

universities while managing your mental health





## What we're covering today





#### Who I am

My personal background, and experiences



#### Managing your time

How to use the time effectively when applying for uni



# Your personal statement

Creating a statement that shows passion and originality



#### Doing all this sustainably

Accounting for your mental health as you prep for Oxbridge





My personal background, and experiences







#### Who I am





I'm a council-estate born, formerly homeless, former young-carer, state-school educated, black boy from South London who became one of the first from my school to ever get into Oxford, Studied PPE at LMH.

# My journey wasn't typical!

My journey began in Year 10 & it took people believing in me



# Managing Your time

Time is your most important friend



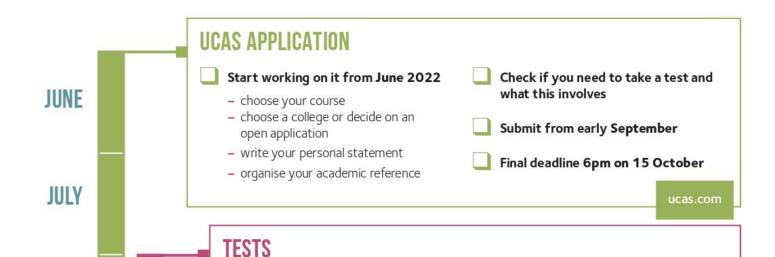






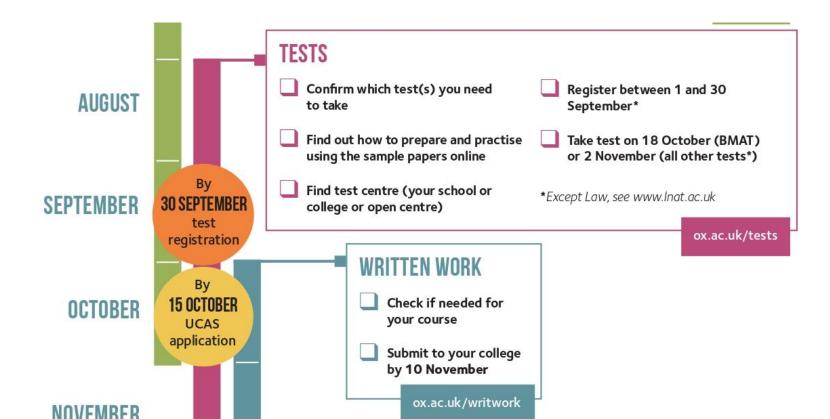


# HOW YOU APPLY 2023 ENTRY



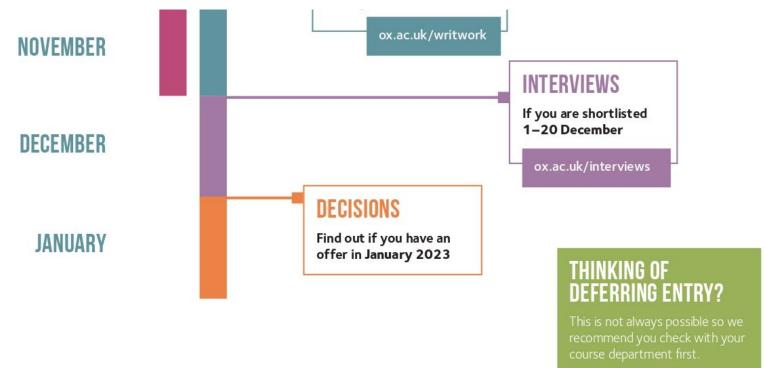
#### **The Official Timeline**





#### The Official Timeline









Nov - Jan

 Make a list of everything you might include in your personal statement, and see where there might be gaps (and keep that list going!)





Nov - Jan

2. Research activities, summer schools, reading lists and extracurriculars you can participate in. Book where necessary





# How to use your year before applying

Jan - June

 Spread it out: Fit in what after-school activities you can: lectures, podcasts, books





July - Sept

 Get involved in any summer activities you've organised: summer schools, masterclasses, work experience





# How to use your year before applying

July - Sept

2. Get ahead of term: Begin drafting your personal statement









## But how do I fit this all in?

**Optimisation!** 



## Managing your time in an optimal way



<u>6:45 - 7:15</u>	Get ready Listen to podcast	Multitasking was a key to my success. If I could be doing 2 things at once, I would. Listening to the news while showering etc is a great way stay productive, and informed!
7:15 - 8:00	Travel to school Read	Ditto on the above! Why sit on the bus and scroll mindlessly through Twitter? Read a book!
8:00 - OPEN	Pre-Class Studying	I did pre-class sudying to make up for the time lost doing extra-curriculars.

## Managing your time in an optimal way



12:00 - 13:00

Lunch Run lunchtime clubs

Catch up on homework

I used to run a lunchtime discussion club called 'Think' which challenged students to critically explore controversial topics. If I wasn't running the club, I'd just chill, or do homework



## Time Top Tip

# Consume content in your idle time

Audio media is a great way to multitask! If you're doing anything that doesn't require your ears, stick on a podcast, lecture, or audio book. Make the time you're travelling, cleaning, or showering, productive!







