

# Activity 5: Completing Your Personal Statement

## Activity

Learn how to write a Personal Statement.

This activity is all about you! This is your opportunity to share with others who you are, your top interests and accomplishments.

## Helpful Links

These links will come in useful when thinking about what you write about yourself:

- [Buzz Quiz](#)
- [Writing a personal statement for your CV](#)
- [YouTube - How to Write A Personal Statement!](#)
- [YouTube - How to write a great personal statement](#)

Complete the following steps in your Grofar Careers Passport:

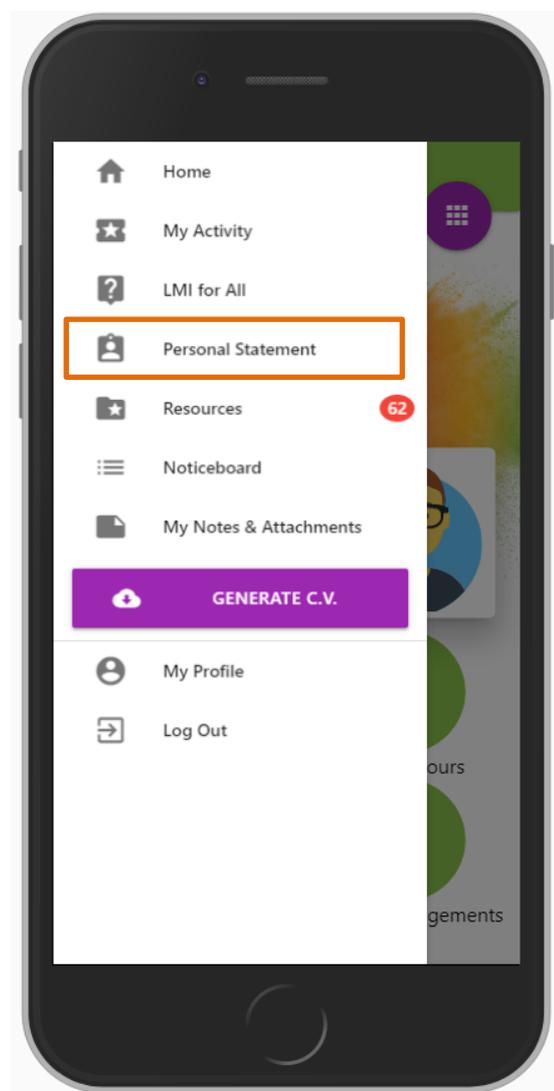
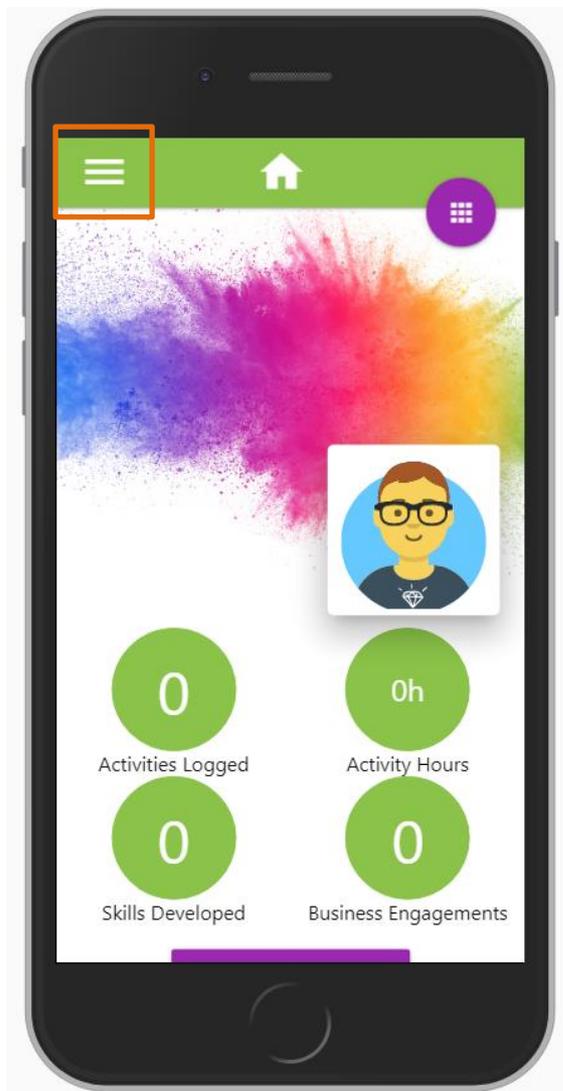
### Step 1 – Login to your digital passport

1. Log into Grofar using your registered email address.

You can login at: <https://auth.grofar.com/>

### Step 2 – Find the ‘Personal Statement’ page

1. Open the menu bar by clicking the menu icon in the top left of the screen and select ‘Personal Statement’ to open the ‘Personal Statement’ section.



