# EPO

# EXTENDED PROJECT QUALIFICATOR Of social

media increases symptoms of depression in teenagers." To what extent is this an accurate hypothesis?



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Universities and employers are now looking for much more than solely academic skills. Our fantastic enrichment programme offers students lots of choice to develop skills outside of their timetabled lessons.

Our EPQ enrichment allows students to undertake a research project in any area of their choosing and is the equivalent of an AS level qualification.

My topic was about how social media could affect depressive system symptoms. I chose this topic as it something I was interested in and it also linked in with my school studies to some extent. My favourite part of EPQ was doing primary research, where I conducted my own survey and found out what my friends/ peers thought about the impact of social media, which was extremely fascinating. Useful skills I have learnt include: time management, self motivation, research skills and note taking.

MARIEANA G-G
COLLEGE STUDENT

Anything is...

# EXTENDED PROJECT QUALIFICATION

How Does the Fashion Industry
Adversely Affect the
Environment?



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I feel that by completing the EPQ course I was able to develop and gain helpful skills including time management skills and resilience. I was able to show my willingness to participate while learning more about a topic that I am extremely interested in.

LIZZIE K
COLLEGE STUDENT

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#### EXTENDED PROJECT QUALIFICATION





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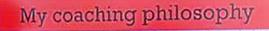
My Extended Project question was "How many countries are there in the World" although this may seem a simplistic question it allowed me to independently research deeply into geopolitics, a subject which I have a great love for. EPQ allowed to get a taste of university work and greatly improved my independent research skills.

**JOE M**COLLEGE STUDENT

Anything is...

# SPORTS





Theheve that hulding the character of athletes is just as unportent as developing their skills. Therefore my coaching philosophy will include teaching my players the values of:

> - Respect -Residence -empethy

my coaching phalosophy will therefore benefit the athletes in the long term as they can take these qualities into adulthood aid incorporate it into their own sporting



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The Level 1 Sports Leaders Qualification is an ideal start for any students wanting to teach or study Physical Education/Sport at University and a chance to gain a Nationally recognised qualification.

The sports leaders' qualification has allowed me to gain an insight into teaching and coaching in the sporting world, as well as give me a competitive advantage over other candidates looking to apply for the same university courses as me.

JOSH R
COLLEGE STUDENT

Anything is...

# SCIENCE



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COLLEGE

Crest Silver Award is a nationally recognised scheme for student-led project work in the STEM subjects (science, technology, engineering and maths). So far the learners have:

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- Researched about different types of over the painkillers, their effectiveness and how they can be administered.
- Looked at packages of painkillers to see what information is available on them.
- Formulated a questionnaire that has been sent to staff, and analysed the results from this to spot trends/anomalies surrounding the reasons why people take painkillers

Learners will very soon be synthesising apsirin in the lab to have their own sample. They will then analyse this by the melting point and using chromatography, before drafting a report of their findings.

As part of the science crest enrichment, we have had the opportunity to conduct primary research in the form of a survey into painkillers. Following on from this we have analysed the results and researched the different forms of painkillers, how effective they are and also investigated the side effects.

SAMIRA H
COLLEGE STUDENT

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The Music and Media enrichment provides students an opportunity to introduce, host (or co-host) a programme, create links between items, introduce and interview guests and possibly interact with the audience.

Doing Podcast for music and media is a fantastic enrichment, you do things from coming together with your group and doing research on topics you are going to discuss on the podcast. Or asking younger years questions you can ask on the podcast and discuss the various answers you can get from your diverse podcast squad. Doing podcast for music and media is really fun and it expands your different skill set from recording, editing, proof listening and more.

There are plenty of different topics to talk about on podcast varying from, true crime, music, outdoor activities, question and answer and plenty more. It's just about picking a topic you're interested in and adding your own flare to it.

I find that podcast really helps gather different opinions and outlooks on certain things and is really good for team building.