# Personal Statement

So, you've done the work, what now?







#### **Assurances!**



#### Your first draft will be terrible!

That's okay! I went through 7 drafts. It's a new way of writing, which isn't particularly natural yet. Just give yourself enough time to start and start again;.





#### What is a personal statement?



#### **The Basics**

An essay outlining exactly why you want to study it, and why your entire life has been leading up to this



#### What is a personal statement?



#### **The Basics**

Everything should relate to your subject, and how you'll be the best possible candidate



#### What should it contain?



Insight: key takeaways from experiences



#### What should it contain?



Engagement with subject beyond school



#### What should it contain?



Personal voice





The first paragraph: you need fleshed out 'thesis statement' i.e. why you want to study your subject (i.e. helping SA).





The first paragraph: context + insight + reason = the why





Show don't tell - Implication is your friend!

I like to read vs I have read XYZ.

I am fascinated by court cases vs I attended open court sessions.





#### ACTIVITY

e.g. a specific task during work experience or an extracurricular activity.

#### BENEFIT

e.g. skills they developed, new knowledge about an issue/problem, or new understanding of the course/career.

#### Course

e.g. how skills will help with the course or university study, how it stimulated an interest in or inspired them to research into a topic related to the course.





#### Use your teacher's reference!

Anything you'd like to shout about but you can't use without shoving it in, or there's no space, put it in the reference



## Things to Avoid

#### Repeating Info They Already Know

When discussing your current studies in school/college, you should focus on relevant knowledge or the transferrable skills (e.g. independent research, analytical skills, presentation skills) you have acquired through their school/college studies.



# Finding Your own Way

Finding sustainable work habits instead of hustling







## Hustle culture vs sustainable productivity



#### **Hustle Culture**

Also known as burnout culture and grind culture, hustle culture refers to the mentality that one must work all day every day in pursuit of their professional goals.





## Hustle culture vs sustainable productivity



#### **Sustainable Productivity**

Working in a focused, efficient way, that gets you to your goals, while balancing your mental health, loved ones, and passions.







#### Success is not instant

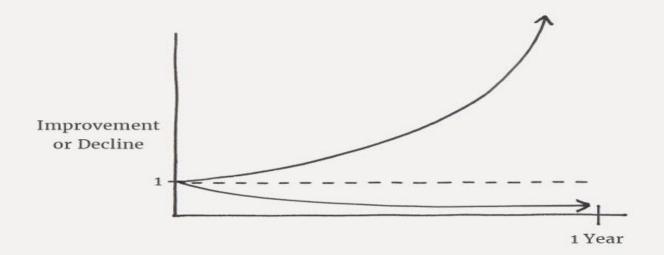
Just focus on being a little better every day





# The Power of Tiny Gains

1% better every day  $1.01^{365} = 37.78$ 1% worse every day  $0.99^{365} = 0.03$ 





# Productivity in practice

Our techniques for efficient, focused working time







# My top 3 techniques - Josh





#### **Pomodoro**

The brain can't concentrate for more than 50 minutes at a time, so split it up!



#### Time blocking / boxing

Allocate specific times during the week to complete categories of tasks: socialising, to-dos, project work



#### **Problem walks**

Being stuck in a room means I'm stuck in my own head.

Clearly identify your problem, and talk yourself through it as you walk

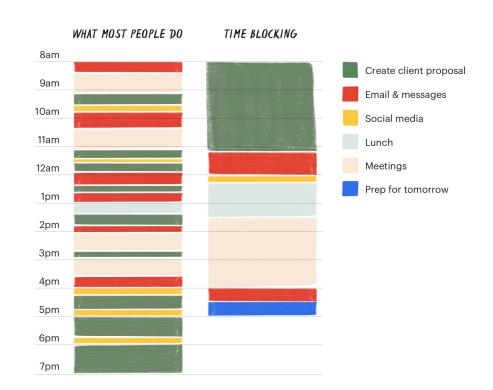






#### Time blocking

Allocate specific times during the week to complete categories of tasks: socialising, to-dos, project work



# Time blocking/boxing explained



#### Time boxing

Plan fun things to look forward to that you can't get out of.

Limit the time you spend on tasks!

What do to-dos and gases have in common?



# Sustainable habits

Burnout is real. Being proactive is the key to mental health







# Before being proactive



- Working 7 days a week
- Anxiety + mood swings
- Months-long burnout



# When it all changed



A crazy idea from a study advisor: take a break!





