

# ASPIRE TO HE



Higher Education for all



# YEARS 12-13 RESOURCE BOOKLET

## Knowledge Curriculum



# YEAR 12 SESSION OBJECTIVES

## SESSION 1: WHAT IS HE?

1. To understand the strengths and limitations of university and apprenticeships
2. To think about what would inform your choices when applying to university or an apprenticeship
3. To compare and contrast different layouts and locations of university campuses

## SESSION 2: WHAT DOES HE STUDY ENTAIL?

1. To understand university entry requirements and why courses and universities have different requirements
2. To understand the different types of learning and assessment at university
3. To think about your own preferred way of learning and assessment

## SESSION 3: WHAT ARE THE CAREER BENEFITS OF HE?

1. To understand what progression means within a career path
2. To understand what transferable skills are and what transferable skills you already have
3. To understand what a network is and consider your own network

## SESSION 4: WHAT ARE MY CHOICES?

1. To understand what a gap year is and think about the reasons for and against taking a gap year
2. To understand other higher education options and the benefits of completing them
3. To understand more about higher and degree apprenticeships

## SESSION 5: WHAT ARE THE COSTS?

1. To understand the financial support available through student finance and the government
2. To understand the financial support available through scholarships and grants
3. To understand the main costs associated with higher education and university

## SESSION 6: HOW DO I APPLY?

1. To understand what UCAS is and key information about applying for university
2. To understand university rankings and how to make use of open days
3. To understand what a personal statement is and how important it is to your application

## SESSION 1 – WHAT IS HE?

### 1.1 University or Apprenticeship

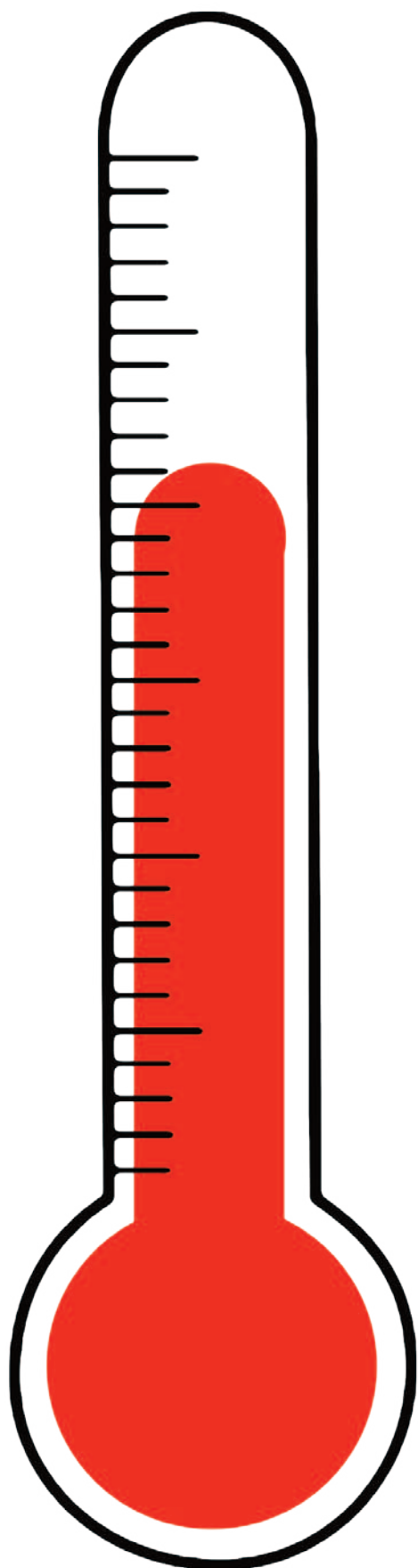
Use the grid below to list the benefits and limitations of university and apprenticeships.

	University	Apprenticeships
Benefits		
Limitations		

## SESSION 1 - WHAT IS HE?

### 1.2 What will inform your university of apprenticeship choice?

Think about all the things that are most important to you when choosing a university or apprenticeship; put these at the top of the thermometer. All the things that are least important you can put at the bottom of the thermometer. This should help you make decisions.



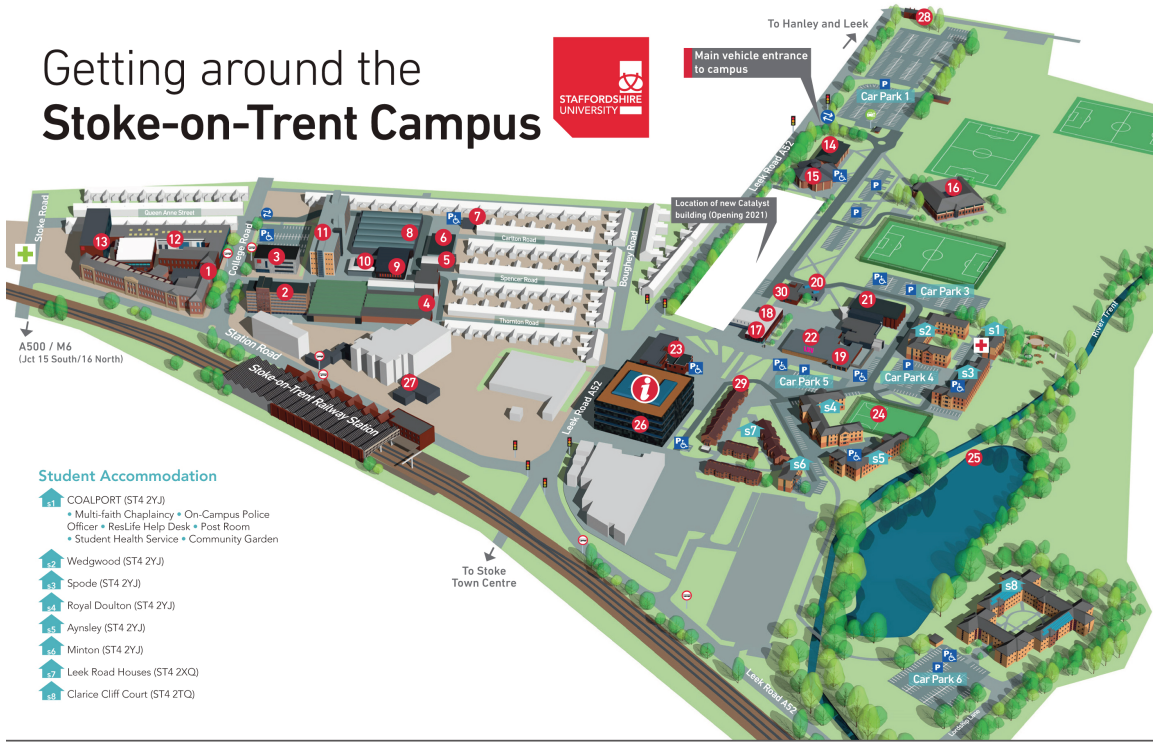
**MOST IMPORTANT**

**LEAST IMPORTANT**

# SESSION 1 - WHAT IS HE?

## 1.3 City vs Campus

### Getting around the Stoke-on-Trent Campus



**Map Key**

**College Road**

- 1 Cadman Building: Thompson Library, Cafe Cadman, Campus Control Centre
- 2 Flaxman Building / Film Theatre
- 3 Beacon Building / Pavilion Cafe
- 4 Henion Building
- 5 Studio One Drama Studio
- 6 Performance Centre
- 7 Campus Hub
- 8 Dwight Building / Automotive
- 9 Ember Lounge (Ground floor) / Students' Union Reception, Offices and Advice Centre (First floor)
- 10 Students' Union Shop / Squeeze Box / GreenPad
- 11 Mellor Building / Smart Zone / Digital Kiln
- 12 Cadman Studios / G Room Lecture Theatres
- 13 Blackstone Building (Access through Cadman Building)

**Leek Road**

- 14 Staffordshire Business School and Business Lounge cafe
- 15 Ashley Lecture Theatres
- 16 Ashley 2 Building
- 17 Brindley Entrance
- 18 Brindley Food Court
- 19 Students' Union - The Verve
- 20 Laundrette
- 21 Sir Stanley Matthews Sports Centre
- 22 LRV (Leek Road Venue) / Students' Union Shop
- 23 Trent Building / Student Wellbeing / Staffordshire Regional Access Centre
- 24 All Weather Sports Pitches
- 25 Staffordshire University Nature Reserve
- 26 Science Centre / Student Hub / Career Studio (Career and Personal Development)

**Student Accommodation**

- 11 COALPORT (ST4 2YJ)
  - Multi-faith Chaplaincy • On-Campus Police Officer • ResLife Help Desk • Post Room
  - Student Health Service • Community Garden
- 12 Wedgwood (ST4 2YJ)
- 13 Spode (ST4 2YJ)
- 14 Royal Doulton (ST4 2YJ)
- 15 Aynsley (ST4 2YJ)
- 16 Minton (ST4 2YJ)
- 17 Leek Road Houses (ST4 2XQ)
- 18 Clarice Cliff Court (ST4 2TQ)

