



Leventhorpe
a business and enterprise academy

Leventhorpe Sixth Form

UCAS Personal Statement Writing Guide

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Personal Statement Writing Guidance

There are a few things that you should keep in mind when writing your personal statement, but no concrete rules – it should be an individual piece and you should stand out from the crowd. The language overall should be formal and not chatty. It must be wholly positive; self-promoting without being arrogant; be truthful so you can talk about the contents at interview; demonstrate a real passion for what you are applying for; and make them see you as a person with drive, commitment and the skills to succeed.

In general, 4 or 5 sections are usually plenty.

1 – Introduction: Why you want to study this course, what inspires you in this subject, if it links to a specific career, and why you think you would be good at it. A famous quote that inspires you around this subject can be used, but isn't essential.

2 – Main subject links: If it is a Biology course, what topics have you especially found enjoyable, what lab skills have you developed? For history – explain your skills of analysis and evaluation. What links are there between your studies and the real world? What wider reading in this area have you done?

3 – Wider academic record: Any prizes, awards, skills learned in other subjects (don't talk about grades, they'll see these separately anyway). Focus on the academic skills they want to see at university; engagement, dedication, organisation, good essay writing skills, analysis and so on.

4 – Outside the classroom: what else have you been involved in in school? Community group, prefect etc. Again what skills have these given you? Confidence, organisation, team-working, motivation, and so on. Beyond school – hobbies, clubs, sports, part time work – again – how do these make you a better person, more rounded, what skills have the given?

5 – Ending on a high: Similar to the introduction, but more forward looking. How can you convince them you will be a good student at their Uni? Refer back to the passion for the subject; emphasise the range of your skills; that you can't wait to get involved in university life (sports/clubs/societies) and live independently.

Remember, it is a work in progress and you need to seek help through parents, friends, tutors and so on reading over it and suggesting improvements.

IT IS EXTREMELY IMPORTANT THAT YOU ARE THE SOLE AUTHOR OF YOUR PS. DO NOT COPY FROM THESE OR WEBSITES WITH EXAMPLES. UCAS USE SIMILARITY DETECTION PROGRAMS AND CAN KICK OUT YOUR APPLICATION IF THEY SEE COPYING.

Useful Links

UCAS Guide	https://www.ucas.com/ucas/undergraduate/getting-started/when-apply/writing-personal-statement
CIFE guide	http://www.cife.org.uk/how-to-write-a-good-ucas-personal-statement.html
Which? - 10 things for your UCAS PS	http://university.which.co.uk/advice/your-ucas-personal-statement-10-more-things-to-put-in
Telegraph	http://www.telegraph.co.uk/education/educationadvice/11153600/Ucas-applications-how-to-write-a-personal-statement.html
BBC News – PS Plagiarism	http://news.bbc.co.uk/1/hi/education/7023616.stm

Timeline

Throughout year 12	Be aware of open day events and sixth form taster days at universities. Keep up your wider reading and extra-curricular activities.
June of Year 12	Register for a UCAS account, attend the UCAS Convention, sign up for Unifrog and research potential university courses, attend some open days.
July of Year 12	Draft your personal statement in the workshop day (4th July) and talk through with your tutor on Academic Review Day (6th July). Create a longlist of possible uni courses.
September of Year 13	Your PS should have been refined over summer. Reduce your list to a shortlist on the basis of further research, visits and AS results. Choose open days to attend.
15 th October of Year 13	Early entry applicants send their applications, for medicine, dentistry, vet. Science, Oxford & Cambridge all subjects.
November of Year 13	The majority of our applications at Leventhorpe are sent off in November/early December. We try to have no applications still to do after the Christmas holidays.
15 th January of Year 13	The deadline for applications, except for a few Art & Design courses. However, many students already have offers by this stage if they sent off applications on time.

**You will note the quite boring formatting in all of these!
This is because the UCAS website accepts only plain text with no emphasis, and only a few standard non alpha-numeric characters.**

So, don't fill your PS with lots of italics, bold and underlines stuff. Quotations should be in "quotation marks" (double) and references to a concept, idea, book or article title in 'single quotes' for consistency.

Remember – these examples are for READING only – you must never copy things from them, you will get caught by UCAS. Also, it's supposed to be about YOU and you will write best from the heart.

Finally, there is NO magic formula for UCAS statements, whatever you hear you 'must' include is not 100% true. There are common characteristics to good statements, but as long as it's well written, clearly communicates your interest in a subject and explains why you think you're well suited, don't see the rules as rules but guidelines only.

History

History is marvelously diverse and covers a range of topics far beyond the conventional perception of the subject and this is the major reason that I have chosen to study it at university. In Year 6 I found myself working on a project about the history of toys and games and this first made me aware of how broad the subject could be. Subsequently at secondary school I learnt about the history of medicine alongside studying Nazi Germany and now, in the Sixth Form, my studies cover the Tudors and pre and post-revolutionary Russia. I am excited about the prospect of finding an even greater breadth of topics to pursue at university that I may never even have considered as falling within the scope of a history degree.

I believe that learning about the past is pivotal in order to understand today's society and to help shape the future. Additionally because history encompasses social, economic and geographical aspects I have found that my interest in it is helping me in my other A level subjects. I am excited by where this might lead when I decide on the areas I wish to specialise in at university, knowing that the options will be almost endless. Moreover I have an extremely positive work ethic, as shown by my proud record of having 100% attendance throughout my five years at secondary school as well as my first year at sixth form. Further evidenced by my completion of the extended project in year 11, where I developed various research techniques and my ability to be a disciplined independent learner.

I took an opportunity at secondary school to attend a two day local archaeological dig through the Higher Education Field Academy with people I had not previously met and which concluded with a further day at Cambridge University to review the findings. I thoroughly enjoyed this experience as it taught me how to function within a team and I learnt how to construct a project report. It also gave me the chance to work with Carenza Lewis from Time Team, which was invaluable as I was able to draw on her resourcefulness as well as undertake a full investigation with expert help. This is important to me as I am excited by the wide range of careers history can be a starting point for. To gain useful experience I volunteered at my local museum in the archives. I was given a tour of the archives and set small tasks like filing old photographs into the correct categories. The archives are small but it showed me that research can be constructed from a limited range of sources. Finally in a recent half term break I worked with my local MP Robert Halfon in his Westminster office and his constituency surgery. I attended various meetings as part of his team. I realised the tremendous demands on an MP's time and how much he relies on his support staff for both organisation and opinions. It was a marvellous experience.

At both secondary school and sixth form I have been a Senior Prefect which has allowed me to gain a wide range of skills such as team building, time management and general organisation. In addition, I have particularly enjoyed arranging an OAP Christmas party, showing that I take pride in the school as well as working for the wider community whilst maintaining a balance with my educational studies. I have been part of a team that was responsible for organising the induction day for prospective Year 12 students. This has been a great opportunity to build up key skills needed to study history. I have been in situations that have drawn on my problem solving skills and my ability to critically analyse in order to reach a decision. These analytical and evaluation skills are fundamental to study history because of the need to be able to compare, contrast and construct arguments through evaluating various historical sources.

I am determined, self-motivated and enthusiastic to learn. My passion for history is ever growing and I am excited for the new challenges that await me at university and which will shape my future career.

