



## **Metanoia Full-Tuition Scholarship**

### **Personal Statement Guidance**

The Metanoia Full-Tuition Scholarship has been created to help break down barriers to counselling training and widen access to the psychological professions.

We recognise that financial, social, cultural, and systemic barriers can make professional training feel out of reach for many talented individuals.

This scholarship is designed to support aspiring counsellors whose experiences, perspectives, and ambitions will help shape a more inclusive and representative future for the profession.

Your application is an opportunity to tell us about your journey, your motivation to become a counsellor, and the impact you hope to make through your future work.

### **Your response**

Please respond to the following question:

**Why does becoming a counsellor matter to you and how would this scholarship enable you to make a difference?**

You may wish to reflect on:

- Your personal background, experiences, or journey
- Any barriers or challenges you have faced in accessing education or opportunities
- What has inspired you to pursue counselling
- The impact you hope to make in the lives of others or within your community
- Why widening access to mental health support matters to you

You do not need to answer every point separately. We are interested in hearing your story in a way that feels authentic and meaningful to you.

### **Submission formats**

You can choose whichever format allows you to express yourself best:

#### **Written submission**



- Maximum **500 words**

#### **Audio or video submission**

- Maximum **5 minutes**
- Audio format: MP3 or WAV
- Video format: MP4 or MOV

All submissions should be uploaded through the scholarship application form at **[metanoia.ac.uk](https://www.metanoia.ac.uk)**

#### **What we are looking for**

Applications will be assessed on:

1. Motivation and commitment to becoming a counsellor
2. Evidence of resilience, lived experience, or overcoming barriers
3. Potential to contribute to a more inclusive and accessible psychological profession
4. Authenticity, reflection, and clarity within the application

We are not looking for polished academic writing. We are looking for honesty, insight, compassion, and potential.

#### **A final note**

The Metanoia Full-Tuition Scholarship is about breaking down walls.

We believe the future of counselling should reflect the diversity of the communities it serves, and that financial or systemic barriers should not prevent talented individuals from entering the profession.

We look forward to hearing your story.