

Sentence Starters : Help sheet

School : Subject/ Transferable

Note: These are basic examples which should be adapted to your specific circumstances.

"A regular period of voluntary work with... (state nature of voluntary work) provided me with the opportunity to... (state the skills or tasks carried out)."

"Being a member of the cast for... (state nature of drama production) was extremely rewarding. Acting has improved my self-confidence and public speaking skills. I hope to be involved in more amateur dramatic productions at university."

"Playing... (state musical instrument) at grade... (state grade, if applicable) has been extremely rewarding. I hope to continue my interest in music at university. I look forward to the opportunity to join the university orchestra."

"Speaking in front of a large audience as part of the Debating Society has been an excellent opportunity to develop my public speaking skills. I have taken part in a number of debates including... (state title of debates). This experience should prove useful on my degree course."

"As a library assistant my duties included organising the book loan system... (state any other duties that appear to suggest that you are responsible, reliable and organised). This experience has shown that I am responsible and capable of dealing with a range of people."

"I found raising money for... (state charity eg. Oxfam or details of the charity event) was a rewarding opportunity to help others. The event... (write a few words about what took place) and meant that I needed to... (state your qualities eg. be independent, self-motivated, work in a team)."

"Within my college I have undertaken to help run the computer system. This involves... (state your tasks eg. help others use software, report problems, remove unwanted software). I am keen to further my own knowledge of computers whilst at university."

"My experience with... (state experience) provided me with an excellent opportunity to... (state skills or experience eg. work with people, be independent, self-motivated, learn more about the nature of the degree course)."

"One opportunity I value a great deal is... (state nature of the experience) because it allowed me to... (state what it allowed you to do eg. mention skills and/or the nature of the experience)."

"Taking responsibility for... (state responsibility) has developed skills in... (state skills)."

Outwith School: Subject/ Transferable

"My part-time job as... (state title of job eg. an assistant in a large retail store) has provided an opportunity to... (state what you have learned eg. co-operate with other people and be independent)."

"Watching foreign films such as... (state title of film) is a passion of mine and it has led to a broader interest in world literature."

"Being creative with cooking is not only an excellent way to relax but also to meet others. I like to try a range of recipes and these enable me to develop a range of skills such as . . ."

"My interest in... (state interest) has given me the opportunity to... (state the nature of the interest or what you have learned)."

"I particularly enjoy... (state what you enjoy that is relevant to your application) and it has provided an opportunity to... (state what skills you have developed or what you have learned eg. being more independent than you had believed yourself to be, accepting a challenge)."

"I hope to continue to... (state hobby or interest) at university because it provides me with an opportunity to... (state opportunity eg. meet people)."

"I have endeavoured to learn more about... (state what you have learned eg. astronomy) by accessing journals such as (e.g.s) or websites including (e.g.)."

Sport Related Sentence Starters

"As... (state responsibility eg. captain of the school netball team) I have gained the opportunity to motivate others to succeed. Winning... (state success eg. the 2001 County Trophy) was a major achievement for the... (state team eg. school netball team)."

"Being a keen... (briefly state your main individual sports eg. squash, running, athletics, table tennis) has helped me maintain physical fitness as well as aiding my studies. I find that my mental concentration improves with being physically fit. I hope to make good use of the sporting facilities at university and maintain this balance."

"Team sports such as... (state team sports eg. netball, football, basketball) have enabled me to work in a group, listening as well as giving instructions and advice."

"Competing in the... (state nature of competition) and getting... (state position in the competition eg. runner-up) was a major achievement for the school second eleven football team. It was during the competition that I learned how to motivate others to succeed."

"Sport has been particularly important as it has provided me with the opportunity to... (state opportunity eg. work in a team, work with a diverse range of people, be self-disciplined)."

"I wish / intend to take full advantage of the university facilities to continue my sporting interests, particularly... (state sporting interests)."

"I am an enthusiastic member of the school / college... (state team or sport) even gaining an award for my achievement in... (state award or any cups or medals the team or yourself have won)."

"Not only is sport important but I also enjoy... (state a link to an alternative area such as outside school / college interests)."

Work Experience: Sentence Starters

"Being involved in a busy / professional / successful... (state type of company eg. accountancy firm) allowed me the opportunity to... (briefly describe the main tasks that relate to the skills you gained). These duties developed skills in...(discuss skills)."

"Working part-time in a... (state type of company eg. large retail store) has enabled me to... (briefly describe the main tasks that relate to the skills you gained) which developed my... (discuss skills)."

"My work experience was an enjoyable and challenging experience. Being a... (state job title) enabled me to be involved in a range of areas such as... (state area / task) which developed... (state skills). In addition, I was able to... (state task) which was essential in developing... (describe skill)."

"Working part-time as a... (state job) gave me the opportunity to... (state experience or skills eg. work in a team, find out more about...)."

"I gained valuable knowledge of... (state area that you have more knowledge about eg. legal process) and experience in... (state area of work eg. a firm of solicitors) whilst working as a... (state job eg. shadowing a solicitor) during... (state period of time eg. holidays, weekends, Year 11)."

"As well as providing practical experience in a... (state area of work eg. computer retail store) the job also allowed me to develop skills in... (state skills)."

"The experience and knowledge I have gained through working as a... (state job) should prove useful in my chosen degree/HND course."

"I enjoyed working as a... (state job eg. working in a hospital) because it gave me a valuable insight into my degree area. In particular, I learned that... (state what you learned eg. that the degree eg. Medicine is a course that I will thoroughly enjoy)."

"Working voluntarily as a... (state job) provided a rewarding and valuable experience in... (state experiences and skills)."