Law

The broad discipline of law has always fascinated me, with my particular interest lying in criminal law. The history of law and the changes it must undergo to keep up with the diversity of today's society deeply interests me. For example, I've been particularly intrigued with the emotive right to die argument. Whilst reading 'To Kill a Mockingbird' as part of my English Literature texts I was intrigued by the depiction of the sentencing and evidence system in the book. I enjoy reading around past court cases and the evidence against notorious criminals such as the Kray twins and the Wests.

I have always been an enthusiastic, eager to learn student who is very hard-working and one that always aims for the best possible achievements. I am dedicated to my education and am very motivated in the subjects I study. I enjoy analytical, written essay based work mostly, which has shone through in my progress through subjects such as Sociology and English Literature. Both of these subjects have helped to improve my analytical essay writing skills and my ability to craft a well-balanced debating argument, so I believe I would be able to apply this to my assessments in the course. Sociology has proved invaluable with my knowledge of the law as the synoptic modules relate a lot to crime, human rights and causes for deviant behaviour. Sociology has also provided me with an awareness of ethics and morality, allowing me to recognise inequality and making fair decisions, which I believe will be useful when working on court cases. I have taken up a 15 point Open University course called 'Starting With Law' which has given me an introduction to the subject of law at degree level as well as developing my independent learning crucial to university studying. This course has made me more aware of the structure of the justice system and how law is omnipresent which has strengthened my desire to study law. I took my ICT A level early, and whilst his increased my work load, I feel that I coped well, showing that I can handle new challenges which I think will benefit me when dealing with the jump to degree level work. I work well with my peers as well as my teachers. I have worked with young students in a school run project called Reading Buddies, one that helps to improve their literacy with regular meetings. This has helped hone my communication and socialising skills and inspired me to project my love of reading to younger students. I was given the opportunity to become a mentor for a Sociology GCSE class for which I received a Head Teacher's Commendation as well.

I attended the New Bridge Youth Conference this year, which offered an in depth insight into various aspects of criminal law with areas such as sentencing, the prison structure and rehabilitation being focused on. I have sat in on a court case which was thrilling and has heightened my attraction to criminal law and the justice system. I completed work experience at Nockold's solicitors' office, observing various types of law which enhanced my knowledge of the legal system and the role of a solicitor. Over the week I read through cases, dealt with clients and courts and organised case files. I am also scheduled to participate in more work experience at Pearson, a major international publishing house within the law department to give me a clearer perception of corporate law.

I have a part-time cleaning job, which has helped me develop my time management skills, my independence and helped me to prioritise my work to meet each deadline set for me. I have volunteered for a local youth scheme called Rock School, which enabled me to take initiative in fundraising events and I would like to continue organising events whilst at university and am keen to join societies.

Overall, I believe that I would be a confident and successful law student who would strive for the best possible achievements and cope well with the challenge of independent learning and living well.

English & History

I have always had a keen interest in English Literature and a passion for reading, and it was whilst reading one of my favourite novels "The Poisonwood Bible" by Barbara Kingsolver that I realised how much English Literature and History are intertwined as the book was based around Congolese history. From then on I realised how Literature can open up and bring to life the facts and figures that I learnt in my History classes and I was thus inspired to study both subjects at a Joint Honours degree level. I am highly capable of learning and working independently, attributes proven by my undertaking of an Open University course alongside studying for my A-Levels. The "Understanding the Arts" course combined the study of English, History and History of Art and this further cemented my desire to study both History and English at a higher level. In doing the OU course I learnt to become self-reliant and disciplined, working well ahead of deadlines. I consider myself an organised, hard-working and self-motivated individual and these characteristics enabled me to complete the demanding course whilst enjoying academic success in my A-Levels. By studying both History and English together, I feel I have been able to integrate my historical knowledge with novels that I am reading. For example, studying Mussolini in History whilst reading "Captain Corelli's Mandolin" in English meant I was able to understand both subjects in a deeper context and showed me how important literature is in our perceptions of different wider and global events yet also that we should be aware of the social conditions in which the author was writing in.

Whilst being happy with my academic achievements, I also take pride in extra-curricular activities. I volunteered to help out with a weeks' camping trip run by the school for Year Seven's. I feel this experience was incredibly valuable as I was taken out of my comfort zone and pushed to do new things such as putting up numerous tents in gale force wind and rain! I have also demonstrated responsibility and have developed my initiative through volunteering to mentor a Year Eleven Sociology class in the run up to their GCSE exams, alongside regularly attending "Reading Buddies" whereby I act as a support and prompt for a Year Seven "buddy". I take enjoyment in helping other students and feel I am a personable and approachable individual. I also have had a part-time job for a number of years working as a kitchen porter in a local pub/restaurant. As a result, I have learnt to work as part of a fast-paced team and thus have developed my communication skills immensely. I am not afraid to ask questions if I am unsure of the task in hand however can use my own initiative if needed. I have also had a weeks' work experience in Pearson's publishing house whereby I was introduced to the key aspects of the publishing process.

Ultimately, I feel that my academic, extra-curricular, social and wider work skills would enable me to integrate and adapt well to an English Literature and History Joint Honours degree at university. Reading novels is my favourite past-time and I am currently working my way through the "100 books to read before you die" list. In doing so, I feel my literary knowledge has expanded as I have accessed books in which I would not have normally have chosen, yet found myself enjoying. I believe English Literature to be so incredibly important and profound in society because it inspires and stimulates the mind, and I feel the same about History. George Santayana's famous quote perhaps explains the importance placed upon History; "Those who do not learn from history are doomed to repeat it", I like this quote because it shows the influence and impact that the past can have on the present. Ultimately I feel I can push myself and continue my hard-working and organised nature and am confident I can enjoy further success with English Literature and History at a higher and more challenging level.

Nursing

Child Nursing is a very challenging and demanding career, nevertheless, I care a great deal about this career and would be willing to do anything to achieve a level of nursing where I will be rewarded with the opportunity to care for and help children. I know that by choosing a career in child nursing I will have to use my positive mindset and communication skills to create strong relationships with the patients. I have the dedication to succeed and will only be satisfied once I have helped to care for a child and support their family through their most vulnerable times. In recent years nursing, and more specifically child nursing has evolved into a more rounded and holistic approach, I know I will embrace this change, and be the support that any child may require. Throughout my time in school I have been involved in the sports leadership's scheme through which I have acquired skills in communicating and understanding children between the ages of four and seventeen, it is in this leadership scheme where I have repeatedly been given tasks where I must create a situation and change the way in which it works to suit all participants, I feel that the skills I have learnt from this will help me to adapt the way I approach and deal with children of all ages, and will help with learning the basic skills required for child nursing. After recently completing a weeks' work experience in a nursery I am able to recognise the key skills required in caring for younger children, I was determined to make the most out of this week, and so I endeavoured to build a relationship with each child, and their parents, this then enabled me to build a trusting relationship between the child their parents and myself. This work experience with children not only taught me key skills in understanding and resolving problems, but it created a bigger drive and more motivation to pursue a career in care and child nursing. It has made me realise how important these skills are when caring for people and helping them meet their needs. In my time at school I have been set regular tasks by the senior members of staff, one example having to confidently represent one of my chosen subjects at open evening, and displaying the knowledge and experience I had gained on the course; this opportunity gave me the chance to show aspects of my personality that impressed potential new students and their parents. Having been set big responsibilities, this was incredibly beneficial for my confidence and for planning and organising my work. I have been employed in a job in a shop local to me, and I have found it has taught me skills in communicating with new people, and for improving my punctuality and dedication to building relationships with regular customers. This helped build excellent interpersonal skills, which will now be transferable to child nursing. Another incentive that has influenced my decision to pursue child nursing at university is that my mother and aunt have had long and happy careers in child and elderly nursing, and after seeing the fulfillment in their careers, and how rewarding their jobs are, it has given me the drive and desire to study children's nursing at university. Coming from a large family in which I have many younger cousins and more recently a nephew, I have naturally become accustomed to helping a child in distress, and from a very young age I have helped my family in caring for them and on multiple occasions and have been given the responsibility to care for them in groups and for long periods of time. Both experiences have fueled my desire to follow a career into child nursing. I am in the process of organising a period of work experience on a children's ward in a hospital local to me, as it will give me an insight in how a hospital works and how nursing with children differs to adult nursing. I am deeply passionate about nursing and I am already looking forward to a long and fulfilling career in this field.

