

Super-curricular skills



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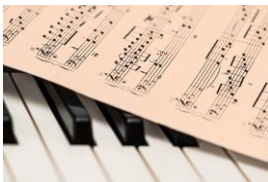
What is a super curricular activity?

A super curricular activity is an activity you undertake outside of curriculum lessons. It's linked to a subject you are studying, which takes the subject further than what you have been taught or completed homework on.

Super or extra -curricular?

Extra-curricular

Extra curricular activities could be described as anything you do 'extra' outside of your lessons. This could include activities within school or hobbies.



Super-curricular

Super curricular activities directly link to a subject. You might go more in depth or learn about a different topic to that in class.





Why should I complete super curricular activities?

- Universities want to know that you have an interest for your subject and can work independently.
- Keeping a record means that you can include them in your personal statement/discuss your activities at interview.
- Completing a super curricular activity can help you decide on the subject you would like to study.
- Completing activities in your own time helps with independent study skills, time management and reflection.

How can I complete activities at this time?

Actually, you can undertake super curricular activities virtually, without having to leave home.

Where can I find super curricular activities online?

Useful links include:

- University reading lists – some universities will publish these, so try using a search engine for your potential university choices.
- Oxford University staircase 12 reading bank <https://www.univ.ox.ac.uk/applying-to-univ/staircase12/>
- Cambridge University HE+ <https://www.myheplus.com/>
- Research journals for your subject – try searching online using google scholar or other search engines.
- Learned societies – eg Gresham college lectures online <https://www.gresham.ac.uk/>
- Podcasts, for example:
<https://podcasts.ox.ac.uk>
<https://sms.cam.ac.uk/collection/1081044>
<https://www.bbc.co.uk/podcasts/category/factual>
<https://www.ted.com/about/programs-initiatives/ted-talks/ted-talks-audio>
<https://www.timeshighereducation.com/academic/opinion/podcasts>
<https://www.theguardian.com/podcasts>
- Massive open online (free) courses (MOOCs)
- There are many other sources too.



Is there anything else I can do?

- Taster days or sessions – these are online. Lots of universities are offering these – eg University of Manchester, University of East Anglia, University of Bristol. Channel Talent and Uni Taster Days are offering sessions with universities
- Summer schools or days – lots of universities are planning free virtual versions – eg University of Bath
- Work experience – there are virtual projects available – eg Brighton and Sussex medical virtual work experience
- Attending virtual museums and galleries if relevant for your subject



Top Tips for Exploring your Subject

- Be open minded and try out new things.
- Find connections. Look for links in between different things you have explored, compare and contrast.
- Think actively and ask questions. Try and challenge what you come across, consider counter examples, different situations.
- Pause and reflect. What is your opinion?
- Share and discuss. Did you understand everything? Would you like to debate further?
- Follow your interests. This should be something you enjoy, not a chore.

I've completed an activity, what next?

Make a note of the activity so that when you come to write your personal statement you can remember all that you have done.

Check out our record sheet resource.



GET IN TOUCH

Our website has further resources and information:

www.takeyourplace.ac.uk

Email us any questions:

appsunlocked@takeyourplace.ac.uk

Look out for our Q and A webinars

Ask your school if you have a Higher Education Champion who could help you further

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