

Now that the A levels appear to have been abandoned, you are free to do some entirely self-indulgent reading and research around a subject you enjoy. (Hopefully you'll enjoy it, as you have chosen to study it at university!)

This document will provide you with some tips for getting started and for making the most out of the time you have now before the start of the year. This first page has some general tips and advice, and then you will find more subject-specific content later on.

### Some general tips

- Use this time to read, research, listen to and watch lots of different things relating to your subject – you have an unprecedented opportunity to explore the areas of your subject that interest you most.
- Take a look online at what the first year of your proposed course covers and put together a basic database as background.
- All of this should give you a bit of a head start on your studies and probably also give you some ideas of which modules or subject areas you may want to specialise in at a later date.
- You will get out of practice at writing quickly, so – particularly if you are undertaking an essay-based subject – make sure you keep writing. Even short pieces of writing responding to your research will help keep you ticking over until Autumn.
- We recommend that you focus on taking effective notes whenever you are reading or accessing content online – play around with different styles of notetaking and find out what works best for you. There are some templates you may want to use available with this pack.

There are two very good MOOCs (Massive Open Online Courses) that are well worth you looking at to help you prepare for university. Click on the links below to access them.

- [Critical thinking at University](#)
- [Preparing to learn online at University](#)

### A quick note on university numbers

It has been announced (in late March) that university numbers may be capped and this may cause concern.

The number, however, will be capped at the **same** level as the past year, so this means there should be sufficient capacity for all who will qualify.

It is also very likely that there may be **spare** capacity as many overseas students may now not apply or withdraw applications. Do not be panicked into accepting an offer that is not one of your top choices just so that you get a place somewhere. If you get such an offer, contact any of your preferred choices to see if they'll match it.

You can find suggested content for the following subjects overleaf:

- Engineering
- English
- Geography
- History
- Maths
- Medical Sciences (including medicine, dentistry, veterinary and biomedical)
- Law
- Politics, Philosophy & Economics
- Sciences

## For Sport

### Things to watch



Gresham College has provided free lectures within the City of London for over 400 years. [These lectures](#) are specifically designed for sports students.

TED talks are a great way to hear from leading sports experts and sportspeople: [browse here](#)

[This extreme sports](#) playlist includes amazing, inspiring feats of daring and determination that will take you everywhere from the high skies to the deep sea.

Keep your eyes peeled for documentaries on television and on-demand players (where you have a subscription) – for example *Icarus* and *The Game Changers*, both on Netflix, or the Shane Williams documentary on BBC iPlayer: [Rugby, concussion and me](#).

### Listen



[PlayerFM](#) brings you the best and most popular sports podcasts, making it easy for you to find something of interest. The front page will direct you to your sport of choice or try searching for sport science.

Some podcasts and radio programmes:

[Sports Today](#): a daily 15-minute programme bringing you updates from the world of sport.

[The LGBT Sports Broadcast](#): a weekly programme looking at LGBTQ+ issues in sport.

[Tailenders](#): an alternative look at cricket.

[The Physio Matters Podcast](#): hour-long episodes which delve into all sorts of physio-related issues including sports therapy, rehabilitation and medicine.

### Reading and research



[Free E-books](#) allows you to borrow five books per month for free – check out the sports section.

Look at the website of the governing bodies of the sports that you are interested in. Explore the rules and regulations behind the sport:

Football: <http://www.thefa.com/>

Rugby: <https://www.world.rugby/>

Tennis: <https://www.lta.org.uk/>

Cricket: <https://www.icc-cricket.com/>

Athletics: <https://www.uka.org.uk/>

Or research blogs such as [The Sports Physio](#).

### Online courses



Completing short courses is a great way to stay engaged with your subject at this time. Browse through websites such as [MOOC.org](#) and [Futurelearn](#) to find something that interests you.

Some ideas to get you started are:

- [Football: more than just a game](#) – The University of Edinburgh
- [Mindfulness for well-being and performance](#) – Monash University
- [Exercise Prescription for the prevention and treatment of disease](#) – Trinity College Dublin