

This worksheet is designed to help you think about information you could include in your personal statement. We've included space for you to write down any thoughts you have as you go along. More detailed advice and guidance about writing your personal statement, including our UCAStv video guide, is available at [www.ucas.com/ucas-tv](#).

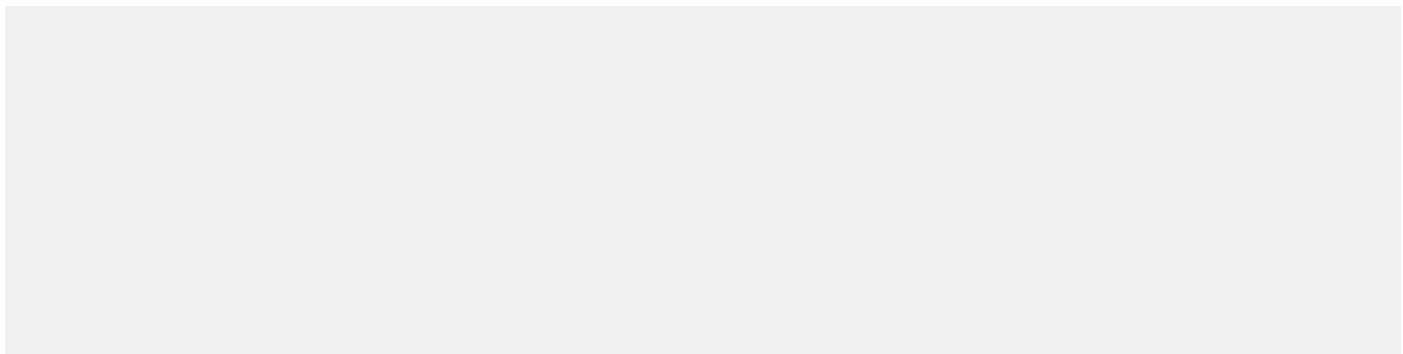
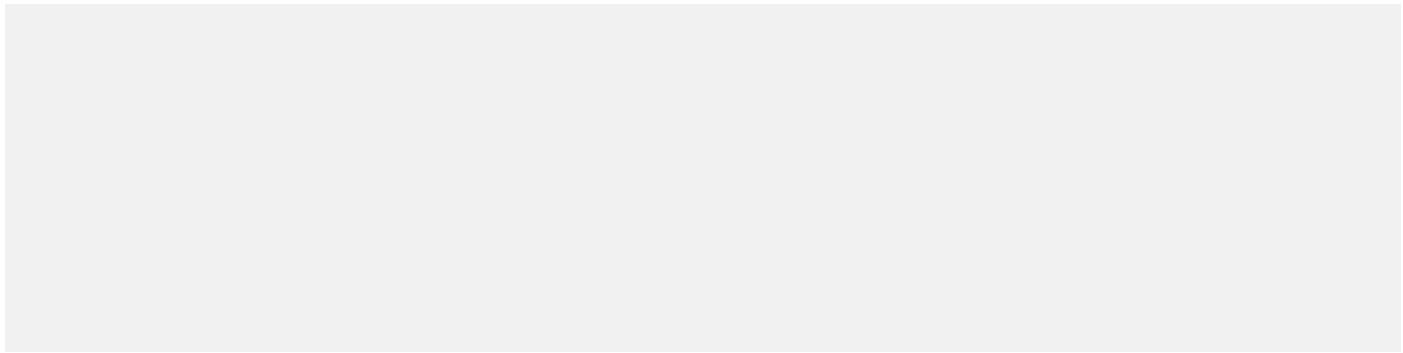
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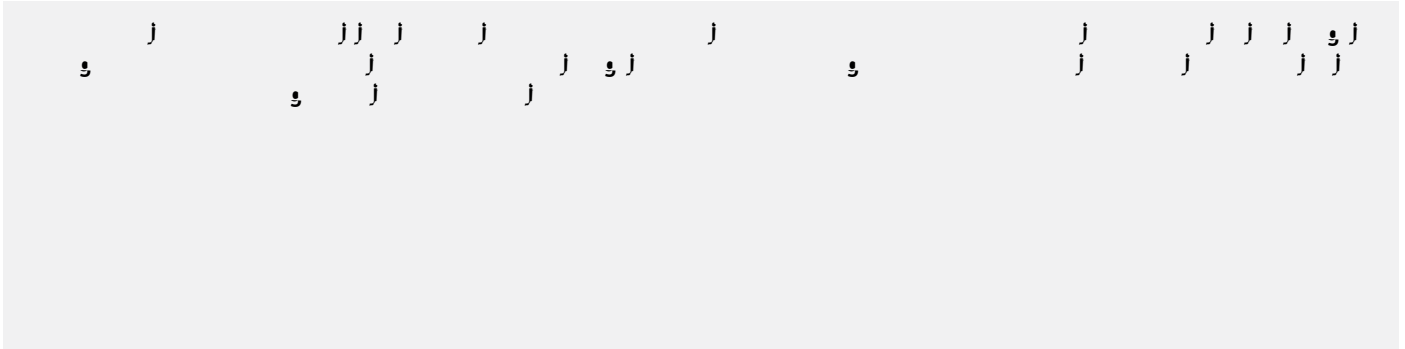
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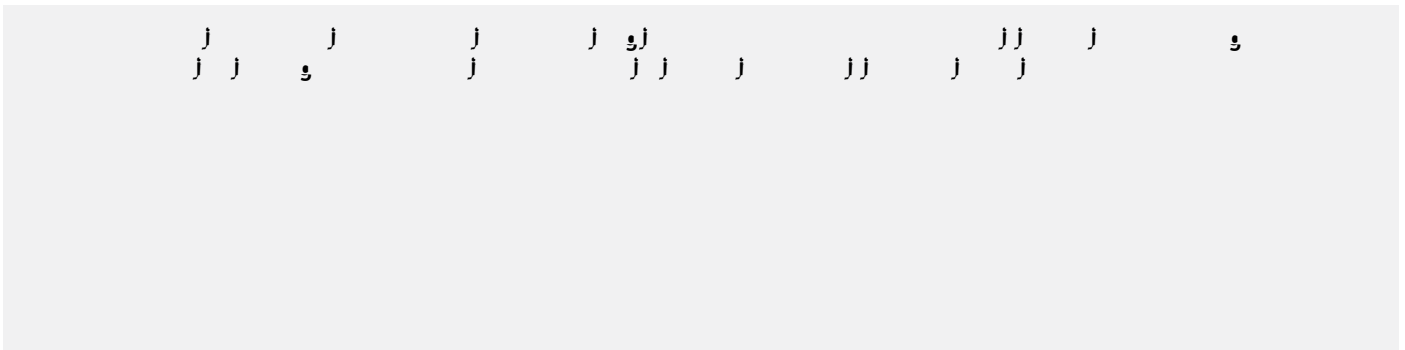
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- Do use your best English and don't let spelling and grammatical errors spoil your statement.
- Do show that you know your strengths and can outline your ideas clearly. Use words you know will be understood by the person reading your statement.
- Do be enthusiastic – if you show your interest in the course, it may help you get a place.
- Do expect to produce several drafts of your personal statement before being totally happy with it.
- Do ask people you trust for their feedback.

- Don't exaggerate – if you do you may get caught out at interview when asked to elaborate on an interesting achievement.
- Don't rely on a spellchecker as it will not pick up everything – proofread as many times as possible.
- Don't leave it to the last minute – your statement will seem rushed and important information could be left out.