**What do you notice about this campus?**      **What do you like about this campus?**      **Could you see yourself living or studying here?**

# SESSION 1 - WHAT IS HE?

## 1.3 City vs Campus (Continued)

MAP 4

Swansea University Bay Campus

Key

Car Parking	Shop	Defibrillator	Outdoor Sports Facilities
Disabled Parking Bays	Food Court	Sports Reception/Hall/Gym	Music Practice Rooms
Bus Stops	Bar/Café	Baby Changing Facilities	Site of Special Scientific Interest
Taxis	Café	Multi-Faith Centre	Site of Special Scientific Interest Parking
Cycle Park	Vending	Launderette	TIC Entrance
Santander Cycles	Showers	Students' Union	
Santander			

- 1 Energy Safety Research Institute (ESRI)
- 1.1 ORACLE II
- 2 Institute of Structural Materials (ISM)
- 3 Engineering East
- 3.1 Service Goods Yard
- 4 Engineering Central
- 5 Bay Library
- 6 Great Hall
- 7 School of Management
- 8 Student Residences
- 8 Students' Union
- 9 Tower Information Centre (TIC)
- 9 Estates and Facilities Reception
- 9 St Modwen Student Living Reception
- 9 MyUniHub
- 10 Computational Foundry
- 11 Active Classroom
- 12 IMPACT
- 13 Student Residences and Study Space
- 14 Active Office
- 15 The College
- 16 The College Residences

Student residences east to west view – Severn Way

**Swansea University**  
Prifysgol Abertawe

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What do you notice about this campus?	What do you like about this campus?	Could you see yourself living or studying here?

# SESSION 1 - WHAT IS HE?

## 1.3 City vs Campus (Continued)

**THE CITY IS YOUR CAMPUS**

JOIN US AT BIRMINGHAM CITY UNIVERSITY AND YOU WILL BE RIGHT IN THE HEART OF A FORWARD-LOOKING AND VIBRANT CITY WITH PLENTY TO DO CLOSE AT HAND.

**15-MINUTE WALK FROM NEW STREET STATION TO CITY CENTRE CAMPUS**  
**10-MINUTE WALK FROM MOOR STREET STATION TO CITY CENTRE CAMPUS**  
**20-MINUTE BUS JOURNEY FROM BULLRING TO CITY SOUTH CAMPUS**

**LEGEND:**  
■ BIRMINGHAM CITY UNIVERSITY CAMPUS  
■ ACCOMMODATION  
■ RAILWAY STATIONS  
■ CITY CENTRE AREAS OF INTEREST

To find out how long it takes to get to our campuses from your home, visit [www.bcu.ac.uk/getting-here](http://www.bcu.ac.uk/getting-here)

**What do you notice about this campus?**

**What do you like about this campus?**

**Could you see yourself living or studying here?**

Blank space for student response to the question: 'What do you notice about this campus?'

Blank space for student response to the question: 'What do you like about this campus?'

Blank space for student response to the question: 'Could you see yourself living or studying here?'



# SESSION 1 - WHAT IS HE?

## 1.3 University course cards



A

Master the international languages of money, business, and management.



### Accounting and Finance

#### What is accounting?

- A specialised subject - looks at the daily flow of money in and out of a business, keeping an eye on the balance and avoiding any future challenges.

#### What is finance?

- Finance looks toward assets, liabilities, and future growth.

#### Common career paths:

- Accountant
- Management Accountant
- Auditor

#### You'll learn many transferable skills. Other careers include:

- Tax Adviser
- Actuary
- Economist
- Insurance Broker
- Stockbroker

#### Entry requirements:

- Maths is preferred
- Most courses are flexible
- Other useful subjects: economics, statistics, finance, business
- Soft skills are also helpful - attention to detail, technical proficiency, and critical thinking

#### GCSEs

English language and mathematics - Grade 5 (B) or above.

#### A Levels

Most commonly BBB, but courses can range from CCC to AAB.

#### Vocational Courses

BTEC Level 3 and other similar qualifications may be accepted as an alternative to A levels.

Check alternative entry requirements with universities or colleges.

#### Accreditations:

Many accounting and finance courses at university will be professionally accredited.



#### Some modules you may study are:

- Business law
- Financial markets
- Auditing
- Management accounting
- Taxation
- Microeconomics
- Banking & investment
- Corporate finance

This may vary in different universities.

#### Assessment Methods:

- Group work
- Coursework
- Project work
- Exams

#### Teaching Environment:

- Lectures
- Seminars
- Tutorials
- Webinars
- Placements
- Entrepreneurial projects

#### Related Courses:

- Business
- Economics



H

Learning about the economical, cultural, societal and political effects of the past.



### History

#### What is History?

- History is a broad subject that covers worldwide economics, culture, society and politics.

- It involves learning about the past and major historical events that have shaped the world we live in today.

#### Common career paths:

- Teaching
- Archaeology
- Politics
- Journalism

#### You could also look into:

- Art and Antiques
- Museum Curator
- Social Researcher

#### Entry requirements:

- Humanity subject is preferred
- Soft skills are also helpful - attention to detail, analytical skills, and critical thinking

#### GCSEs

5 GCSEs including maths, English and science - grade 4 (C) or above.

#### A Levels

Most commonly ABB, but courses can range from BCC to AAB.

#### Vocational Courses

BTEC Level 3 and other similar qualifications may be accepted as an alternative to A levels.

Check alternative entry requirements with universities or colleges.

#### Teaching Environment:

- Lectures
- Seminars
- Tutorials
- Webinars
- Placements

#### Some modules you may study are:

- Modern History
- British History
- Understanding Modern Europe
- History of Central Asia
- Colonial History
- Crime and Deviance in the Modern World
- Medieval History
- Ideas, Politics and Society
- Civil Rights
- Utopian and Dystopian Thought
- Suffragettes and Women's History

This may vary in different universities.

#### Assessment Methods:

- Group work
- Coursework
- Project work
- Exams

#### Related Courses:

- Philosophy
- Archaeology
- Theology



B

Master the business management skills that will help you in almost any industry.



### Business & Management

#### What is Business & Management?

- Business & Management courses often start with a broad range of modules but allow students to focus on a specific area later on.
- Degree programmes look at how and why organisations work, as well as the global business environment.
- Most Business courses involve a practical element, allowing students to apply their learning in real world business environments.

#### Common career paths:

- Accountancy
- Banking
- Business Analysis
- Business Development
- Human Resources
- Events Management
- Financial Advice
- Hotel Management
- Investment Advice
- Management Consultancy
- Marketing
- Stockbroking

A Business & Management degree can also help you in a wide range of other industries.

#### Entry requirements:

- Business may be helpful
- Most courses are flexible

#### A Levels

Most commonly BBB, but courses can range from CCC to AAB.

You will usually need a minimum of two A Levels, with three A Levels for the most popular courses.

Most courses won't require a specific A Level subject.

#### Vocational Courses

BTEC Level 3 and other similar qualifications may be accepted as an alternative to A levels.

Check alternative entry requirements with universities or colleges.

#### GCSEs

Usually five GCSEs at grade 4 (C) or above, including maths and English. Some courses may require at least a grade 5 (B) in GCSE maths.

#### Some modules you may study are:

- Marketing
- Economics
- Finance
- Human Resources
- Accounting
- Management
- Business Technology
- Research Methods
- Organisational Behaviour
- International Business

This may vary in different universities.

#### Assessment Methods:

- Group work
- Coursework
- Project work
- Exams

#### Teaching Environment:

- Lectures
- Seminars
- Tutorials
- Webinars
- Placements
- Entrepreneurial projects

#### Related Courses:

- Accounting & Finance
- Economics
- Marketing
- Human Resources
- Hospitality Management



L

Live and breathe the languages you are most passionate about.



### Languages

#### What does studying foreign languages involve?

- You will be able to study foreign languages that are completely new to you as well as ones that you have studied for A Level.

- You will need to think very carefully about which language to study as most of your study will consist of reading, writing, speaking and listening solely in that language or languages.

#### Common career paths:

- Translator
- Interpreter
- MFL Teacher
- Political risk analyst

#### You could also look into:

- Journalist
- Diplomatic Service Officer
- International Aid Worker
- Logistics Manager
- Tour Manager

#### Entry requirements:

- Some universities require a grade B in the MFL you are studying (e.g. French, German, Spanish), for others you just need an A Level in the relevant language
- Other useful subjects: English language, English literature, history
- Soft skills are also helpful - communication, creativity and practical experience of interacting in a foreign language

#### GCSEs

English language and mathematics - grade 4 (C) or above.

#### A Levels

Most commonly ABB, but courses can range from BBB to AAA.

#### Vocational Courses

Most commonly, A Levels are the preferred qualifications for access onto MFL courses due to the academic nature of the subject content.

