



A British Science Association programme

CREST AWARDS AND UCAS PERSONAL STATEMENTS

When you're applying to go to university, you apply through UCAS – the Universities and Colleges Admissions Service. UCAS recommends a number of schemes to be included in students' personal statements. The only one that's a science, technology, engineering and mathematics scheme is CREST Awards. Many universities appreciate hearing about things you've done that don't have tariff points attached. That's what's great about CREST Awards. You can find out more here:

www.ucas.com/students/applying/howtoapply/personalstatement/whattoinclude

You apply for a maximum of five courses through UCAS, but you only write one personal statement, which will be read by the admissions tutor for each of your choices. For a timeline, mind map and more great advice go to:

www.ucas.com/personalstatement

Most courses provide information on what they are actually looking for, either on their own web pages or in their Entry Profiles at

www.ucas.com

www.thestudentroom.co.uk is recommended by previous CREST achievers (search 'CREST Awards')

To help you to consider how your CREST Award might feature in your personal statement, here are some things to think about. You will only have 47 lines in which to show that you are a good fit for the courses you've selected, so pack them with relevant information:

- why you want to study your chosen course or what has motivated you to apply for it;
- the skills, qualities, experience, achievements or interests that you will bring to the course, both academic and personal;
- what you want to gain from your course and from the whole university experience.

Admissions tutors want to see applicants who stand out from the crowd. UCAS also uses plagiarism-detection software to ensure that your statement is your own original work. So make your statement individual and make every word count.

Tutors will want to know what you've done, and more importantly what you think about it. This helps them understand the way you think. So tell them about your CREST project, and also what you think you gained from it.

Here are 10 questions that might help you reflect on your CREST experience:

1. Has it given you relevant experience for the course(s) you are applying for?
2. Have you learned anything especially valuable or useful, or has it supported your academic learning at school or college in a specific way?
3. Has it had a positive effect on your motivation or grades or changed your attitude to school, college or your future education or career?
4. Has it improved your problem-solving, communication, teamwork, analytical or presentation skills?
5. Has it helped you improve your practical skills or self-confidence, or helped you to gain more from any other work experience, part-time job or extra-curricular activities that you do?
6. Has it demonstrated your enthusiasm for gaining new skills, learning new things or engaging with new experiences?
7. Has it shown that you are the kind of student who enjoys independent, self-directed learning or project work that goes beyond the syllabus you study at school or college?
8. Has it given you a valuable insight into a specific career or helped you decide what you want to do in the future?
9. Has it proved that you are the kind of person who will make the most of your time at university or contribute to wider university life?
10. Has it given you any new ideas that you might want to pursue or develop at university?

Finally, if what you want to say won't fit in the space available, then you could try:

- providing a web link to a specific piece of work, project, log-book or something else you have produced, enabling the admissions tutors to view further information if they wish; or
- asking the person who writes your UCAS Reference to comment on how your CREST Award has contributed to your personal development. Admissions tutors like references that strongly support your application without simply repeating what you say in your statement. So, do discuss this with your referee, and if they'd like to see it, show them this document as well.

This document was prepared with assistance from the CREST Youth Panel – young people like you who have already completed their CREST awards. Find out more about the CREST Youth Panel here:

www.britishecienceassociation.org/web/ccaf/CREST/_CRESTYouthPanel.htm