Midwifery

I believe pregnancy is a beautiful journey and to be the one guiding and caring for the women who are experiencing it would be a privilege. As a child, pregnancy confused and intrigued me but by the time I had grown to understand the process, I found myself to be completely in awe of the stages of pregnancy. I believe that being a Midwife will be both challenging and rewarding. I have found myself in difficult situations in the past and overcoming such adversity has enabled me to be the best person that I can be; understanding, caring, strong, respectful and courageous. These qualities are important in being a Midwife as no one patient will have the same experience. I understand that Midwifery is by no means straightforward; complications arise and no one birth follows the same pattern. Alison Edward's (Pearson) Survival guides have taught me that many problems can arise throughout pregnancy such as dealing with vulnerable patients or patients coping with conditions such as diabetes. Midwifery is a difficult occupation that will evoke many different emotions, sometimes difficult ones, but I believe it will offer me the chance to work to the best of my potential in a demanding environment. I am sociable individual and have found that I can adapt myself to meet the needs of a variety of people. This is important as I may have to work with women who do not have English as their first language. I work hard and like to put others needs before my own. I believe I can be a successful midwife because I have good interpersonal and communication skills; I can work well both on my own and effectively in a team. I can work under authority but can take initiative and think on my feet when necessary. Friends come to me when they want a shoulder to cry on or someone to talk to, showing that I can help others by listening and giving appropriate advice. I deem this important in midwifery as I will have to help women by giving them advice on work, dieting and supplements, exercise etc. I studied Business, Sociology, and Psychology at A Level. After my brother was left with short term memory loss, I had wanted to study Psychology as aspects such as memory and cognitive problems intrigued me. Sociology interested me in analysing why people are treated differently regarding gender, age and disability. I think this is significant in Midwifery particularly in terms of ethics and religion as all patients have the right to equality and to have the same care regardless of their background. Business allowed me to explore Midwifery in terms of the amount of bureaucracy involved, and to understand why management and authority is essential. I have had personal work experience in social care; I volunteered for Bishops Stortford day services, I have looked after my brother who suffers from short-term memory loss and have frequently cared for my nephew who is epileptic. I volunteered for our family charity called the C.A.B.I.N (the Carers Association for Brain Injury Needs). I feel this experience opened my eyes to the help that many people need, the carers as well as the sufferers, and that everyone needs care and reassurance in stressful times. I have participated in my sixth form community group, which helped me understand how to make a difference in the community: I am more confident as a result of this as it taught me to voice my opinions and to take initiative. Employment has taught me that efficiency is key, attention to detail is crucial and that it is important not to fall behind; I can work well in a team to produce the best results. I am passionate about Midwifery; I want to facilitate the needs of childbearing women and am eager to learn the professional context of Midwifery. I look forward to the challenge of higher education. I am independent. I take initiative. I am ready to learn in depth about the field of Midwifery.

Fashion Promotion

It has seemed that even from a young age I wanted to incorporate fashion in my life, constantly begging my mum to buy more dressing up clothes and even saving up my pocket money so I could put new looks together to parade about the house in. As I matured thankfully so did my style and thus my interest in the fashion industry grew. I have always seen fashion as a way of expressing myself and its rapidly changing nature from season to season fuels my interest. Currently I would credit Marchesa as being my favourite designer as I love their classic but always intrinsically detailed designs. I have also always admired the work of photographer Patrick Demarchelier as his signature style of using black and white makes his work striking but elegant. I keep up to date with trends by watching live streams of fashion events, reading magazines such as Company and Vogue and through social networking sites such as twitter and tumblr. Most notably on twitter, I would regard Aliza Licht or 'DKNY PR Girl'; the alias she is most commonly known by, as one of the valuable accounts that I follow. Her insight into the world of high fashion PR has become valuable research for me and has embedded my vision of wanting to work within the fashion industry.

My initial interest in public relations and promotional side of the fashion industry came about upon discovering that my school did not produce a yearbook or any kind of memento for us in our final year. Between myself and one other friend we created, designed, marketed and successfully sold leavers yearbooks to our year group during year 11. Moreover, I feel that this shows my dedication and capability as whilst creating the yearbook I had to communicate by regularly emailing and traveling to Cambridge to meet with the publishing company, design all features of the book and present our ideas and drafts to the Head Teacher for approval. This also allowed me to gain transferable skills as I had to meet strict deadlines and organise my time so my school work and revision did not suffer in the process.

I feel that the A-Levels that I take greatly compliment your course as they all heavily focus on essay writing and have improved my written communication as well evaluative and analytical skills. Taking History at A-Level has benefitted me the most as our independent coursework unit has allowed me to develop and research my own work independently whilst drawing links between factors, justifying views and judging the value of historical evidence. History has also given me a broader perspective on society and has taught me the valuable skill of being able empathise with others. Furthermore I also have a part time job, from which I have learnt how a retail environment works and valuable customer service skills.

I also have a passion for drama as from the age of 5 I have been taking drama lessons at drama schools, from which I have received Group LAMDA qualifications and performing with my local theatre company. With Harlow Theatre Company I have performed in several shows including The Wind in the Willows and A Christmas Carol, both in which I had a principal part. Lessons and shows have not only taught me discipline; with regular rehearsals and then extensive rehearsals all weekend in the three weeks leading up to the show, but have also taught me how to work with people of all ages. Finally, my interest in theatre also links to my interest in fashion as I feel clothing is a great tool for an actor to get into character and is a very important device in communicating with the audience.