#### Some modules you may study are:

- History of your language(s)
- Culture
- Politics
- Linguistics
- Translation
- Interpretation

This may vary in different universities.

#### Assessment Methods:

- Written Exams
- Oral Exams
- Group work
- Coursework
- Project work

#### Teaching Environment:

- Lectures
- Seminars
- Tutorials
- Webinars
- Placements

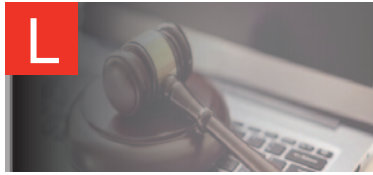
#### Related Courses:

- American Studies
- Cultural Studies
- Ancient Languages
- Celtic Studies



# SESSION 1 – WHAT IS HE?

## 1.3 University course cards (Continued)



L

Gain the knowledge and skills to become a solicitor or barrister.



### Law

#### What is law?

- Law is the study of legal systems and practice surrounding a variety of subjects.
- Upon completing your degree, you usually need to obtain further practice-based qualifications to be a licensed legal professional.

#### Common career paths:

- Barrister
- Solicitor
- Advice worker
- Coroner
- Crown Prosecutor
- Conveyancer
- Trade Standards Officer

#### Other associated roles:

- Accountancy
- Banking and Finance
- Governance
- Human Resources
- Central and Local Government Administration
- Insurance

#### Entry requirements:

- Not a requirement to have A Level law
- Range of useful related subjects, including English, history, sociology and philosophy
- Some courses require applicants to pass the National Admissions Test for Law (LNAT)

#### GCSES

English language and mathematics – grade 5 (B) or above.

#### A Levels

Most commonly ABB, but courses can range from BCC to AAA.

#### Vocational Courses

BTEC Level 3 and other similar qualifications may be accepted as an alternative to A levels.

Check alternative entry requirements with universities or colleges.

**Accrediting Organisations:** Solicitors Regulation Authority, Bar Standards Board, General Council of the Bar.



#### Some modules you may study are:

- Obligations including contract, restitution and tort
- Criminal Law
- Equity and Trusts
- Public Law (including constitutional law, administrative law and human rights)
- Property Law
- Law of the European Union

This may vary in different universities.

#### Assessment Methods:

- Written Exams
- Oral Exams
- Coursework
- Portfolios
- Project Work
- Group Work
- Mooting

#### Teaching Environment:

- Lectures
- Seminars
- Tutorials
- Placements

#### Related Courses:

- Criminology
- Legal Studies



M

Join a fast-moving, rapidly growing, multi-billion pound industry.



### Media Studies

#### What is media studies?

- From television to cinema, radio to podcasts, social media to blogs and vlogs, and everything in between – media studies plays a big part of our every day.
- It's never been so relevant than in the internet age.
- Media studies will equip you with the communication and technology skills needed to succeed in the modern workplace, whether in the media industry or not.

#### Common career paths:

- Presenter
- Copywriter
- Media researcher
- Writer
- Social media manager

#### You could also look into:

- TV/ film producer
- Web content manager
- Photographer
- Editorial assistant
- Marketing/ PR

#### Entry requirements:

- Media/ Media studies is the most useful subject to have
- Other most common subjects include: English language and English literature
- Psychology and sociology are also helpful
- Universities will look for a passion for media, a natural flair with technology, creativity, consistency, patience, and drive

#### GCSES

English language – grade 4 (C) or above.

#### A Levels

Most commonly BBC, but courses can range from CDD to ABB.

#### Vocational Courses

BTEC Level 3 and other similar qualifications may be accepted.

Check alternative entry requirements with universities or colleges.

#### Some modules you may study are:

- Global digital cultures
- International journalism
- Community media for social action
- Producing and consuming social media
- Visual media
- Power and resistance
- Media morals and ethics
- Critical approaches

This may vary in different universities.

#### Assessment Methods:

- Essays/ presentations
- Scripts/ video productions
- Reviews and features
- Exams
- Project/ dissertation

#### Teaching Environment:

- Lectures/ seminars
- Workshop
- Practical performance
- Simulation

#### Similar Courses:

- Media and Communication
- Journalism
- Performing arts



M

Be part of one of society's most respected and valued professions.



### Medicine

#### What is Medicine?

- One of the most valuable but challenging career paths.
- Doctors in the UK will usually spend 5 to 6 years working towards their degree, with specialist training to follow after graduating.
- Medical degrees start with a general grounding of the subject, and you may then chose to pursue more specialised areas later on.

#### Common career paths:

- Anaesthetist
- Cardiologist
- Clinical radiologist
- General practice (GP) doctor
- Hospital doctor
- Neurologist
- Ophthalmologist
- Pathologist
- Psychiatrist
- Surgeon

#### Entry requirements:

**A Levels**  
You will need grades AAA.

Typically you will need chemistry and biology A Levels, and some universities will require a third science subject.

It is important to check individual requirements with each university.

A few universities offer a medicine foundation year for applicants who don't achieve the grades or who don't hold the appropriate A Level subjects.

#### GCSES

Usually five GCSES at grade 4 (C) or above, including maths, English and science.

#### Selection

This is a highly competitive field and as such applicants are likely to undertake an interview and an aptitude test to gain a place on a course.

#### Some modules and course content you may study are:

- Clinical sciences
- Physiology
- Biochemistry
- Pathology
- Microbiology
- Immunology
- Pharmacology
- Genetics
- Molecular biology

This may vary in different universities.

#### Assessment Methods:

- Exams
- Reflective portfolio
- Written reports
- Observations

#### Teaching Environment:

- Lectures
- Practical classes (such as anatomy dissection)
- Clinical placements
- Group case work

#### Related Courses:

- Dentistry
- Biomedical Science
- Pharmacy
- Anatomy



N

Being on the frontline when it comes to helping patients and families when they need it most.



### Nursing

#### What is Nursing?

- Nursing is the primary care of patients and their families, helping them through difficult times of their life.

- They are one of the most important part of the health services, providing medical expertise and pastoral support.

#### Common career paths:

- Adult Nursing
- Children's Nurse
- Health Visitor
- Midwife
- Paramedic

#### You could also explore:

- Counselling
- Health Service Manager
- Medical Chemist
- Play Therapist
- Social Worker

#### Entry requirements:

- Science is preferred
- Most courses are flexible
- Other useful subjects: biology, maths, health and social care and sociology
- Soft skills are also helpful – attention to detail, technical ability, and compassion

#### GCSES

5 GCSES including maths, English and science– grade 4 (C).

#### A Levels

Most commonly BBB, but courses can range from CCC to ABB.

#### Vocational Courses

BTEC Level 3 and other similar qualifications may be accepted as an alternative to A levels.

Check alternative entry requirements with universities or colleges.

With a current shortage of nurses, there are grants available for those studying this degree. 99% of nursing graduates are employed or studying further within 6 months of completing their degree.

#### Some modules you may study are:

- Introduction to Clinical Care
- Physiology for Health
- Therapeutic Approach and Practice
- Epidemiology
- Planning Patient Care
- Public Health
- Critical Care
- Complex Care

This may vary in different universities.

#### Assessment Methods:

- Group work
- Coursework
- Project work
- Exams
- Practical Assessments

#### Teaching Environment:

- Lectures
- Seminars
- Tutorials
- Webinars
- Placements

#### Related Courses:

- Mental Health Nursing
- Children's Nursing
- Learning Disabilities Nursing



# SESSION 1 - WHAT IS HE?

## 1.3 University course cards (Continued)



Understand and influence the forces that rule the world.



### Politics & International Relations

**What is Politics?**

- The study of how governments function, how policies are made and of international relations and political ideas ranging from democracy to human rights.

**What is International Relations?**

- It addresses a wide range of problems and concerns that have a global dimension or impact.

**Common career paths:**

- Politician
- Local government officer
- Policy officer
- Political risk analyst
- Public affairs consultant
- Social researcher

**But your skills will also make you a highly employable graduate for roles in:**

- Public relations
- Human resources
- Finance
- Aid work

**Entry requirements:**

**A Levels**  
Most commonly ABB, but courses can range from BCC to AAB.

There aren't usually specific subject requirements, but A Levels that may help are politics, or a combination of economics, history, geography, philosophy or sociology.

Skills that you will need are communication skills, critical thinking, analysis, an interest in social justice, morals, and ethics.

**Vocational Courses**  
BTEC Level 3 and other similar qualifications may be accepted as an alternative to A levels.

Check alternative entry requirements with universities or colleges.

**GCSEs**  
Usually five GCSEs at grade 4 (C) or above, including maths, English and science.

**Some modules you may study are:**

- British Politics
- International Politics
- Introduction to Political Ideas
- Justice, Democracy and Citizenship
- Security Studies
- Political Theory
- Understanding Social Inequalities

This may vary in different universities.

