



**HOW CAN I INCLUDE
EXTRA AND SUPER-
CURRICULARS IN MY
PERSONAL STATEMENT?**





Click this button to return
to the contents page.

HOW TO USE THIS GUIDE

Everything you need to know about super and extra-curriculars. This includes; what they are, where to find them and how to write about them on a personal statement to give you the best chance of getting onto a degree.

CONTENTS



Top Tips: Click the icon to the right to find out more about what a personal statement is and check out our personal statement guide.

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WHAT IS A SUPER-CURRICULAR?



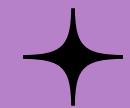
A **super-curricular** activity is an academic activity you do outside of the classroom/in your spare time that is related to the degree topic you want to study.

Universities and colleges want to hear about these activities in your application as it demonstrates just how interested you are in that subject. You will be doing wider reading/independent study as part of your degree, so you are showcasing that you can already do that!

For Example: Beth is interested in studying History, so to gain more knowledge about time periods that she is not learning about in her history A-level she reads the BBC history magazine. She talks about an interesting theory she read in her personal statement to showcase this interest.



★ Exploring super-curriculars can also help you to decide on the right course for you! Win Win!



WHAT IS AN EXTRA-CURRICULAR?

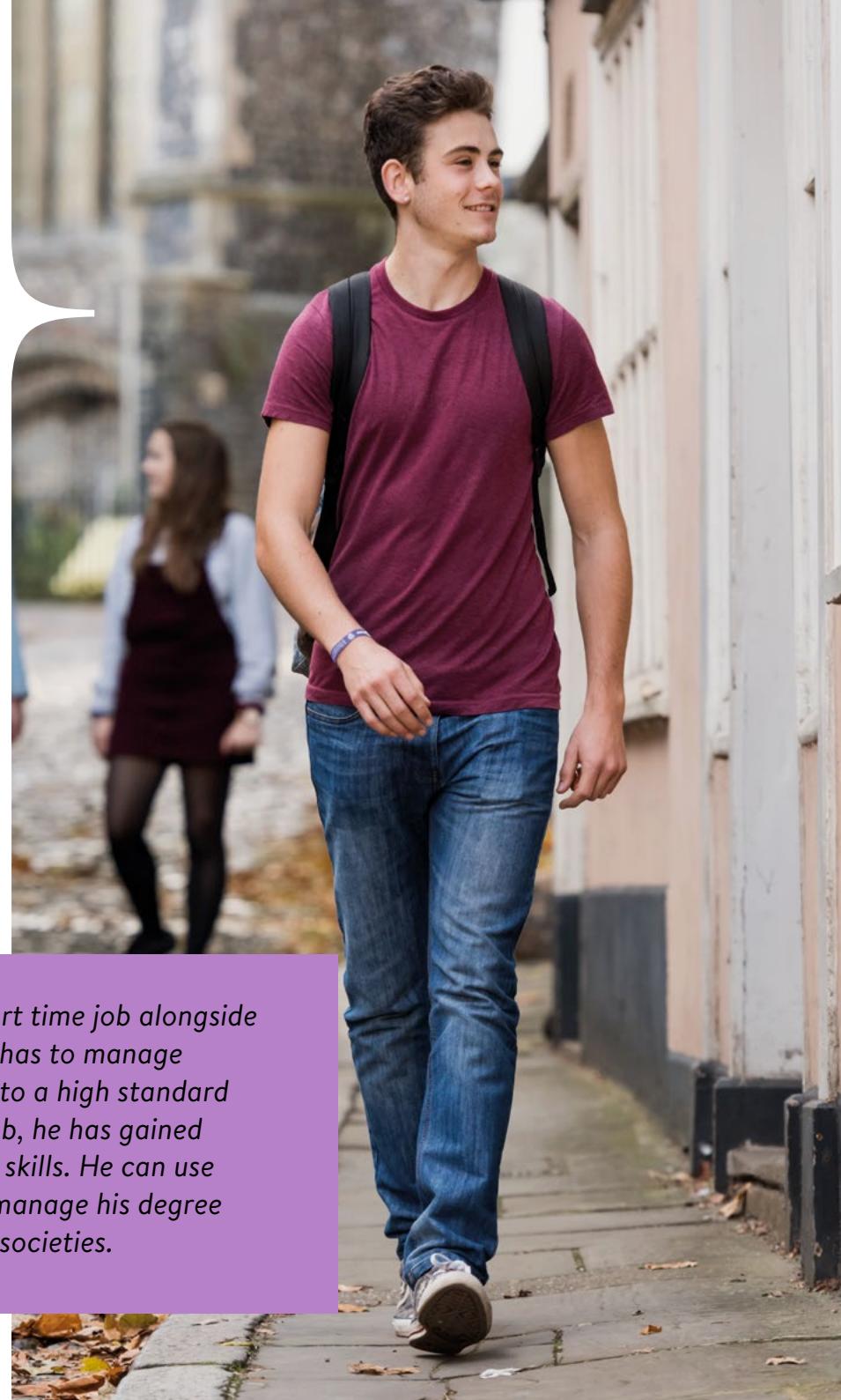


An **extra-curricular** activity is something you do outside of the classroom/in your spare time that is not related to the degree topic you want to study but that gives you useful transferable skills that you can use in Higher Education.

Universities and colleges want to hear about these activities in your application as it can help to demonstrate that you have a wide range of interests and experience, especially transferable skills, which you can use during your studies.



