

SPORTS AND EXERCISE SCIENCE

EXAMPLE

I enjoy excelling in sports and exercise and I believe this will be a contributing factor in my ambition to become a sports therapist. I am currently studying a BTEC National Diploma in Sports and Exercise Science, which I find very interesting because it enables me to study how the body works during exercise, how the body reacts to injury and how the body adapts to exercise.

I am attracted to a career in sports therapy because it will involve me rehabilitating people with sporting injuries. Sports therapy also interests me because I really want to help people take part in sport and exercise more often because many people are becoming more sedentary at home and at work. This puts them at risk of certain diseases and health conditions, the main ones being heart disease and type 2 diabetes. Furthermore, I am aware that this course will be challenging but I enjoy being stretched.

I am confident that I will have all the skills that are required in order to do very well on this course. The skills I already have that will assist me on this course are being a good team worker, with good communication and interactional skills which will enable me to work and relate well with everyone in a team. I am also a good independent learner because I can manage my time effectively and complete tasks on my own. I am very good at taking notes in class and I have excellent listening skills. I also have very good study skills and I always make study plans for myself especially when I am preparing for exams.

I have also done a lot of voluntary work on a regular basis for the past 2 years with a young people's parliament which incorporates members from all over the UK. Being in the London region of the UK youth parliament, which has a high obesity rate, motivated me to pick the "Healthy London" group in my parliament. This group aims to tackle sedentary behaviours and obesity with young people. We aim to do this by providing more sporting activities, facilities and opportunities around London for young people. This is just an outline of the main things I do as a member

of this voluntary organisation. I mainly volunteered for this because I am extremely passionate about tackling obesity not only with young people, but also with seniors.

My main hobbies and interests are football, socialising, youth club activities and reading. In football, I play at semi-pro level and train 3 times a week for [football club]. I have recently completed the FA level one coaching award in football as well as CPR and Emergency Aid. These skills will be of great benefit to me, as I already know how to coach youth players and I will now be able to perform Emergency Aid confidently if an accident occurs.

In addition, in November 2008, I embarked on a journey to America on democracy week, to follow the elections live in America. Within this trip, I had the most inspirational experience in my life when I met Barack Obama at his last rally in Virginia the day before his presidency began. After his speech, he came towards the crowd and luckily, for me I was in front of 100,000 people and shook his hand. This experience has inspired me and has made me interested in giving back to the community as Barack Obama has. What I want to do to give back to the community is help developing athletes recover from injury, because when some sports talented youngsters become injured they may be put out of their sport and become more sedentary.

To conclude I would like to say, I always strive to be the best I can at things I am passionate about. I applied for sports therapy at your university, as it is the best course for me at the best university for sports related studies in the UK. I know I will be an excellent student at your university and I hope to be known as an enthusiastic and outstanding achiever.

PSYCHOLOGY

EXAMPLE

I've always been intrigued by the human mind and its workings: what separates us from animals, why we behave the way we do, why some people are able to control their feelings of violence, jealousy and rage whilst others seem incapable of doing so. From this the criminal mind seemed a logical step; I began to research cases such as Fred and Rose West and Dr. Harold Shipman shortly after beginning college, both of which I found - though disturbing - fascinating from a psychological perspective. I have continued similar research throughout my time at college, and through it found material such as the psychological profile and treatment papers published by the Australian Institute of Criminology, as well as the work of Professor Ed Blackwelder and projects like the ECRI (a geographical profiler of the areas in the USA most likely to hold serial criminals) - all of which contributed to my decision to pursue a career in criminology and psychology.

Throughout my psychology course at college I've learned of the conflicting theories behind human behaviour, and have agreed with them to varying extents: whether or not people are able to carry out the acts of Charles Manson or Mary Ann Cotton due to the way in which they organise their psychological approach to morality and abiding by the law, or if they merely found positive reinforcement in their crimes I do not know. I believe that in some cases a mind may be physically damaged to the point of moral disfigurement - the extent to which this can be generalised is an area I plan to investigate further at university.

