

Super-Curricular Enrichment: 10 Things You Can Do



Competitive Universities and Courses



- ❑ Deepening and enriching your subject knowledge is a key issue particularly for competitive universities
- ❑ They want applicants to engage in super- rather than extra-curricular activities.
- ❑ They will look for evidence of this in the UCAS Personal Statement and at interview
- ❑ Start doing this as soon in Year 12 as you can

What is Super-Curricular Enrichment?

- ❑ **Cambridge:** 'As our admissions decisions are based on academic criteria, we expect to see evidence of students' super-curricular activities and **wider engagement with their area(s) of academic interest**, such as reading and other **exploration relevant to the course applied for.**'
- ❑ **Mike Nicholson of Bath University:** '.....universities (are) only interested in enthused, engaged and excellent candidates, rather than second-rate historians who happen to play the flute.'



What is the Russell Group?



- ❑ The Russell Group is an association of 24 research intensive universities committed to maintaining the highest standards of research, education and knowledge.
- ❑ It was formed in 1994 at the Russell Hotel in London.
- ❑ Many of the most competitive and prestigious courses will be found at Russell Group universities
- ❑ However, some competitive and prestigious individual courses might well be in other institutions.
- ❑ The group represents around 12% of the higher HE sector

<http://russellgroup.ac.uk/about/our-universities/>

The Russell Group Universities



Birmingham
Bristol
Cambridge
Cardiff
Durham
Edinburgh
Exeter
Glasgow
Imperial College, London
King's College, London
Leeds
Liverpool

London School of Economics
Manchester
Newcastle
Nottingham
Oxford
Queen Mary, London
Queen's University Belfast
Sheffield
Southampton
University College, London
Warwick
York

What Type of Student are They Looking for?

- ❑ Does more than the basic demands of subject spec. and has passion and enthusiasm for the subject
- ❑ Reads on own initiative
- ❑ Learns on own initiative
- ❑ Follows up ideas and leads suggested by school learning
- ❑ Has developed particular areas of interest within the subject which are explored with genuine enthusiasm
- ❑ Has developed new areas of interest outside the specification



(1)Talk to Your Subject Teachers and Get their Advice

- ❑ Wider reading
- ❑ Websites
- ❑ Activities and visits
- ❑ Magazine and journals
- ❑ Courses and student conferences
- ❑ Work experience
- ❑ BUT you can also look out for the following yourself



(2) Look for Guidance on Focused Wider Reading

Trinity College Cambridge Suggested Reading by Subject

Architecture:

www.murrayedwards.cam.ac.uk/students/newstudents/readinglists/architecture/
www.clare.cam.ac.uk/data/uploads/Architecture.pdf
www.dow.cam.ac.uk/dow_server/admissions/Reading_Lists/Architecture.html
www.archi-ninja.com/list-of-architecture-books-for-student-architects/
http://rebirthofreason.com/Articles/Cresswell/Reading_List_So_You_Want_to_Study_Architecture.shtml

Classics:

www.classics.cam.ac.uk/current-students/incoming_students_reading/
www.kings.cam.ac.uk/study/undergraduate/offerholders/reading-lists/classics.html
www.beazley.ox.ac.uk/index.htm
www.artsci.wustl.edu/~cwconrad/classics.html

Oxford Classics Outreach: www.classics.ox.ac.uk/outreach/

Centre for the Study of Ancient Documents: www.csad.ox.ac.uk/csad/

The Roman Society: www.romansociety.org/

The Hellenic Society: www.hellenicsociety.org.uk/

Economics:

www.econ.cam.ac.uk/prospect/PrelimReadingList.pdf
www.econ.cam.ac.uk/prospect/ba/list.html
<http://sociologystudents.files.wordpress.com/2011/01/economic-sociology-reading-list1.pdf>
(Economic Sociology)

Institute for Economic Affairs: www.iea.org.uk/

Law:

www.law.cam.ac.uk/faculty-resources/download/faculty-of-law-undergraduate-prospectus-2005-on-pdf/2598/pdf

www.ox.ac.uk/document.rm?id=1955

Department of Justice: www.justice.gov.uk/

Judiciary of England and Wales: www.judiciary.gov.uk/

Legislation database: www.legislation.gov.uk/

Counsel Magazine: www.counselmagazine.co.uk/

Guardian Law pages: www.guardian.co.uk/law

BBC Law in Action: www.bbc.co.uk/programmes/b006tgy1

Linguistics:

www.ling-phil.ox.ac.uk/reading_prelims
www.mml.cam.ac.uk/dtal/courses/ugrad/papers.html
www.kings.cam.ac.uk/study/undergraduate/offerholders/reading-lists/linguistics.html
<http://linguistlist.org/issues/>

Modern and Medieval Languages:

Read newspapers and magazines, watch TV and films and listen to the radio. Read literature in English translation, as well as trying some in the original language.

Newspapers:

Le Monde: www.lemonde.fr
Süddeutsche Zeitung: www.sueddeutsche.de
El País: www.elpais.com
Corriere Della Sera: www.corriere.it
Diário de Notícias: www.dn.pt

www.multikultura.org.uk/ (German, Spanish and French exercises)

University College Oxford has its own Super-Curricular Website: Staircase 12

[HOME](#)[ABOUT](#)[RESOURCES](#)[READING BANK](#)[TOP TIPS](#)[UNIV LIFE](#)[SEARCH:](#)

Hi! I'm Nelli, the Schools Liaison and Access Officer at University College. Univ is one of the 38 independent colleges of the University of Oxford, and it's my job to encourage students to think about applying and support them to make their best application.

What's this site all about then?