**Assessment Methods:**

- Group work
- Coursework
- Project work
- Reports
- Exams

**Teaching Environment:**

- Lectures
- Seminars
- Tutorials
- Debates
- Placements

**Related Courses:**

- Sociology
- Communication & Media Studies



Discover what is the reasons behind why people do what they do and how it influences their behaviours.



### Psychology

**What is Psychology?**

- Psychology is the scientific study of the mind. You'll learn about how the mind and brain influence people's behaviour and discover what makes different people tick.
- There are many different types of psychology, including animal, forensic and human.

**Common career paths:**

- Clinical Psychologist
- Forensic Psychologist
- Educational Psychologist

**You'll learn so many transferable skills that you can also look into:**

- Counselling
- Marketing
- Neuroscientist
- Psychotherapist
- Social Work

**Entry requirements:**

- Science or maths is preferred but not necessary
- Soft skills are also helpful – attention to detail, technical proficiency, and critical thinking

**GCSEs**  
English, maths and science – grade 5 (B).

**A Levels**  
Most commonly BBB, but courses can range from CCC to AAB.

**Vocational Courses**  
BTEC Level 3 and other similar qualifications may be accepted as an alternative to A levels.

Check alternative entry requirements with universities or colleges.

**Accreditations:**  
Many master's degrees in Psychology are nationally accredited by the British Psychological Society.

**Some modules you may study are:**

- Psychology of Addiction
- Forensic Psychology
- Developmental Psychology
- Psychology of Conflict
- Sports Psychology
- Cognitive and Behavioural Psychology
- Research Methods and Statistics
- Phytopharmacology

This may vary in different universities.

**Assessment Methods:**

- Group work
- Coursework
- Project work
- Exams

**Teaching Environment:**

- Lectures
- Seminars
- Tutorials
- Webinars
- Placements

**Related Courses:**

- Sociology
- Criminology



Explore the world of exercise science, nutrition and sports psychology.



### Sports Science

**What is Sports Science?**

- A degree in sport and exercise science gives you an understanding of sports performance and the factors that affect behaviour in sport.
- You gain subject-specific knowledge in areas such as physiology, psychology, biomechanics and nutrition
- You might also study the impact of sport upon society and culture.

**Common career paths:**

- Exercise Physiologist
- Sports Coach
- Personal Trainer
- PE Teacher
- Sports Therapist

**You could also explore:**

- Choreographer
- Event Manager
- Clinical Scientist
- Nutritionist
- Outdoor Activities Manager

**Entry requirements:**

- Most universities ask for at least one science or PE/sport at A Level
- Most courses are flexible
- Other linked subjects: psychology, geography, business
- Soft skills are also helpful – teamwork, problem solving and communication

**GCSEs**  
English language and mathematics – grade 4 (C).

**A Levels**  
Most commonly BBC, but courses can range from CCC to AAA.

**Vocational Courses**  
BTEC Level 3 and other similar qualifications may be accepted as an alternative to A levels.

Check alternative entry requirements with universities or colleges.

**Accreditations:**  
Some Sports Science courses at university will be professionally accredited.

**Some modules you may study are:**

- Physiology of Exercise
- Biomechanics
- Sport Performance
- Sport, Culture and Society
- Sports Psychology
- Anatomy

This may vary in different universities.

**Assessment Methods:**

- Group work
- Coursework
- Oral Presentations
- Exams
- Practical Assessment

**Teaching environment:**

- Lectures
- Seminars
- Tutorials
- Placements
- Laboratory Sessions
- Practical settings

**Related Courses:**

- Sports Studies
- Sports Psychology
- Physical Education
- Nutrition



## SESSION 2 - WHAT DOES HE STUDY ENTAIL?

### 2.2 Learning at University

## THE FIVE TRUTHS

The aim is to read a lecture to students about a given subject. Hidden among the lies are 5 truths that students need to listen out for and try to pick out. Students score points for each truth they can spot.

Here is an example lecture (with the truths indicated in **bold text**):

**The Student Loans Company is a non-profit organisation.** It was founded by Lord Ahmar Ehsan in 1066 following the Battle of Hastings. When returning from battle himself with his son, he exclaimed that 'no man, woman, son or daughter shall go without education' after having seen first-hand the confusion warriors had in distinguishing which hand to hold their sword in. Having studied a course that is unfortunately no longer an option today, gaining a BA in Close Combat Battle, it was his dream that all people in England would be educated to the highest standard in the whole world.

Nearly 1,000 years on, Lord Ahmar Ehsan's dream still stands - **the Student Loans Company ensures that every student will receive financial help to cover university costs.** In 2016 a new rule was introduced stating that student loan money cannot be spent on chocolate, crisps or lottery tickets. This was abolished following student protests across the country just 2 months after the rule was signed in. **How much student loan you receive depends on your circumstances** and how and when you start paying this back is entirely up to you. **Although you are required to pay this back, only about 15% of people repay their loan in full** because after 50 years, your debt gets wiped off.

**In addition to this, scholarships and bursaries are also available.** These have to be paid back as soon as possible, with the government taking the last hour of your paid work each day to cover this cost. With bursaries, if they are not paid back within 12 months of graduating, your TV licence gets revoked and bailiffs will seize any property of yours to make up for this debt. If scholarships aren't paid back in full within 2 years of graduating, your degree becomes revoked until at least 50% is paid back, in which you will get half of your degree back. This means that if you have a BA, it will just be an A until 100% is repaid.

## SESSION 3 - WHAT ARE THE CAREER BENEFITS OF HE?

### 3.1 Career Cluster to Career Path

# CAREER CLUSTERS AND CAREER PATHS

Unscramble the career paths for each of the career clusters! You get one point for each job in the right cluster, and another for each job in the right place in the career path.

#### Education:

Teacher - Head of Department - Head of Year - Assistant Head Teacher - Head Teacher

#### Engineering:

#### Marketing:

#### Accounting:

#### Law:

#### Sports:

#### Psychology:

Clinical Psychologist - Assistant Brand Manager - Junior Engineer - Trainee Solicitor - Senior Partner - Chief Finance Officer - Partner - Senior Sports and Development Officer - Accounts Clerk - Brand Manager - Sports Coach - Marketing Director - Associate Solicitor - Assistant Psychologist - Project Manager - Group Manager - Assistant Coach - Financial Analyst - Consultant Clinical Psychologist - Sports Development Officer - Engineering Consultant - Chartered Accountant - Senior Associate Solicitor - Senior Engineer - Head of Psychology

## SESSION 3 - WHAT ARE THE CAREER BENEFITS OF HE?

### 3.1 Career Cluster to Career Path (Continued)

## CAREER CLUSTERS AND CAREER PATHS

Unscramble the career paths for each of the career clusters! You get one point for each job in the right cluster, and another for each job in the right place in the career path.

#### Answers:

##### Education:

Teacher - Head of Department - Head of Year - Assistant Head Teacher - Head Teacher

##### Engineering:

Junior Engineer - Senior Engineer - Project Manager - Engineering Consultant

##### Marketing:

Assistant Brand Manager - Brand Manager - Group Manager - Marketing Director

##### Accounting:

Accounts Clerk - Financial Analyst - Chartered Accountant - Chief Finance Officer

##### Law:

Trainee Solicitor - Associate Solicitor - Senior Associate Solicitor - Partner - Senior Partner

##### Sports:

Assistant Coach - Sports Coach - Sports Development Officer - Senior Sports and Development Officer

##### Psychology:

Assistant Psychologist - Clinical Psychologist - Consultant Clinical Psychologist - Head of Psychology

## SESSION 3 - WHAT ARE THE CAREER BENEFITS OF HE?

### 3.2 Transferable Skills

# ABC ACTIVITY - CAREERS & TRANSFERABLE SKILLS

When thinking about your skills, you should not only list them out, you should also think about how you gained these skills and how you can apply them to a career.

<b>Activity</b> What activity did you do? (school / work / extracurricular)	<b>Benefit</b> What skills and benefit did you gain?	<b>Career</b> How could you apply this skill to a career?
<i>Example:</i> <i>I am the captain of the school football team.</i>	<i>Example:</i> <i>I gained communication, teamwork and leadership skills.</i>	<i>Example:</i> <i>I could supervise a team and communicate effectively with my work colleagues.</i>

## SESSION 4 - WHAT ARE MY CHOICES?

### 4.2 Entry Levels

# CHARACTER PROFILES ACTIVITY

Read each of the character profiles and decide which qualification or next step might be the best option for each student. Choose between; completing a Higher National Certificate (HNC), Higher National Diploma (HND), higher apprenticeship, degree apprenticeship or taking a gap year.

## RIKKI



Rikki is close to finishing his 2nd year at college (similar to Year 13 at sixth form). He's studying a BTEC Level 3 National Extended Diploma in Sport. He really enjoys learning about sport and exercise and would like to carry on learning about it more before starting a career as a sports coach or fitness instructor. He's a practical student who likes to 'learn by doing'.

Rikki has considered going to university but he feels really settled in a college environment at the moment. Rikki found school quite stressful, but since being at college he has really progressed and enjoyed studying. He likes the idea that he could 'top up' to gain a university degree at a later date.

