

PARENT, GUARDIAN AND CARER GUIDANCE

TOP TIPS FOR SUPPORTING YOUR CHILD WITH THEIR 2026 PERSONAL STATEMENT



Use this **checklist** to guide your child through the process of writing their **personal statement for 2026 entry**, under the new **three-question** format.



UNDERSTANDING THE NEW PERSONAL STATEMENT FORMAT

- Q1: Why do you want to study this course or subject?** Help your child explain their passion for the subject, how their interest developed, and what they hope to achieve.
- Q2: How have your qualifications and studies helped you prepare for this course?** Encourage them to link their academic achievements and experiences to the skills needed for the course.
- Q3: What else have you done to prepare, and why are these experiences useful?** Support your child in discussing any relevant activities outside school, such as work experience, volunteering, or personal projects, and how these experiences have prepared them for university.



HOW TO HELP YOUR CHILD GET STARTED

- ✓ **Encourage reflection:** Help your child think about why they are interested in their chosen course and what initially sparked their passion.
- ✓ **Identify relevant experiences:** Assist your child in identifying both academic and personal experiences that relate to their chosen course.
- ✓ **Discuss future goals:** Talk with your child about their career aspirations and how the course will help them achieve their goals.
- ✓ **Emphasise relevance:** Encourage your child to avoid vague statements and focus on specific experiences and achievements that support their application.



ADVICE FOR STUDENTS WITHOUT EXTRA-CURRICULAR ACTIVITIES

Even if your child hasn't participated in extracurricular activities, they can still create a strong personal statement by focusing on their other achievements and responsibilities. Encourage them to:

- ✓ **Highlight classroom experiences:** Discuss group projects, presentations, or leadership roles in school that helped them develop key skills like communication, teamwork, and problem-solving.
- ✓ **Link part-time work or home responsibilities:** If your child has a part-time job or significant responsibilities at home, remind them these experiences are valuable. Skills like time management, responsibility, and working under pressure are just as important as extra-curricular activities.



STRUCTURING THE PERSONAL STATEMENT

Q1: Why do you want to study this course?

- ✓ **Show passion:** Help them express what excites them about the subject.
- ✓ **Relate to career goals:** Encourage them to link their interest to long-term goals.

Q2: How have your qualifications helped you prepare?

- ✓ **Highlight achievements:** Help them choose academic accomplishments that are relevant to the course.
- ✓ **Link skills:** Ensure they demonstrate how their studies have provided essential skills.

Q3: What else have you done to prepare?

- ✓ **Include extra-curriculars:** Encourage them to mention any volunteering, internships, or personal projects.
- ✓ **Make it personal:** Help them pick experiences that show commitment to the subject.





FOR STUDENTS FACING ADDITIONAL CHALLENGES

Your child's personal statement is a great opportunity to show how their unique experiences and challenges have shaped them. Help them stand out by focusing on the following:



Discuss overcoming challenges:

Talk to your child about any obstacles they've faced—whether financial, familial, or personal—and how they overcame these. This shows their resilience and determination, traits that universities appreciate.



Focus on transferable skills: Encourage them to explain how balancing school with responsibilities at home, such as helping family members, has taught them important skills like time management, problem-solving, and multitasking. These experiences are valuable and can demonstrate readiness for university life.



SUPPORTING YOUR CHILD TO STAND OUT



Work experience and internships:

Encourage them to include relevant work experience or internships.



Part-time work: Even if unrelated, part-time jobs can show key skills like time management.



Volunteering: Highlight any voluntary work as it shows commitment to the community.



WHAT TO AVOID



Generic statements: Avoid vague phrases; be specific about their experiences and why they matter.



Repetition: Ensure each section adds new value, avoiding repeated information.



Overloading with skills: Focus on a few key skills rather than listing too many.



Clichéd quotes: Encourage your child to avoid overused quotes and share their unique perspective.



Irrelevant information: Every part of the statement should directly support their application to the course.



FINAL CHECKS



Proofreading: Ensure the statement is checked for spelling and grammar mistakes.



Seek feedback: Suggest they get feedback from someone who knows them well.



Check relevance: Remind them to ensure everything included supports their application and goals.

