**EXEMPLAR STATEMENTS**

**Primary Teaching, Sports Education and Training, and miscellaneous**

**Primary Teaching**

I want to pursue my dream, which is to become a primary school teacher. I have the ability to speak many different languages such as Gujarati, English, Hindi and Punjabi. At the age of 13, I had my first experience of using my skills to help others to learn - guiding two ladies from India, and helping them to learn to speak and interact as well as write in English. This experience gave me confidence in my ability to teach.

Since then, I've had many experiences interacting with younger years. I worked temporarily in a child day care nursery, working with children up to the age of 5. This allowed me to see children of early years become engaged with learning new things. The most rewarding moment of this process was the gift of seeing each individual child flourish within the short timeperiod I was there. The children made me a booklet with small messages thanking me for my cooperation and hand prints from each individual. From this I came to realise that I have a talent in connecting with children.

I went on to working at a Saturday school run by the Hindu Youth Association in Plumstead Manor school. I taught the core subjects English, Maths and Gujarati. During my first year working there, I was a teaching assistant helping children individually. From this I gained confidence to put myself forward to teach a class by myself. I was able to be creative with the tasks set as well as making sure all the information was clearly presented and understood. At the end of each year, the children would be set test papers to review their progress. This was pressure for me as the results they achieved would reflect on my teaching abilities. However, almost all results proved to be above 70%.

I have chosen to study Biology, Chemistry, Psychology and Sociology. While studying Biology &Chemistry, I developed the skills of being able to solve problems in a logical way, along with enhancing my written and communication skills. The Psychology & Sociology modules focused on the way children are socialised and what determines their behaviour in certain environments and circumstances. This particular module helped me understand why children tend to rebel against certain things and for that matter why they tend to conform to others. From this, I feel that I can cope with difficult situations and manage children in a mature and appropriate manner.

I have a lot of enthusiasm for extra curriculum activities such as painting, sports & cooking. I completed four canvas paintings of newlywed couple. By painting, I get to express my creative side and think outside the box. This is a necessity when teaching younger children. Children can attach and understand information when given to them in a unique way. I'm interested in cooking different dishes. When I cook, I am able to be imaginative and adventurous in trying new things and able to multitask as well as staying calm. Staying calm and patient is vital when taking responsibility of teaching children.

I'm very passionate when playing sports. In cricket, there is commitment which I have along with people working together in a team which is similar to conditions in a classroom where everyone is working together to achieve the best of everyone's abilities. I took part in an all-girls cricket tournament at the lord's cricket ground whereby I took on the role of the team captain. By doing this I show that I have dedication in taking on responsibilities and be a team player.

There are many skills a teacher should acquire. I feel that I will be able to use the skills that I have which include patience, communication skills, the ability to motivate and inspire children into reaching the goals they need and, finally, the most important skill - the ability to enjoy the company and presence of the young.

**Primary Teaching**

For as long as I can remember, I have wanted to become a teacher. I would love to study Primary Education at university to follow the dream I have held since I was a child.

Throughout the lower school, I would go to a local primary school and help out, listening to the children read and supporting the class teacher in any way I could. I found this was an environment in which I could really flourish, and the experience convinced me that this was the career for me. Naturally in year 10 I did my work experience at a local primary school, working with teachers and pupils in KS1; I really enjoyed getting involved, and spending time with different groups on a major art project was particularly inspiring - seeing the sense of achievement the children got from doing something themselves has really stayed with me. As a teacher, I would love to be able to foster the kind of confidence and independent skills I saw the children developing during this time.

During this time I also saw exactly how many different skills are needed to be a teacher, and the whole range of roles which it encompasses. For example, I learned how important it was to be sensitive, flexible, and responsive to the fact that their class of thirty students contained thirty individuals, each with very different strengths, and needs. Recently, I have been working work at the same primary school every Thursday morning, and I plan to continue this throughout the academic year. I have been working mainly in reception, so I am looking to work with older children in order to find out about their different needs. I have learnt about the whole KS1 curriculum, working with teachers and students in PE, history, literacy and numeracy. During this time, I have worked with a boy who has been diagnosed with autism, and have found it fascinating to learn about the condition, and to try to look at the world through his eyes. I have enjoyed getting to grips with his way of learning, and presenting ideas and information in a way which he can understand.