Veterinary Science

It is my ambition to study veterinary science and pursue a career as a vet. I am aware that the demands on a vet are significant and that the interaction between animal, owner and vet can be both emotional and stressful. Through work experience in a veterinary surgery I learnt about the complications that can arise from surgical procedures as well as the techniques vets use in handling animals. Observing post mortems of dogs as part of the analysis of the results of a drugs trial demonstrated the complexity of the animals and allowed me to further my understanding of the organs that I had learnt about in Biology. In the past 4 years I have had numerous experiences and opportunities to enrich my knowledge of animals, the treatment of them and their behaviours. Over multiple placements at GSK I was able to carry out experiments to create medicines to be tested on animals. I visited the animal unit to allow me to see the effect that tests had on the animal and to learn animal handling skills. My animal handling was also extended when I spent time dog grooming. My time proved to be quite hands on as I externally cleared anal glands, cleaned their ears, thoroughly washed a range of dog breeds and learned dog grooming techniques. A placement with a local badger protection group gave me the experience of collecting road kill, checking setts and monitoring a badger back to good health. Later this year I have further placements which include a farm, surgery, stables and pharmaceutical company. I anticipate this will prepare me for the demands of the career not only applicable to small animals, but extend to the wider range of equine and larger species. My passion for animals has been furthered by studying animal adaptations in Biology; for example, I was fascinated to learn that penguins have higher bone density to help them dive in the ocean more effectively. My fascination for animal species and behaviours means I visit the zoo frequently and have recently experienced a day shadowing a zoo keeper. I was able to learn the importance of maintaining a clean and safe environment for the animals as well as observe the close relationship between keeper and animal, thus allowing the keeper to recognise when an animal is behaving differently.

I am extremely organised and motivated in all aspects of school life. I am a regular subscriber to the Biological Sciences Review and find that reading around a subject is vital when there is a concept I want to understand more deeply. The sense of achievement I feel when I finally grasp an idea makes me want to learn and study further. I have always enjoyed studying science and maths and am able to use a logical and methodical approach to come up with various methods to solve problems. This skill has also come in useful whilst studying Chemistry when carrying out calculations. Through my ICT coursework I was able to tap into my creative side by developing an interactive multimedia product.

After a rigorous selection process I was appointed Head Girl and through this position I have developed leadership skills as well as learned how to manage relationships with a diverse range of people. I lead a team of prefects to help with events throughout school and the community, delegating tasks and ensuring they are completed. I am able to work effectively within a team and have completed the bronze Duke of Edinburgh award. I am certain that these skills will be important as I manage the demands of such a challenging course. I have tutored maths and helped peers to understand concepts in all of my subjects, which requires me to take complex information and condense it down to make it more understandable. I have balanced my academic commitments with part time employment as a waitress, which has helped to build my confidence and people skills. All my experiences with animals have only served to strengthen my desire to become a vet and furthered my passion to rise to the challenge of this demanding career.

Engineering (Aeronautical)

"I wanted to know how it worked" was my first announcement when my parents found me with screw drivers and various mechanical items disassembled on the floor as a boy, that need to know has stayed with me since! My interest in aircraft has been with me since an early age when my father took me to work to see the aircraft in various states of repair; this first-hand experience has reinforced my need to know. From the start of my GCSE qualifications, I have chosen the foundation steps to continue this. I was selected to do triple science at GCSE as I was in the top 20% of students in the school. I then continued with this by choosing to take Maths, Physics & Chemistry at AS level, and carrying on Maths and Physics to complete the A level to ensure I have the best qualifications for my future. I have also completed A level Business Studies a year early in my schools 'fast-track' process for the most capable students. These subjects and the need to know is why I wish to study Aerospace Engineering at Degree level. In my Physics coursework we could choose what to analyse; as I couldn't investigate plane dynamics, as the resources and amenities at my school couldn't facilitate this, I chose to look at the 'stability of high-sided vehicles in crosswinds'. I knew this would be a topic of interest for me to study and evaluate and help me attain a high mark in this aspect of the course.

At the age of 13 I joined my local Air Training Corps and have flown powered aircraft and gliders on many occasions. I have completed my initial gliding scholarship and was in the process of applying for a powered flying scholarship for when I reached 16. I obtained my senior cadet qualification, undertaking courses in Principle of Flight, Space Flight, Engines and Airframes to name a few. I have gained my D of E Bronze which has taught me leadership, navigation, self-reliance and team work. I have represented my squadron, wing and region in rugby and my squadron in many other sports. During my time at 494 Stansted Squadron I partook in community work on a regular basis, raising money for charity and for my squadron to ensure the activities I gained experience in, can still continue. I also managed to spend many days in the hanger with my father while he was maintaining a privately owned Bombardier Challenger 850 aircraft, as it was in regular use. Collaborating this experience with my paid work, at my local leisure centre as a part time pool life guard, giving me the necessary money to enjoy life independently.

I have been a member of Bishops Stortford Rugby club from the age of 6 and continue to enjoy playing. Where we have achieved county champions several times and this year became the RFU national under 17s shield champions. We train and play weekly and I enjoy the comradeship and demands of a team sport. I take my fitness seriously and use the pool and gym three times a week. I continue to represent my school in many sports, from cross country and track events, to rugby where I have obtained school awards for being a key player and sportsperson. I also assist the PE staff with the lower school. I have been a house sports captain organising the house sports teams and I am now a school prefect assisting the staff in year 6 induction courses, school sports days and anything else. So why Aeronautical Engineering? Well it has been a part of me from a young age, and I have been around aircraft all my life and enjoyed every air show, museum and presentation. Coupled with this, a natural inquisitive nature, I believe this is the right route for my further education and career. The challenge to design, maintain and push boundaries is an exciting thought which I believe will keep me interested for the rest of my life. I believe there is still much to learn and discover in this world, as humanity push further into the development of technology, that will revolutionise what we know.

Biology

I have always had an interest in science-based subjects but my enthusiasm has truly been confirmed since studying Biology at A-Level. I have been fortunate enough to travel to places such as Malaysia and Hong Kong, which when visiting I was taken aback by the vast socio-economic inequalities individuals experienced there; in particular health care inequalities and differences to the systems within the UK, inspiring me to study biology further with the aim of improving universal health care. Whilst undertaking the course, I have found to be particularly fascinated by the human biology modules especially health and disease, because of the huge importance in society of this knowledge being practically applied to save and transform the lives of countless individuals. As a result of my interest in Biological Sciences, I plan to study this course further at degree level to develop my scientific skills and understanding of the natural world, with the intention of pursuing a career in medical biology.

I have enjoyed my time at sixth form, particularly due to the scientific subjects I have studied. I was selected to study Business Studies at A-Level early entry, which I began studying from year 10, reflecting my strong academic ability and committed aim of studying at a high level from a young age. In addition, I am presently studying a Mathematics A-Level which has significantly helped me in my study of biology. In particular, the statistics module has been advantageous to me, as a result of learning to use many useful formulae relevant in biological research such as standard deviation. I am also studying sociology which together with Mathematics has helped improve my scientific research skills and ability to interpret both quantitative and qualitative data at a high level.

Furthermore, I am currently employed by Alliance Boots working as a customer assistant. My experience at the company has significantly developed my communication skills by working together with others in a team and serving customers. Moreover, assisting in the pharmaceuticals department and helping customers with their medical needs has strengthened my interest in studying biology. I have also developed strong organisational skills due to managing sixth-form work and frequent examinations along with part-time work. What is more, my experiences at school have prepared me for university life by encouraging me to strive to be more than what is expected of me. Throughout my school life I have participated in and volunteered for many school events, for example open evenings and the harvest festival as I find it particularly rewarding contributing to the school community. I have also been involved in biological field trips, such as pond dipping in Epping Forest lakes to investigate biodiversity. Additionally, I have received the Leventhorpe Annual Achievement Award for Upper School Biology, an award that recognises significant and sustained achievement, demonstrating my commitment and dedication to the subject throughout my education.

