

# Personal Statement Examples



## Example 3: Nik

Nik is 18 and applying to do an Apprenticeship at FE college, which combines study with work experience.

I am applying for the apprenticeship in Health and Social Care because I want to make a difference in people's lives. I understand how important it is to help young adults with learning difficulties to live fulfilling lives and become as independent as possible through activities and learning new skills.

My younger brother was left brain damaged after contracting meningitis and our family act as his carers. I am naturally patient, kind and caring and I know how important it is to spend time talking to my brother, even if he isn't always able to talk back, and encouraging him to do simple activities. No two days are ever the same.

I also help with housework and really enjoy cooking. I like to go keep fit so I'm interested in nutrition. I have spent time trying to find ways to make the food my brother can eat more interesting and to look more appealing. I'm really interested in the link between nutrition and brain health, and whether the right diet can help e.