Preparing to write your personal statement

Head
Why have you chosen this subject?
Where do your skills and strengths lie within the subject?
How can you show your competence in the subject?
What skills have you learnt through your current studies that relate to your subject?
What independent reading or research have you done to expand your knowledge of the subject?

Heart
What particularly interests you about the subject?
Why do you believe the subject is important in the grand scheme of things?
Are there any causes or events that have guided you to choose this subject?

Body
Have you done any work experience that relates to your subject?
Have you had a chance to apply some of the skills you've learnt in your subject to real life?
Have you participated in any taster days or university days?
Have you completed any research or special projects in addition to your studies?

Arms & Legs
What do you do outside your studies?
Do you have any additional responsibilities?
Is there anything in particular you would like to take up at university?

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Introduction Demonstrate your excitement and enthusiasm about the course	
Subject knowledge Evidence your interest about the subject/ course you've applied for including wider reading, taster days attended, special projects. Discuss transferable skills and how they will help you in your university studies	
Extra-curricular activities Build a picture of you as a person and demonstrate how unique you are	
Conclusion Why you will be an asset to a university and the course. Where you expect your studies to take you and why they are important to your future	