Table Talk – Personal Statement

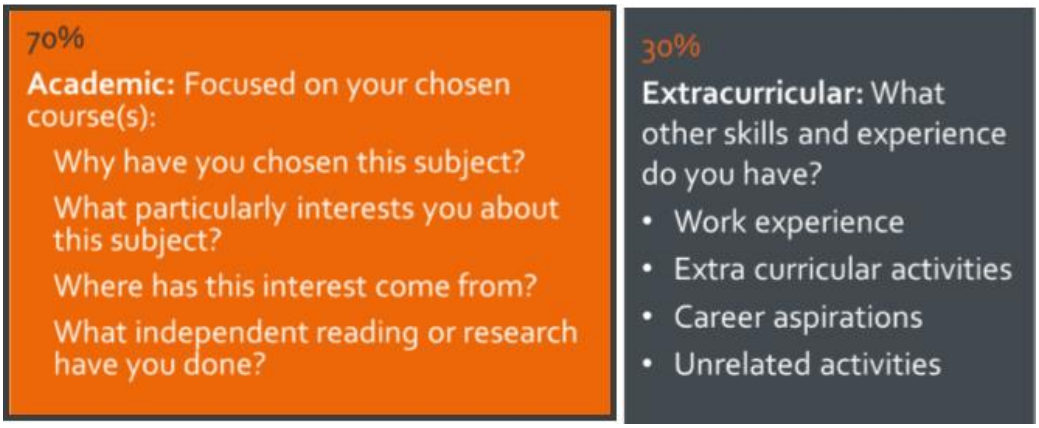
Personal Statement Facts

A personal statement is a reflective essay about why you are the best candidate for the course and allows universities to get to know the person behind the grades. It is submitted to UCAS as part of the application.

There are certain criteria that admissions specialists are looking for when reading a personal statement:

- Ability to study independently.
- Can you contribute to university life?
- Motivated and high achieving
- Intellectually capable
- Potential to succeed
- Significant subject knowledge
- Interest in studying subject.

We recommend that 70% of a personal statement is made up with 'Academic Content' and 30% is made up by 'Extra-Curricular Content'.



There are a number of different structures that your child could use to start their personal statement. However, 'the flow structure' is a great way to ensure a methodical flow to the personal statement.

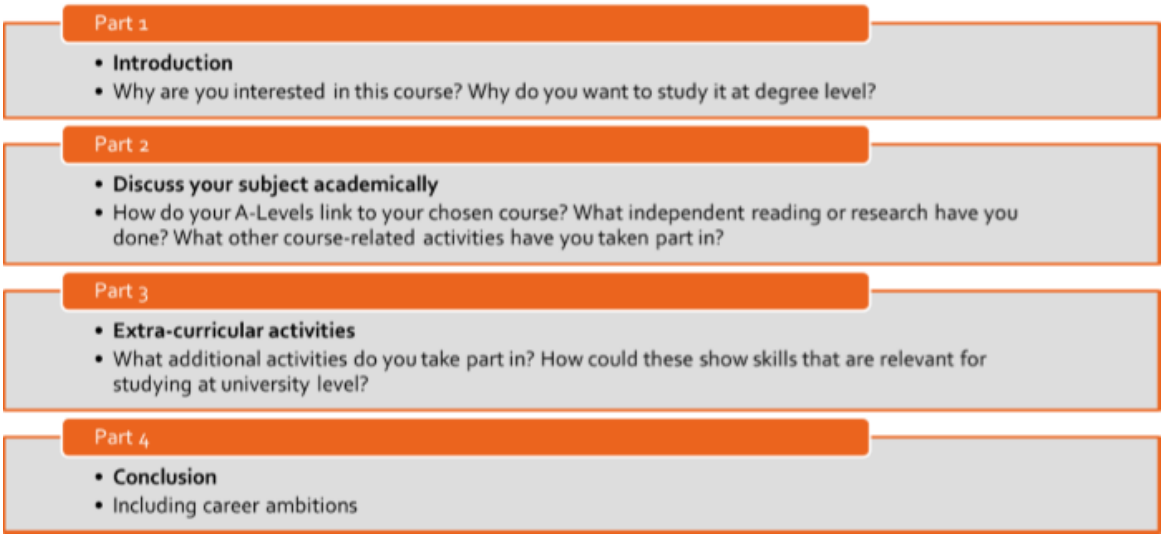


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How to Support Students to Prepare:

We have mentioned students writing in terms of academic and extra-curricular content and there are a number of different ways to prepare for content to include in these sections. Most of the information/experience gained from these can be directly used within a personal statement.

- Watch documentaries.
- Reading journal articles and books.
- Listen to Ted Talks.
- Listen to Podcasts.
- Visit Museums – in person or virtually.
- Attend university taster sessions – in person or virtually.
- Summer Schools.

Conversation Starters

- Have you thought about what you can include in your personal statement?
- Have you researched into how to begin your introduction?
- Do you need help locating academic sources to include in your personal statement?
- Do you feel you can write about your extra-curricular experiences effectively, link them back to your course?

Key Dates

Spring / summer – UCAS search tool live and Apply opens.

September - Applications can be submitted to UCAS

October - UCAS deadline for Oxbridge, Medicine, Dentistry and Veterinary Medicine.

January - UCAS deadline for most undergraduate courses

February— UCAS Extra opens.

Spring - Deadline to choose your firm and insurance. There are different deadlines depending on when you applied.

July– UCAS Clearing opens.

Useful Websites

- UCAS Main-Page: https://www.ucas.com/ - lots of useful information about all this university and the application.
- Royal Holloway Main-Page: https://www.royalholloway.ac.uk/
- Royal Holloway Schools and Colleges webpage: https://www.royalholloway.ac.uk/studying-here/schools-and-colleges/ - a variety of online resources available.
- Office for Student Main-Page: https://www.officeforstudents.org.uk/