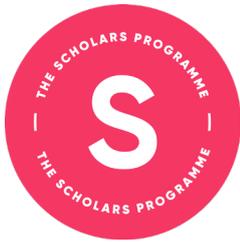


# The Brilliant Club Case Study



**Tutor Name:**  
Teta Kontari

**PhD Research Area:**  
Depression and Metabolic  
Abnormalities as Potential Risk  
Factors for Dementia

**PhD University:**  
University of Surrey

**Tutor since:** Spring 2018/19

**Brilliant Club Programme:**  
The Scholars Programme



## Tell me about your PhD thesis

My PhD is about risk factors in dementia. Particularly, I look at depression and metabolic abnormalities as potential risk factors.

## When did you first apply to become a Scholars Programme tutor?

I've been working with The Brilliant Club for two years now, so 2018, and I've delivered The Scholars Programme in seven schools to different age groups.

## What was the name of your Scholars Programme course?

It's called 'Could We Predict Dementia?'

## What made you want to apply?

I find that teaching young people, motivating them, and giving them a life-changing opportunity like this is a meaningful experience, and that's the main reason I applied for the role. It was the right choice!

A close friend of mine was working with The Brilliant Club already: she explained to me what it was about, and I felt that The Brilliant Club's mission reflected my own experience.

## How did you find your experience of Scholars Programme Training Weekends?

It's really useful training: I still learn a lot of things now, but I think that at the first training weekend I had the opportunity to learn the basics, to understand how to teach in a school environment, and to design the overall structure for your handbook.

I learned the skill of how to break down complex ideas, and to design your tutorials to check that pupils have understood these through different activities.



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## Has The Scholars Programme affected the way you approach undergraduate teaching?

It's helped a lot: I hadn't started teaching at my university when I was first accepted as a tutor with The Brilliant Club, so that was my first teaching experience.



I think that the experience both of the training and the tutorials could be translated to my undergraduate teaching, because a lot of my teaching is with first years to help the transition from school to university. It's really helped me to understand what techniques and activities can help to engage them.

## What has been your most rewarding moment as a Scholars Programme tutor?

Good question! On my first placement, we were having a debate that I asked pupils to prepare for, and when I realised how engaged they were: they were bringing all sorts of materials from home to make their presentations more interesting. It made me realise how talented they were, and how glad I was to be there.

## Do you have any advice for someone looking to apply to work as a tutor?

I'd really recommend this, and if you're in the early years of your PhD, do it now: it will give you more opportunities to gain teaching experience, which is really important, and build your confidence in public engagement and public speaking, as well as becoming more aware of different issues in the education system here. It's a great opportunity to learn how to communicate your work to a really different audience.

THE SCHOLARS PROGRAMME

To find out more about how you could become a Scholars Programme tutor, please visit our website at [www.thebrilliantclub.org](http://www.thebrilliantclub.org)