BUILDING THE FOUNDATIONS UCAS ACTIVITY SHEET



You have 3 minutes to list as many **achievements, personal experiences** and skills that you have. These could be awards, trophies or certificates, perhaps you've swum with dolphins or carried out first aid at a football match, or even that you've saved hard for something that you really wanted.

<u>my achievements</u>	<u>MY EXPERIENCES</u>	<u>MY SKILLS</u>



1.

Make a list of all the places you could go to find out what **skills, experiences or evidence** is relevant to the course, subject area or career you are interested in. There's a couple of examples to get you started.

1. UCAS course search
2. University or college website

Now choose **3 of these examples** and commit to researching these more in the next 4 weeks.



REMEMBER TO PEEL

Now to put everything together! **Pick one of your achievements, experiences or skills** from activity 1, add some evidence about it (where, when, how, who, etc), add the 'so what' or the relevancy, and finish off by saying how it **could benefit you on the course**.

