

# How to Make your Personal Statement Pandemic Proof



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## The effects of Covid 19 on Personal Statement writing

Since March 2020, many students preparing for HE have been unable to gain work experience or participate in extra-curricular activities. This is particularly significant for sixth form students applying for courses that demand practical experience as part of their entry requirements. So what else can applicants for courses such as health professions, teaching and social work do to plug this gap?



## Enhancing your statement during the pandemic

You may need to think creatively of relevant alternatives to work experience to fill the gap. Here are some ideas and examples of what else counts:

**Volunteering:** helping at a food bank, delivering food parcels, working on a support line, supporting a vulnerable neighbour with shopping and errands or reading catch-up with younger students.

**Fundraising:** raise funds for a charity linked to your chosen course or career e.g. a mental health charity, hospice or educational charity.

**Online courses:** check out FutureLearn and OpenLearn for free programmes linked to your chosen HE course.

**Online research:** carry out extensive career research, attend open days and subject taster sessions and use Unibuddy to chat to current students on your chosen courses.

**Prior experience:** Duke of Edinburgh, prefect, part time job or club member? It should count back to Year 10/11 under the circumstances.

**Remember:** everyone is in the same situation. What universities will be looking for, is how applicants have responded creatively and positively in a time of crisis. This is what will make you stand out.

## Where to find out more

[www.futurelearn.co.uk](http://www.futurelearn.co.uk)  
[www.open.edu/openlearn](http://www.open.edu/openlearn)  
[www.unitasterdays.com](http://www.unitasterdays.com)  
<https://nationalcareers.service.gov.uk/>