My A levels have helped to prepare me for a teaching degree in a variety of ways, helping me to develop a range of skills and abilities. For example, studying photography has allowed me explore my creative abilities, which I feel is vital when working with young children. Also, in this subject, I have found I have had to be very self-motivated - a lot of the work is done independently, and I have risen to that challenge, becoming much more self-reliant and independent as a result. However, I also work well as part of a team, and realise how important this will be as a teacher. Studying sociology has helped me to understand more about the society we live in and how adults and children alike are socialised. This means I am very aware of the range of different backgrounds the children may come from, and the effect this may have on their behaviour, and the way they see school. Our study of the Family has helped me to understand the importance of family background, and the influence it may have on a child's education. I study English Literature because I love books, and I hope as a teacher not only to help children improve their literacy skills, but also to foster in them a lifelong love of reading.

I have also been taking part in some volunteer work and have signed up to the Worldwide Volunteering (WWV), and have so far taken part in volunteering at the London Marathon water stations, handing out water to the runners as they go past. I am a very organised person, who is good at meeting deadlines. Studying for an extended project, I have to work independently on my own initiative, and be highly self-motivated.

I feel my own experience of education has been a valuable one, allowing me to achieve my ambitions and goals in life. I hope to give my own students a rich and valuable experience of school too.

**Sports Education**

My ambition is to complete a degree in Sports and Physical Education. This will allow me to achieve my goal, which is to have a career in teaching. Playing for my current football team, I have had the honour of competing in the Kent football league. During this time our team has won the Kent youth league cup and the South East Kent league division. Competition drives me to achieve to the best of my ability, and as a teacher I want to be able to bring out the best in young people, at whatever level it is that they are at.

I have always had a love of sport, which began through playing football as a small child. As I got older I developed an interest in a broader range of sports such as volleyball, cricket and athletics, representing my school in all of these activities. As I did so, I became interested not just in playing, but in the theoretical aspects of sport, so I chose to study BTEC sport at both levels 2 and 3. Studying for the BTEC qualification enhanced my interest in areas such as anatomy and physiology, leadership in sport and sports coaching. I have officiated at our school athletics championship, where I was given the opportunity to take down the scores and mark the landing marks for the triple jump and long jump, as well as recoding the timings of the runners as they finished. I enjoyed the responsibility, and it made me eager for more. Representing the school as part of the football team from year 7, I had the opportunity of being captain in year 9, and took it. While being captain I felt I had stepped up to the mark and improved on my own skills and attitude to the game to act as a role model to my teammates and intern improve my outlook as a whole.

Through my studies, I became interested in the teaching of sport, so I have particularly enjoyed the leadership in sport unit, where I delivered a session teaching a group of younger students the fundamentals of passing. I found this very rewarding, as I was able to pass on my knowledge and see the players improve their skills. Playing for a team at the age of 15, I was offered a trial at Gillingham football club. When I played for Eltham Youth FC, I was lucky enough to have the opportunity to coach a training session, where I had complete responsibility for what areas we worked on. The session was worthwhile as it gave me the knowledge that will guide me in improving on my own footballing game, as I have had the experience and had to have the discipline of teaching other people my own age. I have also had the privilege of working with a group of students at a local primary school, where I had to teach an hour-long PE session to a group of year 1 pupils. I enjoyed developing my leadership skills, and lead by example, where I had to demonstrate everything I was teaching. One particular child in the class had Down’s Syndrome, and his specific learning needs meant that I had to really think about how to adapt what I was demonstrating to him one-to-one, to allow him to access the lesson. This interaction with the pupils gave me an understanding of the vast range of differing abilities and learning needs in any group, and the importance of tailoring your teaching or coaching to the needs of all. I pride myself in being a calm and patient person, which will benefit me in being a teaching or coaching role. I am planning to complete a refereeing course over the summer to have a better understanding of what is involved.

A degree in sport and physical education will allow me to develop the skills, knowledge and understanding to embark on a career in the field that I love. I would like to work with young people, engaging them in a lifelong love of sports, and encouraging them to be the best that they can be.

**Sports Therapy**

I have always had a love for sport and am passionate about keeping fit. More recently, I have become intrigued by human anatomy and keen to explore and understand the way our body’s systems function together. These two interests inspired me to study BTEC sport and applied science in the sixth form. I am keen to use my interpersonal skills to make a difference to people’s lives, so sports therapy is a natural choice for me.