To get into a top uni, it's not enough just to do well at school: universities want students who are passionate about their subject, who think for themselves and who are independent learners. That means that if you're thinking about university, finding out what you're really interested in and developing that interest is a top priority.

Reading Bank

You might well have been told you need to 'read around the subject', but not be sure where to start (or just think reading is really boring). If that's the case, our Reading Bank is for you - it's full of reviews by current Univ students of books that they read before they came to Oxford that got them really into their subject. It's the perfect place to find inspiration. We've also got some videos of tutors reviewing books: these are well worth a watch as they also include some handy tips on what tutors are looking for in Oxford applicants.

Resources

It's never been easier or cheaper to find out about new things and learn by yourself: as well as old-school book reading, there's more than you could ever hope to learn online in the form of videos, radio programmes, lectures, online courses and more. However, lots of people don't know what's available, and when they do they don't know where to start.

That's where this website comes in. I'm gathering together all the amazing resources I'm finding into one place to save the hassle for you. You can navigate your way to resources relevant to a particular subject, or just browse a multi-disciplinary selection.

Top Tips

You've probably got some questions that aren't answered by Staircase12, whether they're about Oxford University or about higher education more generally. Luckily, there's already loads of useful information online - it's just a matter of finding it. I've put links to some of the most useful pages in the 'Top Tips' section, and I'll add more as I come across them.

Univ Life

I can't tell you what life at every university is like, but I can show you what it's like at University College. In the Univ life section you can meet some of our tutors in their video interviews, get a guided tour of the college, and get a glimpse of student life through the student photo galleries.

Err...so why is it called Staircase12?

My office is based on Staircase 12 in one of Univ's lovely quads. It's not possible for me to see as many of the brilliant students out there as I want to, so this is a kind of virtual office where you can get all the tips and advice I'd be giving you if we met in person.

(3) Find Out More About the Subject You Want to Study

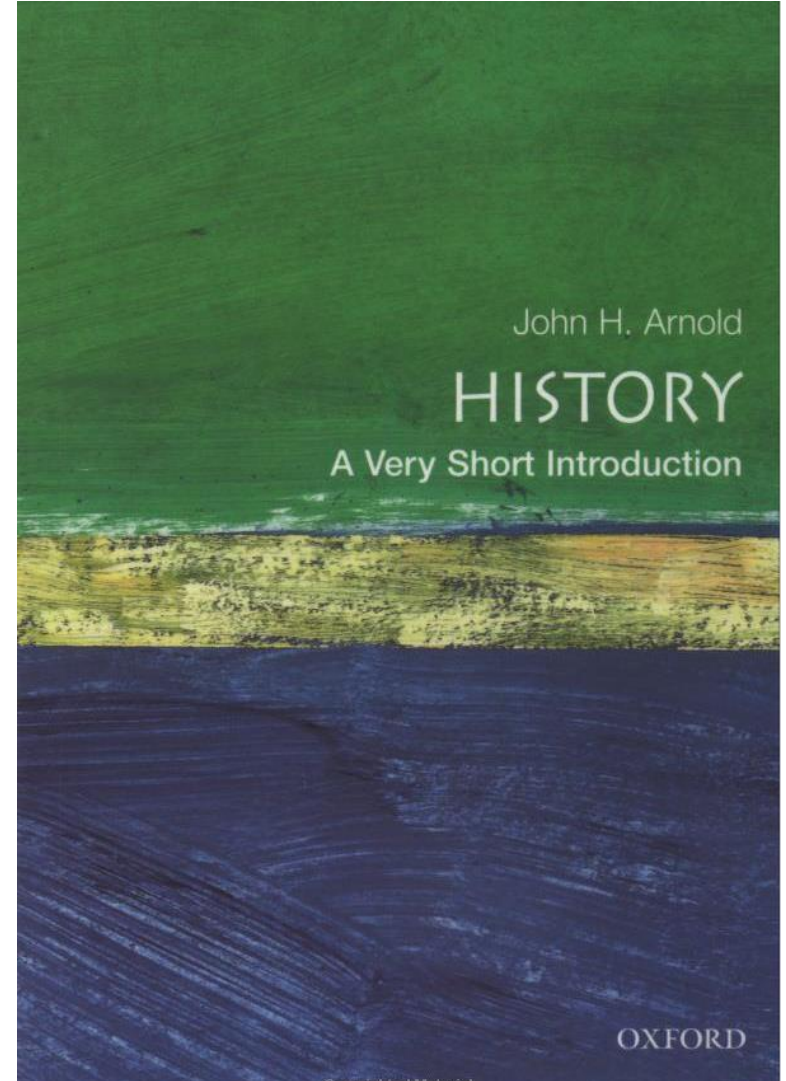
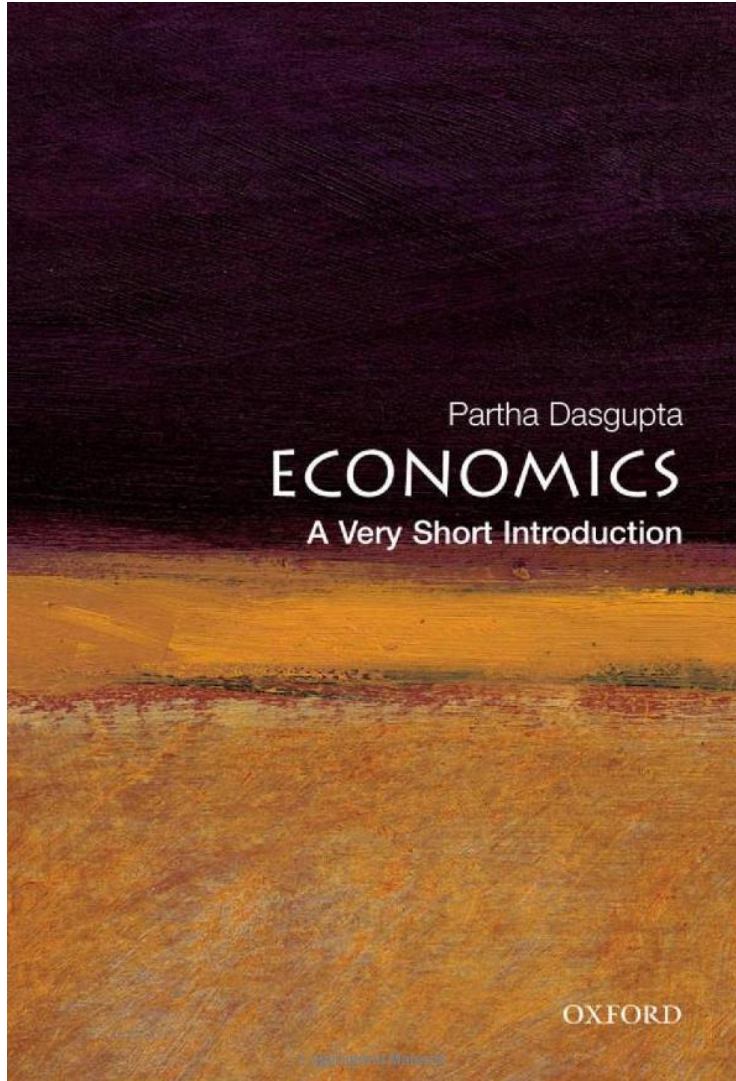


£5 or less on Amazon



The Oxford University Press (OUP) series of books *Very Short Introductions* give an excellent background to the major academic subjects

Subject Guides





The Computer: A Very Short Introduction ⓘ

Darrel Ince

The Computer: A Very Short Introduction shows how computers have changed so much since the room-filling, bulky magnetic tape running monsters of the mid-20th century. They now form a vital part ... [More](#)



Confucianism: A Very Short Introduction ⓘ

Daniel K. Gardner

To understand China, it is essential to understand Confucianism. First formulated in the sixth century bce, the teachings of Confucius would come to dominate Chinese society, politics, economics, ... [More](#)



The Conquistadors: A Very Short Introduction ⓘ

Matthew Restall and Felipe Fernandez-Armesto

The Conquistadors: A very Short Introduction investigates the facts and myths behind the Spanish invasion of the New World. With startling speed, Spanish conquistadors invaded hundreds of Native ... [More](#)



Conscience: A Very Short Introduction ⓘ

Paul Strohm

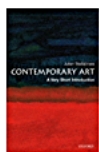
Conscience: A Very Short Introduction highlights what the particularly European concept of conscience has meant to successive generations and why it has a reputation as one of the most significant ... [More](#)



Consciousness: A Very Short Introduction ⓘ

Susan Blackmore

How can a physical brain create our experience of the world? What creates our identity? Do we really have free will? Could consciousness itself be an illusion? Exciting new developments in brain ... [More](#)



Contemporary Art: A Very Short Introduction ⓘ

Julian Stallabrass

Contemporary Art: A Very Short Introduction takes us inside the international art world to argue that behind contemporary art's variety and apparent unpredictability lies a grim uniformity. ... [More](#)



Contemporary Fiction: A Very Short Introduction ⓘ

Robert Eaglestone

Contemporary Fiction: A Very Short Introduction explores a wide and diverse field, now global in dimension, with an enormous range of novels and writers that continues to grow at a fantastic ... [More](#)



Continental Philosophy: A Very Short Introduction ⓘ

Simon Critchley

Continental Philosophy: A Very Short Introduction shows that Continental philosophy encompasses a distinct set of philosophical traditions and practices, with a compelling range of problems ... [More](#)



Coral Reefs: A Very Short Introduction ⓘ

Charles Sheppard

Coral reefs are found all around the world, from the Indo-Pacific coral reef province to the Caribbean and Australia, and they support both marine and human life. They provide a rich supply ... [More](#)



Corporate Social Responsibility: A Very Short Introduction ⓘ

Jeremy Moon

Corporate social responsibility (CSR) has been defined as 'the responsibility of enterprises for their impacts on society'. Is CSR a contradiction in terms? Corporate Social Responsibility: ... [More](#)



Corruption: A Very Short Introduction ⓘ

Leslie Holmes

Corruption is one of the biggest global issues, ahead of extreme poverty, unemployment, the rising cost of food and energy, climate change, and terrorism. It is thought to be one of the principal ... [More](#)