My interests reflect my absorption in biology and the natural world. I especially enjoy travelling to a variety of countries across the world and being able to experience various interesting cultures that are less globalised than British society. Another interest of mine is reading, and I particularly enjoy reading material related to biology in both non-fiction texts and by subscribing to the biological sciences review, broadening my understanding of the subject.

I am exceptionally excited to study biology at university so that I can further my understanding of the subject and therefore pursue a career related to the subject where I can practise my values by helping improve healthcare and hence the lives of many individuals across different societies. I am also looking forward to starting university life and for the opportunity to study more independently in various ways.

Medicine

Having always maintained a specific academic area of interest, my early curiosity was in the arts, but shifted to the sciences during my GCSEs, where my study of Biology and Chemistry in particular evolved into a fascination. The microscopic and atomic processes constantly happening in and around us are absolutely incredible, allowing complex systems like the body to work - and sometimes fail. Medicine stood out to me above everything; it is a unique blend of many facets of science, both highly relevant and fast-moving in today's world. I am amazed by the advances in medical practice and science that have led to a thirty-year increase in global life expectancy in under a century, including, for example, the manipulation of the immune system to create vaccines for an array of diseases. Also drawing me to Medicine is that as a scientific discipline its benefits can be seen upon application; by deducing a condition, or even by saving a life. While my main motivation for striving towards Medicine is its scientific connotations, I believe that a doctor's impact on a patient means their role offers responsibilities that few careers match.

Eager to look deeper into the profession, I organised work experience at The Princess Alexandra Hospital in Harlow. I encountered many different areas of medicine, making the experience a very holistic one. I thoroughly enjoyed patient interaction - the ward rounds and clinics I took part in are frequent tasks for doctors and I saw how even under stress, they treated patients with a professional manner and good humour. However challenges arose even on

a basic level: attempting to find patient notes or just interpret handwriting sometimes used up valuable time. Analysing CT scans and X-rays, I appreciated the doctors' problem-solving work needed for accurate diagnoses, and the procedures I observed - including fluid drains and prostate operations - had drastic impacts on patients' prognoses, and made use of technology that served as a reminder of how far medicine has progressed.

I also volunteer for a local Mencap group, caring for teenagers with disorders from cerebral palsy to autism. My interpersonal skills have been tested and have improved whilst meeting the needs of such a wide variety of illnesses at once. Researching the condition

Nicolaides-Baraitser syndrome that impacts one of the group, I learnt that there were only 44 known cases; Medicine offers the privilege of meeting many diverse individuals like this.

With a keen interest in biomedical research, I regularly read New Scientist to expand my knowledge of medical developments. I was fascinated by a recent article about possible ways to prevent the metastasis of cancer cells, from physical traps containing chemicals to "lure the cells in", to using magnetic nanoparticles. The prospect of following advancements on a personal level excites me, as does the possibility of being able to contribute myself.

As a Faculty Prefect, teamwork is essential and I have honed my communication skills through volunteering at occasions such as open evenings and parents' evenings. Through the community group I also help to plan and carry out events involving both the school and the wider public.

Painting provides me with a contrast from the objectivity of science; while still needing precision, manual dexterity, and the ability to think logically, it allows me to enter a more creative mindset. History remains a pastime and I enjoy continuing to learn about it, often through my own research. My investigative approach is vital for the lifelong learning of a medical career.

Medicine is my opportunity to utilise my favourite branch of science with the aim of improving lives. To be able to do this on a daily basis would be intellectually stimulating as well as incredibly rewarding. After carefully considering the challenges that go hand in hand with the career, I am confident that I have the tenacity to take on those that I will inevitably encounter.

Mathematics (Oxbridge)

The challenge of Mathematics has always been one which I have relished. I enjoy finding a problem difficult and then overcoming it by discovering a particular logical step or by implementing existing knowledge in a previously unforeseen way. My dedication to the subject and desire to always be learning more has led me to teach myself two of my A2 Level Maths modules early, allowing me to then teach myself several extra modules. I am keen to ensure that I am constantly being stretched and challenged; this is when I am most engaged with the work I undertake.

My A Level course in Physics has informed me of the wide variety of applications of mathematical methods; in particular a topic in mathematical modelling made use of trigonometric functions to model oscillations and implemented calculus to deal with exponential decay. Studying history provided me with an entirely different set of skills. Essay writing has trained me in setting out arguments clearly and logically and in undertaking a coursework investigation I have had to conduct my own wider research and critically evaluate the views of academics.

I recently completed the UKMT Senior Maths Challenge and qualified for the Senior Kangaroo. I particularly enjoy the Maths Challenge as it gives me an opportunity to engage with rich, rigorous and challenging questions, focusing on profundity of understanding rather than simple exam technique, and use my existing knowledge in new ways. This year I am competing in the Team Maths Challenge, leading my school team as captain, an experience which I hope will improve my ability to communicate difficult mathematical concepts clearly and efficiently.

My desire to challenge my mathematical ability and learn as much as I can led me to complete Maths courses offered online by universities such as Ohio State University and LMU Munich.

This was done in my own time while also studying for my AS Levels, as I felt like I wanted to find something new and exciting to learn. A course in calculus gave me a fantastic introduction to university-level content, while also allowing me a deeper insight into more familiar mathematical concepts. After learning about Taylor series I was able to see very clearly why cosine is an even function; its Taylor expansion contains only even powers, so negative inputs will produce the same result as positive inputs. This led me to realise exactly where the terms 'even' and 'odd' functions come from - even functions are those whose Taylor expansions contain only even powers and odd functions have only odd powers.

Another course I completed was in mathematical philosophy. This was a completely new area for me and as such I found it extremely interesting. It gave me entirely new ways of looking at concepts I was familiar with, such as using set theory to define infinity by saying that an infinite set is one that is the same size as one of its proper subsets. Making these kinds of connections between different areas of my learning is one of the reasons why I find Maths so exciting. These courses also gave me some idea of university style teaching as each week I was given a set of problems to complete and it was up to me to use the lecture videos and revise any content I was unclear on.

Aside from my studies I am a keen musician. Playing music has helped me improve my collaborative skills and is something I hope to continue with in university life.

One of the possible career paths I am interested in is teaching; I have taken part in a mentoring scheme to improve the basic maths skills of Year 7 students, and I volunteered in my free time to help teach a lower ability Year 8 class. I found these to be worthwhile and rewarding; I enjoyed sharing my enthusiasm for the subject.

The prospect of studying mathematics at university is an incredibly exciting one; there is no other path I would consider. I hope to one day find myself in the world of professional mathematicians, making a living from studying the subject I love.