For Example: Sam has a part time job alongside completing his BTEC. As he has to manage completing his coursework to a high standard whilst doing his part-time job, he has gained excellent time management skills. He can use these skills at university to manage his degree studies alongside clubs and societies.



SUPER-CURRICULAR WORK SHEETS



When applying for a degree, many people are unsure how to find good **super-curriculars** for their degree subject and how to write about them in an application. Click on the common examples of **super-curriculars** activities below to access examples and tasks to help you write about your **super-curriculars**.

Simply open the worksheet, open the relevant **super-curricular** on the following pages and complete the worksheet. You then have a ready made example to add to your personal statement.

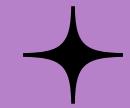
Hover over the icons and click to access learning material on the following pages.



★ *These worksheets can be used alongside the examples of subject specific super curriculars on the following pages.*



WIDER READING



SUBJECT SPECIFIC SUPER-CURRICULAR RESOURCES A-E



Below you will see an alphabetical listing of degree subjects. **Click** on the subject you are interested in to be taken to useful super curricular resources in that subject area.

A



B



C

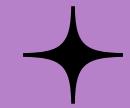


D



E





SUBJECT SPECIFIC SUPER-CURRICULAR RESOURCES F-L



Below you will see an alphabetical listing of degree subjects. **Click** on the subject you are interested in to be taken to useful super curricular resources in that subject area.

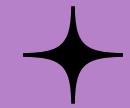
F

G

H

J

L



SUBJECT SPECIFIC SUPER-CURRICULAR RESOURCES M-P



Below you will see an alphabetical listing of degree subjects. **Click** on the subject you are interested in to be taken to useful super curricular resources in that subject area.

M



N

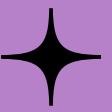


O



P





SUBJECT SPECIFIC SUPER-CURRICULAR RESOURCES R-Z



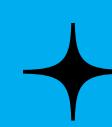
Below you will see an alphabetical listing of degree subjects. **Click** on the subject you are interested in to be taken to useful super curricular resources in that subject area.

