

# SIXTH FORM FOCUS

Your insight into Ruislip High School Sixth Form life

## RHS ROAD TO TOKYO

The PE department are putting on a virtual competition that both staff and students will be competing in for the next four weeks. The aim is that you try and cover as many miles in the four weeks as possible. This can be WALKING, RUNNING, JOGGING, or CYCLING.

With the weather improving, it is a great excuse to get outside for some daily exercise and log your miles on Google Classroom!

Getting outside during your breaks is a great way to clear your head and get some time away from screens.

How close to Tokyo can you get?!



Make sure you read on to page 2 for an exclusive interview with Emma, our Head Student, about how she got into the University of Cambridge to study Law.

## Improving your sleeping pattern

A common issue for sixth formers is that they find it difficult to get good-quality sleep - which is essential for mental wellbeing and academic success. Try our tips for improving your sleep!

1. Limit screens in your bedroom as the light interferes with your sleep
2. Exercise for at least 60 minutes a day
3. Avoid caffeine before bed (drinks such as Coke, tea or coffee)
4. Don't eat too much before bed or go to bed hungry
5. Have a good routine and maintain it
6. Create a sleep-friendly bedroom: your room should ideally be dark, cool, quiet and comfortable
7. Talk through or write down any concerns you may have before you go to bed
8. Avoid long weekend lie-ins as late nights and long lie-ins disrupt your body clock

## Lockdown Lunch Time!

Do you want something different for lunch - but not sure what to have?

Why not take a look at these five quick and easy recipes from BOSH for some fresh and tasty inspiration.



## Making the most of MOOCs

MOOCs, or massive open online courses, are an invaluable resource for all students, no matter what your higher education plans are. Making the most of free MOOCs on websites such as Future Learn, can help you develop valuable study skills and provide you with highly relevant experience for your personal statement. Many of the MOOCs on Future Learn are taught by academics from some of the leading universities in the UK. Study in your own time and at your own pace, not to mention that you can enroll and participate for free!

Some of their popular study skills courses include:

- University Preparation Course: Getting Ready for Success at University with the university of Hull.
- Critical Thinking at University: An Introduction in conjunction with Leeds university.
- Live Smart: Your Essential Guide to Living at University with the University of Reading.

Each course will provide you will invaluable advice that applicable to university, apprenticeships and the wider world of work. All the skills you learn now can also be put into practice during your Sixth Form experience!

Check out the link below to explore more!



**Study Skills Courses from Leading Universities**

Join online study skills courses from the...  
futurelearn.com

# Spotlight on Sixth Form Life:

## Applying to Cambridge university: Emma, Year 13

We asked Head Student Emma to give us the scoop on the Oxbridge applications process after successfully getting a place at Cambridge to study Law!



### What made you want to apply to Cambridge?

The first thing that drew me into wanting to apply to Cambridge was the whole system of learning! I liked the idea of having supervisions (small-group sessions for 1-3 students) and the general college system as a whole. Compared to Oxford, Cambridge is a much smaller and quieter place, which suits me more. I also didn't think there was a lot to lose. I thought it was worth at least giving it a shot and I wanted to prove to myself that I could do it (or at least try to do it).

### How did you pick which subject to study?

My Politics A-Level really helped me realise I was preoccupied with the idea of justice and it seemed natural that studying Law would suit that intrigue I was developing. I started reading several books (the first being 'Five Ideas to Fight For') and, although mostly with political overtones, I was most attracted to all the legal aspects. I was genuinely wanting to read legal books, go to lectures and complete MOOCs and that is when I could decisively pick Law as the subject I want to study.

### How did you choose your college?

There are various differences between each college at Cambridge, so I had a general idea and list of things I would have liked and began my research. For me, I prefer smaller, community-like environments. There are several smaller colleges, but the one that stood out to me was Magdalene! It might also be useful looking at rent bands, mainly as some colleges aren't as funded as others so rents may be more expensive. Go with your gut feeling!

### How did you prepare for all the different steps?

Cambridge require you to do a few more steps than other universities:

- You have to apply on UCAS with your personal statement
- Complete the SAQ (Supplementary Application Questionnaire)
- Complete any pre-interview or at-interview assessments and then the interview.

It might sound lengthy but it is done so they have a good understanding of who you are as an individual. There are a number of ways I prepared so it didn't seem as overwhelming. Regarding the personal statement, it is better to have too many things to write about rather than not enough. This might include: MOOCs, relevant lectures, the EPQ, work experience, entering an essay competition or attending taster days. In my final personal statement, I only wrote about three of these things in great depth. Anything that I did not write about helped me in my interview and assessment. The pre-interview and at-interview assessments vary greatly depending on the subject. For Law, we were given an hour to write an answer to one essay question out of a choice of three. I found it very useful to practice my essay writing skills by answering practice questions on Cambridge's website then having a teacher look at it. Practising timing is key! The interview (or interviews, as I had two) was one of the most daunting parts of the whole application process. They too can vary slightly according to the subject. For Law, often you will be given a scenario and have to answer questions going through your thought process (they might even change it as you're answering to challenge you and see how your thinking might adapt!). Practising thinking aloud was crucial, as I have typically only ever spoken when I was sure of my final answer. The interviewers want to hear your thought-process! Another aspect that is not subject specific is questions on your personal statement. Reading and revising my personal statement (as well as anything that I mentioned in it, predominantly my essay competition answer) was vital. If I had not have done so, I definitely would not have been able to answer some of the questions as I would have forgotten! The school also helped me greatly by arranging mock interviews internally and externally so I could gain more confidence and see where I might need to improve. The best thing to do is to not stress yourself out too much- easier said than done but still very important! Just pretend that you are already a student at a supervision and you already know the people interviewing you. It helped me a lot.

### What was the interview like?

The interview goes much quicker than you expect it to. For me, there weren't many formalities at the beginning- they sort of jumped right in. They wanted to see how I take in new information, apply it to what I already know and be able to explain my reasoning. My interviewers were all very kind and made me feel very comfortable. It's clear they want to challenge you but aren't trying to "catch you out" either- they want to see you do well! I would also advise to not overthink how the interviews went after. I left thinking I did absolutely terribly and there was no way I would ever get an offer!

### How did you feel when you got the offer?

I honestly couldn't believe it. I was so surprised but so relieved I had the offer there! It is such a rewarding feeling after spending lots of time preparing for all the different steps in the application process.

For more information about the Oxbridge application process, scan this QR code:

