



Finchley Catholic High School

Well-being Wednesday

As part of Well-being Wednesday, we want you to seize the time to undertake some personal preparation and development.

Under the acronym of D.R.A.W. you can engage in activities to support your learning, start or advance your research with your next steps, utilise your creativity and consider your current well-being.

D	R	A	W
Discover <i>learning</i>	Research <i>next steps</i>	Artistic <i>licence</i>	Well-Being <i>drive</i>
MOOCs EtonX <i>Such as</i> <ul style="list-style-type: none"> • Film documentaries • Podcasts (TED talks) • Other Workshops Summer Schools Academic Reading & Activities <i>Such as</i> <ul style="list-style-type: none"> • Journals • Lectures • Residential workshops • Textbook Webinars Wider Reading: <i>Such as</i> <ul style="list-style-type: none"> • Articles • Newspaper • Books 	<ul style="list-style-type: none"> • Do your research and narrow down your interests (prospectuses / online / UCAS Fairs) • Understand student finance • Gain some experience outside your studies (paid / voluntary) • Visit the institutions you are interested in (e.g. Open Days) • Confirm your existing qualifications and your predicted grades • Start to develop your Personal Statements 	<ul style="list-style-type: none"> • Hobby – do you play a musical instrument? Sing? • Collections. Do you have a collection? Could you add to it? • Draw – could you use a YouTube link to draw something inspired by nature? • Paint – as a non-artist could you paint a picture using nature and the outdoors as an inspiration? • Create - could you create a meal? Or a costume? • Watch some feel good films - a few suggestions: <ul style="list-style-type: none"> • Oceans 11, 12, 13 • Jumanji 1,2 • Johnny English 	Take part in the school wide Well-being Wednesday challenges. Use an app like Headspace and take part in some everyday mindfulness.