R

S

V

Z



SUBJECT

AGRICULTURE



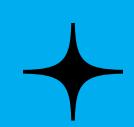
SUBJECT

ACCOUNTING AND FINANCE



SUBJECT

ARCHAEOLOGY



SUBJECT

ARCHITECTURE

TED TALKS



SUBJECT

ART



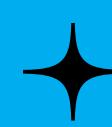
SUBJECT

BIOLOGY



SUBJECT **BUSINESS**

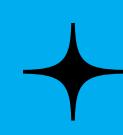
UCAS



SUBJECT

CHEMISTRY

UCAS



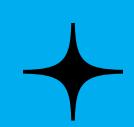
SUBJECT CLASSICS

UCAS



SUBJECT

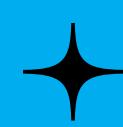
COMPUTING



SUBJECT

DANCE

TASTER LECTURE



SUBJECT

DRAMA



SUBJECT

DENTISTRY

TASTER LECTURE



SUBJECT

ECONOMICS



SUBJECT

EDUCATION



SUBJECT

ENGINEERING



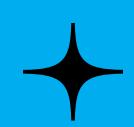
SUBJECT

ENGLISH



SUBJECT

FILM



SUBJECT

GAME DESIGN



SUBJECT

GEOGRAPHY



SUBJECT

GEOLOGY



SUBJECT

HISTORY



SUBJECT

HOSPITALITY



SUBJECT

JOURNALISM



SUBJECT

LANGUAGES



SUBJECT

LAW



SUBJECT

MARKETING



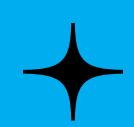
SUBJECT

MATHS



SUBJECT

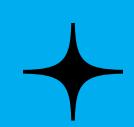
MEDIA



SUBJECT

MEDICINE

TASTER LECTURE



SUBJECT

MIDWIFERY



SUBJECT

MUSIC



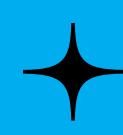
SUBJECT

NURSING



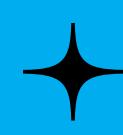
SUBJECT

OPTOMETRY



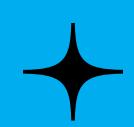
SUBJECT

PARAMEDIC SCIENCE



SUBJECT

PHARMACY / PHARMACOLOGY



SUBJECT

PHOTOGRAPHY



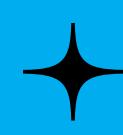
SUBJECT

PHILOSOPHY



SUBJECT

PHYSICS



SUBJECT

PHYSIOTHERAPY



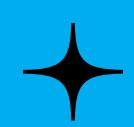
SUBJECT

POLITICS



SUBJECT

PSYCHOLOGY



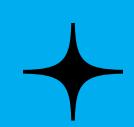
SUBJECT

RADIOGRAPHY



SUBJECT

SOCIOLOGY



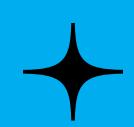
SUBJECT

SOCIAL WORK



SUBJECT

SPORT



SUBJECT

VETERINARY SCIENCE



SUBJECT

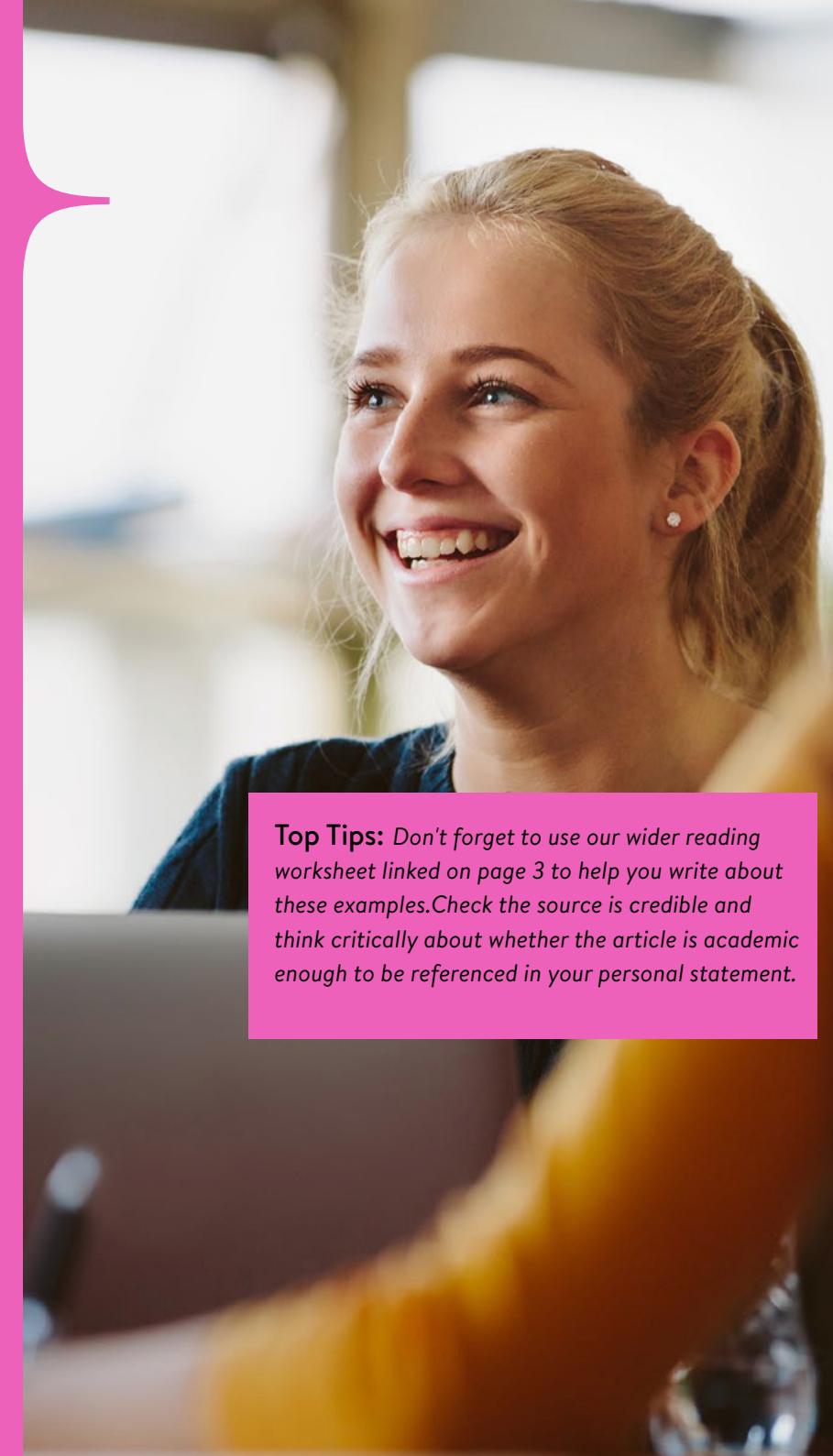
ZOOLOGY

WIDER READING