My college courses were very much based around this goal. Psychology seemed an obvious choice, as did Biology, and having excelled in and enjoyed English Language and Maths at school I decided to continue both at an AS level. I found the Decision Mathematics incredibly difficult, but completed the course and immensely enjoyed my other three subjects, gaining skills that will support me in higher education. I also decided to take on an additional subject at AS level - choosing Sociology for its beneficial factors to my future

university courses and out of a general interest of the subject. It is a decision I have not regretted once since beginning the course in September, and I believe the education I will emerge from [college] with will sufficiently equip me for my chosen course at University.

I first became aware of extra-curricular activities and the benefits they held in my latter years of high school, having thankfully emerged from the popular adolescent mindset that only work that could not be avoided should be completed (God forbid I spend more than thirty minutes on a half-hour piece of homework). I perhaps overdid my first year of this newly found enthusiasm: joining choir, rounders team, the school newspaper and Lacrosse team; by year 11 I decided to drop Lacrosse and choir so that I could focus on my newly acquired role of Senior Deputy Head Girl - a time consuming but worthwhile experience, from which I learnt the value of team work, leadership and organisation - all skills I have found invaluable on entering further education. During my time at college I have joined the creative writing team and the Debating Society, both clubs I have found important in balancing my college work with social activities.

I am applying to your college for a deferred entry as I plan to take a gap year in Australia after college to widen my currently somewhat limited horizons, after which I will return to begin my undergraduate degree. I believe I have both the determination and fascination of criminology and psychology required for the course, and plan to continue my education at a postgraduate level to gain the qualifications, knowledge and experience necessary to achieve a career as a criminologist or forensic psychologist.

MIDWIFERY

EXAMPLE

The reason why I am applying for this course is because I am interested in working in this type of field with different types of people and also I have always been fascinated in the work of a midwife. Such as monitoring and preparing mothers for childbirth and to also offer support and advice to partners and families and to also support the mother whilst she is giving birth and to also give her extra support after the birth of her baby.

In addition to this, I do feel that I can bring a lot to this course, for example my communication, listening, advocate, interpersonal and empathy skills, which I got from previous work experience, whilst doing my previous Social Work degree course. This work experience involved me working with different client groups in different Social Care settings, where I was helping them to deal with the different crisis and issues that they were going through and which would have involved me using good communication and listening and interpersonal skills, which would have involved me communicating in an effective way and listening actively can help you to use different types of questions so that you could draw out the right information that you need from your client and to listen actively would help you to listen closely to the details that is being conveyed to you and to ensure that the person is aware that this is happening. Therefore by doing this it helped me to look at the different ways on which I could have helped my clients/service users. Also whilst working alongside my clients/service users I would have always respected them as their own individual because failing to recognize this would be to treat clients/service users as representatives of a broader category, rather than as a person in their own rights. Also whilst working alongside my clients/service users I would have shown sensitivity and warmth towards their needs.

My other caring experience included looking after my aunty part-time who had suffered a stroke, because she did not want anyone else

outside the immediate family looking after her. Therefore whilst looking after her I would have attended to her personal needs whilst respecting her dignity and to also advocate on her behalf with Social Services and other outside agencies if she needed extra services. Advocating on behalf of someone else would help to ensure that the voices and interest of service users are heard and responded to in ways that affect attitudes, policy, and practice and service delivery. Moreover this concept can be found under the NHS and Community Care Act 1990, which is to give people a greater say in how they live their lives and the services they need to help them to do so.

Moreover I have also been a volunteer for Victims of Crime, where my role was to support victims who had been victims of crime, which would have involved advocating on their behalf with other outside organisations and helping them through their crisis.

Also being a mother of two adult daughters myself I do feel that I would be able to empathise with what the mother is going through and to also reflect back on my own experience of being pregnant and giving birth, so that I could help and support the mother effectively.

PUBLIC RELATIONS

EXAMPLE

My name is [name]. I live in [town], a city near [location in Norway]. I live with both my parents while I am attending my final year at our local high school. Ever since I was a little girl and went to visit my aunt and cousins in England, I have wanted to once live in England myself. When I got a little older, I learned that the schools in Britain are generally better than in Norway. My friends and family has always supported me in the decision to study in Britain, because many of them have studied there as well and have nothing but positive things to say. I want to experience a different culture and speak a language that I have loved and studied all my life.

