

EVERYTHING SUPER-CURRICULAR

By Tomi A, Temi B, Cormac O and
Antony K

WHAT IS A SUPER-CURRICULAR?

- A Super-Curricular is like an extra-curricular but one that is relevant to your subject
- Can range from work experience, independent wider reading or academic competitions
- Universities look for super-curriculars in your personal statement to separate you from other potential candidates

STEM SUPER-CURRICULARS

By Tomi A and Temi B

STEM

- UKMT Maths Challenge – Showcases mathematical ability and can fit on a wide range of statements
- STEM Smart – Outreach programme ran by University of Cambridge, supporting stem students and encourages high attainment; residential included as well
- Oxford Compos - outreach project by Oxford's Physics department. Its mission is to help enthusiastic school students to systematically learn mathematics and physics at a deep level by offering them free tuition and mentoring.
- Imperial MA*ths – Online maths MOOC by Imperial with 3 masterclasses where they take you down to Imperial College for a day of practicing A Level Maths
- National Cipher Challenge – Weekly online challenges set by the University of Southampton where you work as a team to decrypt messages using cryptoanalysis
- Ritangle – A math competition in which candidates complete and submit weekly problems in order to progress to different stages of the competition
- Chemistry, Physics and Biology Olympiad

The graphic features a white, rounded rectangular shape in the center, set against a background of green and blue. The text 'STEM COMPETITIONS' is centered within the white shape in a bold, blue, sans-serif font. The green background is on the left, and the blue background is on the right, with a large blue curved shape at the bottom.

STEM COMPETITIONS

UKMT (MATH)

Center for all the official maths events in the Uk

Key dates:

- 10th October 2024 – Senior maths challenge, open to all who are willing
- Wednesday 20th November – Andrew Jobbings Kangaroo Open to those who score a gold on the SMC or those who pay £4 for ‘discretionary entry’
- Wednesday 20th November – British Mathematical Olympiad 1, Open to those who do exceptionally well (top 1000) on the SMC or those who pay £40 for discretionary entry.
- Wednesday 22nd of January – British mathematical Olympiad 2, Open to those who score exceptionally well on BMO1 (top 100), or those who pay £50 for discretionary entry
- Discretionary for entry should only be used if you were close to qualifying for a competition, **YOU WONT GET CLOSE TO ANY KIND OF ACCREDITATION** if your using it whimsically, your just wasting money.

UKMT also offer additional resources such as past papers, textbooks and mentoring schemes to help students prepare for competitions

SOLVE FOR SAMSUNG (TECH/ENGINEERING)

- Highly competitive tech challenge ran by the Samsung company. Your task is to design and pitch a technology idea that solves an issue in one of 4 areas; education, health and wellbeing, sustainability, equity diversity and inclusion.
- Winner of the competition will receive £10,000 and expert mentorship to help potentially bring their product to market

Key dates are yet to be disclosed as Samsung haven't yet updated their website

BRITISH PHYSICS OLYMPIAD (PHYSICS...DUH)

- The British Physics Olympiad (BphO) doesn't just refer to a single competition. They are a website that offers a host of competitions (similar to the UKMT) for physics students to try
- Last year we were the first year 12 to take part in one of their competitions, which was the senior Physics challenge in March, however, they have a large array of competitions we didn't take part in simply because we missed the deadline.
- Please read through the website to find the extensive list of competitions and programs they offer and speak with Mr Ellwell about their availability.

UK ROCKETRY CHALLENGE (PHYSICS/ENGINEERING)

This is a competition aimed at engineering students in which they are challenged to build and propel a rocket made from household materials into the air in accordance with certain parameters.

OUT OF ALL THE COMPETITIONS MENTIONED THIS ONE REQUIRES THE MOST COMMITMENT.

Participation in this competition will require coordination between teachers and students in regards to things like insurance and traveling to rocketry sites.

Whilst there is a great cost there is also a great reward for a good performance in this competition, such as the chance to attend the Paris airshow which is sponsored by Airbus

If you plan to participate in this competition read through the website and liaise with various teachers, (Mr Elwell would be a good point of contact for this kind of thing).