Attending football matches from a young age with my father, I began to notice the work of sports physiotherapists when giving aid to injured players - and I was fascinated by how quickly they were able to diagnose a problem and give the best course of treatment to that player. At a young age my cousin developed Osgood Schlatter’s disease, a growth of extra cartilage behind or below the patella. I accompanied him to his weekly physiotherapy sessions, which gave me my first real experience of watching a physiotherapist at work. I was amazed by how they were able to use therapy to give him relief from his pain. This sparked my curiosity as to what happens within our bodies when we are injured, how our bodies deal with the pain, and how these injuries can be treated and pain relieved.

In my sports studies, I have especially enjoyed the units on sports injuries and health and safety within sport, where my eyes were opened to what is involved when an athlete is hurt or in need of rehabilitation. As part of the level 2 course we were taught basic first aid skills such as cardiopulmonary resuscitation, the recovery position, treating a deep wound and broken bones. This was interesting in itself, but the opportunity to put my learning into practice came when in year 11 I had to step in to help a boy who had sustained a deep cut on his wrist that had reached his artery. I was told by the school’s police officer that if I had not stepped in there would have been major blood loss. I took great pride in this and it really helped to develop my confidence – and this was the moment when I discovered how much I enjoyed helping people, and the reward it could bring. The BTEC course has also helped to broaden my insight in to the sporting industry as a whole, and showed me the vast range of jobs that is on offer in the field. When I was younger, the experience with my cousin had led me to consider physiotherapy, and I considered going through the NHS pathway, but my interests and experiences during the sixth form have led me towards a sports therapy path.

My school experience has opened many doors for me and provided me with many chances to try new things and gain different skills. In years 8 and 9 I was fortunate enough to experience two OAA trips. These trips offered me the opportunity to have a go at activities which cannot be performed in the normal school environment. These activities - which included rock climbing, abseiling, high ropes, low mud ropes, skiing, canoeing, orienteering, caving and gorge walking - really challenged me, and in doing so, helped me to develop a wide variety of new skills. Most crucially, though, they really helped me to build my self-confidence. I feel experiences like this are vital for young people and can really help them to realise their potential. Schools play a crucial role for students like me who otherwise would not have a chance to experience the benefits of activities like these.

I am keen to study the subject I love and work in a career where I can use both my knowledge and understanding as well as my interpersonal skills in order to improve the quality of people’s lives. After achieving my degree, I am interested in spending some time working with those who have sustained injuries whilst being in the army. I feel this would be a particularly rewarding way to help people and to gain new experiences in therapy.

**Interpreting**

The wall between languages can be thick and solid, a barrier that can be difficult to break through. Being a native Polish speaker and a student of English language, the relationship between the two languages is fascinating to me. The translation industry is a rapidly changing one, and I look forward to playing a part in this exciting world.

I came to England at the age of ten and learnt quickly; I was soon interpreting for my mother, which helped me to develop my own fluency in the language. Throughout my sixth form studies, I have worked with younger students who were new to the country, supporting them to develop their reading and writing skills in the new language. Having been in the same situation just a few years ago, I felt I was in a good position to be able to make the process of adjusting not just to a new language but to a whole new education system and a whole new culture easier for them. Working with these students took me back that time when English was new to me and I realised that Chomsky was right - that adults become as vulnerable as toddlers when learning a new vocabulary, a new language.

Starting to study A level English Language, I was excited to explore a variety of debates around language, such as the debate about the relationship between language and thought. As Wittgenstein said, "If we spoke a different language, we would perceive a somewhat different world." However, Chomsky’s theory that language is innate and the concept of grammar is inbuilt in the underlying structures of all languages is one most linguists would agree with. I am fascinated by the idea that the foetus recognises native phonemes from the environment around it, and am really enjoying studying the acquisition of language in children. I am also interested in the relationship between language and gender and how language can be used to assert and maintain power. I am interested in the work of linguists such as Lakoff, Coates and Cameron on the relationship between gender and spoken interaction; while I think Lakoff’s work was important because she was the first to think about gender and language, I find myself agreeing with Cameron – there are far fewer differences between the genders than some people like to think, and the real problem lies with inequalities in society as a whole.

In English at AS I particularly enjoyed developing the skills to produce, analyse and evaluate texts across a range of diverse audiences and purposes. For the coursework, I drew on my Polish heritage to create a piece on pierogi for the lifestyle section of the Guardian, which focused not only on the recipe itself but also the part cuisine plays in my culture. I have a passion for Spanish culture, and in particular the films of Pedro Almodóvar. During the summer I got to explore the Catalonian culture first hand when travelling to Barcelona. After learning about the culture, I recognized the significant differences in culture in each country are reflected in its languages - the UK has over 100 dialects, whereas Poland has just one, and is much more culturally homogenous where the UK is more culturally diverse. Spain is interesting in that we can see how culture and language are shaped by historical circumstances, resulting in the Basque and Catalan cultures, which conflict with the dominant culture.