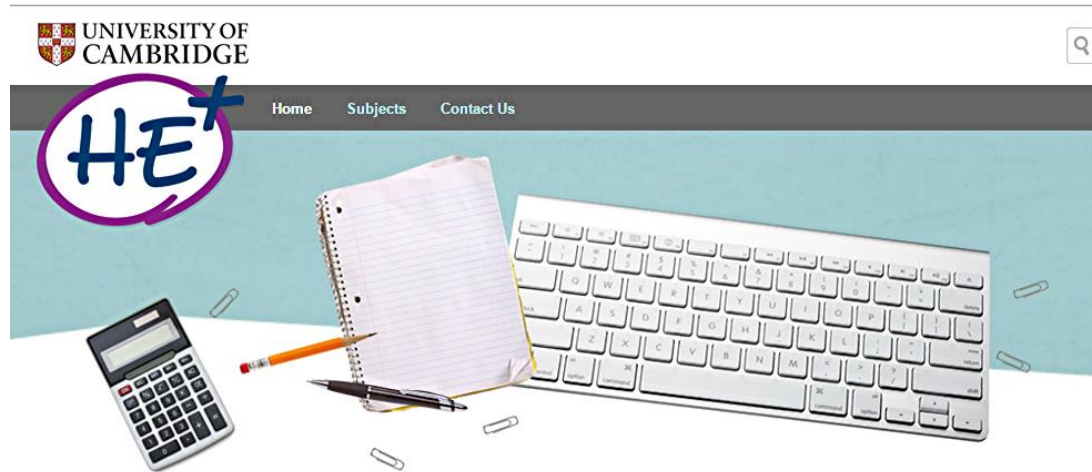


Cosmology: A Very Short Introduction ⓘ

Peter Coles

Cosmology: A Very Short Introduction explains what cosmology is and what cosmologists do, looks at the history of the subject, the development of the Big Bang theory, and more speculative modern ... [More](#)

(4) Use Cambridge HE+ Website to find out about the Latest Research



What do you want to discover today?



Biology

Subject Overview

What are the Biological Sciences?

The Biological Sciences consider the study and characterization of living organisms and the investigation of the science behind living things. They include a diverse array of subjects, many of which have undergone tremendous expansion in recent years, including cell biology, neuroscience, evolutionary biology and ecology. This rapid expansion has been accompanied by a blurring of the distinctions between the subjects, and with other disciplines such as chemistry and physics.

Many Biological courses start off by introducing some core concepts such as cell biology, evolution, physiology, statistics and genetics. However, once you have an understanding of the core principles, you can choose an area in which to specialize. Options include: anatomy, biophysics, cell and molecular biology, computational biology, ecology and evolution, environmental biology, forensic biology, genetics, marine biology, microbiology, molecular biosciences, neurobiology, physiology, zoology, botany, psychology and many others. However, even within each subject you will develop a wide range of skills. For instance, an ecologist with an interest in evolution may well use many of the tools and techniques that are indispensable to a molecular geneticist, chemist and even physicist!

Biological Sciences today

There are a huge number of avenues in the world where you can pursue a career in the Biological Sciences. Molecular Laboratories are performing cutting-edge work in searching for cures for cancer, developing new and more efficient drugs, creating artificial organs, understanding our genome and mapping the tree of life. Field-based biologists are studying the biological effects of global warming, identifying the causes of declines in the world's flora and fauna, and enhancing animal welfare in captivity. Others are studying an amazing array of inter-disciplinary subjects including how animals fly, the flux of energy through forests, how our brain works, how we can create new products by mimicking nature, how we can create energy in an environmentally friendly way, and even how we can improve computer programming by looking at nature.

Biological Sciences is perhaps the most diverse and multidisciplinary subject that you can study at university. Life is, after all, incredibly complex and something that everyone is interested in in some way.

You may also like...



Useful Links

IntoBiology

The IntoBiology website includes biology research, news and videos, plus careers advice and ideas for EPQs and independent investigations.

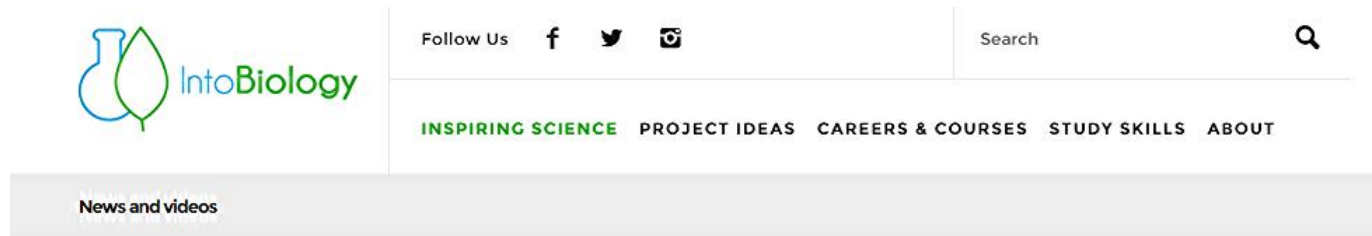
Costing the Earth

Presenters Tom Heap and Alice Roberts travel the around the world in search of solutions to the challenges facing the natural world and the people and wildlife that live in it.

Society of Biology

Explore the online home of the British Biology Olympiad, which challenges any Sixth-form student with an interest in Biology to expand and extend their talents.

Links to Key Websites

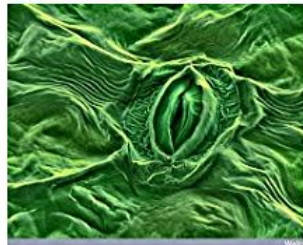


It's an amazing world out there, and some big challenges for biologists to tackle. Explore our news and video section to discover more.



The zoology beneath your feet

Think of a zoologist, and you probably think of someone studying...



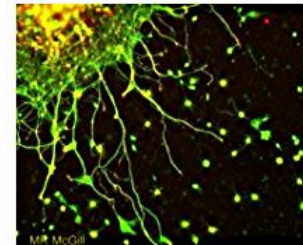
The mystery of the evolution of stomata

We take stomata for granted - they're on every leaf around us,...



Coffee - a global history

How long will your morning coffee be available for? This bean...



Optogenetics: revolutionising

Optogenetics is a new biological technique, involving the use...



The jellyfish genes that changed biology

GFP - the proteins that allow jellyfish to glow their astonishing...



Greedy Planet? The podcast

One in eight people, nearly 870 million people, suffer from chronic...



Predicting climate change through ecology and

Drew Purves, ecologist and computer scientist, discusses how...



The corpse flower - one plant's weird way to attract

Through a series of chemical reactions, the central spadix...

