



The prefix “super” in this context means “over” and refers to study that goes beyond and over your current core curriculum learning, looking at topics and issues in more depth than the subject specifications.


Super-curricular study is pursued outside of your normal schoolwork yet is related to your academic interests.

The benefits of Super-curricular study

- Helps you to develop new ideas and opinions.
- Improves your critical thinking and analytical skills
- Develops your ability to understand new information from different sources.
- Expands awareness and experience in your fields of interest as well as supporting progress in your existing studies.
- Establishes you as a keen, proactive, academic candidate.
- Supports effective UCAS applications, particularly to competitive universities.

You should complete a Super-curricular activity in each of the following categories by July.



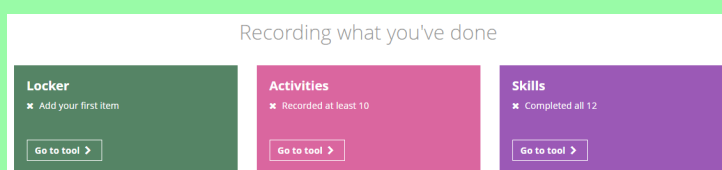
 Wider reading is viewed as a vital activity and should happen routinely as part of your independent study. Choose the most impressive, relevant or significant examples to include in your Super-curricular activity log.

Details and guidance on activities can be found on the next page.

Recording Super-curricular activities

You should record a minimum of 1 Super-curricular activity each month via the “activities” section.

These will be checked by teachers.



You should include as much detail as possible and reflect on your take-outs from the activity as this information will be valuable at a later date.

unifrog

The universal destinations platform. Helps students apply for university and apprenticeships.

www.unifrog.org

All students have been registered for a unifrog account.

- Log in using your school email address
- Re-set password if needed
- Contact Mrs Poniewierka if you have any issues logging in

Example Super-curricular activities

Unifrog has a wide range of Super-curricular resources in their subject libraries which are an excellent starting point. Details and guidance can be found on the next few pages. Your PSD sessions will also guide you in the use of this platform.

Your subject teachers will also provide guidance on areas you can explore for Super-curricular study.

Read

- A book about your subject area. Universities publish recommended reading lists for subjects (*suitable for Y12 students*). Visit [Super-curricular study](#) for some examples or look at book reviews at: <https://www.univ.ox.ac.uk/applying-to-univ/reading-bank>
- Oxford Press produces a “very short introduction” series of books which are an excellent way to acquire a quick and reliable overview of your topic or get ahead rapidly in an area that’s entirely new to you.
- <https://www.jstor.org> The school has subscribed to this digital library which provides access to more than 12 million journal articles, books and primary sources across 75 disciplines. Username: trinitycatholic Password: woodford
- Magazines (*E.g. A Level review magazines*) and articles. Speak to the school librarian to see what is available for your subject.
- Participate in the Yr12 book challenge.
- Use Google scholar to search for topics of interest. (*Type in your preferred area of study for a range of articles and reviews*).
- Follow key subject / discipline thinkers on twitter / Instagram and then research topics further.

Visit

- Places related to your field of study (e.g. Bletchley Park for Maths students, site visits such as Hadrian’s Wall for historians, field trips for Geographers, gallery visits for art students or the Royal Courts of Justice for those interested in Law).
- University open days, workshops and seminars. *Make sure you record details of the titles of these.*
- Online University lectures also count. Departments circulate opportunities and you should take advantage of these!
- Summer schools (e.g. Sutton Trust, London Med).
- University mentoring programmes—e.g. K+ KCL programme (opening Jan).

Write

- An article or essay (outside of your course) on a directed topic or one of your choice.
- Entry to a national / university essay writing competition. Departments circulate opportunities and you should take advantage of these!
- Create your own blog on your field of interest, including links to articles you’ve read with reflections and comments on these. Universities are highly impressed by these.
- A research project (*in your field of interest*). EPQ supports this.
- Review <https://oxplore.org/> and write an evidence informed response to a “big question.
- A personal statement, reflecting on academic engagement activities and why you wish to study a particular subject at university (Term 3B).



Lead

- Student societies—such as those in Medicine, History, Computing. Or lead activities, presentations and discussions within these.
- Give a subject masterclass / presentation on a topic of your choice. Speak to your teachers to arrange this.
- Present on a topic in assembly (to any year group).
- Lead an expedition through the Duke of Edinburgh Award.
- Contribute to school development through holding a position of responsibility such as a Curriculum Ambassador, Prefect, School Council or Caritas leader.