What type of qualification or next step would be most suitable for Rikki?

## ALISHA



Alisha is in sixth form studying A-Levels in IT, English and business. As a career, she thinks she'd like to work in IT as a web developer or IT specialist.

Alisha enjoys the academic side of her A-Levels and she has considered going to university. She likes the thought of going to university, but she would like to gain some practical work experience alongside her academic studying so she can gain workplace skills too. She likes the thought that she could either start a career or 'top up' to a university degree at a later date.

What type of qualification or next step would be most suitable for Alisha?

## CHLOE



Chloe is in sixth form studying A-Levels in business, drama and art & design. She's a practical student who likes to 'learn by doing'. As a career, she really likes the idea of working in a business.

Chloe isn't sure what she wants to do when she finishes sixth form. She isn't sure if she should try and work for a business straight away or learn more about it first. She's thought about going to university, but she doesn't feel it's the right step for her at this moment in time. She also thinks that she might prefer a more practical way of learning about business.

What type of qualification or next step would be most suitable for Chloe?



## SESSION 4 - WHAT ARE MY CHOICES?

### 4.2 Entry Levels (Continued)

#### SAM



Sam is in Year 13 studying A-Levels in geography, physics and sociology. Sam is not sure about what he wants to do in the future, but he enjoys learning and he is on track to achieve ABB in his A Levels.

Although Sam has applied to university to study geography, he doesn't feel like it's the right next step for him at the moment, and so he is considering deferring for a year to gain more life experience.

Sam is not sure what career he wants to pursue, but he has got a lot of work experience after volunteering in a charity shop for six months and working at his local supermarket on a Saturday. Sam is enthusiastic about learning new things and meeting new people.

**What type of qualification or next step would be most suitable for Sam?**

#### KIRAN



Kiran is in sixth form studying A-Levels in journalism, physics and business. She has also enrolled on a BTEC course in engineering. She is doing well in her academic subjects, but also enjoys the practical side of learning which is why she's taken an extra BTEC subject. Kiran isn't sure what she wants to do in the future, but she's predicted to achieve good grades in her A-Levels and on track to pass her BTEC.

Kiran has always had a passion for aeroplanes and aviation, and isn't sure whether she wants to study more about the physics of flying or go straight into the aviation industry.

Although she is good at her academic subjects and is confident she'll do well at university, she isn't sure if she wants to spend another 3 years writing assignments. She wants to gain a higher education qualification but she would like to earn a salary at the same time and not have to worry about student finance.

**What type of qualification or next step would be most suitable for Kiran?**

## SESSION 4 - WHAT ARE MY CHOICES?

### 4.2 Levels of entry to HE

## OPTIONS AVAILABLE TO YOU

Going to university to study a degree is just one of the options available to you when you finish sixth form or college. This sheet provides information about some of the other HE options available to you, plus the option of taking a gap year.

### WHAT IS AN APPRENTICESHIP?

An apprenticeship is a real job, getting real hands-on experience and a real salary! Not only do you gain valuable work experience in one of the many industries that offer apprenticeships, you also get dedicated support to help you improve at your job and learn new skills. Apprenticeships can last from 1 to 6 years and you can do them at a number of different levels.

### WHAT IS A HIGHER APPRENTICESHIP?

A higher apprenticeship gives you an opportunity to gain a Level 4 qualification or above. They can take from 1-5 years to complete, depending on the provider, and involve part-time learning at a college, university or training provider. Usually, around 80% of your time is spent working and 20% is spent learning in an academic setting. Apprentices will get support from the company in both working in the industry and learning. In order to apply for a higher apprenticeship, generally you'll need at least a Level 3 qualification, which include A Levels and BTECS.

### WHAT IS A DEGREE APPRENTICESHIP?

A degree apprenticeship gives you an opportunity to gain a Level 6 or 7 qualification, Level 6 being the equivalent to a university undergraduate degree and Level 7 being the equivalent to a university master's degree. Like a higher apprenticeship, degree apprenticeships involve part-time learning at a college, university or training provider and again, usually 80% of your time is spent working and 20% is spent learning academically. They can take between 3-6 years to complete, depending on the company you're working for. Those on degree apprenticeships will also get support from the company in getting work experience, learning new skills and academic learning.

### WHAT ARE THE BENEFITS OF AN APPRENTICESHIP?

You earn while you learn and, unlike university, will not have to pay any fees in order to get a recognised qualification! You'll get valuable work experience and learn many new skills in one of the many industries available with support in place. Get a head start on the career ladder. Learn different aspects of the job and company, ranging from production lines to business finances.

#### How do I find and apply for Apprenticeships?

- > <https://careerfinder.ucas.com/jobs/apprenticeship/>
- > <https://www.gov.uk/apply-apprenticeship>
- > <https://www.getmyfirstjob.co.uk/>
- > <https://www.notgoingtouni.co.uk/opportunities/apprenticeships>

### WHAT IS A FOUNDATION DEGREE?

- > <https://www.prospects.ac.uk/applying-for-university/choosing-a-course/foundation-degrees>

If you're looking to acquire skills in the workplace and gain an undergraduate qualification without committing to a full bachelor's course, a foundation degree is an excellent option.

A foundation degree is the academic equivalent of two-thirds of a university bachelor's degree. Created in partnership between universities, higher education colleges and employers, these courses focus on developing in-demand skills. Therefore, foundation degrees provide a strong platform for candidates seeking employment - but also open doors for those looking to study a full undergraduate qualification further down the line. It will typically take you two years to complete full time.

## SESSION 4 - WHAT ARE MY CHOICES?

### 4.2 Levels of entry to HE (Continued)

#### Choosing a foundation degree

Foundation degrees are vocational qualifications that give you the flexibility of studying while you work. Popular foundation degree subject fields are: social work, nursing, sport and exercise science, hospitality, business, animal science, drama, agriculture and design studies... but there are many more! To apply for a foundation degree you can do this through the UCAS website for universities or directly to further and higher education colleges.

#### WHAT IS A HNC AND A HND?

> <https://www.whatuni.com/advice/choosing-a-course/what-is-a-hnd-and-a-hnc/2116/>

If you're not sure if you want to spend three years studying for a degree at university, HNCs and HNDs could be great alternatives for you. HNC and HND courses are undergraduate qualifications (like a degree) but take less time to complete, and are often designed to prepare you for a specific career.

##### What is a HNC?

A full-time Higher National Certificate (HNC) takes one year to complete, or two years part-time. Many HNC courses cover the same subjects as a HND, but a HNC is one level below a HND (it's generally equivalent to the first year at university).

##### What is a HND?

A Higher National Diploma (HND) is a work-related course provided by higher and further education colleges in the UK. A full-time HND takes two years to complete, or three to four years part-time. Generally a HND is the equivalent to two years at university.

##### What are the benefits of a HNC or HND?

Unlike many degrees, these courses are vocationally focussed and therefore can lead straight on to a career. Moreover, they're a great stepping stone up to a higher qualification, as you can choose to 'top up' a HNC or HND with extra studies at a later date, in order to convert it to a full bachelor's degree.

#### WHAT IS A GAP YEAR?

The phrase 'gap year' has traditionally meant a period of time taken out by students after leaving college/sixth form and before starting university. However, gap years now happen at any stage, they can be taken by anyone, and for varying amounts of time.

Gap years are now seen as a way to improve your CV, experience different cultures, develop new skills and/or gain relevant work experience in a particular field! Some examples of gap year activities include conservation work, adventure travel programmes, summer schools and internships.

Taking a gap year could potentially cause demotivation and be costly, but it arguably depends on your own drive and motivation levels, and there are grants available to support individuals who wish to take a gap year.

##### What are the benefits of taking a gap year?

You can gain work experience - a gap year is a great way to build your CV through work experience or an internship. You can also develop your transferable skills, such as planning your trip.

You can increase your confidence and independence, particularly if you are travelling by yourself, and it's a great way to make you stand out to employers - you can draw on your experience and provide a number of interesting examples of what you did with your time out of education!

## SESSION 5 - WHAT ARE THE COSTS?

### 5.3 Weekly Budget

Write down both the item and the cost in the grid below. You'll need:

- > Accommodation (you only pay this cost once per week)
- > Food: breakfast, lunch and dinner for each day
- > Travel to campus for 4 days
- > Text book once in the week
- > Socialising as much as you like / have the budget for!

**Before you start!** Work out how much you have to spend per week.

This activity is based on you receiving the **full maintenance loan** and living **away from home (but not in London)**. In this activity, you'll need to budget for 46 weeks of the year as you'll probably live at home over summer. How much do you have to spend per week?