Explore New Topics

Leukaemia Stem Cells

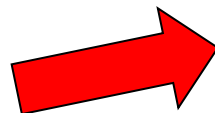
From which cell does cancer arise? What defines the cancer stem cell? By their nature, cancer cells share properties of stem cells such as the ability to self-renew, and frequently the malignant cells will be derived from the stem or progenitor population for a particular cellular differentiation system. One of the most well-defined of these systems is haematopoiesis, the generation of all blood cells from ultimately a small pool of true stem cells, residing in adult bone marrow. Haematological malignancies are comprised of a few key groups, the chronic and acute leukaemias (cancer of white cells), lymphomas (solid tumours of the lymphatic system, most commonly of B lymphocytes), myeloma (tumour of plasma cells) and a range of pre-malignant proliferative disorders, all of which are characterised by a population of clonally derived blood cells, which can be tracked by mutations where these might be known.

62 users have voted.








In recent years, therapies for many of these conditions have switched from cellular sledgehammers that try to kill off cells that are rapidly dividing, to those that are specifically designed to target cells containing certain mutations or biological properties. This unit looks at how these therapies affect 'leukaemia stem cells' and how this can be tracked.

Other subjects



Biology

Download Resources

-  [Activity 1.pdf](#)
-  [Activity 2.pdf](#)
-  [Answer Guide.pdf](#)
-  [Further reading.pdf](#)
-  [glossary.pdf](#)



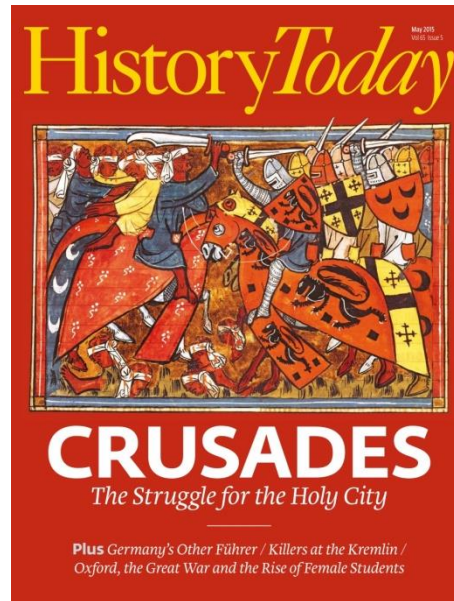
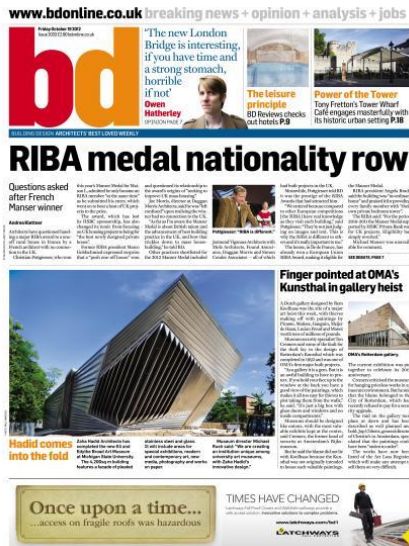
Useful Links

These articles discuss further the evolution of the cancer genome:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PM>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PM>

(5) Read Subject Magazines



Subscribe to Philip Allan A Level Magazines



£38 library subscription for 3 or 4 issues + online resources

<https://www.hoddereducation.co.uk/magazines/Print-Magazines>

(6) Keep up to with Relevant Events with Newspapers and their Websites



(7) Use Relevant Podcasts

Podcast Browser

Business and Economics

Culture

Engineering and Technology

History

Languages

Medicine

Sciences and Mathematics

Society

University News

Warwick Students

More media

Special Podcast Series

University of Warwick Podcasts

Warwick Podcasts allow you to hear from University experts commenting on important issues, their research and events.

Warwick Podcasts are available as a downloadable MP3 file or can be accessed directly from this page. You can also subscribe through a number of podcast directories to get Warwick Podcasts direct to your computer and MP3 player.

- [More podcasts from Warwick](#)



What is the Value of a Degree?

11:13, Thu 8 Dec 2011



Professors Kate Purcell and Peter Elias, from the Institute of Employment Research, discuss the value of a degree.



Sign Up to see what your friends like.

[Download](#) (MP3 format, 13:08, 12 MB)

<http://www2.warwick.ac.uk/newsandevents/podcasts/media/>



I Tunes U App

- ❑ iTunes U is a learning resource offering free educational content that users can download from the iTunes Store straight to their computer or mobile devices.
- ❑ iTunes U has new research and lectures by academics from all the top universities in the UK and abroad
- ❑ It also features specially commissioned topical pieces in which academic experts contextualise events, for example, the re-launch of the Large Hadron Collider and the 40th anniversary of the Internet.
- ❑ It has a more limited website which can be accessed on PCs and Android devices

Medicine

Imaging the Brain

Institute of Advanced Study visiting fellow Frank Skidmore holds a series of seminars named 'Imaging the Brain'. This series presents research results and discusses the pearls and pitfalls of the potential use of functional and structural MRI as a diagnostic tool. The purpose of this talk is to start a discussion on how fMRI and other MRI techniques can move from a purely speculative to a clinically relevant tool for understanding human brain disease.



10th Anniversary of Warwick Medical School

WMS are a leading UK provider of graduate entry medicine making a significant national and international contribution to education and research in health. It is part of one of the UK's top ten universities; the University of Warwick. WMS is the largest graduate entry-only medical school in the UK, ranked in the top ten UK medical schools for the quality of health services research. The Medical School is acknowledged for its excellence in teaching and research, with academics at the cutting edge of their field, consistently producing internationally recognised research.



