



UNIVERSITY
OF HULL

Personal statements

Think of three words to describe yourself

- 1.
- 2.
- 3.

Swap, and ask someone to write three words to describe you

- 1.
- 2.
- 3.

Next, list any of your skills and achievements

- Example: Public speaking
- Example: Delivering a business plan for Young Enterprise

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Now, list any hobbies, interests or social activities

- Example: Part of a football team
- Example: Travelling

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Finally, take two of these and try the ABC method

Example:

Activity - playing on a football team

Benefit - developed teamwork skills, motivated others, leadership

Course - understand the importance of good leadership and how this can help make teams and businesses more successful

Activity

Benefit

Course

Activity

Benefit

Course
