Slide 1 Welcome
Hello and welcome to ‘Making the Most of Lockdown’! My name is Eliza and myself and my colleague Ella work in the Outreach team here at the University of Leeds. In this session we are both going to go through our advice, tips and tricks for making the most of remote learning, so that you have the confidence to prepare for higher education or your return to studies. At Leeds we understand that this is a difficult and stressful time, and that your studies have been disrupted. However, we hope that this presentation will be useful for both Year 12s/Year 1s in terms of enhancing your current skills and looking towards applying for University, and for Year 13s or Year 2s who are about to make that transition. Over to Ella

Slide 2 Overview of Session
We are going to cover some tips and advice on what you can do in the current climate, to prepare yourself for higher education. We’ll focus on the following: educational opportunities and how to keep engaged with your work, subject specific related content, work experience and enhancing your CV and finally how to use this time to get ahead.

Slide 3 So What can you do?
Your sixth form or college is currently closed, but there’s lot of things you can carry on doing. Most of the learning at University is self-directed and independent therefore this time is brilliant for practicing these skills. There are lots of resources being released by schools, colleges and universities, so have a look and try to access the ones you find interesting. By researching and finding information yourself and guiding your own learning and outcomes, you are working at a university level - which is excellent.

In terms of your working day you should always try to:

- keep to a routine
- And plan out your day or week with a home-made timetable or plan of action that suits you.
- You should also follow updates in the news to understand what is currently going on in FE (further education) and Higher Education (HE) So colleges and University - there is an awful lot of information out there and everything is moving quickly, in order to keep up to date with what’s happening, take 5 minutes of your day to read news articles, blogs and emails. This will help alleviate any stress you may be having around your future education as you will be well informed and not just relying on what your mates or saying, ‘Chinese whispers’ or here-say.
- Keep in touch with friends and family as well as teachers and advisors.
Finally - Relax- self-care is so important - every other student is in the same boat so don’t feel guilty for taking some ‘me-time.’

Slide 4 Educational Opportunities

Once you’ve got your routine set, have a look at what materials universities are releasing that will help with your studies and prep for university. Some universities have created content for sixth form and college students especially for lock-down. For example, we have created presentations to help you with things like essay writing and student finance. [Click the link to find out more](#) or search ‘University of Leeds outreach online presentations’. These are completely free and are brilliant for your CV or Personal Statement.

You may find that lots of summer schools and residential for students have been cancelled, however Universities are finding new ways to make these things online. We are running virtual summer schools in topics from Medicine and Psychology to Math’s and Food science. Take a look at University websites to sign up.

Slide 5 Educational Opportunities

Many universities across the world have **free** online courses, known as MOOCS (Massive Open Online Courses). At the University of Leeds we have MOOCs that you can access really easily via the website below – they are on topics such as Exploring Cancer Medicines and Innovation in the Fashion Industry.

[https://www.leeds.ac.uk/info/130580/supporting_students/821/online_courses_for_scho ols](https://www.leeds.ac.uk/info/130580/supporting_students/821/online_courses_for_scho ols)

All of these resources are brilliant for building up your CV or Personal statement. They can be a great way to learn something completely new or to build on what you already know. If you are unsure about going to University or what you want to study – try MOOCs, webinars and summer schools first and see what you enjoy most. Also, when it comes to interviews, you may be asked “how did you make the most of lockdown?” and these are all great examples that you can talk about.

Slide 6 CV and personal statement boosters

You can also get involved in subject based competitions to boost your experience. A simple google search of ‘student competitions’ brings up all sorts of exciting things for you to get involved in. For example, [Google has coding and engineering challenge](#) where you can win prizes and be featured on their website. There are also [photography competitions](#) that you can get involved in just by using a smart phone – you have a chance to win money or vouchers and seriously boost your CV and Personal Statements.

You can also join mailing lists for your subject interests, for example if you are a budding lawyer, check out the ‘[Student Lawyer](#)’. By keeping up to date with what's going
on in your chosen sector you can hit the ground running when it comes to University or for when you go back to School or College.