Clinical Anatomy

A series of films introducing elements of clinical anatomy. Note that these films contain images and video that some viewers may find disturbing.

Aspects of Anatomy

Professor Peter Abrahams introduces a number of aspects of anatomy using the University of Warwick's collection of plastinated specimens.

Building a chocolate powered race car

10:21 Thu 07 May 2009

Researchers have unveiled the 'WorldFirst Formula 3 Racing Car' which is powered by chocolate, steered by carrots, has bodywork made from potatoes, and can still do 125mph around corners.

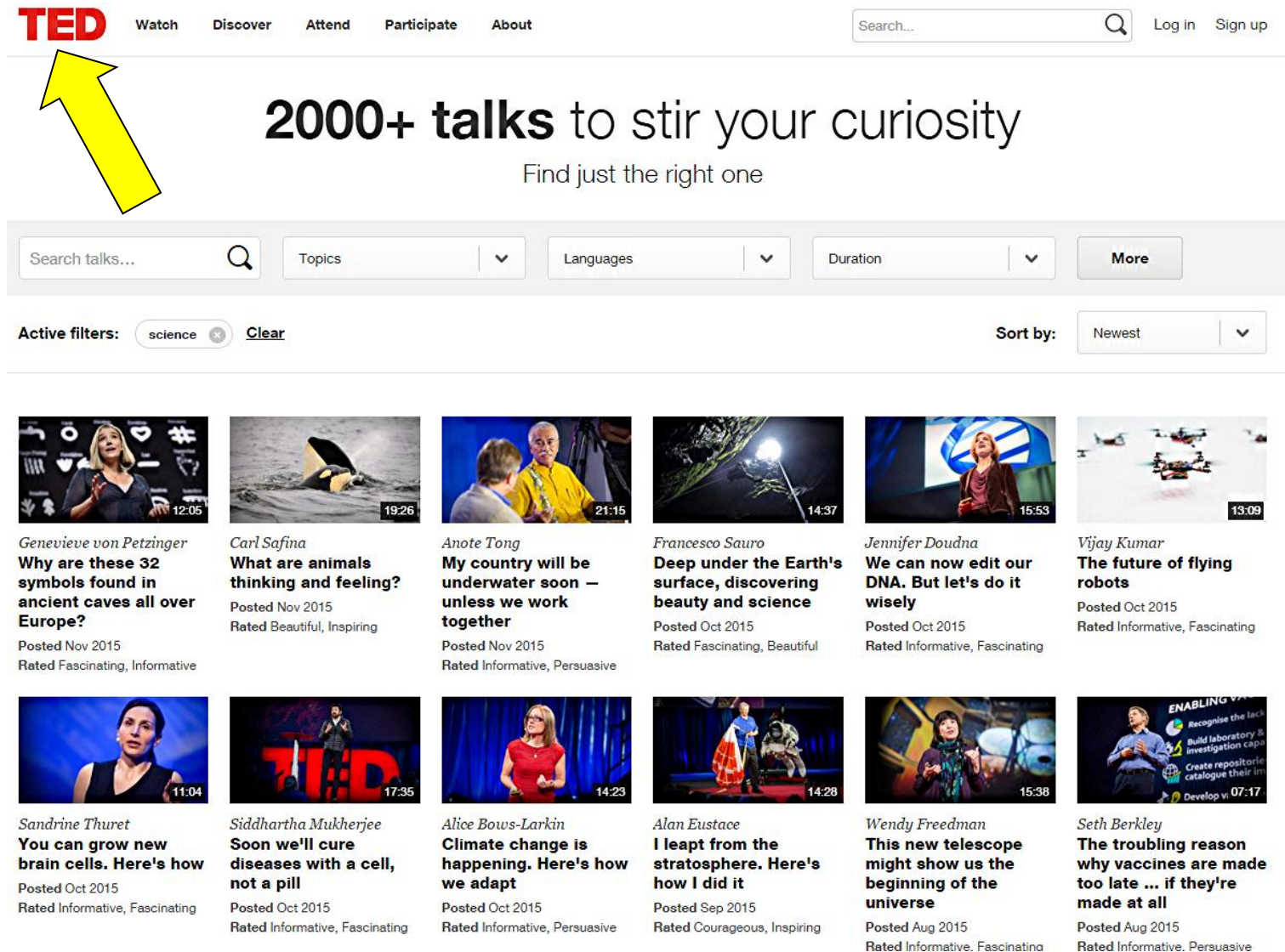


[Download](#)

Engineering

(Length 5:40, size 46.1 MB)

(8) Watch TED Talks



TED Watch Discover Attend Participate About













Search... Log in Sign up

2000+ talks to stir your curiosity

Find just the right one

Search talks... Topics Languages Duration More

Active filters: science Clear Sort by: Newest

 <p>Genevieve von Petzinger Why are these 32 symbols found in ancient caves all over Europe? Posted Nov 2015 Rated Fascinating, Informative</p>	 <p>Carl Safina What are animals thinking and feeling? Posted Nov 2015 Rated Beautiful, Inspiring</p>	 <p>Anoteg Tong My country will be underwater soon — unless we work together Posted Nov 2015 Rated Informative, Persuasive</p>	 <p>Francesco Sauro Deep under the Earth's surface, discovering beauty and science Posted Oct 2015 Rated Fascinating, Beautiful</p>	 <p>Jennifer Doudna We can now edit our DNA. But let's do it wisely Posted Oct 2015 Rated Informative, Fascinating</p>	 <p>Vijay Kumar The future of flying robots Posted Oct 2015 Rated Informative, Fascinating</p>
 <p>Sandrine Thuret You can grow new brain cells. Here's how Posted Oct 2015 Rated Informative, Fascinating</p>	 <p>Siddhartha Mukherjee Soon we'll cure diseases with a cell, not a pill Posted Oct 2015 Rated Informative, Fascinating</p>	 <p>Alice Bows-Larkin Climate change is happening. Here's how we adapt Posted Oct 2015 Rated Informative, Persuasive</p>	 <p>Alan Eustace I leapt from the stratosphere. Here's how I did it Posted Sep 2015 Rated Courageous, Inspiring</p>	 <p>Wendy Freedman This new telescope might show us the beginning of the universe Posted Aug 2015 Rated Informative, Fascinating</p>	 <p>Seth Berkley The troubling reason why vaccines are made too late ... if they're made at all Posted Aug 2015 Rated Informative, Persuasive</p>

<https://www.ted.com/talks>



Ben Goldacre: Battling Bad Science



Susan Cain: The power of introverts

(9) Use TV and Radio Catch Up Archives



Science & Nature



Highlights



A-Z



Recent



BBC RADIO 4

The Reith Lectures

The Black Hole: Based on Professor Stephen Hawking's Reith...



BBC TWO

Horizon

2010-2011: 9. What Is Reality?



BBC TWO

David Attenborough's Natural Curiosities

7 episodes



BBC FOUR

Nature's Wonderlands: Islands of Evolution

3. Madeira: Island Ark



BBC RADIO 4

The Reith Lectures

Inside the Mind of Professor Stephen Hawking



BBC FOUR

The Brain with David Eagleman

2. What Makes Me?



BBC ONE

Attenborough and the Giant Dinosaur

BBC TWO

How Earth Made Us

1. Deep Earth



BBC NEWS

Click

30/01/2016



BBC ONE

Countryfile

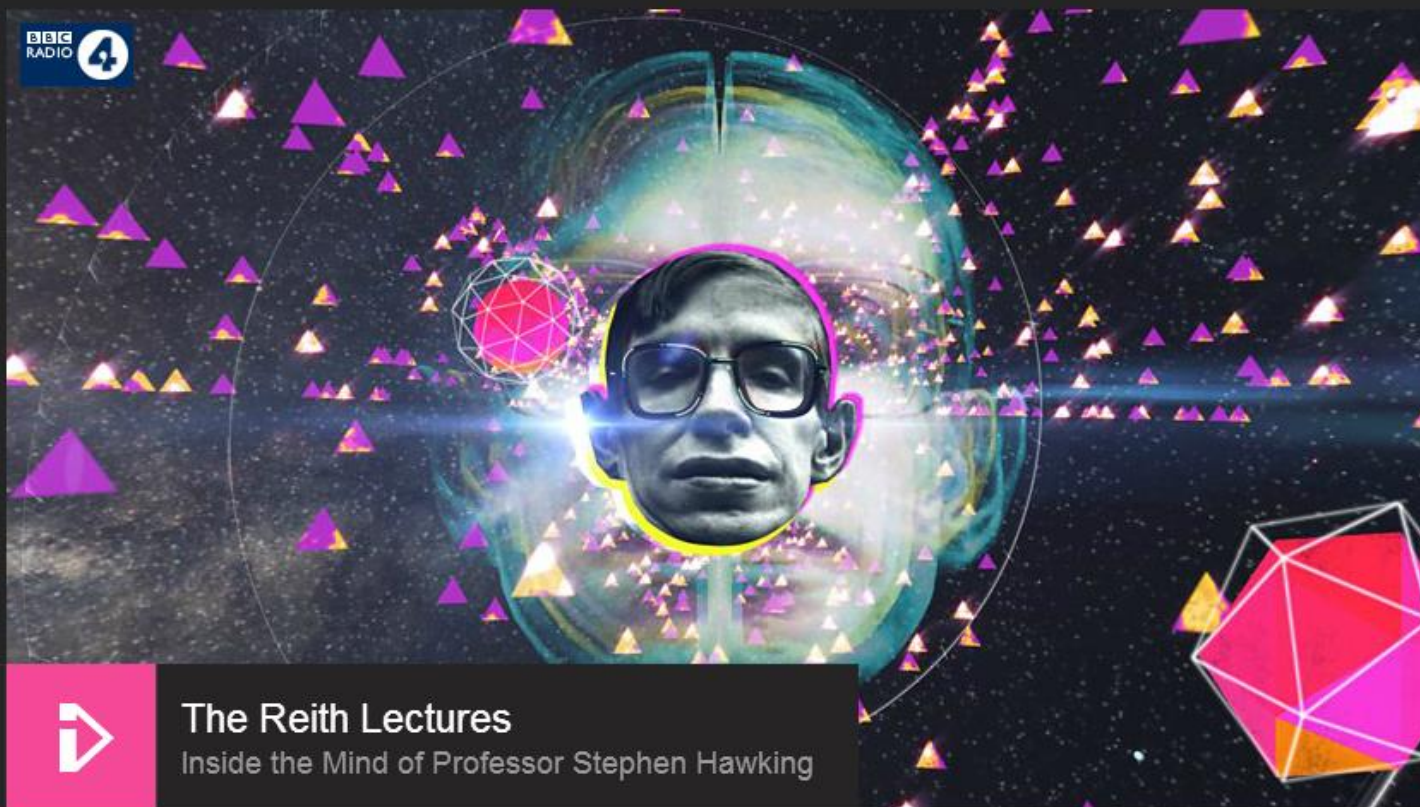
Winter Special



BBC TWO

Natural World

2010-2011: 4. The Himalayas



The Reith Lectures

Inside the Mind of Professor Stephen Hawking

Take a journey into the mind of the world's most famous physicist with Aardman Studios' animation celebrating Professor Stephen Hawking's Radio 4 Reith Lecture on Black Holes.