The subject of my interest is Public Relations. I want to study this particular subject to expand my knowledge about the public relations. It would be exciting to see if the course is how I have pictured it. And when I finish this course, it would be a dream come true to be able of working with something that I love. The journey of becoming a PR-agent seems like a very fun and inspiring experience. Because it is something that I really want, I would work really hard to keep good grades and graduate with confidence in this subject. I want to study this subject in depth because I am very interested in the media and the things that go on behind what we see in the newspapers and television. My education so far has opened my eyes even more for this subject. I find it interesting that you always have to be creative and work in different ways. And speaking of the media, I love photography for the media. It is fun to see how one picture can say more than a thousand words. Photography has been a hobby of mine for three years now, and it was a big part of my decision to apply to your Public Relations course.

When finished with this course I am hoping that I can work as a PR-agent, maybe in an international firm. I may want to get a Masters degree sooner or later, which would build up my knowledge even more. It would be fun to live in London or perhaps New York and work

with publicity, because I imagine that these two cities are rather big considering media, businesses and celebrities.

I am a positive and open person, I work hard to always bring my best product to the table and I find myself very creative. I have found during the past three years of the course "Media and communication" that I am able to perform under pressure, I am organized and I work good in groups as well as individual. I am kind of a stubborn person, and I will not give up on something until I am satisfied with the result.

On my spare time outside school I like to socialize with my friends, work out at fitness centers and play soccer. I have a big interest in cinema and music. I like photography, and take pictures on my own. I often take pictures of my friends to exercise my understanding of portrait photography. Growing up I had two big brothers to play with, and that has shaped me as a person. I believe that because of the influence from my brothers I have become a tough person who dares to take chances, and will not give up easily. This is a good quality in the public relations business, I believe.

Based on this personal statement I hope you will consider me as a student at your school. I am looking forward to hear from you.

NURSING

MATURE STUDENT EXAMPLE

My desire to apply for Adult Nursing stems from my aspiration for a career as a Health Visitor. Since having my own children, I have been interested in health & wellbeing especially after my first child who, unknown at first, was intolerant to milk and very unwell for the first few months. The support and understanding from my health visitor was inspiring and put me completely at ease with my baby. She helped me through a challenging time and I would like to be able to offer the same encouragement and compassion to other new mothers.

As a former employee of the National Health Service, I learnt a lot from working with patients and colleagues. I enjoyed supporting others and loved the time I spent working in the healthcare environment. During my 10 years as a Phlebotomist and Medical Laboratory Assistant (Advanced), my training and work were the equivalent to an NVQ Level 3 and included IT skills in Microsoft Outlook, the Patient Administration System and the Anticoagulant computer, DAWN AC, with physical skills in all Laboratory routine tasks, working within a team in clinics and the laboratory's and independently on projects. I attended many internal formal qualifications such as H.I.V, Health & Safety, Fire Awareness, Resuscitation and Self Assertiveness.

As a mature student I realised that my education and examinations would need updating and that is why I have studied Maths & English skills to level 2. I am currently studying the Access to HE Diploma (Health Professions) where I expect to do well in all aspects. So far I have enjoyed the DNA tasks and find inheritance & reproduction of life very interesting. After obtaining my Nursing Degree I would like to specialise on an Approved programme into Public Health visiting to become a Health Visitor.

Prior to working in the NHS, I was a housewife & mother. I found the role of motherhood rewarding, fulfilling and challenging at times,

but believe this has helped me become the person I am today; patient, understanding and compassionate. Both motherhood and the NHS have given me excellent time management skills and helped me adapt too many situations such as calming down angry or worried patients at outpatient appointments and providing methodical waiting times.

Currently being self-employed means I have to be extremely organized with excellent delegation skills with a flexible attitude both with my work colleagues and customers. I am punctual, polite and have excellent attention to detail. My professionalism and pleasant personality were always appreciated with my hospital patients who regularly asked for me in clinics as they said they could understand me well and that I chatted with them and put them at ease during, often stressful and worrying situations. This is now also appreciated with my new clients, many of whom are elderly and feel secure and at ease with me in their homes. I hope in the future when I reach my goal, all of these will be useful in my role as a Health Visitor.

