

BHASVIC

BHASVIC HE Bitesize
5. Super-Curricular
Activities



Aims of the Session

- Understand what we mean by **Super-curricular activities**
- To know how we can make our **personal statements** competitive by engaging in super-curricular activities
- To know how they relate to your **subject**
- To know where to find **help**

Extra-curricular activities VS Super-curricular activities

- You have probably heard of '**extracurricular activities**', and probably do a few of them yourself. It might be dance, reading, volunteering.
- The 'extra' refers to an activity being **outside of your regular curriculum**, e.g. doing a sport or enrolling in a first aid course.
- **Super-curricular activities** are those that take **the subjects you study further, beyond which you have been taught**. You may go into more depth on something picked up in college or learn about a new topic altogether.
- **It might also be activities** – for example if you want to study teaching then volunteering for a week in a primary school will be useful.

Super-curricular activities can help

- * **Choose a subject to study.** Doing something like extra reading is a good way for you to check if you have the passion for your subject that you think you do.
- * **Provide evidence on a personal statement.** Super-curricular activities indicate that you have the capacity for self-study and can demonstrate how you respond to new ideas that you come across.
- * **Develop important skills.** For example, pushing yourself to comprehend new information, getting to grips with different concepts, challenging assumptions or uncovering weaknesses in arguments you read/listen to. As a bonus, these skills will also help you become a successful university student as uni courses often require a lot more self-study than you may have been used to so far.
- * **MOST IMPORTANTLY: It is better to pick one or two books/podcasts/journals and read them in depth than skim through a lot of material.**

Some top tips

- * Exploring your subject is not about filling your head with facts! You will develop **important independent study skills** more effectively if you are engaging actively with your subject. **Being curious.**
- * **Be open minded.** Do not be afraid to try out some things that are **different** to what you're used to.
- * **Find connections.** Look for **links in between different things** that you have explored. By doing this you really test how well you've **understood the ideas** and you could even come up with **unique ideas of your own**. Making comparisons and contrasts is good ways to do this.
- * **Think actively and ask questions.** Don't just accept the arguments that you come across. Try and challenge them, and think of counter examples. Would it be the same in all situations? Is there another way of solving that problem? What do you really think?

Some top tips

- * **Pause and reflect.** While reading articles or listening to podcasts, stop to think. What is your **opinion**? You might find it useful to write a short paragraph to practice articulating your own ideas about a subject
- * **Share and discuss.** Talk about things with people, whether your teacher, parent, or friend. **Perhaps you don't understand something you've read or you'd like to debate it further.**
- * **And remember to follow your interests.** Don't do an activity just because you think it looks good. Read books and take part in things that you think are genuinely stimulating. This means that you avoid having to try hard to fake interest. Pursuing super-curricular activities should never be boring.

Interviews and Admissions tests

- * If you are intending to apply to universities which are **interviewing or have admissions tests** – and this can be for a variety of courses including teaching, social work etc. then super-curricular activities are all-important.
- * **The key will be to look at a little deeply. Don't feel you have to read loads of books – just a few in depth is much better. Or have an opinion on a podcast or online lecture.**

Super-curricular basics

- * There are many **well known online resources** that offer brilliant resources for subject areas
- * These include **online talks, podcasts, resources** in a wide variety of areas

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

<https://www.my-mooc.com/en/>

<https://thebrilliantclub.org/the-scholars-programme/for-schools/pupil-resources/>

<https://www.rigb.org/christmas-lectures/watch>

<https://www.bbc.co.uk/sounds/categories>

<https://www.bbc.co.uk/programmes/b006qykl>

<https://www.bbc.co.uk/programmes/p004klng/episodes/player>

<https://www.bbc.co.uk/programmes/m00057m9>

<https://www.bbc.co.uk/programmes/b015sqc7>

<https://www.aljazeera.com/>

<https://edition.cnn.com/>

<https://www.newstatesman.com/uk>

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Courses by subject

History

Medieval (500-1500)
Early Modern (1485-1714)
The Tudors
18th-19th Centuries
20th Century

