



ALSA'S Personal Statement Guide 2026

This document has been created by our volunteers who have successfully applied to university to help guide your personal statement writing. Use this as a guide to bullet point some sections of your personal statement. Please note this is not exhaustive, you may include things outside the following areas and you do not have to follow this exact structure. This guide has been adapted to the new 2026 guidelines, HOWEVER the same concept applied.

Chosen University Course

Knowledge & Skills

List knowledge and skills needed for your chosen course so you can weave throughout your writing - you can usually find this information on the university course webpage. You need to demonstrate you know what the course is about and what it required of you.

Knowledge	Skills

You can breakdown the personal statement questions into different sections

1.1 Why this course?

Who or what inspired you? Life event? Book? Studies? Pick an aspect of the course and show your enthusiasm for it. Where do you want this course to take you? What do you want to gain from it?

1.2 Academia

How do your current a-level studies relate to the course? Are there any skills you have gained whilst studying you can demonstrate e.g., creativity, teamwork, critical thinking etc. Did a certain topic or subject inspire you to pursue this course?

Both these can help you answer question 1.

2.1 What subjects or qualification did you excel at in school and outside?

What was your favourite subject in school? Why? How do you think they have prepared you to go to university? Both in general and subject specific? Is there any qualification you got outside of school?

This can help you answer question 2.

3.1 Activities outside the classroom

Any work experience? What did you learn? What skills did you develop? Any courses? Training? Reading? Link everything back to your course – if it didn't inspire you or teach you a new skill don't use up too much of your word count on it. Be reflective!! What did you do? What did you learn from it? Be critical. What will you be doing next e.g., Reading up on x has inspired me to enrol on a course about y.

3.2 Hobbies and Interests

Think about your hobbies and social activities e.g. reading, yoga, nature. Try to link them to your course. Any extra-curricular's at school e.g. clubs, supporting with open evenings, peer mentoring etc. Any new skills you learned? Did you achieve anything you are proud of? Something different to set you apart from other applicants.

3.3 The Future

What is your passion? What drives you? What career are you interested in and how will this course help you get there? Final sentence on how you are ready for and the ideal candidate for this course.

This can help you answer question 3.

Remember get your points down into 350 characters so try and see how much you can fit in into one question

If your unsure email us!