Socially, I enjoy the theatre and cinema as well as dining out with friends and family. My main hobby is my allotment, where I like to grow as much organic produce to keep myself and my family healthy. I like to travel around England and its Counties, meet the local people & visit their historic buildings and surroundings and when I have the time I really enjoy researching my family history and genealogy. My children are now adults so I feel now is the time that I can start working towards the career that I have waited many years to achieve. I am totally independent and ready for a new beginning. I hope that my future training and study brings me closer to the career choice I have made for myself and that your university is the place that I can start this very important new chapter. I therefore urge you to consider my application.

NURSING

A LEVEL EXAMPLE

Nursing is a profession suited to those that are caring, dedicated, reliable and patient. I have all these skills and feel that being a nurse would be the best way for me to utilise my abilities and develop an interesting and fulfilling career. I feel I have a realistic understanding of the nursing profession. An important characteristic of a nurse is to have the ability to understand others' needs and to be able to do so without prejudice. I am very glad that nursing is now taken seriously as a profession and that a degree is necessary to enter the field. I am excited at the prospect of learning how to be a nurse in such a thorough way and feel that gaining a nursing degree will give me the confidence to understand difficult care situations and to be able to react in the appropriate way, as well as predicting how to deal with patients. I have been to a number of open days at universities and I am looking forward to my training and the balance of classroom and practical learning.

I strongly believe in the values of the National Health Services and that good care should be available to all. I would like to play a role, however small, in ensuring their preservation. I chose to study Health and Social Care as an A-level, already thinking that I might choose nursing as a career. I particularly enjoyed learning about health care legislation and especially equality and diversity policies. I now know how important it is to maintain confidentiality and dignity in care settings and to respect the patient's choices and beliefs.

I am very aware that nursing is a challenging and difficult field and I know that being a nurse requires tremendous amounts of commitment and hard work. However, I feel that the sense of achievement gained from such a rewarding role would outweigh the challenges I will face as a nurse. I am about to start a job as a health care assistant with Sunrise Care in Manchester looking after patients with a variety of different needs, improving the quality of their lives and helping them to live independently. The way a patient is treated

stays with that individual for years and I wish to be a nurse who tries hard to provide the best care I possibly can. I have a genuine interest in doing a job where I feel I am making a difference to people's lives and providing comfort at a time when people are most vulnerable.

I like to challenge myself and enjoy solving problems. In the summer of 2013 I took part in a month-long volunteering trip to Kenya as part of a team of 15. The trip taught me how to work effectively as part of a team in order to achieve common goals. We completed a number of tasks that benefitted the local community. Since leaving college I have been working in Sankeys Nightclub (Manchester) as a member of the barstaff, which has taught me how to think on my feet and to deal with stressful situations.

I enjoy working with members of the public from different backgrounds and different ages, as part of a team of colleagues; no two days are the same and I find this way of working exciting and stimulating. I worked as part of a campaign in the summer of 2014 helping a company sponsored by the NHS to promote a 'Smoke Free North West'. The campaign was designed to discourage children from starting to smoke. I had to converse with members of the public on the street and interview them about the campaign and record their opinions. I found the work enjoyable and I liked working with members of the public. My manager commended me for my positive and dynamic manner.

I am a social and friendly person who is at ease with a range of other people. I have been to a number of different schools and colleges, including a year in Chicago when I was 8 years old. I enjoy travelling, and have been to a number of places in Africa, America and Europe. I like the challenge of traveling and the excitement of encountering new things and new situations.

COMPUTER SCIENCE

A LEVEL EXAMPLE

I am fascinated by the way developments in computer science have changed our lives and our work. The world-wide computing industry is set to continue evolving and I am determined to be part of this. Since a very early age I enjoyed playing with computers and now that I am at college I spend a lot of time working with them. As well as Computing, I am taking A-levels in Physics and Mathematics. I believe that these disciplines compliment each other brilliantly and will prepare me well for undergraduate study.

A major recent achievement has been a GCSE physics revision site which I designed for the students at my school. I carried out a significant amount of research prior to designing the site and this was definitely a worthwhile activity. This made me realise how important communication is when producing products. My main goal is to be part of a team that creates efficient and useful software for consumers.

My interest in computing has not only been restricted to school. With the help of my Dad, I have used all of my knowledge and skill to set up my own computer-related business. This challenge has given me a totally new perspective on how IT businesses operate. I had to write a business plan which was a totally alien experience for me, but once completed and implemented I was rewarded with the satisfaction of knowing that I had achieved something that most people would never have the chance to do, especially at my age.