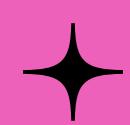


One really key **super-curricular** you might often hear your teachers talks about is wider reading. This is essentially reading further into your topic of interest to learn even more about it outside of the classroom. You will need to do this on a degree which is why they like to see it so much on personal statements. At universities this is often called independent learning.

Click on one of the buttons to the below to access wider reading:



Top Tips: Don't forget to use our wider reading worksheet linked on page 3 to help you write about these examples. Check the source is credible and think critically about whether the article is academic enough to be referenced in your personal statement.



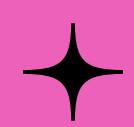
WIDER READING

UNIVERSITY RESEARCH

Universities often publish recent research findings on their websites. Look for press releases related to your subject of interest. The research might have been conducted by your future lecturer!

UEAs research can be found below:





WIDER READING

GOOGLE SCHOLAR



Google scholar is an online library of open access books and articles. Type in your subject of interest to find relevant resources. Go broad or narrow depending on what you're looking for. It is also a good idea to look for more recent publications and be sure to check the content is not too advanced.

See the guide below for detail on how to search for research:



WIDER READING

LIBRARY BOOKS



Your local library is a great source of wider reading in the non-fiction sections. You can even get visitor passes to your local university library to read university level books.

See how to access UEA's Library below:

Access to the UEA Library may be affected by Covid-19 restrictions.

Check for more info at:



WIDER READING

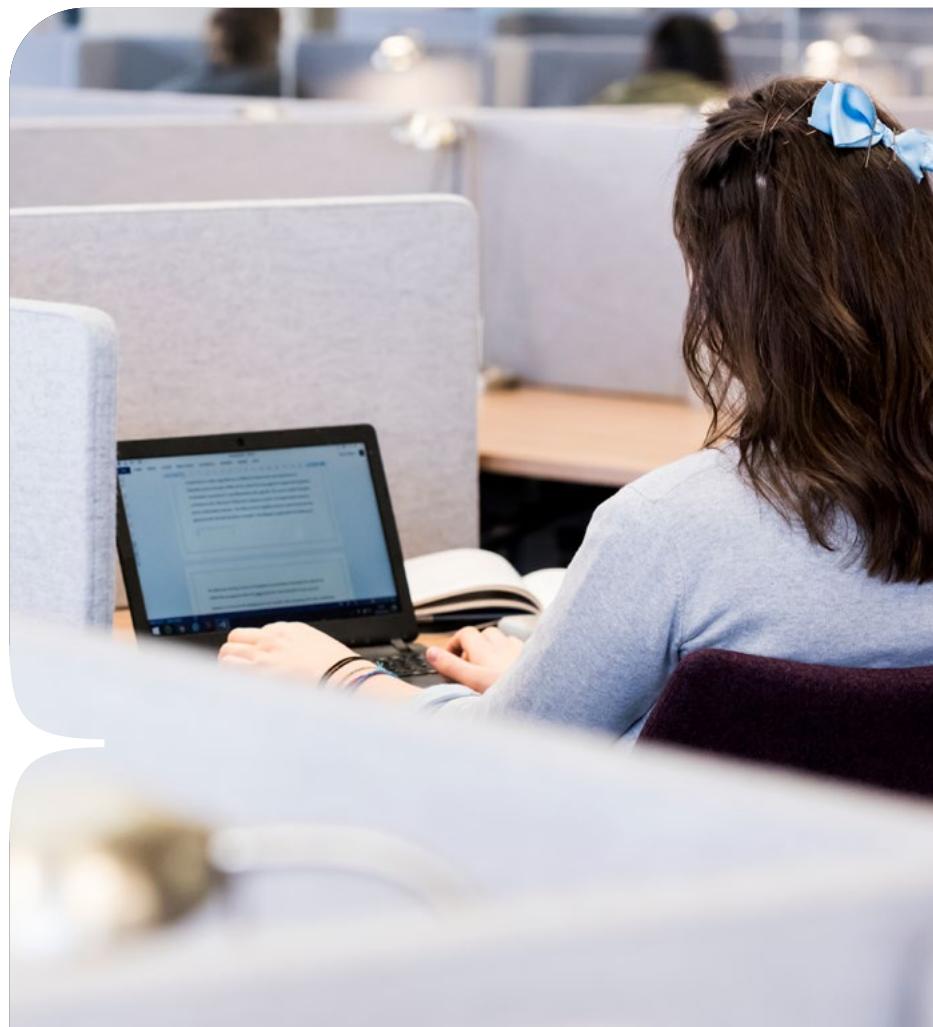
COURSE READING LIST



Some course pages have wider reading suggestions on them or you can Google a university (i.e Oxford), a course name (i.e English) and 'reading list' to see suggestions.

You can see UEA's past reading lists below. Simply search for the course you are interested in.

Please note reading lists change and these lists may change in future years.



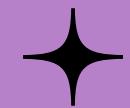
WIDER READING

MAGAZINES



There are lots of professional or general interest magazines out there with articles relevant to your degree of interest. You can find some examples of relevant magazines.





OTHER SUPER-CURRICULAR RESOURCES



Alongside those already listed there in this booklet so far, there are many other good sources of super-curriculars on the following pages.

These include:



Before referencing these resources pause for thought:

It is important to check the credibility of YouTube videos and podcasts and if they are academic enough. You can use the TED talk guide to help you write about videos and a similar formula for podcasts. You don't need to mention that you got your information from YouTube or a Podcast. Just talk about the topic, the benefit and how it links to your course. If it is from a credible academic you can name drop.



EXTRA TASTER LECTURES



In addition to the subject specific taster lectures listed on the A-Z **super-curricular** pages below are two other excellent sources of online taster lectures.

Click the icon to access links



Friendly online taster sessions to discover what it's like to study your chosen subject at university. You might even meet your future lecturer.

Channel talent beams university lectures, admissions personnel, university students and apprentices into your living room through their innovative online webinar service.



Top Tip: Remember to use our taster lecture guide on page 3 to help you write about these experiences.



OTHER SUPER - CURRICULAR RESOURCES

Topic guides created by Cambridge postgraduate students. The guides include activities, questions to think about and suggestions for further reading.

There is a lot of academic content on YouTube channels with good videos (like TED talks) to widen your knowledge. Some good channels are listed to the right.

For some extra links and advice why not check out this educational channels guide:

OTHER SUPER - CURRICULAR RESOURCES

EPQ is a great **Super-curricular** activity for which you have to do research and wider reading. Talk about this in depth! Click on the link to look through our guide to the EPQ.

There are some podcasts out there by academics on some very interesting topics. Some good podcasts can be found to the right.

For some extra links and advice why not check out this educational channels guide:



Top Tip: *Look out in your school and college emails - Local universities often offer great activities for you to get involved in.*