Psychology

Attachment
Biopsychology
Issues and Debates
Memory
Psychopathology

Government & Politics

UK Politics
US Politics
Global Politics
Core Political Ideas
Non-Core Political Ideas

Sociology

Theories and Methods
Education
Crime and Deviance
Families and Households
Religion and Beliefs

Philosophy & Religious Studies

Ancient Philosophy
Ethics
Epistemology
History of Philosophy
Metaphysics

Chemistry

Organic
Analytical
Physical
Inorganic
Biochemistry

English Literature

American Literature
Early Modern Drama
Gothic Literature
Medieval Literature
Romantic Poetry

Physics

Classical Mechanics
Materials
Nuclear and Particle Physics
Thermodynamics
Light and Electromagnetism

Classics & Ancient History

Greek Theatre
Greek Religion
Homer - Iliad
Homer - Odyssey
Politics of the Late Republic

English Language

Language and Power
Language Analysis
Sociolinguistics
Language Diversity
Creative Writing

View all:

[All Courses \(804\)](#)

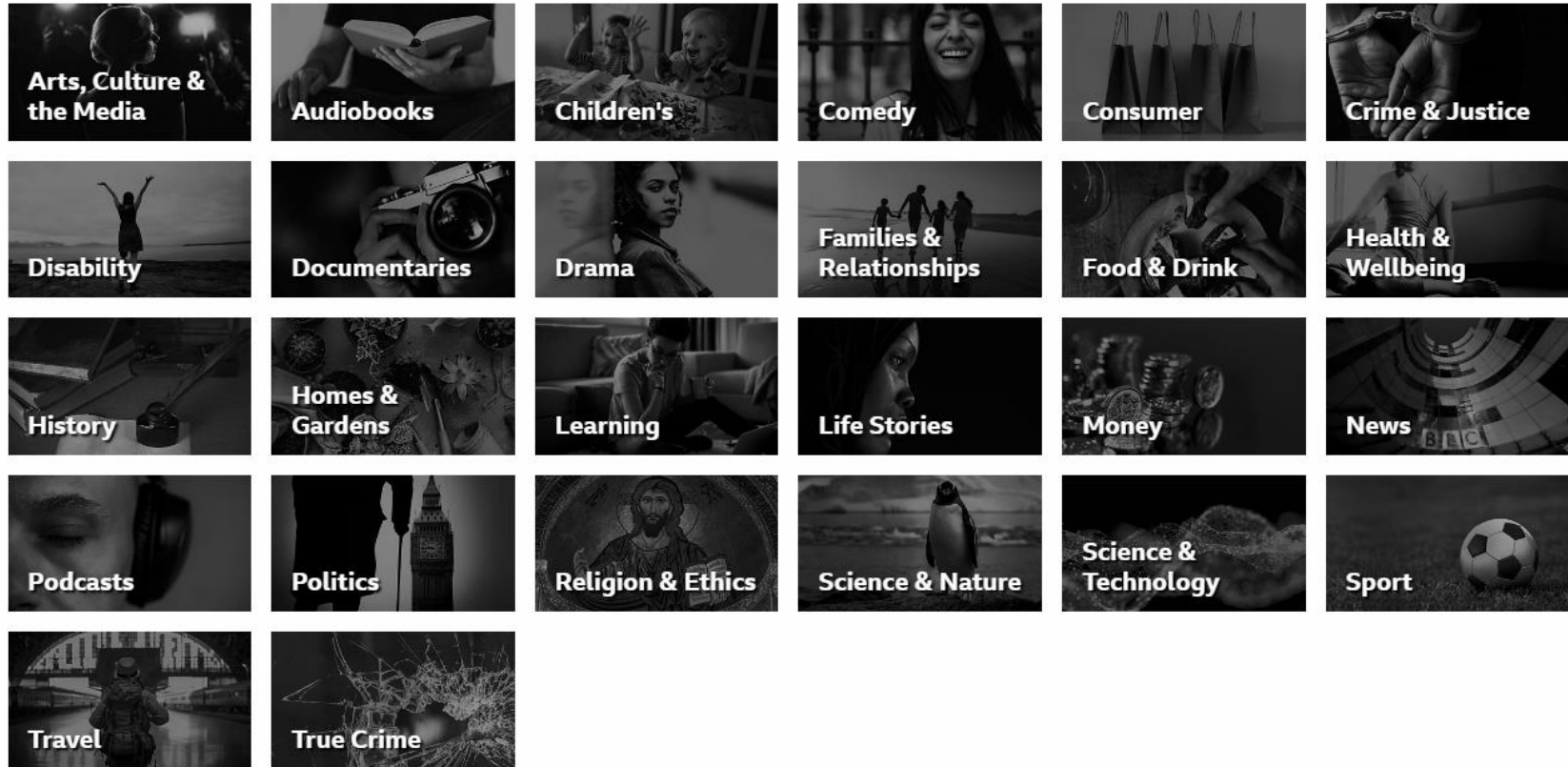
[Lecturers \(538\)](#)