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HANNAH N COLLEGE STUDENT

# OLLEGE ST HILDA'S The 6th Form @ St Hilda's

As a reward for good attendance and attainment throughout year 12, we organise a year 13 trip to Farmaggedon which is subsidised by the college. Here are some of the photos from this year!

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I was given the opportunity to attend a reward trip to Farmageddon. It was a great experience to bond with other students within my year that I wouldn't usually talk to. As students we felt appreciated for being recognised for our hard work and good attendance!

**ANDREA E**COLLEGE STUDENT

Anything is...



The Blackpool trip allowed us to have a break from school and enjoy spending time with those in our year that aren't in our usual friendship group. It was also really fun to be able to interact with teachers outside of normal school! We created fond memories outside of the school building that will be remembered as part of our college experience.

**ISABEL D**COLLEGE STUDENT

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# PAIRED READING READING ST HILDA'S COLLEGE

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Paired reading is an enrichment ran by our Librarian Mrs. Hale. It involves a college student being matched with a student in year 7 or 8 who is struggling with reading. In addition to reading, college students may also act as a mentor with the lower school student, helping them with settling into the school, any homework difficulties or friendship issues. It is a great opportunity to work 1-to-1 with some of our students who need a bit of extra help and support.

This program is hugely successful and makes a real difference to both the younger pupil and the college student, who can use the experience on their UCAS forms, job applications and can put it to practical use in many professions. One of our biggest success stories last year was a boy in year 7 who was matched with a college student who worked so hard with him, motivating him and giving him confidence. In the 4 months they worked together his reading age went from 8 years to 9 years 9 months, his comprehension went from 6/10 to 9/10 and his reading speed increased from 116 wpm to 145wpm. An amazing result!

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### NUFFIELD

RESEARCH PLACEMENTS





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The Nuffield Research Project takes place over the summer holidays for 4-6 weeks. Students have the opportunity to carry out an independent research project relating to an area of science, quantitative social science, computing, technology, engineering or maths or a combination of these. The projects can take place in offices, museums, research centres, laboratories or fieldwork settings. The projects that took place this year were at Alder Hey and focused on the testing process behind approving new drugs for children and at the University of Liverpool in the department of Musculoskeletal and Ageing Science.

Over the Summer, I completed a Nuffield Research Placement at the University of Liverpool. There, I worked alongside scientists carrying out experiments to investigate the implications of Covid-19 on our Circadian Rhythms. This has given me invaluable experience in industry and has improved my analytical, research and practical skills through completing a scientific report and poster. It was a really unforgettable experience that has helped me prepare for university, and is a great feature on your personal statement.

**JENNY O**COLLEGE STUDENT

Anything is...

## NUFFIELD

#### RESEARCH PLACEMENTS





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My Nuffield research programme gave me the opportunity to see the importance of modern technology and medical research in a live setting. I saw a gene therapy machine used in current clinical trials and was even able to take took in a clinical trial myself! It was amazing to know I've played a role in improving today's medicine. My teachers were so supportive in my application - I couldn't have done it without them

**ISOBEL D**COLLEGE STUDENT

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# WORK EXPERIENCE





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#### Shadowing physiotherapists at Alder Hey Hospital

During my work experience shadowing physiotherapists at Alder Hey Hospital, my knowledge was widened to the depth of the careful planning and processes physiotherapists go through to care for patients. I spent time across several different wards and teams including musculoskeletal, acute neurology and respiratory and I began to understand how they all come together to care for a patient individually and as a collective.

FINN D
COLLEGE STUDENT

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# WORK EXPERIENCE



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#### Unilever work placement

During year 12 work experience, I was accepted for a Unilever placement in Port Sunlight. I saw behind the scenes of all your favourite brands such as dove beauty, Tresemme, Ben & Jerry's which is just as handful of the other 400 well-known brands they own. This experience meant I got to explore all areas of STEM including biology, chemistry and even the programming of robots. This would look really unique and impressive on your personal statement; especially if you would like to go into an area around business or science.

**EMILIA N**COLLEGE STUDENT

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