Listen

- Subject specific podcasts – eg, “freakonomics” or “talking politics”.
- Universities have podcasts in a range of interesting and thought-provoking areas. E.g. University of Oxford — <https://podcasts.ox.ac.uk/> University of Warwick—<https://warwick.ac.uk/newsandevents/knowledgecentre/podcasts/>
- Search through podcasts in your area of interest on iTunes.
- Find relevant episodes on the BBC Radio 4 “In our time” archive <https://www.bbc.co.uk/programmes/b006qykl/episodes/guide>



Achieve

- Complete a MOOC <https://www.mooc.org/>, Future Learn <https://www.futurelearn.com/> or other short course online. These are free and run by well-respected universities on a wide range of subject areas.
- Compete in subject specific competitions (both in school and through external competitions such as subject Olympiads or essay-writing competitions).
- Participate in work experience— see links at <https://www.ucas.com/careers/internships/internships-and-volunteering>
- Complete additional qualifications or awards such as the Duke of Edinburgh and Lowland Leaders Award.
- Learn a new academic skill – such as Harvard referencing, linguistics, oracy and presentation skills etc.
- Attend a mock interview and complete a reflection.



Watch

- Ted Talks are influential videos from expert speakers in a range of disciplines—<https://www.ted.com/talks/>
- Online university lectures such as: <https://www.gresham.ac.uk/watch-now>, <https://www.youtube.com/user/UCLTV>
- Subject specific videos through unifrog.
- Masterclasses given in school by staff, external visitors and alumni.

The above are intended as a starting point but you will be expected to conduct your own research to seek out opportunities within your own field of interest. It is important that you also follow your teachers' advice regarding activities and take advantage of the range of opportunities they promote.

unifrog Resource library

There are a range of Super-curricular resources to support your study.
Follow the guidance below for how to access these.

Exploring pathways

Visit the "Exploring Pathways" section on the homepage.
Visit the "Subjects library" tool.

Interests profile

✖ Quiz not taken

Start >

Personality profile

✖ Quiz not taken

Start >

Work environments profile

✖ Quiz not taken

Start >

Careers library

✖ Careers favourited

Go to tool >

Subjects library

✖ Subjects favourited

Go to tool >

Know-how library

✖ Guides favourited

Go to tool >

Search by keyword

Search for university subjects using a keyword

Go >


Search by school subjects

Search for university subjects using the subjects you're studying at school that you like the most

Go >

Search by the school subjects you study to see all relevant resources.
Or search by keyword for a subject such as Law or Medicine which you do not currently study.

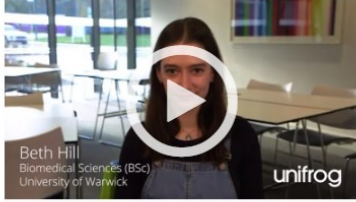
Narrow down your area of interest.
Visit the relevant subject profile



Speech therapy and Audiology

Learn how to prevent, diagnose, and treat a wide range of speech, cognitive-communication, and swallowing disorders.


Read the profile >



Medical sciences

A multi-disciplinary field which includes subjects such as anatomy, biochemistry, neuroscience, public health, and substance misuse.

Read the profile >



Medicine

A broad understanding of how the human body works to diagnose, treat and manage medical conditions, with the opportunity to specialise in a particular area.

Read the profile >

The subject profile pages contain some excellent Super-curricular resources and guidance on studying the subject at under-graduate level.
There are sample personal statements and references as well as guidance on entry criteria and A level combinations required.
The "Geek out" section is a useful way to explore influential academics and topical issues in your subject.

Mathematics

- + In a nutshell
- + Getting in
- + Decisions
- + Statement
- + Reference
- + Geek out
- + Recommendations: Read
- + Recommendations: Watch
- + Recommendations: Listen
- + Explore

Other useful resources

- <https://www.ox.ac.uk/admissions/undergraduate/increasing-access/ug-digital-resources/students-over-16>
- <https://myheplus.com/>
- The school library 6th form page—
<https://uk.accessit.online/trn16/#!dashboard> Click on the "Dashboards" section and select KS5.