

Autobiography Guide

Why is a good Autobiography so important?

The autobiography is one of the most critical documents of the application. It gives your prospective employer an insight into the type of person you are, your interests and background. Try to think of it as a job interview in writing. Most of the applicants to this program have very similar qualifications and experience. It is the autobiography that differentiates you from the herd! I have had trainees placed, based on their interests and hobbies rather than their experience or qualifications. If your hobby or interest is similar to that of the employer reviewing the applications, then that may well be the deciding factor in choosing a trainee. Never underestimate the value of the Autobiography! Don't forget that you are competing against many people from all over the world for a placement.

What shall I write about?

Most people find the autobiography hard to write. It may be best to write it in three parts. First, talk about your home life. These are some of the questions that you should consider answering in the body of this section.

Where were you born?

Do you have any brothers or sisters?

How old are they relative to you?

What do your parents do for a living?

Have you moved around or stayed in the same city/town?

In the second part, talk about your school life and your education generally. Your CV will have all of your academic achievements, but you may want to mention your non-academic achievements such as school captain, team captain of a sports team etc.

Where did you go to school (primary, and secondary)?

Did you play any school sports?

Hobbies and interests that you had while you were at school.

What stimulated your interest in the industry you wish to work in?

In the third part, talk about your hopes and dreams for the future.

What are you interested in?

What do you want to achieve?

What sort of timeframe are you aiming for?

How long should it be?

Please note that you do not need to write a novel! Two typed pages is enough. Less than half a page is not really long enough and three pages will not be read thoroughly. About a page to a page and a half of normal size and spaced type is perfect.

Also, please remember to put your name on it!