Art, Fine Art, Photography

Art has always been a part of my life from a young age. It is my trademark. Of course it just started from the constant doodling in the back of my school books, but I have always had the drive to create something new or design anything and everything. My love for art has grown since studying Art and Photography at A-Level, and I simply could not imagine wanting to do anything else. My desire has always been to enter the Art & Design industry, and I feel so lucky to have this opportunity to do so. Through my life so far I have gathered many important life skills, but of course I have not gained them all. With this experience in mind, I would love to keep on experimenting, making mistakes, learning from them and just living the life I have strived for eternally. As I am so passionate about my potential future career, it would never seem to be just a job; it is so much more than that. I wish to be drawing, painting, photographing, sculpting every day of my life, which will make me the most content I ever thought I could be.

Ever since the age of 4, I have been dancing with a performing school. This is also a big passion of mine as the movement allows me to fully express myself, complementary to my artwork. Through dance I have also learnt the gift of team working and encouraging others to achieve their full potential. I have also gained various skills such as communication with others, planning and time keeping through my experience in the restaurant workplace. I believe that I have also obtained my independence and the ability to be able to think of my own ideas and solutions which I am aware is going to benefit me throughout later life. In Year 12, I attended a Year 7 citizenship camp where I was selected to be a Sixth Form Helper which put my creative leadership skills to the test, and also my team working skills. Although challenging, I thoroughly enjoyed the experience as it was new, fun and exciting.

In the second year of my A-Levels, I looked at mental illness shown through portraiture in my Personal Investigation project. My aim from this project was to illustrate how A-Levels helped me to link social and moral factors into my work to create a deeper and stronger message behind the art. During this project, I worked mostly in paint as I feel this is my strong point; however I still experimented with various media such as printing, pastels and pencil drawing. I chose to split the project into two and then contrast the two at the end through my final piece. At the beginning of the project, I studied the work of the photographer Jenny Cole, as I believe it really captured the dark and captivating side of schizophrenia. I used my own images to create paintings in the style of Cole's photographs, which was not only challenging for me to be able to capture the real emotion behind the images, but to also explore the sporadic style of the media used to portray the message. In contrast, the other half of my project was based around Agnes Cecile's work which shows how mental illness and schizophrenia is portrayed through colour. This was possibly my favourite part of this project, where I got to be free and experimental with the colours I used, which truly reflects the scattered thoughts of those with a mental illness. The powerful message behind this project is what I believe really drove this project forwards with enthusiasm. Alternatively, during my Photography AS and A2, I looked at Identity and different perspectives of nature. This allowed me to be free with my work. I used Sarah Illenburg's work as inspiration for the final section of my project which was 'flower fireworks'.

Given this opportunity, I feel as though studying Art as a degree will really help me to grow as an artist and will provide me with the knowledge and experience to be able to push towards my aspirations in my future.

Chemistry

The diversity of chemistry has always captivated me. Whether it is the large-scale extraction of metals or the in-depth analysis of an individual element, chemistry has fascinated me and I am keen to further expand my knowledge. Chemistry is constantly advancing and improving our everyday life, from developing new plastics for food packaging to new cosmetic products, and in the coming years faces crucial problems like combating antibiotic resistance and producing alternative fuels.

I enjoyed carrying out my individual investigations for coursework into the reaction between potassium manganate (VII) and oxalic acid, as I have been able to apply my knowledge to thoroughly understand the reaction and collect accurate results. It has given me the opportunity to research unfamiliar principles like Arrhenius's equation and apply them to my investigation. At University I look forward to developing my practical and analytical skills.

I also have an interest in Mathematics and have enjoyed expanding my understanding and problem-solving skills throughout my studies. I took part in the UK Senior Mathematics Challenge for which I received a Bronze award. My mathematical knowledge has benefitted me in Chemistry as it has many quantitative principles, specifically my understanding of logarithm and exponentials has aided me when learning about rate orders and pH calculations. In Biology

I have been interested in biological molecules and how simple chemical properties like hydrogen bonding are fundamental to the formation and functionality of DNA and enzymes. I was given the opportunity to take an A level early in Applied ICT which required the completion of a detailed self-managed piece of software. I believe that this has helped me to develop valuable skills such as time management, written communication and research skills, all of which I strongly believe will prove exceedingly valuable for my University degree.

During my regular reading of New Scientist I found an article about super-resolved fluorescence microscopy of particular interest. I found it intriguing that several small advances had collectively overcome Abbe's diffraction limit by using fluorescence proteins, which has enabled us to view cellular division and the development of plaques in Alzheimer's disease. I have read the Oxford pre-University Chemistry Course as I am keen to widen my knowledge. I have learnt about how the chemical phenomena of electronic shell structure and chemical reactivity were explained using quantum mechanics which was a fundamental advancement in chemistry.

At school I am a Facilities Prefect and part of the Community Group. The duties as a Prefect have included participating in and organising school events which has given me leadership experience and has also greatly improved my communication skills. A large number of events have been organised by the Community Group which has allowed us to raise over £ 5,200 for a variety of different charities. I find organising events extremely rewarding, especially working together in large groups as I am able to work effectively as a team member.

I would like to pursue a career in Chemistry as it offers many challenges in an ever-evolving industry and I am enthusiastic about taking my first step towards this career by studying Chemistry in greater depth at University.

Education

I have liked the idea of helping others since I can remember and as I got older it became apparent to me that my goal was to become a teacher in the future. My passion is to teach in primary schools specifically as the education they get at such a young age is the basis of their whole school life. Over two weeks at Henry Moore Primary School I observed both Key Stage 1 and 2 classes which allowed me to explore the contrasts between them and realise how much children can develop in just a few years. I observed the way teachers dealt with different contexts and situations, as well as working on my own with a small group to help them understand activities. I am currently working at this same school one afternoon a week, in a reception class. I have been taking ideas on lesson planning as I see the plan the teacher sets out for the day. Working in reception is different to my other experiences as they are still very young and require different teaching and communication strategies in order to make progress. I have observed the teacher as she works with the students and gives them assessed comments on their progress. I have also seen how she prepared for parents consultations and organised the children's work in displays.

I earned the opportunity to help out at Leventhorpe's Year 7 Citizenship Camp last summer. This involved me, along with one other person caring for around fourteen children, ensuring they were happy and under supervision during the daytime activities. I also got to take part in the team games. This gave me an opportunity to see what it was like to have responsibility of a group of children and also improve on my teamwork, and individual skills. In terms of becoming a primary teacher, this helped me learn ways to communicate with children in a way that will they will understand and that encourages them to engage and cooperate, and also showed me the importance of the role of the teacher beyond the classroom.

I have a part-time job at Robert Dyas. I think that this has given me useful experience in a real workplace, and helped me see the importance of things like deadlines and working effectively; both alone and with others. I recently organised a charity concert which raised just under £1,000 for the Amy Wallace Maggie Trust. I then organised a second charity concert, which raised £2,000 for Teenage Cancer Trust. I felt particularly proud that it was clear we had learned to improve our planning and organisation and thus dramatically increased the funds raised.