First shown: 21 Jan 2016

Available for 1 month [Why?](#)

🕒 3 mins

[Full description](#)

[Programme website](#)

[Credits](#)



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Stephen Hawking's Reith lecture

Get Relevant Experience



- ❑ This depends on the subject you want to study. Some subjects like Medicine or Vet Science require extensive work experience and it is expected for subjects such as Nursing, Teaching or Social Work.
- ❑ For other subjects you should try to gain relevant experiences in the world outside school such as theatre visits for English, industrial and business experience for subject such as Economics, Business Studies and Engineering, voluntary work for caring careers.
- ❑ Work experience will also enable you to test the water in terms of potential careers

Medicine Work Experience: Case Study



- ❑ By the time you send off your UCAS application in early October of Year 13 you will need to have completed extensive work experience
- ❑ Start in Year 12
- ❑ 3-4 weeks or more BUT check specific requirements
- ❑ Range of different experiences in variety of settings eg hospital work, GP, voluntary work in socially different areas
- ❑ Keep a diary/journal of insights but not just descriptive

Keep a Super-Curricular Activities Record for PS and Interviews

- ☐ What did you do?
- ☐ What was interesting, significant and relevant?
- ☐ How was your perception or view of the subject matter changed?
- ☐ What did you agree or disagree with and why?
- ☐ What further questions were raised?
- ☐ What could you do to explore these questions further?
- ☐ What skills or understanding were developed?



Supercurricular Activities

If you're curious about subjects there are lots of ways you can explore. 'Supercurricular' activities are things you do to explore subjects beyond your school studies and develop your skills. This sheet will give you a few ideas of where to look if you need some inspiration!

Why do supercurricular activities?

The best reason to do them is because you want to, e.g. it's interesting and you enjoy a challenge. They'll also help you explore what you would like to study, and they'll help bridge the gap between school and university level studying. You shouldn't do them just so you can write about them in your UCAS personal statement, but they will come in handy when you're writing it, as they're things that help demonstrate that you've explored your subject and you are developing the skills and qualities universities are looking for.

What sort of things can I do?

Most things will happen naturally if you're interested anyway, but if you need some inspiration, here are a few ideas:

Reading

Just read **books** that interest you. If you're not sure what to read you can find ideas at www.ox.ac.uk/admissions/undergraduate/courses/suggested-reading-and-resources and staircase12.univ.ox.ac.uk As well as books, you could read **magazines**: e.g. BBC History and New Scientist, and read **news articles**: e.g. BBC news and broadsheet newspapers, particularly if your subject has lots of relevance to current affairs. You could also watch **podcasts and videos**: e.g. www.ox.ac.uk/itunes-u and www.ted.com and **TV** documentaries and news programmes. Once you've read something or maybe studied something at school, you might want to find out more – consider reading another book about the same thing/by the same author, or something by a different author who maybe has a different approach or disagrees. You could also look at any related material – maybe reviews or interviews about the book.

Experiences

Depending on what's relevant to your subject, this could be job shadowing, volunteering, visiting museums, finding out about your local area, taking part in a competition or project, joining a debating society, helping at science club, etc. You can also take part in university taster days and summer schools for free, e.g. www.uniq.ox.ac.uk and www.pathways.ox.ac.uk which will give you a chance to try out university study for real.

MOOCs (Massive Open Online Courses)

These are free university-level courses available online. The largest are www.futurelearn.com and www.coursera.org both of which offer courses in a huge range of topics, which you can sign up to and follow through several weeks. You'll usually have video-talks, some reading to do, and discussions and assignments. You can do as much or as little as you like – it's free, and there's no test unless you want one!

Thinking and talking

To make the most of these things, it's good to develop your own opinions and to have someone to talk to about what you've learnt and what you think. This could be a member of your family, a friend, a teacher, a club (e.g. science club or a debating society). Your teachers will also be able to help you if you want to find out more about their subject, and may suggest some things to read and do.

Supercurricular Activities

Use the table to jot down a few ideas for some supercurricular activities – things you're interested in, how you could explore them, and who you can talk to about it or find out more from.

I'm interested in:	I could explore this by:	I could talk to/ask:
e.g. History	e.g. reading BBC History magazine	e.g. my teacher/friends

It's a good idea to keep some notes on what you read and do, so that you can look back at them when you're applying to university. You'll probably need a lot more space than this but you can write down the key things in the boxes below.

Things I've learnt from exploring subjects

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My thoughts and reflections

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Got a question? Talk to us: [Twitter ChCh_Access](https://twitter.com/ChCh_Access) [Facebook ChChAccess](https://www.facebook.com/ChChAccess) admissions@chch.ox.ac.uk

No-one Expects You to do all 10!!



- ❑ Choose a few topics or issues in your subject to follow up in depth using a variety of the 10 resources
- ❑ As a bare minimum use Short Introductions series, a subject magazine and its back-numbers, wide reading or challenging problems (say in Maths)
- ❑ Develop an area of interest in the subject but outside the exam spec
- ❑ Find out much more about something in the spec that interests you
- ❑ Above all, be able to show knowledge and enthusiasm 35

What about Extra-Curricular Activities?



- ❑ Interests outside your subject are important for your own all-round development
- ❑ They show you can manage your time and deal with the competing pressures of academic life
- ❑ **BUT** the more competitive the course the less significant they are and it is super-curricular activities that will make the difference

BUT Don't Forget to Keep Your
Eye on the Exam 'ball'

