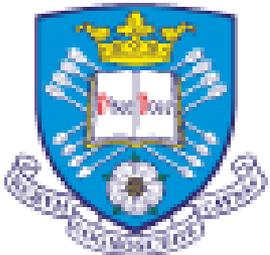


Deepening your research

- Online 'open days'
- Online work experience/talks
 - FAQs from students
- Keeping good mental health practice
- Future Learn courses – keep checking the website for new courses!

<https://www.futurelearn.com/courses>



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School reopening –

- More information will be sent to you and families about the reopening of the school for year 12 and what this looks like in the coming days. Details are still be figured out. It is unlikely to be full time and will likely be staggered and in small groups. **For now, continue with your online studies.**
- Please do continue your personal statement research and writing. We know that our students tend to delay starting this and often had extra unnecessary stress as a result. **Utilise this time now to start it!**
- Contact your teachers with any issues you may be having regarding to work. Additionally email your tutor and myself if you need support.
- **Managing your mental health** should be part of your daily routine

Mental health – don't neglect yours!



<https://www.bbc.co.uk/programmes/w3csyx39>

Fascinating 10 minute podcast on how meditation changes your brain!



Here is an example of compassionate meditation mentioned in the clip above:

<https://www.youtube.com/watch?v=1kguvYCmsGM>

Mental health well being ideas – very basic but it can work!

Which activities contribute to our wellbeing?

- Having a technology curfew – this promotes better sleep and brain function
- Healthy eating – Avoid spikes of sugar by having things like porridge for breakfast instead of Coco Pops
- Making time for your hobbies and interests – the endorphins your brain releases after you've done something you enjoy help you stay happy and motivated!
- Practicing mindfulness, or activities that promote mindfulness, like yoga or meditation
- Being aware of the things that make you feel stressed, and putting a plan into action so they're not so stressful
- Spending time with people who are good for your wellbeing – friends who are upbeat can have an effect on you!

STOP mindfulness technique

S Stand up, close your eyes and breathe. Take off your shoes if you can; how do your feet feel against the ground?

T Tune into your body. Keeping your eyes closed, think about how your fingers feel. Are they moving? Are they holding anything?

O Observe. Open your eyes and look around you. Look at something in your environment that you like to look at and appreciate its beauty

P Possibility. Ask yourself what is possible – what is your aim for the next minute, hour or day?



Mindful breathing technique

For one whole minute, sit upright on a chair or on the floor and concentrate on breathing in and out, slowly. Don't think about anything except your breathing.

When the minute is up, open your eyes and mindfully breathe for another minute, this time concentrating on not only your breathing, but also your surroundings. Find something to focus on for the minute.

Mindful appreciation technique

For this exercise, all you have to do is notice 5 things in your day that go unappreciated.

These things can be anything;

- The cup of tea you have in the morning
- Your friend smiling and asking how you are
- Feeling proud of yourself for doing a good job on an essay, anything!

Ask yourself what you can do so that you are on someone else's list of things that go unappreciated. Things like saying thank you, smiling, and holding a door are great starts!

Online 'open' or 'taster days'

Most universities are offering this online. Below is the example from the University of Sheffield.

<https://www.sheffield.ac.uk/undergraduate/visit/taster-days>

English	<i>English taster day</i>	Tuesday 7 July 2020	Session details here
General Engineering	<i>Interdisciplinary Engineering for a Renewable Future!</i>	Friday 26 June 2020	Session details here
History	<i>History taster day</i>	Monday 29 June 2020	Session details here
Materials Science and Engineering	<i>Secrets of Spider Silk</i>	Thursday 25 June 2020	Session details here
Management School	<i>Management taster days (two sessions available)</i>	June and July 2020	Session details here
Molecular Biology and Biotechnology	<i>Experience molecular biology at the University of Sheffield from your own home!</i>	Tuesday 9 June 2020	Session details here
Music	<i>Music Psychology taster session: Hearing music - seeing colours: an introduction to the psychology of music</i> <i>Musicology taster session: Why You've Never Heard of Isabella Leonarda: An Introduction to Musicology</i>	Wednesday 24 June 2020	Session details here

Other universities – have online taster days and more general open days:

<https://le.ac.uk/study/undergraduates/taster-days>

https://www.soas.ac.uk/admissions/ug/opendays/?gclid=EAlaIQobChMIImuKYhZvg6QIVA7DtCh2rbgKsEAYAiAAEglxCvD_BwE&gclid=aw.ds

Search other unis to see what they have to offer!

More academic tasting

Lots of universities offer lectures online and short courses for sampling what their teaching is like:

<https://london.ac.uk/ways-study/study-campus-london/university-taster-courses>

https://www.reading.ac.uk/ready-to-study/visiting-and-open-days/taster-sessions.aspx?utm_source=schools-poster

Student FAQs

<https://www.sheffield.ac.uk/schools/transition>

<https://www.nottingham.ac.uk/studywithus/faqs/faqs.aspx>

Virtual experiences

<https://www.ukuniversitysearch.com/blog/post/webinar-wednesdays>

<https://www.speakersforschools.org/experience-2/>

<https://www.speakersforschools.org/inspiration/vtalks/vtalks-video-library/>

Continue to build your personal statement

One key building block for you is **subject interest**.

Examples of research that connects to your course that is outside of your studies is vital.

This can include books, podcasts and future learn courses <https://www.futurelearn.com/courses>

University support from students and online content worth checking out:

<https://le.ac.uk/study/undergraduates/taster-days>

The more specific the example the better!



A very simple guide may look like

Personal statement

- 47 lines or 4,000 characters saying **WHY** you are interested in studying this course

About the degree and why
you have chosen it

- Interest
- Experiences
- Subjects

Use transferrable
skills to your course
eg. Independent
learning, patience,
resilience, analytical

Extra Curricular

For tips

<https://www.ucas.com/undergraduate/applyin-g-university/writing-personal-statement>