that would contribute to the university community?

Unifrog: Your Personal Statement tool

You will draft and re-draft your statement on here and staff will give you feedback on here too!

You will then copy and paste it onto your UCAS application


This is your opportunity to shine

The Personal Statement is your opportunity to demonstrate that you would be an excellent student for the courses you are applying to. It is primarily an academic statement and you must target it towards the subject in which you are interested.

Latest version of your statement for studying: [ADD SUBJECT](#)


Write
Add, edit and delete text

Preview
How it'll look to universities

 **Section 1** [Edit >](#)


Why do you want to study this subject?

16 September 2020 `gsrfghszfdxgvzd fvzsd`
22 of 1200 characters

 **Section 2** [Start >](#)

What have you done in the past that makes you particularly suitable to study the subject?

0 of 2400 characters

 **Section 3** [Start >](#)

What else have you done that would contribute to the university community?

0 of 400 characters

Where to begin...



https://www.youtube.com/watch?v=_8hFkMAjW-I

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Sign in at:

unifrog.org/student