Finally, podcasts are a brilliant way to interact with material without having to sit at a computer, you don’t have to read or take notes. You can listen to them anywhere, at any time in all sorts of topics and they are usually free.

**Slide 7 Work Experience**

Advice - In terms of work experience we understand that students are concerned about being unable to undertake work experience placements ahead of applying to study at university. This will be taken into account during next year’s admissions cycle, however there are a number of online work experience schemes that we recommend students participate in to develop their insight and demonstrate their motivation for their chosen course. Here is our advice for health care applicants, if this applies to you then take a minute to pause this slide, read the information and look at the links.

- The [Royal College of General Practitioners](https://www.rcgp.org.uk/) will launch their Observe GP **online work experience scheme** at the end of April.
- [Brighton and Sussex Medical School](https://www.brightonandsussex.ac.uk/) have recently launched a virtual work experience scheme.
- [The Medical Schools Council](https://www.msc.ac.uk/) have an online resource which details activities students may wish to take part in for work experience.
- For further queries, our School of Medicine has recently published an [FAQ page](https://www.med.manchester.ac.uk/) for applicants which we hope your students will find of use.

**Slide 8 Part time jobs**

Part time jobs and volunteering are really valued by Universities however it is tough to gain practical experience at the moment, and it may be that for some of you the part time job or volunteering that you normally do has stopped. However, there are still interesting options that are worth thinking about, for example, Leeds City Council has partnered up with Voluntary Action Leeds and you can sign up to Volunteer with them. They have different roles depending on the availability and your preference such as shopping deliveries, preparing meals and making check-in phone calls with those isolating who may be lonely. Other initiative include groups who are making scrubs and PPE for front line workers. If you are looking for paid employment some key facilities such as pharmacies and supermarkets may still be hiring.

**Slide 9 Do your research, get ahead!**
Finally use this time to get ahead with your University choices and improve your grades. One of my favorite resources that I always tell students about is our module and programme catalogue. It tells you every single module you will study on every course at Leeds. You can understand what percentage of each course are exam or coursework base. What modules are compulsory and it even gives links to all the reading lists. I recommend looking at this if you are interested in a particular course at Leeds. Try finding this information at all Universities you are considering applying too.

Secondly, Google Scholar. It’s like google, but for when you want proper, academic information. Try typing in a topic you are studying now to get more University level articles.

Books – Do your reading around your subject, as this is what you are expected to do at University. Also, read something for fun, especially if you are exhausted Netflix at this point!

Google arts and cultures, is fantastic, definitely take a look at this. You can explore the British Museum, climb mount Kilimanjaro. Google are always thinking of new ways we can explore Art and even just the website itself is really impressive.

TV may feel like slacking, but why not watch something related to your course. If you are a budding Marine Biologist what better way to learn than watching Blue Planet and listening to national treasure David Attenborough. Take a look at Stacey Dooley and Louis Thereoux - make notes, produce a review or think about how these relate to your Personal Statement or University course. What perspectives and insights do they give and how do they add to the debate around contemporary issues.

Finally, I have recently discovered the BBC sounds APP. It has your favorite shows as well as comedy and audio books.

**Slide 10 In conclusion**

In conclusion your physical and mental health are the most important in all of this. Keep hydrated, eat well, get enough sleep, exercise, and message friends. It’s difficult to make sense of the current uncertainty and this can cause stress. Make sure you are taking care of yourself first, before taking care of your future.

Remember to make a note of all the brilliant things you have done during lock down, this way when it comes to interviews, personal statements or CV’s you can remember everything you have done. It will also give you a real sense of achievement.

Remember – everyone is in the same situation, it’s ok to feel stressed or anxious – try to use this time your advantage and take control of your learning to make the most of your lock down!
If you have any further questions – there will be a number of live Q+A’s hosted by the University of Leeds that you can get involved with. Follow us on social media and keep an eye on the website to sign up for these.

**Slide 11 Thank you for listening and good luck!**

Instagram - @Uniofleeds_outreach

Twitter - @uol_outreach