- Friday 31 January – Registration deadline
- Tuesday 18 March – Midlands regional*
- Tuesday 18 March – Scottish regional
- Friday 21 March – Northern Ireland regional
- Tuesday 25 March – North regional
- Thursday 27 March – South East regional
- Friday 28 March – South East regional
- Saturday 29 March – South West regional
- Thursday 1 May – UK National Final, Buckminster
- 19 & 20 June – International Final at Paris Airshow 2025



RITANGLE (MATH)

This competition is delivered in the form of weekly math puzzles that students are invited to solve and submit their answers

Key dates:

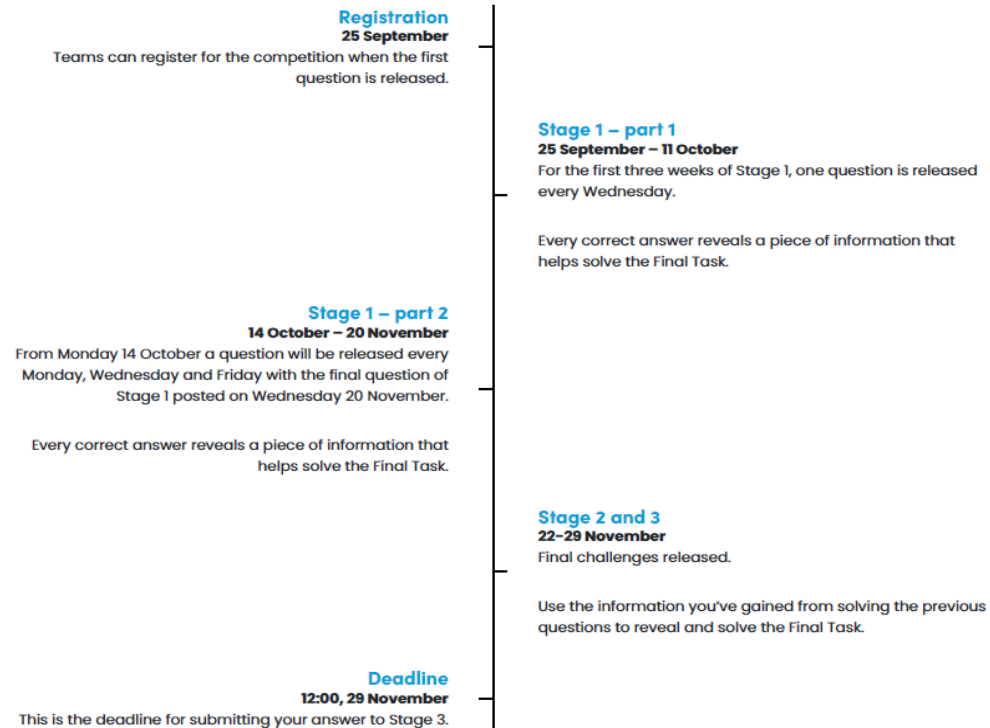
- 25th September – First question is released and teams are able to signup

National cipher challenge (Math/CS)

Similar to the ritangle challenge this competition consists of ciphered messages that teams of mathematicians have to solve weekly.

Key dates:

- 10th October – First practice cipher is released
- 7th November – First actual cipher is released



CLUBS AND SOCIETIES

Physics society - Wednesday lunchtimes at 12:45-13:15. Presentations/discussions based on numerous topics. Please speak to Mr Charnley if you would like to deliver a presentation so that he can advertise it during classes

Chemistry society – Wednesday lunchtimes at ?. Headed by Jeswin J. Presentations/discussions and problem-solving all to do with chemistry

Math society (new!) – Wednesday lunchtimes at 12:45-1:15 pm (subject to change due to clashes with other clubs). Headed by Temi B. Half an hour of complex problem solving along with presentations/discussions on different areas of math. Held in Miss Donnegan's room.

Computing society - ...

