

UCAS Personal Statement: Guided Worksheet **(2026 Format)**

UCAS now asks you to answer three key questions, but this resource will guide you with smaller prompts.

Use the space to jot down ideas—you can then weave them together into your final statement. Don't worry if you can't answer them all, they are only prompts to help you get started!

The New UCAS Questions

1. Why do you want to study this course or subject?
2. How have your qualifications and studies prepared you for this course?
3. What else have you done to prepare outside of education, and why is this useful?

Using the ABC Method

To make your examples stronger, use the ABC method:

A = Activity – What did you do?

B = Benefit – What skill or lesson did you gain?

C = Course – Why is this useful for your chosen subject at university?

Example 1:

A – I was a member of the debate club.

B – This improved my confidence in public speaking and critical thinking.

C – These skills are valuable for studying Law, where clear communication and reasoning are essential.

Example 2:

A – I volunteered in a care home once a week.

B – This helped me develop empathy, patience, and communication skills.

C – These skills are essential for doctors, who need to listen carefully and work with patients from all backgrounds.

Section 1: Motivation & Introduction (UCAS Q1)

Think about why this subject interests you and why you want to study it at university:

- When did you first become interested in this subject?

- What excites you most about studying it in more depth?

- Can you link your subject interest to a wider issue in society or current affairs?

- How does this subject connect to your future ambitions or career goals?

Section 2: Academic Experience (UCAS Q2)

Reflect on your school or college studies and how they prepared you:

- Which subjects or topics have been most useful in preparing you for this degree?

- What projects, coursework, or experiments gave you transferable skills?

- What have you learned about managing deadlines, workload, or independent study?

- Have you taken extra steps in your learning, such as an EPQ, additional reading, or competitions?

Section 3: Super-Curricular (UCAS Q2+3)

These are activities you've done outside lessons but still linked to your subject:

- Have you read books, articles, or listened to podcasts about your subject?

- Have you done online courses, taster lectures, or attended university events?

- Have you explored subject-related news, research, or case studies?

- Did you take part in subject clubs, fairs, or enrichment opportunities?

- How did these experiences give you deeper insight into your subject?

Section 4: Extra-Curricular (UCAS Q3)

These activities are not subject-related but show your skills and character:

- Are you part of any sports teams, clubs, or societies? What skills have you gained?

- Do you have a leadership role (prefect, mentor, coach, volunteer)?

- Do you balance part-time work, volunteering, or family responsibilities?

- What personal qualities (resilience, teamwork, empathy) have you developed from these?

Section 5: Future Aspirations (UCAS Q1 + Q3)

Think ahead to what you want from your studies and career:

- What do you hope to gain from studying this subject at degree level?

- How do you plan to use the knowledge and skills from your degree?

- How does this course link to your long-term career goals or personal ambitions?