Over the past two years I have had the opportunity to develop my organizational skills, as well as improving my communication skills and team working, through for example the Bronze DoE challenge and the charity NCS (National Citizen Service), taking part in their scheme The Challenge, where my team focused on a project to encourage communities in East London to come together and socialise.

I am keen to learn more about languages, and to understand them and the relationships between them, at degree level, and I am passionate about discovering new theories about the ways in which language can be shared and understood.

**Arts and Festival Management**

I have always had an interest in the arts and mixed media, as well as the world of business and management, so an events management degree that focuses on arts and cultural events is the ideal course for me. It will give me the opportunity to pursue my love for the arts, whilst also developing my understanding of how an arts event is managed so that the work is displayed and experienced the way the artist intended.

My academic background in business studies and mixed media will help me to look at the big picture in different ways to others, as I can understand the business side of the event, as well as having knowledge and understanding of the work of artists themselves. Through studying the Business Environment in unit 1, I learnt about the organisational structure of a business, through the unit on Communication, I explored the recruitment process, and through studying Marketing, I learnt about advertising, target markets and assessing the potential profitability of an event. Having studied business along with art-based subjects, I know what is important to artists and their work as well as understanding that the company that is assigned the event will also want to do a quality job; making a profit and therefore growing in the industry. I believe this course will help me better understand the construction of putting on art events, capitalising on the knowledge I will be bringing to the course from the start. My study of photography has helped me to develop a passion for mixed media and has also driven me to play a part in this exciting industry.

Throughout the four years I have spent studying photography, I believe that it has brought out the inner me, helping me to express myself in different styles and through different mediums. I am particularly interested in Felice Fawn's work - she uses the conventions of portraiture and subverts them, making them totally her own. Her work has influenced me, inspiring me to approach photography in styles unseen before in the industry.

I have a busy life managing my extra-curricular activities and studies, competing regularly with my horse at equestrian events all around the country, exploring my interest in photography and playing in a band while still pursuing my sixth form studies. Therefore, I am a well organised person who manages a busy schedule. For over 12 years as a member of the British Riding Club and Pony Club I have competed successfully at both national and regional levels and I have always placed in the top group. I have organised events for my team - MMRC - taking charge of key logistical aspects such as transport and accommodation for riders, supporters and horses. I prioritise clear communication with competitors, parents and professional trainers. I frequently have to engage and communicate with a wide variety of different age groups in a friendly and supportive manner.

In addition to my role as a freelance photographer at gigs and other such live events, I have had extensive experience in organising events for bands. I have done this several times forlocal south east groups such as Lighthouse, Albion Pigeon, The Otherside and The Lights; helping to arrange venues local to all of their fans this including Crayford Hall and The New Cross Inn; to organise lighting, sound technicians and bouncers, as well as promoting the events to the public to ensure their success. I have done this several times between 2013-present.

I believe that my academic abilities, my practical skills and my creative talents will help me further develop my knowledge and understanding of the industry at degree level, and build my skills in terms of this specific placement within events management. I am planning to spend a year working in the industry in order to develop my practical experience of events before embarking on my studies.

**Architecture**

Architecture involves a great mix of creativity, problem solving, practical work, history and culture, which makes it a perfect fit for me. I have always had an interest in visual arts and enjoy creative expression. In my visits to galleries and other great venues at home and abroad on family visits, I have always responded to exciting buildings and structures, and my chosen degree will help me to explore where this excitement comes from, and how it can be harnessed to design great spaces.

My interest in architecture has been inspired through travelling, and experiencing other cultures. I have seen and enjoyed interesting buildings and spaces in Europe, the US and Japan. Last year I visited Cite Radieuse in Marseille. I began to see how good buildings could change lives, but also some of the problems. I didn't previously know about Le Corbusier or the building but I loved the sheer creativity of the design, the attention to detail and its radical concrete construction. The history and ideas behind it also drew me in, particularly the idea of creating a community in one building. Now I always find myself looking at buildings and spaces in terms of their design, and how that design fits purpose.