Weekly Budget		£							
Item	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly spend	
<b>Accommodation</b> (this is a weekly cost)	£							£	
<b>Breakfast</b>	£	£	£	£	£	£	£	£	
<b>Lunch</b>	£	£	£	£	£	£	£		
<b>Dinner</b>	£	£	£	£	£	£	£		
<b>Travel to university</b> (4 days in the week)	£	£	£	£	£	£	£	£	
<b>Text book</b> (once in the week)	£							£	
<b>Socialising</b>	£	£	£	£	£	£	£	£	
							<b>Total spend</b>	£	

# SESSION 5 - WHAT ARE THE COSTS?

## 5.3 Price List

All the costs are 'per day' other than accommodation, which is 'per week'

Accommodation	Breakfast	Lunch or Dinner
<p>Shared student house 2: £70</p> 	<p>McDonalds Breakfast: £4</p> 	<p>McDonalds: £5</p> 
<p>Shared student house 1: £80</p> 	<p>Café cooked breakfast: £3</p> 	<p>Subway: £4</p> 
<p>Halls, shared bathroom: £100</p> 	<p>Cooked breakfast: £2</p> 	<p>Café lunch: £4</p> 
<p>Halls, en-suite bathroom: £120</p> 	<p>Cereal: 50p</p> 	<p>Tesco Meal Deal: £3</p> 
<p>Private individual flat: £140</p> 	<p>Toast: 10p</p> 	<p>Domino's pizza: £10</p> 
	<p>Packed lunch: £2</p> 	<p>Home cooked dinner: £2</p> 

## SESSION 5 - WHAT ARE THE COSTS?

### 5.3 Price List (Continued)

Socialising		Text Books		Travel to university	
	DVD night: £5		Short-term lend, friend: £0		Walk: £0
	Cinema: £10		University gym: £5		Bus to campus: £2
	Bowling: £10		Shopping trip: £20		Train to campus: £3
	Student union night: £20		Alton towers trip: £25		Drive (parking & petrol): £4
	City night out: £30		Festival: £50		Taxi: £5
			Second-hand, Amazon: £5		
			Second hand, Uni shop: £10		
			Brand new: £30		

## SESSION 6 - HOW DO I APPLY?

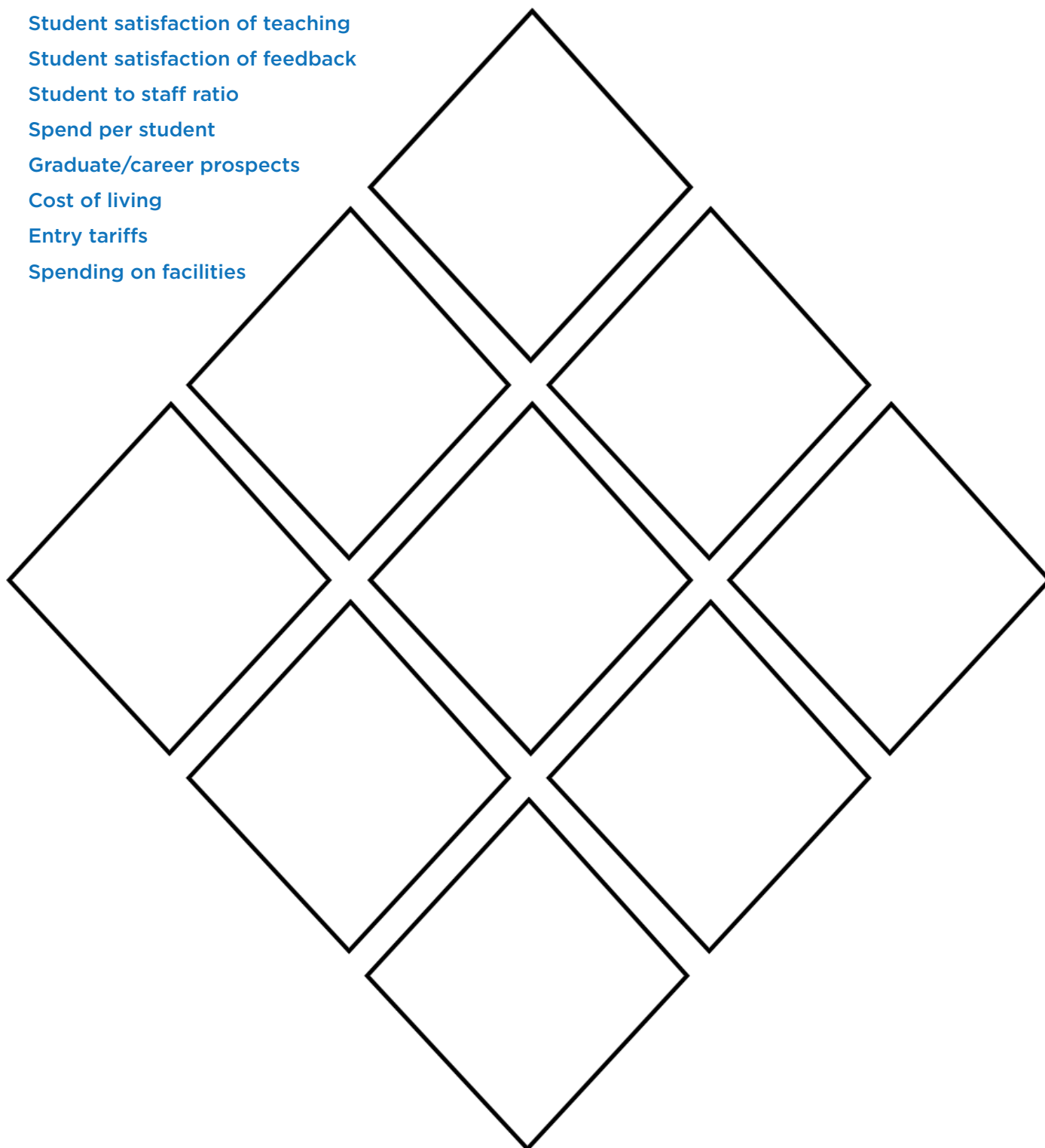
### 6.2 University Rankings

## DIAMOND 9 ACTIVITY

There are many factors that are taken into consideration when ranking universities. What are the most important factors for you? Rank the following in order of personal importance - remember, there is no wrong answer! Put the most important factors for you at the top of the diamond and the least important at the bottom.

Write each of the following on one of the diamonds below and rank them in order of importance to you. Are there any factors you'd like to add that aren't included here? This activity can help you make some decisions about the university and course that is right for you.

- > Student satisfaction of course
- > Student satisfaction of teaching
- > Student satisfaction of feedback
- > Student to staff ratio
- > Spend per student
- > Graduate/career prospects
- > Cost of living
- > Entry tariffs
- > Spending on facilities



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## WRITING A PERSONAL STATEMENT

**Your personal statement outlines why you want to study a particular course at university and is an opportunity for you to demonstrate that you have the skills, knowledge, and experience to succeed on the course.**

Admissions staff and lecturers will receive your UCAS application and personal statement. They will assess your application, review your qualifications, and read your personal statement to check you have the necessary experience for the course and life at university.

### PERSONAL STATEMENT STRUCTURE

**In UCAS, your personal statement can be a maximum of 47 lines or 4000 characters.**

We recommend that you follow this structure to ensure you are prioritising the sections that showcase your skills and experiences to admissions staff.

For each section try to answer the questions, and relate your answer to the subject you are planning to apply to study.

#### **INTRODUCTION – opening paragraph showcasing your passion for the subject.**

What interests you about the subject area you are applying to study? Why do you want to study it further? What sparked your interest in the subject?

#### **ACADEMIC – Discuss what qualifications and skills you have gained during your education.**

What knowledge have you gained so far? What subjects have you studied? What have you learnt during your studies, and how has it prepared you for life at university.

#### **WORK EXPERIENCE – Provide examples of any placements/volunteering/employment.**

What skills did you develop? How will your previous experiences help you whilst studying? Has the experience helped you make a decision for your future?

#### **PERSONAL ATTRIBUTES – Highlight any skills you have and tell them about your interests.**

Have you gained any additional accredited qualifications? (e.g. Duke of Edinburgh) What skills have you gained from your hobbies?

#### **CONCLUSION – Summarise your passion for your chosen subject, and university study.**

Why are you looking forward to further study? What will make you a great university student? Why should you be offered a place on the course?





## WRITING A PERSONAL STATEMENT

When writing your personal statement, listing your experience is not enough. It is important to highlight the skills you have developed, and how they are relevant to the course and life at university. The ABC method is a way of writing about your experience in more detail.

<b>ACTIVITY</b>	What activity did you do? Was it at school, work experience, or at home?
<b>BENEFIT</b>	What skills or attributes have you gained?
<b>COURSE</b>	How has this prepared you for the course and studying at university?

Here is an example for a student who is applying for Business Management

**A**

At school I am captain of the football team.

**B**

This shows that I have developed good communications skills, I can work well in a team, and that I am a responsible leader.

**C**

This is important to Business Management, as being able to communicate effectively with others is an essential skill when working in a group. I can also act responsibly when put into a leadership role.

Why not try for it yourself and start to build the first draft of your own personal statement?