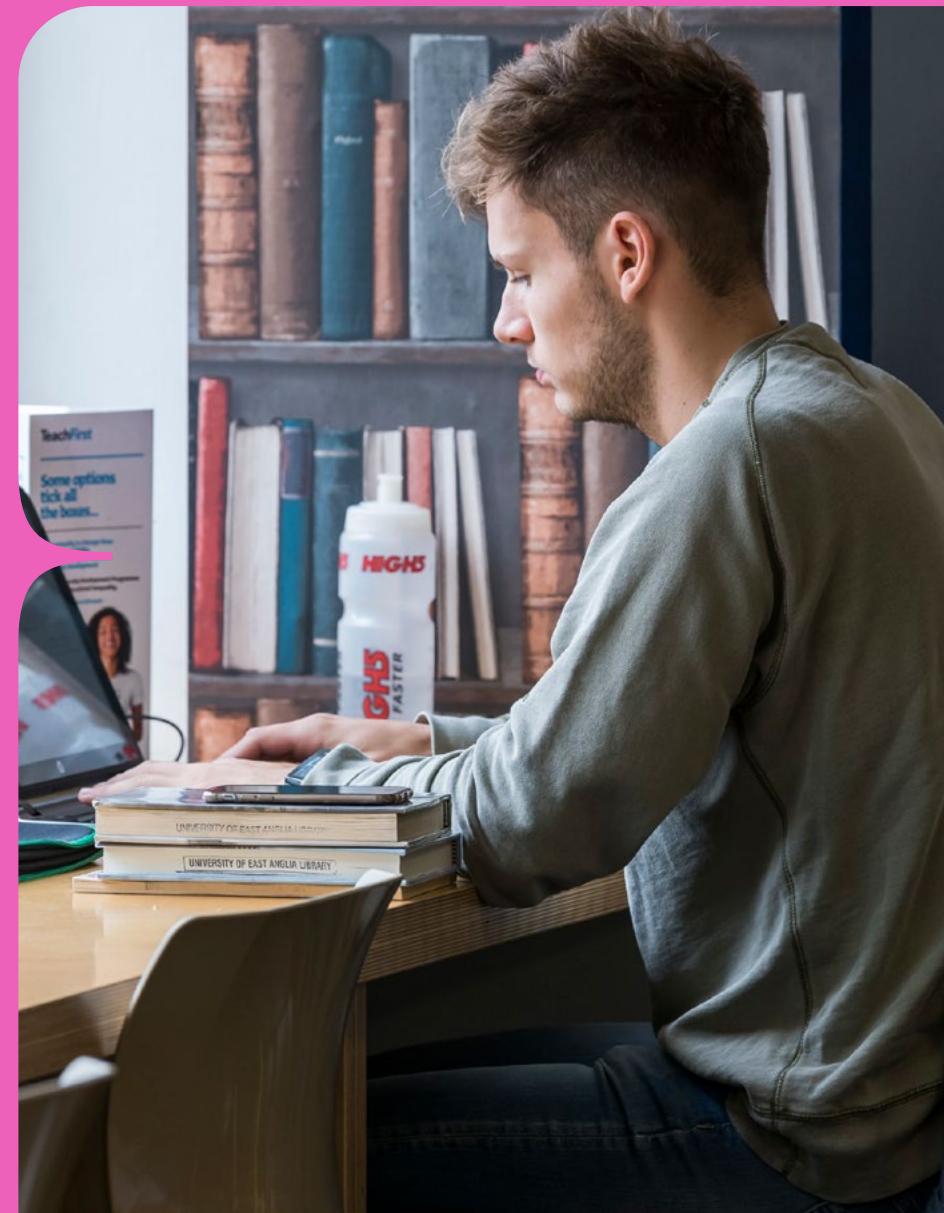
EXTRA-CURRICULAR ACTIVITIES

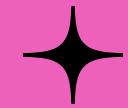


There are a range of extra curricular activities you can take part in alongside your current studies. Click through the links below to find out more about these common ones:

Remember an **Extra-curricular** is something you do alongside your current studies not related to your course but that gives you valuable transferable skills.

Top Tips: After exploring these opportunities and where to find them check out our worksheets.





EXTRA-CURRICULAR ACTIVITIES

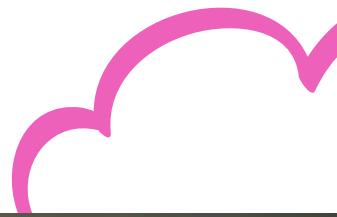
CLUBS & SOCIETIES



Clubs and Societies at school and college are a diverse collection of groups and organisations ranging from sports teams to hobby organisations. These are commonly run by students or staff at lunchtimes or after school.

If your club or society subject links to your degree subject of choice you can talk about it a bit more in depth (I.e if you coach a football team and want to study physical education, admissions tutors want to hear all about it as it is so relevant!).

Top Tips: Remember to check out our clubs and societies worksheet to help you write about these on your personal statement.



EXTRA-CURRICULAR ACTIVITIES

PART TIME JOBS



Part time jobs are jobs with shorter hours, often less than 16 hours a week, that students over the age of 16 do alongside their studies. Though you may have more free time at 6th form or college, most students still tend to do these at the weekend so as to not disrupt their studies. The job itself doesn't need to relate to the degree you want to study. It could be working in hospitality or retail.

Instead of working for someone else you may make or do something independently such as an enterprising instagram business or etsy account. You can talk about this on a personal statement too and write about it in the same way as a part time job. If you are applying for business having an enterprise now this is definitely something Universities want to hear about! Many Universities also have enterprise opportunities too.

Check out UEA's enterprise info here:

Top Tips: If you are moving away for university or college degrees and you work for a big company with multiple regional branches you can often request a transfer to your new closest branch.

Top Tips: Remember to check out our part time jobs worksheet to help you write about these on your personal statement.