# **Types of Rest**





Physical

Sleep, lazing in bed, sunbathing



**Active** 

Socialising, sports, cultural activities



**Creative** 

Art, writing, reading





#### Josh's 8 Rules for Life



- Say no when you're not up to it
- Sabbath: I day off per week minimum
- Exercise every other day

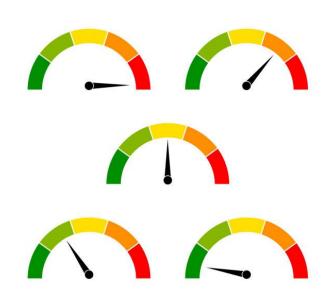




## Being attentive to your needs



- Find an emotional accountability partner
- What are the signs of burnout?
- How can you counteract them?







### The Parachute Method



Week beginning Monday the
Signs
Fatigue
Not wanting to work
Not wanting to reply to friends
Hiding from responsibilities
Stressed
Not wanting to sleep
Avoiding being alone with thoughts

05/17/21	05/24/21	05/31/21	06/07/21	06/14/21	06/21/21	07/05/21
1	3	2	1	5	8	8
1	4	3	3	4	8	7
5	7	6	4	3	5	5
1	1	1	1	1	5	6
2	4	3	2	3	4	4
2	3	2	2	3	4	6
1	3	2	2	2	2	3



**PULL THE CHORD!** 







# FOLLOW THE FOOTPRINTS OF PEOPLE LIKE YOU.

Roadmaps to get into your dream university, written by successful applicants, who are from the same background as you.

Explore their extracurriculars, study techniques, and personal statements.









#### Josh

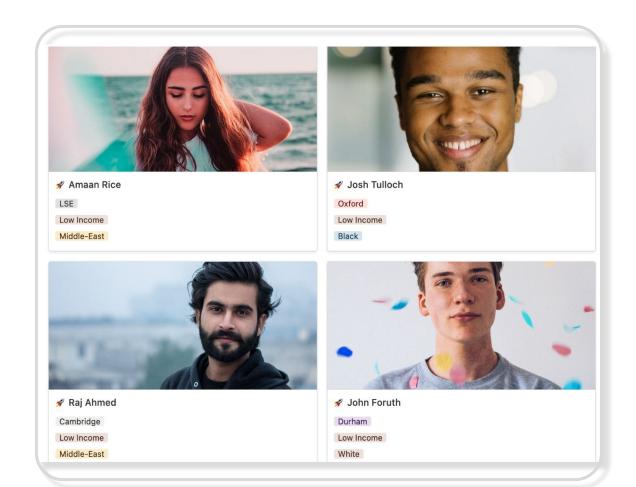
I'm a council-estate born, formerly homeless, former young-carer, state-school educated, black boy from South London who became one of the first from my school to ever get into Oxford.



# WE DON'T **ALL HAVE** THE SAME 24 HOURS.



# Find people like you



# Find people like you

### **Josh Tulloch**

```
University Atten...
                  Oxford
  Offers From
                  Warwick
                         Nottingham
                                         Durham
                                   Exeter
                  Philosophy Politics and Economics
  Degree
Black
Low
English
  School Type
                  State
                        Economics
                                 Philosophy
Maths
```

**Find out** how they managed their time in Year 12/13

<u>Aa</u> Timeblock	≡ Typical Day	<b>≡</b> Why		
6:30 - 6:45	Meditate	Super important for my mental health. Really helped me stay calm, and focused. I used Headspace at the time, but apps like 'Waking Up' are also good.		
6:45 - 7:15	Get ready Listen to podcast	Multitasking was a key to my success. If I could be doing 2 things at once, I would. Listening to the news while showering etc is a great way stay productive, and informed!		
7:15 - 8:00	Travel to school Read	Ditto on the above! Why sit on the bus and scroll mindlessly through Twitter? Read a book!		

# Their habits, and study techniques

Habit

4

#### 1 day off per week

Burnout is real folks! If you just work work work, you will feel terrible, and your productivity will nosedive. It sounds counterintuitive, but the more you rest, the more productive you'll be. Obviously, find a balance that works for you, and allows you to meet your study goals. But make sure you take at least 1 day off per week, and a few hours off per day.

And rest doesn't necessarily mean sleep, or watching movies. You can participate in 'Active Rest' i.e. activites that allow you gives your brain a

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#### Study Technique

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#### **Study Buddies**

Working long days can be tough at the best of times. If you can, find people who are as motivated as you, and build a schedule together. Keep each other accountable, and motivated!

#### Flashcards on Quizlet

Quizlet has a library of flashcards with content for existing A-Levels, and tools that test your knowledge. You can also create your own.

I found it super useful for A-Level economics, for which I

# What they put in their personal statements



Cambridge University Economics Summer School

undergraduate.study.cam.ac.uk

Residential Course



**United Nations Study Experience** 

my-work-experience.com

Residential Course



Game Theory 101

youtube.com

Online Course



International Relations 101

youtube.com

Online Course

# Note down one thing from Footprints today

Can't find someone like you? Write down what's important & we'll find you a match

# Help us grow the Footprints family!

The person to get the most people from **other schools** to sign up will get bespoke I-I personal statement mentoring.



## **GET EARLY ACCESS TODAY**

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