**A**

**B**

**C**



# PERSONAL STATEMENT DOS AND DON'TS

Here is our advice, and top dos and don'ts to help you tackle your personal statement.

## DO...

- Make sure to proofread for any grammatical errors; don't let spelling spoil your personal statement!
- Showcase your strengths using relevant examples.
- Expect to write several drafts to get your statement perfect.
- Ask for feedback from those you trust!
- Spend time on creating the perfect opening for your personal statement to engage your readers.
- Be enthusiastic!



## DON'T...

- Over-complicate your language; use simple phrases that will be understood by the reader.
- Lie! You may get caught out when asked to elaborate or provide evidence.
- Depend on a spellchecker. It is important that you proofread your personal statement yourself to ensure you can correct all errors.
- Leave it until the last minute. You will be less stressed if you have plenty of time to spend on your statement.
- Be tempted to buy or copy a personal statement. Personal Statements are checked for similarities, this could jeopardise your chance of being offered a place.



# YEAR 13 SESSION OBJECTIVES

## SESSION 1

1. To understand what UCAS is and key information about applying for university
2. To understand university rankings and how to make use of open days
3. To understand what a personal statement is and how important it is to your application

## SESSION 2

1. To understand how to gain skills and experiences to increase your employability & transferable skills
2. To understand what makes a good CV and how to create one
3. To understand how to demonstrate your skills and develop your 'Personal Brand'

## SESSION 3

1. To understand different types of interview and how to prepare for an interview
2. To understand what you should be researching before an interview
3. To take part in a mock interview

## SESSION 4

1. To understand what budgeting is and how it can help you manage your finances whilst at university
2. To understand how to make your money go further at university
3. To make a start on your student finance application

## SESSION 5

1. To be aware of the types of accommodation at university
2. To consider factors such as packing and cooking before going to university
3. To know what to research before you go to university and know what might be on offer when you get there

## SESSION 6

1. To understand about placement years and studying abroad
2. To understand graduate employability and discover graduate opportunities
3. To understand postgraduate study options and professional training programs

## SESSION 1 – UCAS AND PERSONAL STATEMENTS

### 1.2 Personal Statement – What is it?

## EXAMPLE OF A BAD PERSONAL STATEMENT

How many things can you find that are bad about this statement?

Only the very weak-minded refuse to be influenced by literature and poetry.” – Cassandra Clare, Clockwork Angel. I feel this quote reflects my own thirst for knowledge and that’s why I’ve had a love of reading from a young age, right from the time I could read *The Very Hungry Caterpillar*. These days my literary interests are rather more sophisticated, after all there’s nothing like *Ulysses* to show off one’s superior intelligence when indulging in my favourite activity (reading) in a coffee shop. I’m never happier than when I’m reading, and that’s why I want to study BA English Language and Literature at Oxford – that and the G&D’s ice cream! (Jokes!)

Oddly enough it was actually the film *10 Things I Hate About You* that made me decide for sure that I wanted to study English. All my friends kept saying how much I remind them of Julia Stiles in that film with her passion for poetry. Its true, I do adore poetry and I have won quite a few awards for my own poems and everyone says how good they are. Poets I especially admire include John Keats, Sylvia Plath, William Wordsworth, Philip Larkin, Seamus Heaney, John Milton and William Blake. I love novels too, my favourites being *Jane Eyre*, *Pride and Prejudice* and *Lord of the Rings*. I’m not a one-trick pony though. I also enjoy history, especially the Edwardians, as I’m a big fan of *Downton Abbey*. *Downton* has given me an interest in the First World War, as we see its impact on the Crawley family. It seems especially pertinent to be thinking about the First World War in this centenary year.

I am best in my class for all my subjects, so I think I’d fit right in at Oxford. When I’m writing an essay I have a steely determination to get the best grade, not unlike a hunter whose only thought is to catch the biggest, most impressive stag he can set his sights on.

My AS grade in history wasn’t as good as I’d have liked, but my teachers say that was only because I got sidetracked by spending too much time reading and writing poetry!! I’d love to study it at university and it’s my joint favourite subject with English.

When I’m not winning poetry competitions or reading sophisticated books in my local cafe, I enjoy socialising with my mates and going to the cinema.

I’m applying for deferred entry as I’m having a gap year. 😊

## SESSION 1 – UCAS AND PERSONAL STATEMENTS

### 1.3 Personal Statement Support

This is a breakdown of what a typical UCAS Personal Statement should include. Use this worksheet to note down your ideas about what you could include. More detailed advice and guidance about writing your personal statement, including a UCAS video guide, is available at [www.ucas.com/personalstatement](http://www.ucas.com/personalstatement).

**Introduction: Writing about the course** — why are you applying for your chosen course(s)? Why does this subject interest you? Include evidence that you understand what's required to study the course, e.g. if applying for psychology courses, show that you know how scientific the subject is.

**Suitability for the course** — why do you think you're suitable for the course(s)? Do you have any particular skills and experience that will help you to succeed on the course(s)? Do your current or previous studies relate to the course(s) that you have chosen? If so, how? Have you taken part in any other activities that demonstrate your interest in the course(s)?

**Skills and achievements** — universities like to know the skills you have that will help you on the course, or generally with life at university, such as any accredited or non-accredited achievements. Write these down here. Examples can be found at [www.ucas.com/personalstatementskills](http://www.ucas.com/personalstatementskills). Also think about any other achievements you're proud of, positions of responsibility that you hold or have held both in and out of school, and attributes that make you interesting, special or unique.

## SESSION 1 - UCAS AND PERSONAL STATEMENTS

### 1.3 Personal Statement Support (Continued)

**Hobbies and interests** — make a list of your hobbies, interests and social activities. Then think about how they demonstrate your personality, skills and abilities. Try to link them to the skills and experience required for your course(s).

**Work experience** — include details of jobs, placements, work experience or voluntary work, particularly if it's relevant to your chosen course(s). Try to link any experience to skills or qualities related to the course.

**Future plans and conclusion** — if you know what you'd like to achieve after completing the course, explain how you want to use the knowledge and experience that you gain. How does the course relate to what you want to do in the future? Make sure you conclude your statement and reinforce the key points.

## SESSION 1 – UCAS AND PERSONAL STATEMENTS

### 1.3 Personal Statement Support (Continued)

#### **Dos** when writing your personal statement

- > Do use your best English and don't let spelling and grammatical errors spoil your statement.
- > Do show that you know your strengths and can outline your ideas clearly. Use words you know will be understood by the person reading your statement.
- > Do be enthusiastic – if you show your interest in the course, it may help you get a place.
- > Do expect to produce several drafts of your personal statement before being totally happy with it.
- > Do ask people you trust for their feedback.

#### **Don'ts** when writing your personal statement

- > Don't exaggerate – if you do you may get caught out at interview when asked to elaborate on an interesting achievement.
- > Don't rely on a spellchecker as it will not pick up everything – proofread as many times as possible.
- > Don't leave it to the last minute – your statement will seem rushed and important information could be left out.

## SESSION 2 - CVS AND EMPLOYABILITY

### 2.2 CVs

Fill in the following CV sheet based on your chosen job - try to fill it in so it matches the job you are looking at. Use the previous examples as a guide as to what information the form is looking for.

## PERSONAL PROFILE

<b>Name:</b>	
<b>Address:</b>	
<b>Post Code:</b>	
<b>Tel:</b>	
<b>Email:</b>	

<b>Key Skills</b>	<b>Work Experience</b>

<b>Education</b>

<b>Interests/Hobbies</b>



## SESSION 3 – MOCK INTERVIEWS

### 3.3 Mock Interview Activity (page 1 of 2)

Instructions for staff: print this page out double-sided and cut-out along the lines below so you have 3 slips of paper. For a group session with 6 people, you'll need to print this page twice for example. Each student in a group of 3 has one of the slips of paper. When it is their turn to be the **Interviewer**, they ask the questions given on their paper. When they are the **Observer**, they should make notes in the observer section, which they can use to give back to the **Applicant** at the end of their interview.

