



Experiences that support my progression

In addition to your studies you may be taking part in lots of other activities which might help you progress towards your long term goals. These may be:

- **Academic activities**
- **Non-academic activities**

Use your device or a notebook and follow the ideas to help you understand how to use these extra activities to enhance your UCAS and other applications!

1. Make a note...Which of the following activities have you experienced?

Travel and languages	Photography	Computing
The Arts	Caring for others	Mentoring others
Faith activities	Politics	First Aid
Duke of Edinburgh	Volunteering	Clubs or societies
School/College responsibilities	Hobbies	Caring for Animals
University Masterclasses	Part time work	Playing musical instrument
Work Placement	Fundraising	Any other Activity

2. Have a think...3 reasons why you take part in extra activities?

Hopefully one of the main reasons is because you enjoy them but you will also have been developing skills, attributes and qualities which may be useful when you are planning your next steps.

3. Make a note...Which of the following skills or qualities have you developed through your extra activities?

Reliability	Customer Service	Timekeeping
Oral communication	Numeracy	Team working
Flexibility	Problem Solving	Digital Literacy
Citizenship	Self-Management	Collaboration
Resilience	Written Communication	Critical Thinking
Leadership	Creativity	Any other skills/qualities

Explaining the positive impact of your extra activities can be an excellent way of improving your personal statement or application form when considering Higher Education. You may have developed several different skills and qualities from just one activity and this might make your application really stand out!

 **4. Write...Choose 2-3 of your extra activities and write a couple of sentences for each explaining briefly the qualities and skills you have developed through the activity.**

- Keep the emphasis on the positive benefits of the activity
- Play around with the wording until you have a well written paragraph that explains how extra activities have developed your skills, knowledge and qualities
- Save the paragraph somewhere safe until you're ready to use for a specific purpose
- Adapt and include as part of your future applications

 **5. Reflect on your response to Q.1...are there some activities on the list that you would like to try?**

Perhaps you would like to get involved in something you have never done before? Would any future application benefit from you taking up some new extra activities?

 Many universities offer masterclasses in specific subjects and many charities offer volunteering opportunities. Perhaps your school or college has a Careers team who could help you find out more about developing your skills through academic and non-academic extra activities

**TAKE
YOUR
PLACE**