

SEAN WILSON

BST Alumnus 2018

Having been a role model in both major academic roles as well as sports, Sean Wilson graduated from BST in 2019 to study for a bachelor's degree in Human Sciences at University College London. Through his journey Sean has learned the importance of self discipline and an ethic of hard work to reach his ambitions.

As though being accepted into UCL was not enough of an achievement, with his fiery passion for sport and science Sean has catapulted himself into an inspiring embodiment of a BST student's best qualities.



'Flying' directly into adult life in the summer of 2019, Sean attended flight school twice a day for three months and ultimately achieved his private pilot's licence. On arrival at UCL he joined ULAS (University of London Air Squadron), a branch of the UK Royal Air Force for university students. Achieving such an accomplishment alongside starting university is extremely impressive. In his second year of university, he applied and was awarded the role of UCL athletics captain. Amazingly, even in these times of Covid, Sean and his team went on to win the 4X100 metre relay, and broke the UCL men's

record. Additionally he won LUCA - a prestigious athletics competition based in London - in both the indoor and outdoor category.



BST helped develop the characteristics he would need to succeed in future opportunities. He was Head Boy in his final year here and also took up the role of Sports Captain. These specific roles helped his organisation skills, teamwork, communication and leadership. Sean is astonishingly successful both in sports as well as academics, taking Biology, History, Physical Education and an additional EPQ for his A-levels whilst also thriving through sport.

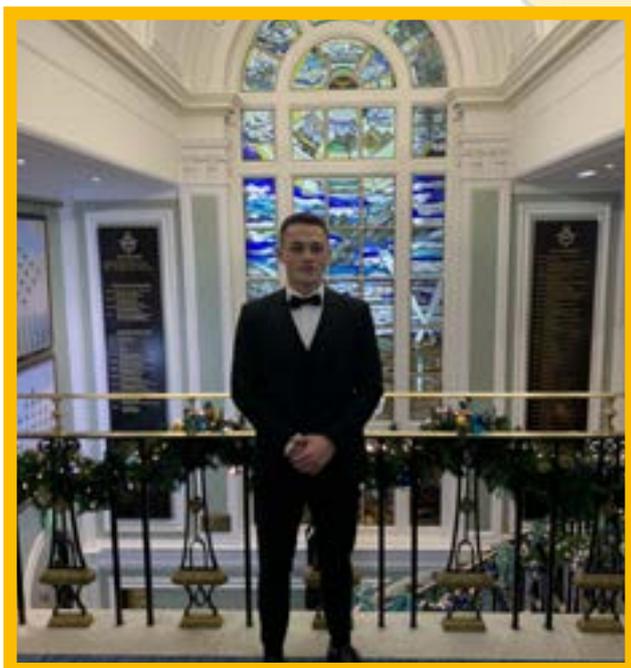
Although studying Human Sciences at the moment, he was not always interested specifically in science. During A-levels Sean became drawn to Biology and, as this complements Physical Education, he wanted to continue this at university. Sean explains how his final years at BST were the most critical and moulded his important qualities for life.



Firstly, goal setting and organisational skills have helped him stay on top of everything and avoid stress. Being in control of his studies and events has massively contributed to his calm-spirited character. On the other hand, although not a personal quality, Sean explains how the relationships he has made in university surrounding himself with hardworking and supportive friends has helped him strive and get through his studies.

To achieve his future ambitions Sean is planning ahead, and takes into account short and long-term goals to ensure he stays motivated. He intends to pursue sport at a competitive level for the rest of his life, as he finds it so rewarding. After UCL he plans to return to Japan for a MBA, then join his family in their business.

Finally, for all of the students currently doing their IGCSEs and A levels, here's some advice from an expert: Sean explains that finding the balance between academics and sports was the real key to his success and only committing to one may lead to 'burnout.'



Having gone through the journey of once mainly focussing on sports to then coming to balance out his efforts with academics, he has collected some unbelievable achievements. Being able to perform in both of these areas is extremely rewarding and offers stability. To finish, I will leave you with Sean's moto and a great piece of advice for all of us: 'Work hard, play hard.'

*Article written by BST year 9 student,
Robin Reilly (February, 2022)*