



RESEARCH TOOLS

It is important that your statement is not full of lists. Lists of what you have done or lists of skills you have. There is a way to avoid writing in this way – it is called the ABC rule

**ACTIVITIES + BENEFITS + COURSE**

Make each sentence **evidence skills** you have that are **relevant to the course** you want to study, by discussing a **specific activity**.

For example:

**ACTIVITY**

*'I studied history'*

**ACTIVITY + BENEFIT**

*'I had the chance to improve my research and essay writing skills whilst completing my history A level'*

**ACTIVITY + BENEFIT + COURSE**

*'For one of my essays I decided to focus on the history of British political thought. I really enjoyed this topic and look forward to studying it in more detail at a higher level. The experience I gained from researching this subject and completing my essay I'm sure will help me in my degree course'*



APPLY TOOLS



SCHOOL SERVICES

Use the downloadable sheet below to start creating sentences for yourself. Use these sentences as the basis for your personal statement. The best sentence show your enthusiasm and preparation for the degree course you are applying for.