[Playlists \(53\)](#)

MASSOLIT works with university academics to produce **high-quality, curriculum-linked** video lectures for GCSE, A Level and

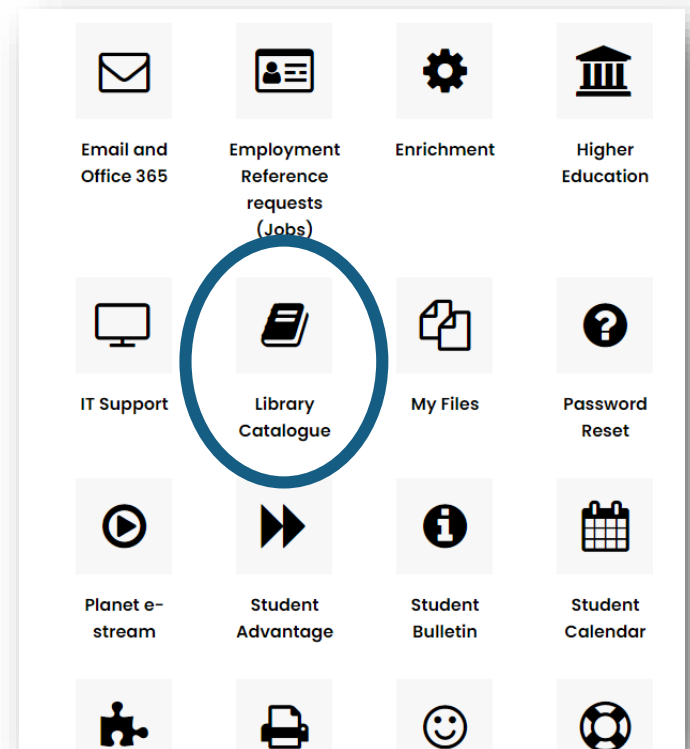
BBC Sounds podcasts..

