

## 2.2.2 HE student case studies and ‘Making the most of my assets’ worksheet

### Your special qualities and strengths

Your application form or personal statement is your chance to show why you would be an asset to any HE institution or workplace. This worksheet will help you reflect on your experiences and how you can present them in applications.

**Here’s what University Students from a military service family have to say:**

*“Being a military child makes you a really resilient person”*

*“Be proud of who you are”*

*“You acquire experience, you acquire knowledge”*

*“It doesn’t matter what environment you’re in you’re always going to be the resilient one”*

*“The advantages of coming from a military family are being determined and not to give in and also knowing that you can make new friends and it’s always possible to do stuff that you never thought you would”*

*“The consistency of moving has given me the ability to adapt to new surroundings such as moving to university and given me the confidence to make new friends and make my time at university successful”*

*“It makes you a tougher person because you can easily make friends wherever you go”*

*“I know that I can adapt to situations and I can be on my own, I’m quite strong and independent”*

*“You have this level of maturity, when your parents get deployed you have to take responsibility for your actions”*

*“When you grow up and it’s about who you are, all these experiences you’ve had growing up will make you the sort of person that is able to withstand challenges”*

Qualities like resilience, problem solving, working independently, good time management, and organisational skills are the transferable skills employers and admissions tutors want to see.

## Finding your strengths

Think about your personal attributes and the challenges you have overcome. List the strengths you have developed. Show you know what your strengths are; some of them are unique to service children.

## Evidencing those strengths

Pick the 2 most relevant to what you want to do. Write down an example of when you demonstrated this strength. Analyse what you learnt/developed and how; don't just describe what you did but reflect on what you got from it.

What was your biggest challenge? How did you overcome it? What did you learn?

How can you link the skills you have developed to the job/course you are applying for?

1.

2.