



What is Enrichment and why is it useful?

There is more to life than just gaining qualifications! As part of your time at The Willink Sixth Form it's essential that you get involved in a range of activities that will help you achieve your potential. Enrichment is everything you do outside of your studies to make you the best version of yourself.



ENRICHMENT

The aim behind Enrichment is to:

1. Broaden your horizons
2. Build your confidence and get a sense of achievement
3. Stand out from the crowd and enhance job applications and University applications
4. Gain work experience to suit your career aspirations — essential for medical careers and teaching
5. Try something new

Enrichment could include making best use of your Personal Development time, which could be focused around organising and running a club for you and your peers but it may also include being a Learning Support Assistant (LSA) for the afternoon, volunteering locally in the community or completing a MOOC to stretch and challenge yourself in a specific subject. Through Personal Development you can also take part in **physical activity sessions**. These sessions will be timetabled to P5 and P6 and PE staff will be on hand to offer an array of activities, which will change regularly depending on the time of year.

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So what do you need to do?

Your task is to set yourself targets during the year and be accountable for your own Enrichment. Your tutors will check your progress on a regular basis, and you need to be able to justify what you have been doing and take responsibility for making your time at Sixth Form more than just studies! Each time you complete one of your targets, upload your achievements onto Unifrog! These achievements will not only help staff write a glowing reference for university or job interviews but will give you so much more to talk about when making those applications as well!

Enrichment Ideas

We have created a “Wish List” of Enrichment activities grouped into five categories. We don’t expect you to complete all of them but attempting a range will go a long way to helping you achieve your potential and broadening your horizons.

Log what you have done in your Unifrog ‘Competencies’ account. There’s guidance of which ones meet which competencies in the right-hand column! Each Enrichment activity has a score attached to it. This indicates the challenge of the enrichment, so challenge yourself to achieve your full potential

Unifrog Competencies

Key

- I= Independence
- Le= Leadership
- R= Resilience
- T= Teamwork
- A= Analysis
- Li= Literacy
- N= Numeracy

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Immerse yourself in Sixth Form life	Unifrog Competencies	Score Value
1. Make a difference - Nominate yourself for the student council	T	2
2. Start or join a student club or society	Le, T	4
3. Learn how to hold an argument! Join the debating group	R, T	3
4. Stop the presses - Join the editorial team for a Sixth Form Blog Bolt	Li, R	4
5. Green fingers? Plant a sixth form vegetable patch http://www.thompson-morgan.com/top-10-easy-to-grow-vegetables	T, I	5
6. Arrive on time the morning after the icebreaker	R	1

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Contribute to the wider Community	Unifrog Competencies	Score Value
1. Make a difference - Volunteer your time with a local community, charity, <u>church</u> or uniform group http://rvayouth.org.uk/	T, Le	5
2. Be a paired reader with a KS3 Willink student	Li, I	4
3. Run a club for the lower school.	I, Le	4
4. Be a subject ambassador helping out in KS3 or KS4 lessons	I, Le, T	
5. Once in a lifetime opportunity - Sign up for the National Citizenship Service summer or autumn holiday scheme http://www.ncsthechallenge.org/	T	5
6. Take part in work experience or shadowing	T, I, R	6
7. Change your life and someone else's - Sign up for the Sixth Form Moldova trip	T, I, R	6
8. Raise money for charity or the Sixth Form Kiva fund	I, T	4
9. Get involved with organising the Burghfield Family Bike ride or Mortimer Fun Run https://www.facebook.com/BurghfieldFamilyBikeRide/ http://www.mortimervillage.org.uk/modules/calendar_events/fun_run.htm	T	5
10. Make a difference - Campaign for a charity or political cause http://www.oxfam.org.uk/get-involved/campaign-with-us	Li, T, I	5

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Be active	Unifrog Competencies	Score Value
1. Visit the Willink Leisure Centre and take advantage of the "Buy One Session, Get One Free" offer	I	3
2. Take part in the Sixth Form Sports Competitions	I, T	3
3. Take up a new sport or activity you've not tried before http://www.bbc.co.uk/sport/get-inspired	I, R	5
4. Follow a six-week training regime to get fit http://evilcyber.com/fitness/home-workout-plan-for-teenagers/	R	5
5. Complete a Duke Of Edinburgh award http://www.dofe.org/	R	6
6. Get a part-time job	I, T, R	3
7. Walk the dog! Map and share your dog walk with this app! https://play.google.com/store/apps/details?id=com.mapmydogwalk.android2&hl=en_GB	I	3
8. Cycle to Reading along the canal.	I, T	3

Broaden your knowledge horizons	Unifrog Competencies	Score Value
1. Complete an Extended Project Qualification (EPQ)	R, Li, N	10
2. Complete an online course (MOOC) on a subject you're interested in https://www.futurelearn.com/ • https://www.coursera.org/	Li, N, R	8
3. Keep up with the news - Read a quality online newspaper every week	Li	5
4. Watch some life-changing TV! Join the Sixth Form TED group to watch and discuss stimulating videos on a wide range of topics http://www.ted.com/	A	4

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Broaden your knowledge horizons	Unifrog Competencies	Score Value
5. Learn to code a computer program – free! https://www.codecademy.com/	A, N	8
6. Visit a museum or gallery you have never been to before http://www.tate.org.uk/ http://www.ashmolean.org/ https://www.sciencemuseum.org.uk/home https://www.vam.ac.uk/	A	5
7. Learn to drive (outside lesson time!)	R	5
8. Visit a University Open day and attend a taster lecture in a subject you're interested in	I	6
9. Attend a FREE public lecture at Reading University https://www.reading.ac.uk/publiclectures/	A	6
10. Save a life! Learn First Aid	R, I	8
11. Amaze your ears - listen to shows on BBC Radio 4 or The World Service (possibly in your subject) for example 'In our Time'; 'The Saturday Review'; 'The Why Factor'; 'Front Row'; 'The Human Zoo'; 'The Bottom Line' 'Witness' 'The Reith Lectures' http://www.bbc.co.uk/radio4	A	4
12. Read fiction by three new authors	A, Li	5
13. Read a biography or autobiography of a person of interest in one of your subject areas	Li	4
14. Take inspiration from the school of life http://www.theschooloflife.com/london/	Li, A	3
15. Join Film Club and watch ten of the top 100 movies of all time - http://www.timeout.com/newyork/movies/the-100-best-movies-of-all-time/	I, A	5

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Creative	Unifrog Competencies	Score Value
1. Share your ideas with the world - Start and maintain a blog about a topic you're interested in http://www.artofblog.com/how-to-start-a-blog/	A, Li, N	4
2. Take part in a drama production (on stage or behind the scenes)	T0	5
3. Take up photography – record your results on a blog or social media page	I, A	4
4. Start or join a Glee club	T	3
5. Play in an orchestra or group	T	3
6. Achieve a recognised music, dance or drama qualification	I	6
7. Start your own Great British Sewing Bee – make your own clothes! https://www.lovemoney.com/guides/3633/seven-cheap-ways-to-make-your-own-clothes	R, I	4
8. Learn to draw! http://www.learn-to-draw.com/	R, I	3
9. Make a meal for your friends / host a dinner party http://www.deliciousmagazine.co.uk/collections/5-recipes-guaranteed-to-get-teenagers-cooking	I, T	5
10. Unplug yourself - Take a digital detox http://www.forbes.com/sites/francesbooth/2014/06/13/how-to-do-a-digital-detox/print/	R	6
11. Attend a production or a concert at 'The Hexagon' http://www.readingarts.com/reading-arts/whats-on	A	4

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