EXTRA-CURRICULAR ACTIVITIES

WORK EXPERIENCE RELATING TO DEGREE



In addition to the work experience from part time jobs and work experience set up by your school (often in year 10-11) some degrees may ask for additional work experience as part of their entry requirements. This is usually for degrees such as Medicine, dentistry and veterinary sciences. Look at your course webpage to see if this is the case for your course.

Work experience related to your degree subject (especially for medicine, dentistry and veterinary) should go in the main body of your personal statement and go more in depth than you would when talking about a part time job.

Aspiring to go a Health sciences course? Our handy video will help you write about work experience in your application:

Check out our work experience guide:



EXTRA-CURRICULAR ACTIVITIES

VOLUNTEERING



Universities love to see volunteering in Personal Statements as they actively encourage you to get involved in volunteering when at university and become part of your community.

Talking about volunteering can function in a very similar way to part time jobs, clubs and societies. Again if they are related to your degree subject of choice (i.e St John Ambulance and you want to be a Paramedic) you can talk about them as a super curricular and more in depth!

If you can't get a part time job due to lack of experience, volunteering can give you the vital skills for your CV to make you more hireable!

Top Tip: Remember to check out our volunteering worksheet to help you write about these on your personal statement



EXTRA-CURRICULAR EXAMPLES



Top Tips: Use our worksheets to help you write about these opportunities.

Clubs & Societies

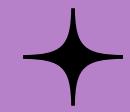
- ✿ Subject Specific Clubs
- ✿ Sign Language
- ✿ Dance / Drama
- ✿ Film
- ✿ Sports Clubs
- ✿ Orchestra / Music
- ✿ Committees

Part-Time Jobs

- ✿ Retail (ie. Topshop)
- ✿ Hospitality (ie. waiting tables)
- ✿ Baby Sitting
- ✿ Coaching
- ✿ Life Guarding
- ✿ Cleaning
- ✿ Supermarket Roles

Volunteering

- ✿ Charity Shop
- ✿ Mentoring
- ✿ Homeless Charities
- ✿ St. Johns Ambulance
- ✿ Fundraising
- ✿ Paired Reading
- ✿ Animal Shelters



WHERE TO FIND THEM?



Clubs & Societies:

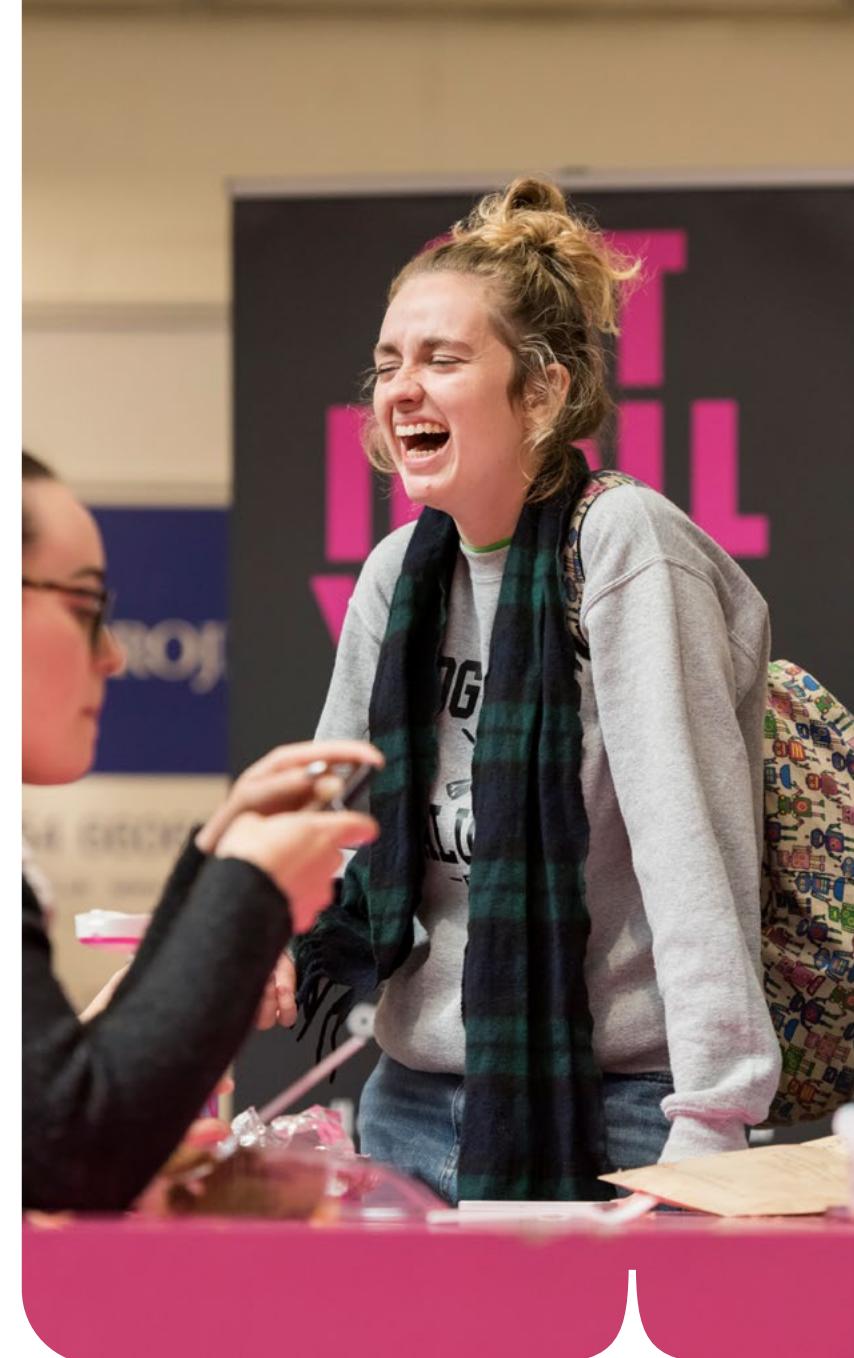
- School / College or in your Community Area
- National -
- &

Part Time Jobs/Work Experience Relating to Degree:

- Online sites -

Volunteering:

- School / College
-
-



TRANSFERABLE SKILLS

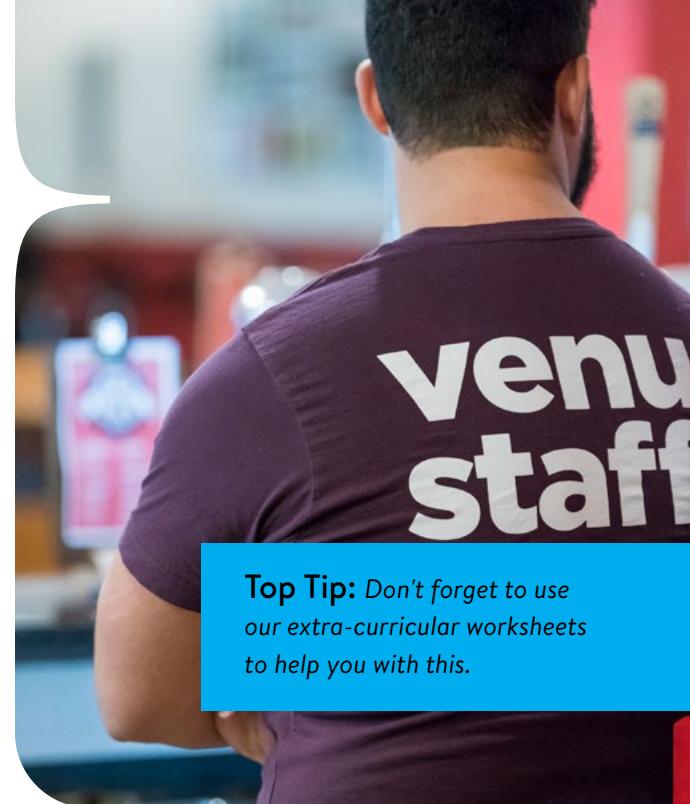


When taking part in extra curriculars, try thinking about the transferrable skills you are gaining from them to talk about in your personal statement.

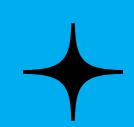
Remember to explain how that skill is transferrable to degree level study (i.e, the communication skills gained whilst in the football team will help you to complete group work in your business degree to a high standard.)

See some transferrable skills below to get you started:

I.T Skills	Communication	Time Management	Independence
Listening	Teamwork	Leadership	Motivation
Resilience	Presentation Skills	Multitasking	Organisation
Self Motivation	Critical Thinking	Logical Thinking	Problem Solving
Public Speaking	Dedication	Research Skills	Analytical skills



Top Tip: Don't forget to use our extra-curricular worksheets to help you with this.



EXTRA-CURRICULAR WORKSHEETS:



Click on the examples of common extra-curricular activities below to access examples and activities to help you write about them.

CLUBS AND SOCIETIES

PART TIME JOBS

VOLUNTEERING





THANKS FOR USING THE UEA SUPER AND EXTRA-CURRICULAR GUIDE

SHARE, LIKE AND FOLLOW