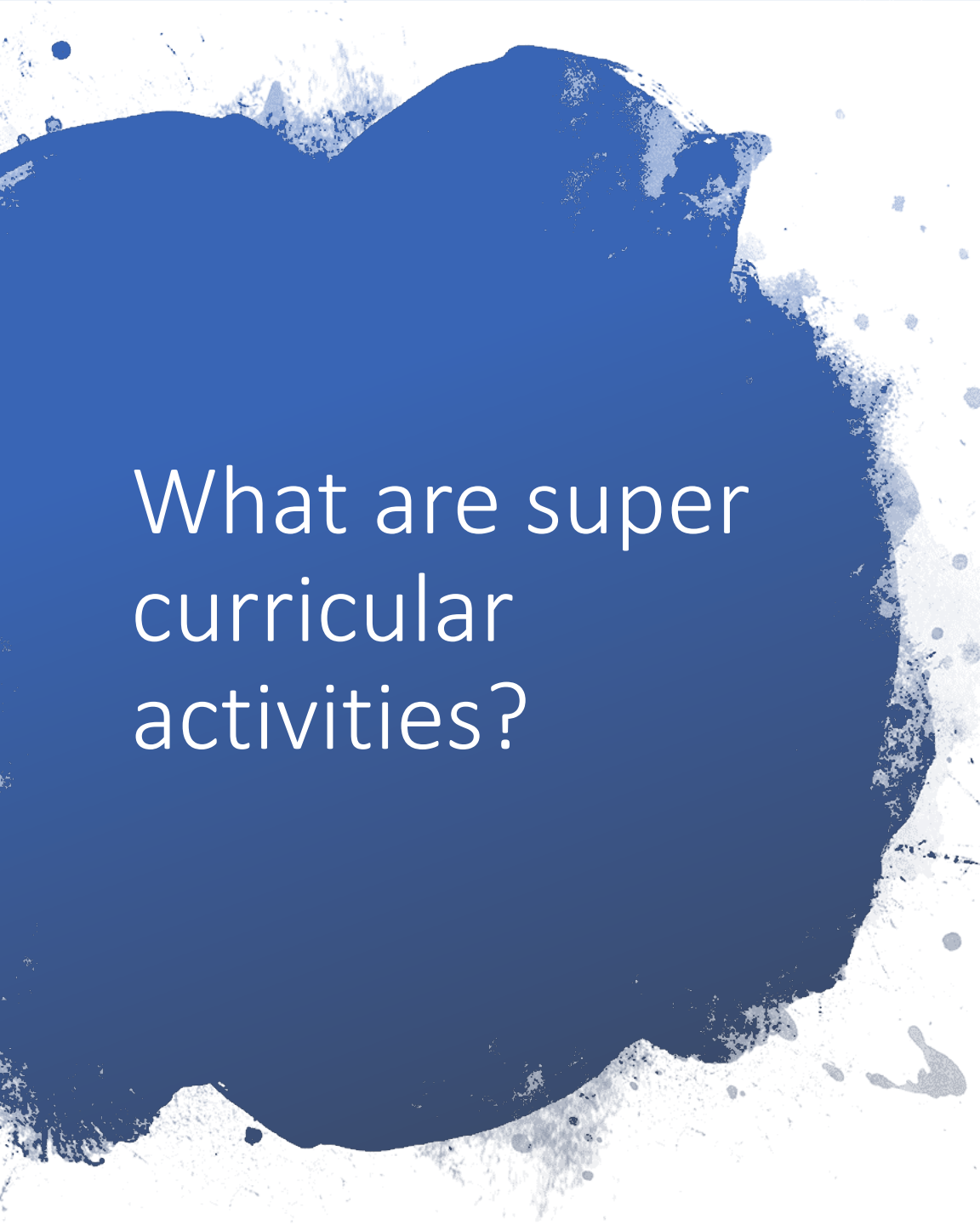


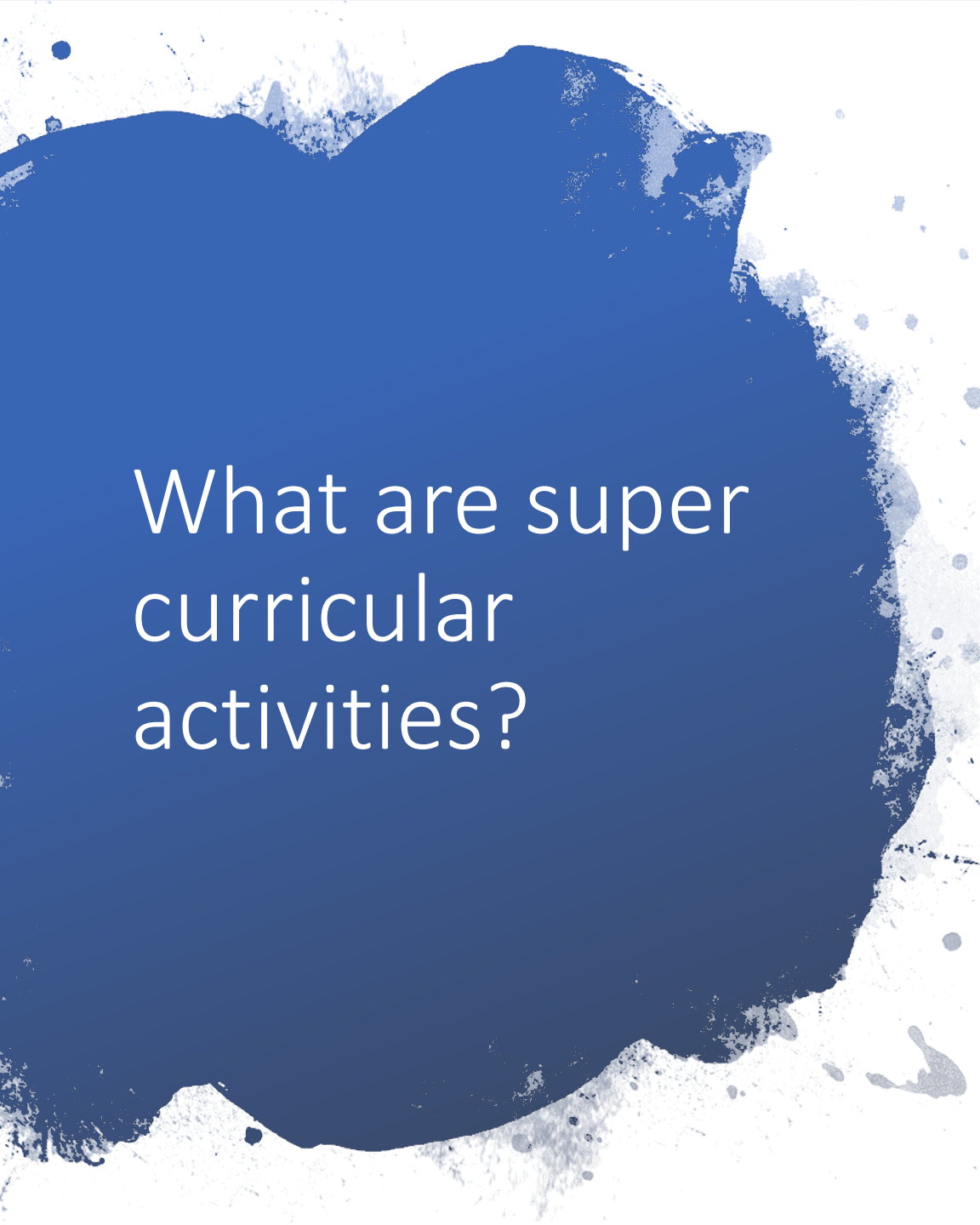


# Super curricular activities



## What are super curricular activities?

- 'Super-curricular' activities are educational activities which go **above and beyond** the school curriculum.
- This can be anything from podcasts, documentaries, trips to a museum, books, magazines, online programmes and more.
- This will be particularly important as you prepare to write your personal statement, but also in giving you a broader insight into potential degree choices.



## What are super curricular activities?

- Applicable to any chosen degree subject.
- Not expected to pay for this sort of exploration, there are lots of resources freely available.
- Take time to explore things that you genuinely find interesting and see where your investigations lead you.
- There are lots of suggestions for places to start exploring your own interests in your chosen subject independently.

# How to choose resources...

There are **no right or wrong** resources to use when it comes to super-curricular activities

There is no one thing everyone who studies a certain subject will have read or done before they apply to University - **you get to choose what will work best for you.**

You can choose a resource that expands and goes beyond something from a school lesson or it can be based on a topic you've never studied but would like to.

The main thing is that it is something you are **passionate about and will enjoy doing.**

# How to get the most out of super-curricular activities...

- To get the most out of these activities and resources, you should **think critically** about things you engage with.
- For example, think about why you are interested in this topic, what more you would like to know about it and how your opinion has changed or stayed the same as a result of what you have read/seen/listened to (**reflections**)
- These activities will be what forms the academic content of your personal statement and may be asked about at a University interview