In Sixth Form, I take English Literature, Psychology and Sociology. I feel these will help in terms of becoming a primary teacher, particularly Psychology and Sociology. Psychology has taught me a lot about how young children think differently, for instance, how Samuel and Bryant found that children cannot conserve in terms of mass, number or volume until the age of 5, and also that the way an adult acts around a child is important as it can be imitated by the child, as Bandura, Ross and Ross found in their study 'Transmission of Aggression'. Sociology has taught me how society is changing and how globalisation has changed the lives of children I hope to be teaching in the future. I took an Applied ICT A Level early, in Year 12 and achieved a B grade. I created a multimedia alphabet learning aid in this subject, aimed at children aged 5, which was designed to be used both in front of a class, and for the child to use alone. In addition to taking my A Levels, I am one of three events prefects. In this role I have arranged mixers for both Year 12 and 13 and we are in the process of organising our Year 13 prom at the moment. This has helped push my organisation skills even further and also taught me to work well under pressure as I have been organising these events while keeping up with my work in school.

Business Management

From implementing strategies to gain a tactical advantage over competition, to selecting the most effective organisational structures within human resources, Business Management is a subject I've had a passion for since the beginning of my GCSE studies and would thoroughly enjoy carrying on at degree level. What I find most intriguing about business is the diversity and creativity the subject offers. There are a variety of ways in which facts, statistics and information can be extracted, analysed and utilised to provide detailed recommendations of how a business should address arising problems in a dynamic environment. The wealth of knowledge I have acquired through Business Studies has allowed me to adopt an analytical approach to arising challenges in all areas. The way in which different functional areas of a business can cross-link with each other is fascinating and has enabled me to 'think outside the box' when it comes to creating new strategies, even outside the realm of business management. Analysing factors tends to lead to more doors being opened; which I think has helped to unlock my full potential not only as a student but as a sports captain, employee and role model. The business world is active and rapidly evolving. Imagination, problem solving and decision making are all essential qualities I believe I have imbibed and refined during my time at The Leventhorpe Business and Enterprise Academy.

As a House Sports Captain and A2 physical education student, I've been entrusted with many responsibilities that have improved my confidence and communication skills. Furthermore I was selected to be a time-keeping official during the annual inter-house sports day and have completed a work experience placement at Princess Alexandra Hospital. I am also a member of the senior rugby team which participated frequently in many fixtures and tournaments on a national level. Playing the position of full-back was a vital role as it required a sense of spatial awareness, split-second decision making and co-ordinating team-mates based on the situational game play. I take pride in achieving the title of Senior under 18's County Rugby Union Finals "Runners-Up" during my time in secondary education. Towards the end of my year 11 education, I received a Headteacher's Commendation for Physical Education for being a superb 'Sports Ambassador'. It was also an honour to be handpicked by the P.E. department to represent the academy at the London 2012 Olympic Stadium as part of the Gold Challenge Charity cause. I had the full experience of a world class athlete, completing a 2x50m relay race in front of an immense audience, and was also interviewed for finishing first which was broadcast on national television.

In my spare time I have achieved a Black-Belt Dan Grade Diploma from the Hanko-Ryu International Karate-Do association. Karate is a sport I have participated in since primary school, and have thoroughly enjoyed taking part in competitions on a regional level. Athletics is also an extra-curricular activity that I've taken pleasure in since the beginning of secondary school. Competing at a district level, inside and outside of school has been a remarkable experience, enabling me to interact with new people from varying backgrounds. I also work at Domino's Pizza, which has improved my interpersonal skills through customer service but has also given me a grasp of how a business optimises efficiency whilst maintaining a respectable corporate image. Overall, I consider myself to be a confident, determined, well-rounded individual who is not afraid to step outside their comfort zone and take on new challenges. I believe that the University experience will be a fulfilling one; providing me the opportunity to engage with new people, cultures and activities, whilst broadening my knowledge of the modern business world.

Economics

With the financial hub of Europe at our fingertips and opportunities seemingly endless, there has never been a better time to excel in the financial sector. The reason this course interests me so much is, unlike some courses whereby once the qualification is received, many of the skills acquired are discarded and forgotten, with a financial degree, the prospects are in abundance. It is from studying Economics at A-Level and its diploma course in which I have discovered my passion and enthusiasm for financial issues; hence, I am looking for a well-rounded financial education at an advanced level.

Banks are at the forefront of the financial industry, so I knew that to broaden my knowledge and understanding in this field, I would have to speak to experienced, qualified professionals in this area. Thankfully, I was able to arrange work experience at two banks; State Street, an investment bank and T.S.B., a retail bank. Concerning the former; walking in to one of the, albeit smaller, towers of Canary Wharf can be quite daunting, but my initial intimidation was annulled by sheer admiration for the banking sector. I was introduced to foreign exchange and equity trading. I was impressed at how analysts and researchers make their forecasts of such uncertain markets using economic theory and statistical knowledge. I was particularly intrigued by the foreign exchange market; trading more than \$5 trillion daily, and with the biggest risk versus reward trade-off in any market. It has the largest tolerance to risk and the freedom to invest incredible sums of money; as a result, I would consider this as a potential career in the long-term.

Having obtained a silver award in the Senior Maths Challenge, I have proved that I am an individual with great ability to solve intricate arithmetic problems using logic and applying a variety of mathematical techniques where appropriate. I believe many of the skills demonstrated have been picked up whilst studying Mathematics at A-Level. Another subject of mine, A-Level Business Studies has allowed me to build structured and reasoned arguments and has really enhanced my ability to analyse information and data, both from a quantitative and qualitative point of view to form a firm understanding of core business principles. A-Level Economics requires the ability to understand and interpret information to solve sophisticated problems and demonstrate understanding of the foundations to complex economic theory. This course has improved my ability to plan, work independently and critically compare contrasting points of view.

Away from my studies, I am a keen sportsman, having played football, tennis and cricket throughout my life for my school and clubs. I played football for my local club for more than 10 years. I was a goalkeeper and twice recipient of the player's player of the year award. I also played football for my school team, captaining the side in my last two years of playing. This role was given to me as I had demonstrated my leadership qualities and attention to detail in previous games. I also won football colours for my school in Year 8. Playing football has improved my ability to work in a team, make crucial decisions and lead a team of people.

FX Trading, Accounting, Auditing and financial advice are all careers I am looking in to for the long-term; and with the financial sector expanding day on day, the options are increasing by the minute. Having said this, I am after a course that will not only help me to find my desired job in the future, but to develop myself as a person. An advanced level of understanding in this area will shape my opinions of reality; my political stance, risk profile and informed decisions, certainly from a financial point of view. I believe that this course will help me do just that.

Psychology

When a member of my family was diagnosed with Asperger's syndrome three years ago, my immediate reaction was to fill my own mind with knowledge about Autistic spectrum disorders. This ignited my desire to immerse myself in the study of human behaviour, and I am eager to satisfy my need to discover more. We are always surrounded by human behaviour, whether it is our own or that of other people, hence the importance of Psychology. An extensive understanding of people is the foundation on which you can begin to provide them with help. The broad nature of Psychology is demonstrated by its links with my other A Level subjects. Psychology is important in understanding many historical events such as the Holocaust, shown by Milgram's study of obedience in relation to the behaviour of the Nazis. The shocking results obtained and the subsequent rejection of the 'Germans are different' hypothesis were fascinating. However, my passion is for the physiological and cognitive aspects of Psychology, such as the influence of brain structure on behaviour. In particular, reading 'Wednesday is Indigo Blue' by Richard Cytowic and David Eagleman gave me an insight into how people with the neurological condition Synaesthesia perceive the world differently, for example with coloured hearing. Moreover, studying Sociology has allowed me to build on my knowledge of research methods used in social sciences, and I was able to apply this information to my own research project; investigating the effect of a smoking advert on people's opinions of smoking cigarettes. Having previously made use of statistical skills in Biology, I also confidently and independently performed a statistical analysis on the data I obtained using the Chi-Squared test in order to form a conclusion.