Browse all Speech



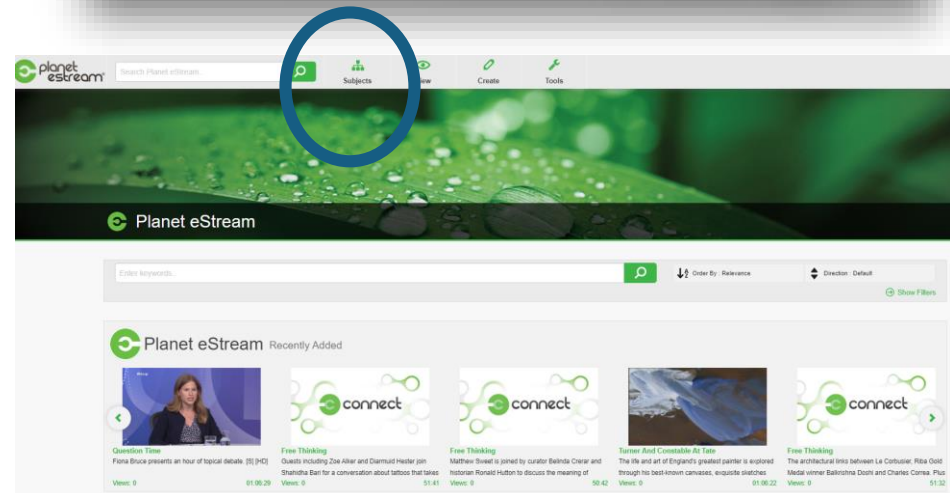
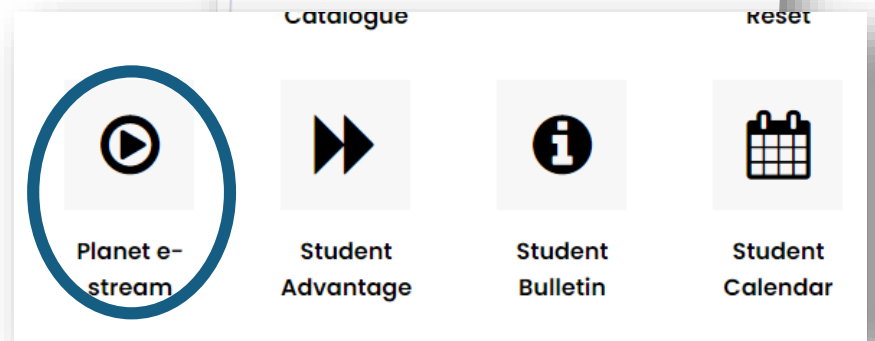
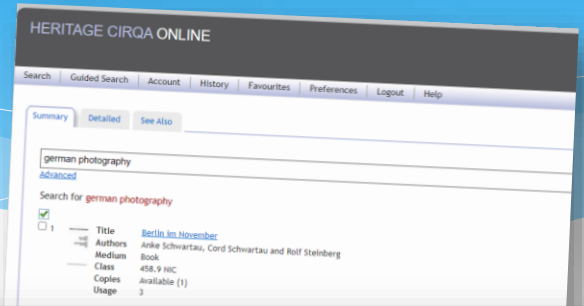
BHASVIC Library

- * You have a **brilliant free resource on your doorstep** where you can borrow books and **each subject has a librarian allocated to them**
- * **Ask them to recommend reading** (everything in the library has been recommended by your subject teachers)
- * Check out the **catalogue on your dashboard** and borrow books for the summer holidays



Not only books....

- * You can search on the library catalogue but there are **lots of online journals and newspapers** that can access too – even DVDs
- * In addition, **Estream** has lots of relevant programmes (search by subject) that the library will download of interest (but like an iplayer)
- * These are all **great super-curricular-activities**



Other ideas....

- * Don't forget **clubs, societies, online lectures, competitions** all count as extra interest for your subject when making your application to uni

Curiosity led me to read, "Return to Laughter" by Eleanor Smith Bowen. Written through experiences of Laura Bohannan, an American anthropologist who spent time in the African bush living with and studying the Tiv tribe. I found the insights into the indigenous culture of West Africa gripping.

In terms of super curricular, I am a member of the Model UN society at my college, representing numerous different countries on a range of fascinating international issues such as extradition and reparations for colonialism.

I believe I am fully prepared to take on all the challenges of a computer scientist will face and keep up to date with recent and relevant developments in this subject. I have taken part in the UK Bebras Challenge which includes solving problems using computational thinking skills and techniques.

So what to do now.....

- * Remember you are convincing universities that you have a genuine interest in your subject that you want to study for 3 more years.