### Step 3 – Writing your Personal Statement

1. Make sure you are on the **'My Personal Statement'** page. To access the edit form, click on the edit button 
2. This is your space to create your unique personal statement. No matter what year group you are in, learning to write an engaging statement about yourself is an important skill. If you need some inspiration, take a look at the 'Examples'.
3. You can add style and formatting to your personal statement as you write it. Try adding **headings** and **colours** to your text using the options in the toolbar to make your personal statement stand out.

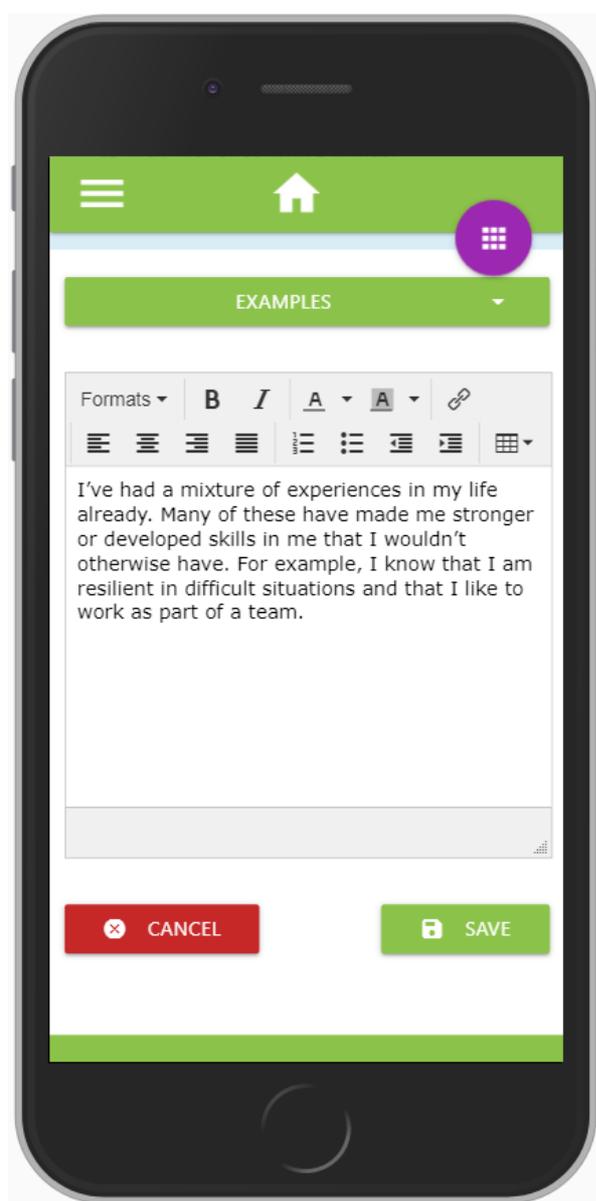


#### Now it's time to start writing your Personal Statement!

Your Personal Statement will be the introduction within your C.V. which you can download from from your digital passport (you will do this in a future activity).

Before you make a start on your personal statement, take a look at the information guides and relevant articles below to get some inspiration and ideas on what to write.

Click save at any time and you can return to this page to edit your Personal Statement at any time.



## Year 10 to Year 13 Students

### How to write a University Application Personal Statement

Some questions to think about answering in your Personal Statement for University (as recommended by UCAS) are:

- Why are you applying for your chosen course(s)? Why does this subject interest you? Include evidence that you understand what's required to study the course
- Why do you think you're suitable for the course(s)? Do you have any particular skills and experience that will help you to succeed on the course(s)? Do your current or previous studies relate to the course(s) that you have chosen? If so, how? Have you taken part in any other activities that demonstrate your interest in the course(s)?
- Think about any other achievements you're proud of, positions of responsibility that you hold or have held both in and out of school, and attributes that make you interesting, special or unique.
- Make a list of your hobbies, interests and social activities. Then think about how they demonstrate your personality, skills and abilities. Try to link them to the skills and experience required for your course(s).
- Include details of jobs, placements, work experience or voluntary work, particularly if it's relevant to your chosen course(s). Try to link any experience to skills or qualities related to the course.
- Future plans If you know what you'd like to achieve after completing the course, explain how you want to use the knowledge and experience that you gain. How does the course relate to what you want to do in the future?
- [UCAS Tips for writing a Personal Statement](#)





## Year 7 to Year 9 Students

### How to write an 'About Me' Personal Statement

To help you get started with writing about yourself we've provided some sentences to get you thinking about your own interests, hobbies, role models and favourite subjects.

- I'm originally from \_\_\_\_\_.
- My number one role model is \_\_\_\_\_. This is because\_\_\_\_\_.
- My favourite place to be is \_\_\_\_\_. This is because \_\_\_\_\_.
- I believe the colour \_\_\_\_\_ best represents my personality because \_\_\_\_\_ stands for \_\_\_\_\_. These are all key traits that I have.
- A hobby I enjoy most is \_\_\_\_\_. This is because \_\_\_\_\_.
- The subjects I find most interesting at school are\_\_\_\_\_. I most enjoy \_\_\_\_\_ because \_\_\_\_\_.
- When I leave school, my plan is to \_\_\_\_\_.

**Did you find this activity useful?** (circle the emoji)



**Well done! You have completed the Activity!**