Travel has inspired my appreciation of architecture, but I have also been fascinated by developments close to home - for example the controversial redevelopment of the Ferrier estate, which I have watched from my classroom window, as well as the design and build of the brand new school building I am working in now. I am not only impressed by the design of these new spaces, but also the impact they have on communities and the people that interact with them. The redevelopment of Thomas Tallis School was met with resistance from many people because of the destruction of a building that was home to a strong community; this was also the case with the Ferrier estate. However both were no longer fit for their purpose and eventually, through good design, an appreciation for these new spaces has developed. I have always enjoyed creative subjects, developing good skills in using various CAD packages as well as technical drawing skills. Through my current graphics course I am continuing to develop these skills, for example through using Photoshop, Illustrator and sketchup.

Studying psychology and sociology has helped to broaden my horizons and change the way I think about the world, as well as developing my problem-solving skills and my ability to think through abstract ideas analytically, critically and evaluatively. Through my study of sociology, I have become interested in the impact of good housing on people's lives. I recently read Lynsey Hanley's book 'Estates' and found the implications of architecture on society to be fascinating. The book gave a really interesting sociological perspective on the history of state housing. The ideologies shown in modern developments like Le Corbusier's were used in the development of thousands of new estates in the 1950s; concrete was used rather than bricks for cheap, quick and space saving development. But unlike le Corbusier's work there was little consideration about how a lot of these spaces worked; they ended up looking dull and lifeless, as grey building concrete blocks rarely work well especially with the UK's grey weather. I understand that social considerations need to be applied to all projects because they are more than just good looking buildings; they are spaces in which people live their lives.

Completing my DofE Bronze Award and working as an assistant at an after-school club have helped develop my teamwork. I enjoy being creative outside of school, taking darkroom and screen printing courses this year in order to develop as an artist. Architecture is a discipline where I can be creative while developing practical and technical skills in a structured way. Working with others is important to me too. My aspiration is to create work that has a lasting and positive impact on people's lives.

**Construction Management**

I have always been fascinated by architecture and the design of buildings. This interest further lead me to start thinking about how they are built and the processes involved in getting to the final product. I followed this interest up by seeking out work experience with a number companies involved in the construction industry.

My initial work experience was with a local small development company, Mulberry Building Developers and their development of 20 flats on Blackwall Lane Greenwich SE10. I was part of a small-supervised labouring team and I worked for approximately 4 weeks last summer; this was a fantastic opportunity as the site was run by a small flexible management team, who were open to my questions and interest, this enabled me to shadow some of the trades and even sit in on site meetings with visiting engineers, architects and clients, from this I started to get a feel for how many people, trades and professionals need to come together to produce a building. I have recently had the opportunity to gain work placement experience at the other end of the scale with Land Securities and Mace at their huge project in Victoria London. The scale of this project while daunting was also extremely exciting. My work experience has confirmed my interest in construction and I really enjoyed meeting with and observing all the professionals involved and how various teams of people come together working as a team to deliver the completed project.

I feel the studies I am currently undertaking do compliment my interest in a career in construction management. My Double Business BTEC, covers many issue involved in running and managing a business, including accounts, marketing, sales, time management, types of business and team work, some of these principles can also be applied to construction management. I have developed knowledge in how marketing works and the best techniques to do so. One of my first units of work was 'ownership of a business', In this unit my knowledge substantially increased on how to run a business successfully and how to keep it in operation without taking any downfalls. I feel this will benefit me in my future of work as I wish to follow my father's footsteps and open a my own business and employ people to work on my accord.

I am also studying Graphic Design A- level, which has given me the opportunity to work on a number of different computer programmes and CAD design, helping me understand technical drawings and 3D shapes. My course work has involved product design and developing ideas to meet set criteria to a given time frame. This has all helped to improve my own time management and ability to prioritise work tasks. I am currently also working on my extended project - An Idiot's Guide To Rugby - a sport I love and still play and watch. My extended project has really helped me with my writing skills and focusing on communicating my ideas in a logical ordered fashion. This should help me in the long term regards to quantitative writing and presentations.

I continue to play rugby at club level for the Old Colfe's third team at weekends and played school team rugby for many years while at Colfe's School. I always enjoy being part of theteam, having to think quickly and on my feet as an individual and as a team member, trying to get the best result. While at Colfe's School I gained a leadership qualification in the Combined Cadet Force, where I had to lead a team in varying situations and circumstances. I enjoyed taking charge, communicating and trying to get everyone working together.

I am really committed to and excited by a career in construction management; my work experience, current studies and extra-curricular interests, make me feel that I would have the ability and interest that is required for such a demanding job. To this end I am eager to learn more about the industry and the opportunities that it holds through a construction management degree.