

# Task 1: Look at you!



It is difficult to know what to include in a personal statement. This framework will help identify your skills and experiences.

Use the list below to help you complete the next sheets. You can come keep coming back and adding more ideas.

## At home / In your own time

**People around me:** For example, siblings, friends, family members

**Hobbies/interests:** For example, Clubs/teams played for, classes you take, spare time, such as sport, music, art, writing, cooking, social media etc. Books / articles enjoyed, passions

**Responsibilities:** For example, chores, cooking, cleaning, help with sibling /grandparent/others, work, volunteering

**Achievements:** For example, DofE, NCS, sport/music award, fundraising, personal goals

**Aspirations:** For the short term and for the future



## At School

**Participation:** For example, Class discussion, presentations, Involved in sports, drama, singing, dancing, music, STEM, Robotics etc.

**Responsibilities:** Form / Year group responsibilities, club member / captain, school council, eco, fundraising

If you had to give a 2-minute talk on something