**Writing your Statement of Interest**

Please find some advice to help you when writing a Statement of Interest for the Mature Applicant section of the CAO application form. **Please note that your Statement of Interest should be within the 3,000-character limit (approximately 500 words).** When applying to multiple HEIs, it is advisable to avoid reference to specific institutions in your Statement of Interest. Please also note that a Statement of Interest should be an original and personalised statement.

**1. Be Enthusiastic and Genuine:**

• **Show excitement**: Start by expressing your passion for the course/subject area. Don’t overthink it—be yourself and let your enthusiasm for the subject matter come through naturally. This is your opportunity to show why you are genuinely interested.

• Example: *“I am thrilled about the opportunity to study [Course Name] because it aligns perfectly with my passion for [Topic]. I have always been fascinated by [aspect of the subject] and am eager to develop my understanding in this field.”*

**2. Motivation for Choosing the Course:**

• **Why this course/subject area?** Clearly explain why you chose this specific course/subject area. What about it made you decide this was the right path for you? Your answer should show thoughtful consideration of your educational journey.

• Example: *“After my experiences in [related area], I realised that studying [Course Name] is the perfect step to deepen my expertise and pursue my goal of working in [Field].”*

**3. Excitement About the Course:**

• **What excites you?** Identify the aspects of the course/subject area that particularly excite you. Is it the subjects, the structure, or the opportunities the course offers?

• Example: *“I am particularly excited by the course's focus on [specific topic or approach], as it will allow me to apply theoretical knowledge to real-world situations.”*

**4. Previous or Current Study and Relevance:**

• **Link to prior study**: Mention any relevant previous education or coursework and how it’s connected to the course/subject area that you are applying for.

• Example: *“My [undergraduate degree, diploma, etc.] in [Subject] has provided me with a strong foundation in [Relevant Skills/Concepts], which I am eager to build on with this course.”*

**5. Work Experience:**

• **Relate work experience**: If applicable, mention work experience, internships, or volunteer roles that have prepared you for the course/subject area.

• Example: *“Through my work as [Job Title] at [Organization], I gained hands-on experience in [Relevant Skill], which will help me succeed in this course.”*

**6. Life Experiences that Enhance Your Application:**

• **Discuss life experiences**: Share any personal or life experiences that have shaped your perspective and made you more prepared for the course/subject area.

• Example: *“My time volunteering in [Field] allowed me to develop crucial interpersonal skills and gave me insight into [Relevant Area], deepening my desire to pursue a career in [Field].”*

**7. Achievements You Are Proud Of:**

• **Highlight achievements**: Mention any significant accomplishments that demonstrate your dedication and capability.

• Example: *“One of my proudest achievements was [Achievement], which taught me [Skill or Lesson].”*

**8. Skills that Will Benefit Your Studies:**

• **Skills you bring**: Discuss any specific skills you have developed (e.g., leadership, communication, problem-solving) that will help you succeed in your studies.

• Example: *“I have honed my [Skill] through [Experience], and I am confident these skills will be an asset in my studies.”*

**9. Plans and Ambitions for the Future:**

• **Career goals**: Briefly outline your career aspirations and how this course/subject area fits into your long-term plans.

• Example: *“After completing my studies, I plan to pursue a career in [Career Path], where I hope to apply my skills to [specific goal].”*

**10. Practical Considerations:**

• **Realistic commitment**: Show that you have considered the practical aspects of returning to education, such as financial commitment, time management, and personal adjustments.

• Example: *“I understand the challenges of returning to education, including the financial investment and time commitment. However, I am fully prepared and committed to dedicating the necessary time and resources to succeed in this programme.”*

**11. Proofread and Edit:**

• **Review your statement**: Before finalising your Statement of Interest, make sure you proofread for clarity, grammar, and spelling. Ensure that it is concise, well-organised, and free of errors.

**Statement of Interest**

**Structure Outline:**

1. **Introduction** (1–2 sentences):

o Express your enthusiasm for the course/subject area and briefly mention why you chose it.

2. **Motivation and Relevance of Your Experience** (2–3 paragraphs):

o Discuss your educational background, relevant experience, and skills you bring to the programme.

3. **Why This Course/Subject Area** (1 paragraph):

o Explain why this course/subject area excites you and how it fits with your career goals.

4. **Practical Considerations** (1–2 sentences):

o Acknowledge the commitment to returning to education and how you plan to manage it.

5. **Conclusion** (1–2 sentences):

o Summarise your excitement and reaffirm your readiness to embark on this next chapter.