Although computers are my passion I still enjoy many other activities, particularly reading. Science fiction author Theodore Sturgeon wrote, "a good science fiction story is a story about human beings, with a human problem, and a human solution, that would not have happened at all without its science content"; science fiction is certainly the genre I like most probably because of the

link between science and real-life.

When I'm not reading I can usually be found at the swimming pool. I have swum competitively since the age of nine. I hope to continue swimming at university and intend to start water-polo, as this is something which I tried at a recent summer school and loved.

I look forward to extending my knowledge of computers and believe that university will enhance the opportunities that I have ahead of me.

BUSINESS MANAGEMENT

EXAMPLE OF WHAT NOT TO WRITE!

For a number of years I have been keen to apply university as I believe having a degree will help me find better employment in later life. After much consideration, I have decided that Business Management is the right degree for me as I would like to learn the skills to help me become successful in business, and I am interested in finding out how businesses work. My father runs his own business and I have learned a lot from watching him work and hearing about the ups and downs of being a small businessman. I would now like to learn more about the theoretical side of business management.

I do not currently take AS-level Business Studies. This is not because of any lack of interest or motivation on my part, but because I suffered a major personality clash with the Business Studies teacher at my school. I am currently studying Maths, IT and History, I also took AS-level Further Maths but decided to not to continue it at A2 level, when I decided that although I enjoy Mathematics, I did not want to do a Maths degree at university. I enjoy all the A2 subjects I am taking as I believe they complement each other well, but they also differ. I really enjoy the class discussions, especially in History. I am quite a confident person so I like debating points and challenging the opinions of others in the class. It is a shame that there is not a debating club at my school as I would definitely have been an active member, but I look forward to perhaps getting involved with one at university.

Outside of the classroom I like to relax by playing football (I am a member of my school team and a local five-a-side team) and by boxing. I love boxing as it keeps me fit and helps me release my anger. I am also a keen supporter of Crystal Palace FC. I have supported them since I was five and have stuck with Crystal Palace through thick and thin, which I think displays my commitment and loyalty, qualities that I value very highly in a person. I also have a part-time job at my local Sainsbury's store. At times this can be

very demanding as I work on the delicatessen and some customers can be very picky about how thickly you cut their ham or how well you wrap it, but I feel my part-time job has taught me valuable lessons in patience and also in dealing with members of the public.

I think my enthusiasm for going to university is perhaps displayed by the fact that I have carefully chosen which universities to apply to and researched each one thoroughly. I believe I have the motivation and commitment to be a good and successful student, and I hope that gaining a degree will help me reach my ultimate goal of running my own business.

SPORT AND EXERCISE SCIENCE

EXAMPLE

I have always wanted a career in sport. Since taking A-level Sports Science my eyes have been opened to the opportunities that are available at undergraduate level. Detailed research has confirmed that a degree in Sports Science will provide me with a solid understanding of the biology, physiology and psychology required to succeed in my chosen discipline.

I am fascinated by the various methods used to assess and measure physical activity and the changes in physiology that result from exercise and training. Last summer I attended a residential sports science summer school at my local university. We had various taster sessions with academics and I thoroughly enjoyed all of them. I was particularly fascinated by the Human Performance Unit because it was jam-packed with the latest gear. We were shown how all the different apparatus worked and were allowed to carry out tests using some of the more basic pieces. I also heard talks from current students and they really made me realise that I would fit into student life easily.

Sport is obviously very important to me and I do get involved both in and out of school. I play hockey at county-level and will want to continue when I reach university. I am also eager to become involved in new sports and will enjoy helping to run clubs as I feel I have a lot of knowledge and experience to share. Football is also strong a passion of mine and I have recently been selected to assist with coaching the youth team at my town club. I am looking forward to working with children as I know that I will gain lots of new skills.

I have a part-time job as a retail assistant in a leisure wear shop. I really enjoy helping customers and advising them on the most appropriate clothing and equipment. I am also responsible for the tills at the end of the day and am often trusted to close the shop. I would consider myself to be an excellent

communicator and I also possess good timekeeping skills; I hate being late for anything! I know that both these attributes will stand me in good stead for academic life.

I am so determined to become a student, studying the subject that I love. I know that I will put every effort into making the most of my time, both academically and socially.