



Personal Profile 'Pointers'

UBC wishes to communicate openly with all applicants about the admissions process and is pleased to provide the following 'pointers' to help you advise students on how to complete the personal profile aspect of the application. This list is not exhaustive nor is it meant to imply that a student must focus on all of these points. Rather, it is meant to suggest areas for self-reflection and to provide guiding points that may help the students in shaping their answers.

What advice do you have for students on how to prepare their personal profiles?

- What are the qualities that you think will make for a successful university student? And how have you demonstrated such qualities in the past? Try to incorporate these ideas in your responses.
- Think about the UBC program you have identified as your first choice. What kinds of activities, accomplishments and insights learned inside or outside of the classroom do you think would be relevant to this program?
- Think about your accomplishments, your activities and what you have learned from these experiences. What do you excel in at school or outside of school? What do you enjoy learning in school? Or what do you enjoy doing outside of school that has influenced what you want to learn? Don't just provide a list without taking the time to reflect on what you have learned and what you want to continue learning in University.
- Think about the role others have played in your accomplishments and experiences.
- Think about how your favorite teacher would describe you. Why would your teacher describe you this way? Be specific. Try to incorporate this information into your responses.
- When writing your responses, be specific. Use details to substantiate and elaborate upon your answers.
- Think about two or three adjectives that best describe you. For each, provide some evidence of why they describe you best. Be specific. Try to incorporate this information into your responses.
- Focus on what you want to say and be true to who you are. Don't provide the answers you think UBC wants to hear; we are interested in your voice.
- Provide the background information to your experiences.
- Finally, remember that self-reflection is challenging and will take time. Writing is an iterative process and it is okay to be discouraged with early drafts. That's why you write, write and re-write. The UBC Personal Profile is supposed to make you think. If you find it hard to complete your personal profile, it probably means you are on the right track.