



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Personal Statement Worksheet

This worksheet is designed to help you think about information you might include in your personal statement. It may be useful to use in conjunction with the Personal Statement Mind Map.

1. Information about the research topic/ course/ institution

Describe your academic background

Describe your research interests and goals

Why have you chosen this course/ research topic?

Why this institution?

Why are you suitable?

What is your research experience?

Describe some activities that demonstrate your interest in the course/topic?

2. Skills, achievements and interests

Write down the skills that you feel you have that will help you on the course or during the proposed research you intend to carry out.

Think about any achievements and positions of responsibility that you have held at any point or in any context throughout your life. Write them down here.

Document a list of your interests, hobbies, and extra-curricular activities. Then think about how they demonstrate your personality, your skills, and your abilities. Try now to link them to the skills and experience required for the course so that you communicate that you are a good “fit” with the institution’s requirements.

3. Work experience

Detail here your jobs, placements, work, voluntary work, part-time work etc. Try to link any skills or qualities that you have gained through these experiences to the course/research that you intend to do.

4. The future

What is the objective of this research?

How can I apply the knowledge and experience I gain from this course/research down the line?