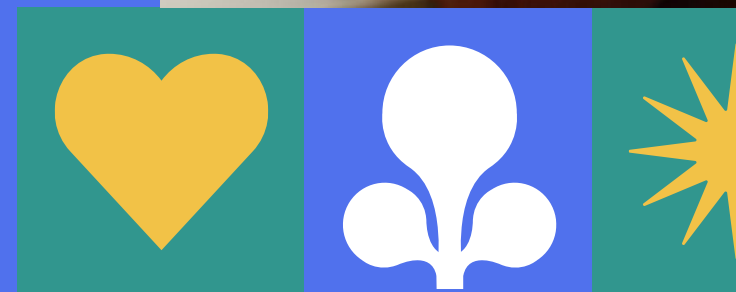


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WRITING A GOOD PERSONAL STATEMENT

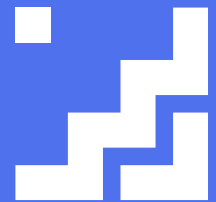


Key features of the Personal Statement

Purpose of the Personal Statement

Writing your Personal Statement

Top tips and next steps



KEY FEATURES OF THE PERSONAL STATEMENT

How long can it be?

The upper limit is 4000 characters, divided across three questions. Any extra content will be cut off in UCAS, so keep it focused.

How many do I write?

You write just one Personal Statement and it will be sent to all of your university choices - it must be relevant to them all.

Can I use formatting?

No - you cannot use formatting like bold or italics in your Personal Statement. There is also no spellcheck within UCAS.

WHAT DOES IT LOOK LIKE?

Section 1: Why do you want to study this course or subject?

Section 2: How have your qualifications and studies helped you to prepare for this course or subject?

Section 3: What else have you done to prepare outside of education, and why are these experiences useful?

WRITING YOUR PERSONAL STATEMENT



THE THREE STAGES

Researching



Drafting



Reviewing



Overused Opening Sentences...

I am applying for this course because I...

For as long as I can remember I have...

I have always been interested in...

From a young age I have always loved...

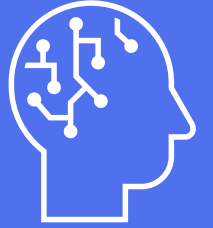
Throughout my life, I've wanted to...

Commonly used opening lines like this will not ruin your application.

Especially when writing your first draft, it can help to use a generic phrase to get you started.

But, as a rule, see if you can avoid clichés!

ADVICE REGARDING THE USE OF AI



- Generating all or a part of your personal statement from an AI tool could be considered as plagiarism and may affect your chances of an offer.
- UCAS uses software to identify similarities between personal statements. If the system detects content that closely matches other statements, the universities receiving the application may be informed.
- The personal statement is exactly that; personal. It is a chance to display your passion and research, and to explain why you want to study the course.
- You can use AI to help with structure or checking readability.

Section 1: Why do you want to study this course or subject?

Motivations
for studying the
course

Knowledge of
the subject area
and interest in it

Why the
course is a good
fit for you and
your future

Write some initial
ideas on your
worksheet!

Section 2: How have your qualifications and studies helped you to prepare for this course or subject?

How your
studies relate to
the course or
subject

Your relevant
transferable
skills

Any relevant
educational or
academic
achievements

Skills...

Critical thinking

Teamwork

Leadership

Dedication

Creativity

Problem-solving

Time management

Communication

Independent working

Logical thinking

Adaptability

Presentation skills

Enthusiasm

Initiative

Research skills

Self-discipline

Writing skills ...

Relevance
is key

Section 2: How have your qualifications and studies helped you to prepare for this course or subject?

How your studies relate to the course or subject

Your relevant transferable skills

Any relevant educational or academic achievements

Write some initial ideas on your worksheet!

Section 3: What else have you done to prepare outside of education, and why are these experiences useful?

Work
experience,
employment or
volunteering

Personal life
experiences,
responsibilities,
achievements

Hobbies and
extracurricular
or outreach
activities

Explaining and Evidencing Your Skills...



ABC

ABC Example...

Activity

I researched the development of flu vaccines, reading 'Book X' by Author Y

Benefit

I gained a greater understanding of the topic and honed my independent research skills

Course

I deepened my interest in studying Pharmacology and grew my confidence in independent study

Section 3: What else have you done to prepare outside of education, and why are these experiences useful?

Work
experience,
employment or
volunteering

Personal life
experiences,
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achievements

Hobbies and
extracurricular
or outreach
activities

Write some initial
ideas on your
worksheet!



TOP TIPS TO REMEMBER

WHAT TO DO IN YOUR PERSONAL STATEMENT

- 1 Make it relevant
- 2 Be organised and plan it out
- 3 Be specific and honest
- 4 Write clearly, with correct grammar and spelling
- 5 Speak about MAP!

WHAT TO AVOID IN YOUR PERSONAL STATEMENT

- 1 Don't tell jokes - this is too informal
- 2 Don't go overboard with the thesaurus
- 3 Don't just list things
- 4 Don't reference achievements from a very long time ago
- 5 Don't only focus on your career goals after University

Find a balance between authentic and formal - it's a personal statement

STICKING TO THE FACTS...

One year 234 UCAS personal statements contained the following:

"Ever since I accidentally burnt holes in my pyjamas after experimenting with a chemistry set on my eighth birthday, I have always had a passion for science."



Did 234 people have this experience?

...THIS WAS A CASE OF PLAGIARISM

“Ever since I accidentally burnt holes in my pyjamas after experimenting with a chemistry set on my eighth birthday, I have always had a passion for science.”



Remember...

UCAS has
a **Similarity
Detection Service**
called Copycatch

Each statement is
checked against millions
of past statements and
resources

Be careful if you look
at examples or use AI
when you're drafting

Additional MAP Personal Statement Support

 Lots of personal statement resources available through the MAP Newsletters.

 **Personal Statement Feedback sessions**

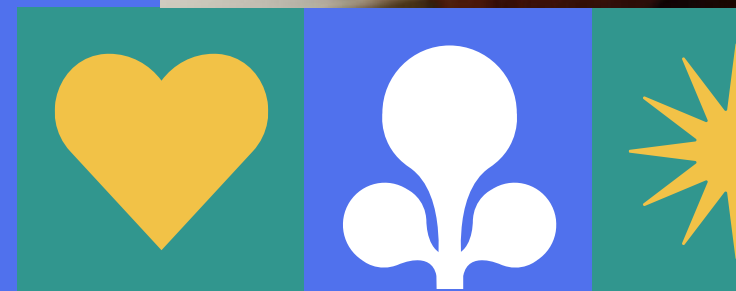
Medicine, Dentistry & Oxbridge - August 2026
All other courses - September 2026

Sign up via the MAP Newsletter.

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ANY QUESTIONS?



START ON YOUR OWN EXAMPLES...



ABC

- Activity - what did you do?
- Benefit - how did that benefit you?
- Course - how will that help you succeed on your course?

Apply ABC to your own experiences!