To extend my awareness of the applications of Psychology beyond the pages of a textbook, I volunteer for the charity Accuro, taking an active role in improving the communication and social skills of teenagers with a range of disabilities such as Autism. For example, I have utilised Makaton when communicating with people that are non-verbal. I also assist in maintaining structure in the lives of these people by implementing group activities. This has enabled me to experience first-hand some of the topics which I have studied in A Level Psychology, such as the lack of a Theory of Mind in people with Autism, and consequently I now have a working knowledge and understanding of this cognitive theory. In addition, I have been a prefect with a specific role as Head of Active Listening, in which I was responsible for mentoring younger students with anxiety problems. As a result of being required to organise timetables and offer advice to other Active Listeners, I developed excellent leadership qualities.

Taking part in a Sutton Trust summer school at The University of Cambridge as a student on their Psychological and Behavioural Sciences course deepened my established passion for Psychology, and truly widened my understanding of just how diverse a course in this subject is. The lecture that I found most captivating was on the neuropsychology of reward and addiction. Not only did this include vast amounts of fascinating Biology, but it has lingered in my mind as a prime example of the practical applications of Psychology, most noticeably in its uses for treating drug addiction.

In all aspects of my life, I am committed and take a diligent approach. For example, I have shown dedication to positively contributing to my community by volunteering in a St Clare Hospice charity shop, allowing me to refine my communication skills and demonstrate my ability to work effectively both independently and as part of a team.

I am secure in the knowledge that a degree in such an enthralling subject is the first stepping stone on the path to pursue a career as a Psychologist, which I am eager to follow in order to learn about a subject which is of utmost importance in the lives of us all.

Sports & Exercise Sciences

For as long as I can remember, sport has always been an important part of my life and I would like to pursue a career in sport which will occupy me for many more years to come. My love for sport not only comes from the highly competitive environment but from the strong desire to succeed in everything I attempt. I not only feel very passionate about the practical element of sport, but equally the theoretical element too. These theoretical elements include the importance of rehabilitation and the prevention of injury to a performer of physical activity.

I am currently studying A-Level Physical Education, A-Level English Literature and A-Level ICT in which I finished a year early. I chose to study these subjects at an advanced level due to my personal interests along with the potential to build great life skills. A2 ICT has given me the knowledge and ability to adapt to new programmes and new technologies which are regularly used in working environments. A2 English Literature has given me the important writing and reading skills necessary for all university courses which help in projects, assignments and essays. This course has also helped to improve my communication of ideas. In Physical Education, my most enjoyable subject, I very much enjoy the anatomy and physiology aspects which I believe is essential for a Sports Therapist and therefore I have a keen desire to add to my knowledge of all aspects of the subject.

During my school years I have been involved in many sporting and outdoor events. My most enjoyable and rewarding event to be part of was my school's 'Year 7 Citizenship Camp'. I was chosen to be one of twelve people (out of the initial forty five applications) whose duty it was to plan activities, cook the food and generally look after my school's year 7s on a week-long camping trip to Dover. Although this was voluntary, I gained many life experiences whilst away such as increasing my capability of working in a team, mass organisation and effective planning and evaluations of tasks. I have also assisted in organising and officiating many sporting events such as the annual Sports Day, swimming galas and athletic events. As well as this I was also part of a football tournament which was held over a ten week period in which I helped organised and officiated four of the local primary schools in a football tournament.

I have a very active lifestyle with a wide range of interests outside of school. As I have previously said I have a keen interest in sport, especially football. I play for my local football club and in 7-a-side matches weekly. I have also been a member of my local golf club for many years. I also enjoy taking part in a variety of other sports even if it is just to try it out. Another interest of mine is working with children. I was a volunteer at a local play scheme for over five years which was specifically for children with special needs and their siblings. This required very respectable communication skills along with good patience and exceptional care.

Studying Sports Therapy will demand a lot of time, commitment and hard work and I am 100% determined to dedicate myself to this course and to succeed in my goal of becoming a Sports Therapist for a top sports club or team.

Politics & International Relations

"The farther backwards you can look, the farther forward you can see" - Winston Churchill. I've been fortunate to be able to develop my interest in politics during my A Level studies. The course has been fascinating both in its breadth of content studied but by being able to show me a side I have previously been unaware. And upon discovery, it has inspired me to find out more for myself.

After much perseverance, I was able to secure a week's work experience with Backbencher Richard Drax, and during my time with him, I came to realise that I wanted to pursue a career in Politics. During my time with this local Backbencher, I was privileged to watch Prime Minister's Question Time in the House of Commons, to witness a live TV debate first hand. Watching both party leaders debate over current UK affairs created a charged atmosphere which I will never forget. This experience proved a revelation for me as showed me the level of dedication for policy making illustrated through debate. The debate sparked an interest which previously, I believed didn't exist. I took the initiative to join the school's debating society. I was able to demonstrate and develop my public speaking ability, analytical skills and how to respond to particular arguments. These attributes I was able to take to the University of Durham to compete in a weekend of debating with my school. Here, I could illustrate my passion for politics and debate with others who also had similar interests. I loved the opportunity to work under pressure and make reasoned judgments and arguments in a measured way. Richard Drax was able to show me how the constituent views were paramount and for him, how important it is that everyone has a voice. His pragmatic approach of visiting those under his representation showed me that hard work was why he was so popular with his constituency. He inspired me to take action for myself and see if I could make a difference like he had. I got myself involved in a campaign with an MEP from Brentwood, taking part in minor activities such as leafleting. Despite being involved at such a low level, I found the opportunity to help someone in their aim to make a difference galvanizing.

In my other A Level studies, business and history has allowed me to establish an overall basis of skills and knowledge which I believe will help me in my time studying politics at university level. History has developed my ability in identifying and analysing academic sources during our coursework study. I can use what I have learnt to interpret information and use relevant data to form and support arguments. Business Studies has shown me how to manipulate data in a way which can be used to form an argument in both a written answer and mathematic approach.

The remainder of the Politics A Level course looks at US government and the system implemented overseas. The curriculum focuses on each individual power, and the separation of those powers. As well as this, there is focus on the constitution, and other things that effect the day-to-day running of the government, such as pressure groups. My favourite part of the course contrasts both US and UK systems. Here, I was able to really gain a significant understanding of how similar/different the two governments are and which is more effective. For example, the power of the executive and the ability to wield authority before and after being checked by other organisations within the government like select committees and judicial review.

Politics captivates my interest unlike any other subject, it is a focus that I am planning to pursue far into the future, and the prospect of studying it at university provokes a real sense of enthusiasm in me. Therefore, I sincerely hope that I will be afforded the opportunity to do so.

