

**Guidance for writing your Personal Statement:**

We notice that many of our applicants find it difficult to know what to include on their personal statements for our course, so here are a few tips to help you with yours:

- **What is your personal motivation for applying for this course?** For instance, you may have experienced mental health support either for yourself or others known to you, you may have been in a role where you are supporting others, you may be considering a career change or you may have an interest in psychology. Please be careful to maintain confidentiality about family members, friends and others known to you.
- **What is it about this course that attracts you?** (we expect you to show that you have an understanding about the concept of counselling, and demonstrate some knowledge about the course. You might want to reflect on how this relates to your motivation and personal /professional experiences). Is there something about the syllabus which interests you?
- **What personal and professional qualities do you think you have that would suggest you are a suitable candidate for a counselling course? What evidence do you have to demonstrate these qualities?**
- **Do you have an idea of your future career pathway?** (e.g. working with children, adults or older adults. Are you drawn to specific issues such as trauma, homelessness, disability or bereavement?) **Or are you instead open to seeing what parts of the course excite you?** (you could refer here to modules on the course that you perhaps feel more curious about).

We also look at how you structure your statement, whether it is coherent and easy to follow, whether your grammar and spelling are correct and whether the information you give shows you have an understanding of the role of a counsellor.