- **Keep a note of what you have done, and your reflections, to make sure you don't forget.**

# Cambridge super-curricular suggestions

[https://www.undergraduate.study.cam.ac.uk/sites/www.undergraduate.study.cam.ac.uk/files/publications/super-curricular\\_suggestions.pdf](https://www.undergraduate.study.cam.ac.uk/sites/www.undergraduate.study.cam.ac.uk/files/publications/super-curricular_suggestions.pdf)

Individual college websites & course departments have their own suggestions

# Oxford super-curricular suggestions

<https://www.magd.ox.ac.uk/wp-content/uploads/2020/05/Preparing-for-Oxford-Resources-Pack-.pdf>

Individual college websites & course departments have their own suggestions

# Other examples

- Podcasts
- Documentaries/ TV programmes
- EPQ topic
- Books
- Course textbooks
- Journals
- MOOCs
- TED Talks
- Newspaper/ magazine articles (e.g. New Scientist)
- Events in the News
- Museum/gallery tours (can be done virtually)
- Subject competitions – Essay-writing, Photography, Art, Olympiads etc.
- Subject societies/clubs (MedSoc, Law, Debate)
- University subject masterclasses – investigate departmental websites



There's even  
an app!

The logo for 'SUPER CURRICULUM' features the word 'SUPER' in a large, bold, black sans-serif font above the word 'CURRICULUM' in a smaller, bold, black sans-serif font. A yellow triangle is positioned behind the 'P' in 'SUPER' and the 'C' in 'CURRICULUM', pointing to the right.

- <http://rushcliffe.notts.sch.uk/the-super-curriculum/>
- On this webpage and the downloadable app, there are a range of activities, suggested by teachers for you to stretch yourself and explore your subjects.
- You can find the app available to download for iOS and Android. You can download for Apple devices here: <https://apps.apple.com/app/id1560629360>  
You can download for Android devices here: <https://play.google.com/store/apps/details?id=com.ApplInstitute.u70c2>

# Oxbridge teacher experiences

<https://web.microsoftstream.com/video/cc450880-caf8-452c-acee-f3972498d09e> 28:28 minutes

