

## Explaining Enrichment

By now you should have heard the word ‘Enrichment’ in other UCAS/Personal Statement related talks, or seen it as one of the sections on the Sixth Form Bulletin. It can sound a very vague term, but simply put (in personal statement terms) it is your chance to show admissions tutors that you know what the course you are applying for entails, and how you have taken that information on board and independently prepared to study that subject at a higher level. This can include what you have studied at school, but the more external examples you can provide the better as it proves that you have sought out opportunities particular to that subject area/career path on your own initiative – quite literally, you have “enriched” your own personal knowledge of that topic. By doing so you will also enrich your prospects as an applicant – if you have found a niche work experience placement or activity which you can confidently explain has helped develop your skills and knowledge, then it will go towards helping you stand out from the crowd.

Enrichment should be distinct from examples that you give of your extra-curricular activities – hobbies or important achievements that do not relate specifically to the subject you are applying for e.g. sports or music accomplishments (if you are not applying for Sports or Music courses).

So just as everyone will be applying for different courses, “enrichment” can take many different forms. The Durham University guide to personal statements (available in full in this Personal Statement section of Moodle) calls this section of your statement ‘Why You?’, and gives the following list of examples:

- Your academic studies
- Any voluntary work
- Things you have learned from books, newspapers, TV programmes and so on
- Experience in your year out (if you are having one)
- Any relevant work experience or university taster course (e.g. medicine, physiotherapy)
- Particular project work in your studies e.g. music grades if you are applying for music, Open University modules that relate to your courses

We have picked the examples from previous years that are listed in this section because they show a wide range of both opportunities and ways to describe them. You will see that some personal statements are predominantly enrichment-based – this can work well with vocational subjects such as teaching, nursing, or medicine. Some have balanced their statements by talking more about their academic studies as that is more relevant to the course, and so seem to have less enrichment. It is always preferable to have some enrichment in your personal statement, and hopefully these examples will help you think of things you can already write about or to organise for the future.

Mr Hill's personal statement presentation (also available on Moodle) includes a comprehensive list of enrichment ideas that you could use to get started – see below for the full list.

## **Personal Statements – How to stand out**

### **What can I do?**

- Take on additional courses – EPQ/OU short science courses
- Read publications related to your subject
- Follow two or three stories/events/issues in details
- Set up a club
- Join a group
- Read widely - outside your period in history
- Read widely - outside your set texts
- Familiarise yourself with the work of key artists
- Be able to reflect on what you have read
- Do some creative writing
- Be a part of a book group - start one
- Join a society - history, geography
- Follow a legal case
- Research mathematical theories outside the A level course
- Go to public lectures
- Visit inspiring buildings
- Visit art exhibitions
- Visit theatre and explore different genres of theatre
- Visit historical sites, museums and exhibitions
- Reflect on what you have gained from the visits
- Volunteer
- Act as a mentor
- Get appropriate work experience
- Placements at small companies may give you a wide range of experience
- Attend insight days
- If work experience not available- look wider
- Dentistry - volunteer to teach younger children about dental hygiene
- Take part in an activity that requires high level manual dexterity
- Medicine - work in a care home, work with disabled children
- Consider an internship
- Attend university taster courses