HUMANITY SUPER-CURRICULARS

By Cormac O

HUMANITIES

- History Society
- Debating Society
- Model United Nations
- Essay Competitions

HISTORY SOCIETY

- Run 1:00PM every Wednesday in Mrs Scott's room
- Will S, Callum T and Cormac O are co-chairs
- Weekly student led presentations on historical topics
- Huge range of topics- planes, ancient Rome, Ecclesiastical etc.
- Termly quizzes with prizes to be won
- Huge range of formats- sometimes we have debate, sometimes documentaries, most of the time presentations
- If you do history, you should come at least sometimes, if not present once or twice
- Wonderful to include in personal statement – I certainly have
- Great way to talk to a wide range of students about a tremendous subject

DEBATING SOCIETY

- Run 1:00 PM every Tuesday in Mrs Murphy's room
- Cormac O'C is chair
- Parliamentary style debates
- Looks wonderful on personal statements
- Every week is a different, spontaneous debate – Ranges from serious issues like war in Ukraine to joke debates about literally anything so long as it is silly
- Teams are randomly assigned (mostly) to be fair
- Sometimes, if someone has especially strong personal beliefs, we make them debate for the contrary
- This enhances public speaking, argument style, diplomacy and critical thinking
- Each speaker has 2-3 mins to set forth their argument
- Best speech, Best question during the debate and the winning team are announced at the end
- Completely free speech – nothing leaves the room

MODEL UNITED NATIONS

- Same meeting place and time as debating society
- Talk to Cormac if interested
- Instead of debating, which is Parliamentary, MUN takes the format of the United Nations where you train to behave, talk and think like a diplomat
- You have to, with your fellow Ambrosians, represent a given country
- Then we go to a half-termly MUN conference at a local school
- This is usually subsidised and for the full day
- Huge fun! It is not boring and Delegates usually end up bribing, planning invasions and making new friends in no time
- Best way to meet people in other local schools who share similar interests
- Not taken too seriously – I have represented the Taliban or the CCP in the past, and have had lots of fun making outrageous and slanderous speeches on their behalf
- Also typically has a guest speaker at the start, such as Ambassadors and UN commissioners etc.

MEDICINE SUPER-CURRICULARS

By Antony K

MEDICINE

- Taste Of Medicine Programme
- Alder Hey - Dr. Donne offers students from Ambrose the opportunity to go to Alder Hey in July for a skills course taught by University of Liverpool Medical School lecturers and students
- Imperial Science in Medicine Competition
- Practical Ethics Competition Oxford – Speak to Miss McManus
- Medics Society – Talk to Antony Kimeu

TASTE OF MEDICINE PROGRAMME

- Offered by MFT, so only available to students living within Manchester City Council
- 1 week programme consisting:
 - A skills session at Manchester University Campus with med students
 - 3 days of placement in any MFT ward
 - A closing session and more detailed talk with Manchester Medical Students about admissions and a talk with the admissions office
- To get on the programme, email “wideningparticipation.mft.nhs.uk” or search up MFT NHS Widening Participation and email the relevant person listed on the website.

IMPERIAL SCIENCE IN MEDICINE COMPETITION

- Reach out to Imperial College London via “j.rajamanie@imperial.ac.uk” <- competition coordinator
- Task is to design a device to aid a particular medical campaign e.g. Vasculitis or COPD that will help better manage the conditions
- Prizes for winners, good for personal statement

GENERAL SUPPORT SUPER-CURRICULARS

By Tomi A and Temi B

GENERAL SUPPORT

- Sutton Trust – Support program for those who meet specific criteria to help get into high profile universities in the UK and America
- Zero Gravity – Support program providing university support and career support for those fitting specific criteria
- Target Oxbridge – Support program for black students applying for Oxbridge; provides mentors, personal statement support and four day residential visit at Oxford or Cambridge
- Target Bath – Support program for black students applying for the university of Bath
- Oxbridge Launchpad – Support program for those applying for Oxbridge, provides subject specific mentors and personal statement support

**THANKS FOR
LISTENING AND GOOD
LUCK**