FOR INTERVIEWER INTERVIEW 1	FOR INTERVIEWER INTERVIEW 2	FOR INTERVIEWER INTERVIEW 3
<p>1. Why do you want to study this course?</p> <p>(Or: Why do you want this job / degree apprenticeship?)</p> <p>2. Why did you choose this university (or employer)?</p> <p>3. What did you enjoy about your A-levels?</p> <p>4. What would your peers say are your strengths?</p> <p>5. What are your weaknesses?</p> <p>6. What achievement are you most proud of?</p> <p>7. What experience can you bring to this course (or job)?</p> <p>8. What are your career plans?</p> <p>9. Why should we offer you a place?</p>	<p>1. Why do you want to study this course?</p> <p>(Or: Why do you want this job / degree apprenticeship?)</p> <p>2. Why did you choose this university (or employer)?</p> <p>3. What motivates you?</p> <p>4. How would you describe yourself?</p> <p>5. What are your main strengths?</p> <p>6. What can you offer us that other applicants can't?</p> <p>7. What experience can you bring to this course (or job)?</p> <p>8. What are your career plans?</p> <p>9. Why should we offer you a place?</p>	<p>1. Why do you want to study this course?</p> <p>(Or: Why do you want this job / degree apprenticeship?)</p> <p>2. Why did you choose this university (or employer)?</p> <p>3. Where do you see your career or education 5 years from now?</p> <p>4. What are your main strengths?</p> <p>5. What are your weaknesses?</p> <p>6. What achievement are you most proud of?</p> <p>7. How do you deal with pressure?</p> <p>8. What are your career plans?</p> <p>9. Why should we offer you a place?</p>

## SESSION 3 - MOCK INTERVIEWS

### 3.3 Mock Interview Activity (page 2 of 2)

Instructions for staff: print this page out double-sided and cut-out along the lines below so you have 3 slips of paper. For a group session with 6 people, you'll need to print this page twice for example. Each student in a group of 3 has one of the slips of paper. When it is their turn to be the **Interviewer**, they ask the questions given on their paper. When they are the **Observer**, they should make notes in the observer section, which they can use to give back to the **Applicant** at the end of their interview.

<p><b>FOR OBSERVER</b></p> <p>Use the space below to make notes during the interview, and at the end let the applicant know how they did!</p>	<p><b>FOR OBSERVER</b></p> <p>Use the space below to make notes during the interview, and at the end let the applicant know how they did!</p>	<p><b>FOR OBSERVER</b></p> <p>Use the space below to make notes during the interview, and at the end let the applicant know how they did!</p>
<p><b>What did the applicant do well in the interview?</b></p>	<p><b>What did the applicant do well in the interview?</b></p>	<p><b>What did the applicant do well in the interview?</b></p>
<p><b>How could the applicant have done a little better in the interview?</b></p>	<p><b>How could the applicant have done a little better in the interview?</b></p>	<p><b>How could the applicant have done a little better in the interview?</b></p>
<p><b>How did the applicant answer the questions?</b></p>	<p><b>How did the applicant answer the questions?</b></p>	<p><b>How did the applicant answer the questions?</b></p>

## SESSION 3 - MOCK INTERVIEWS

### 3.3 Mock Interview Activity



#### CUSTOMER ASSISTANT (PART TIME)

£9.30 up to £10.50 per hour\* (pro rata).  
Part time hours are between 10 - 30 hours.  
Full time hours are between 31 - 40 hours.

**This isn't stacking shelves. This is feeding families.**

As a Customer Assistant at Lidl, no shift is the same and you get out what you put in. Starting at 5am some days to set up the store bakery for the day or finishing at 11pm on others to close the store and ensure the store is ready for another day of customers, you'll keep moving and keep business booming. Every day is different, so you won't just be working deliveries or working on the till; you'll be doing all of it and more. You could even train to be a freshness specialist, non-food specialist or a bakery specialist. It's your hard graft that puts food onto dinner tables and keeps our customers coming back.

Our Customer Assistants work together as a team to ensure their store is clean, tidy and well-ordered so that customers can get the products they love and need. You'll be part of a close-knit team who will soon become friends. Shifts include the weekends, but whether you have family commitments, are studying or have an extraordinary hobby, we make sure our rotas are available 3 weeks in advance so you can get the most out of your days off. This isn't just a challenge, this is a challenge with great rewards – because at Lidl, you get out what you put in. If you love keeping busy and want to do a job that matters, find out more below and apply for a career a Lidl less ordinary.

As part of your application, you will be asked to complete three online exercises taking fewer than 20 minutes, designed to provide us with a more in-depth understanding of you and your potential as a member of our team. If everything goes well, someone from the recruitment team will get in touch to chat about your application over the phone and following this you may be invited to face to face interview.

#### What you'll do

- > Unpack stock as deliveries arrive in store
- > Provide excellent customer service on the tills
- > Help our customers with any questions or queries, and locate items around the store
- > Ensure the bakery stays topped up by baking fresh goods
- > Ensure shelves are looking good, checking for sell by dates, ensuring quality and freshness for our customers
- > Merchandising and maintaining our middle aisles of non-food products

#### What you'll need

- > Some experience of working in a fast-paced environment
- > The flexibility to start an early shift at 5am or finish a late shift at 11pm
- > The ability to react positively to changing priorities
- > The initiative to identify tasks that need to be completed
- > The drive to work hard and contribute to the success of your store
- > A friendly communication style with your team and customers
- > Experience in providing excellent customer service

#### What you'll receive

This isn't getting by. This is getting what you deserve. Working at Lidl is rewarding, in every sense, because we give you the training to succeed in your role and plenty of opportunities to progress your career here. We're proud to offer a competitive hourly rate from £9.30 up to £10.50 (\*depending on experience and London weighting) with 30 days' holiday per year (pro rata). Save for your future with our pension scheme or save today with a 10% in store discount, plus extra discounts on days out, cinema tickets and much more.

## SESSION 5 - PREPARING FOR UNIVERSITY

### 5.1 Accommodation

# WHAT TYPE OF STUDENT ACCOMMODATION COULD BE BEST FOR YOU?

One of the most stressful aspects of attending university is finding a suitable place to live, and your search will depend in large part on knowing what type of accommodation is best for you. Your budget, study habits, social life and more will influence your options, but discovering what your preferences are should help with your accommodation search.

Put a circle around the letter that most represents you.

#### 1. You would describe yourself as:

- A** Extroverted. You like to be around new people all the time.
- B** Balanced. You enjoy socialising but need some time to yourself too.
- C** Introverted. You do not enjoy socialising or meeting new people.

#### 2. You look at change as:

- A** Exciting, especially when everyone else tells you how fun something is.
- B** Interesting, you like to experience new things for yourself.
- C** Horrifying, and you try to avoid too much at once.

#### 3. When you think about the cost of living as a student, you:

- A** Prefer to see what the university charges for most things.
- B** Like to research the university location and negotiate on your own.
- C** Know that not having to pay for accommodation will help your budget immensely.

#### 4. Your private space is:

- A** Not private at all, it's fine if anyone wants to visit or borrow things.
- B** Defined, but you're happy to share with some people.
- C** Precious, and always locked

#### 5. When it comes to cooking and cleaning you:

- A** Prefer to pay someone for that, or just not do it at all.
- B** Don't mind pitching in.
- C** Like the way it was always organised in your family.

#### 6. Your study habits lean towards:

- A** Big group discussions, the more the merrier.
- B** Talking things over with a couple of other students.
- C** Solitary reading and writing.

#### 7. When you think about university, you know you want to be near campus:

- A** All the time.
- B** Most of the time.
- C** For classes.

#### 8. Your daily schedule:

- A** Is always up in the air.
- B** Has a general flow to it.
- C** Runs like clockwork.

#### 9. Having to follow rules:

- A** Doesn't bother you, there's always a way around them anyway.
- B** Is fine, as long as they're reasonable and you've agreed to them.
- C** Is an act of life.

#### 10. To you, attending university means:

- A** Getting out on your own and doing your own thing.
- B** Taking a step towards becoming an independent adult.
- C** Adding a new class schedule to your life.

## SESSION 5 - PREPARING FOR UNIVERSITY

### 5.1 Accommodation (Continued)

# ANSWERS: WHAT TYPE OF STUDENT ACCOMMODATION COULD BE BEST FOR YOU?

The information below might help you narrow down your options when choosing university accommodation. These are just some suggestions to help you get started with your decision making. If possible, try and visit the accommodation available to you during an open day as this will help you visualise yourself living there.

An important thing to remember is that you can often do a combination of the accommodation options during your time at university. For example, you could live in halls of residence in your first year and then move back home for your second year. Or you might want to live in halls of residence in your first year and then move into private rental accommodation for the remainder of your time at university.

#### Mostly “A”s

Halls of residence might be the best student accommodation for you. You are a social person and halls of residence offer no shortage of new friends. You are also just fine with limited privacy and easy access to all of the activities found on a university campus, both of which make living right in the middle of everything a good idea. Prior to selecting a university, research its accommodation options, associated costs and any particular application process you must complete so you don't miss your chance to live in halls of residence if you so desire.

#### Mostly “B”s

A private rental might be the best student accommodation for you. You like the idea of moving out on your own and organising your life as you see fit, but you don't necessarily want to do this in an accommodation associated with your university. Ask current students for information on safe and accessible areas around the university and go online, read local newspapers and look at notice boards to get a feel for common rental rates and housemate arrangements. If you do decide on a private rental, be prepared to pay a deposit prior to moving in and sign a lease so that there are no surprises for you, or your landlord.

#### Mostly “C”s

Living at home might be the best student accommodation for you. You don't have much inclination to make major changes in your life right now, and you know that the more public mode of living at university is not for you. Just make sure you have a reliable method of getting to university each day, and that you'll be able to work out a class and study schedule that won't frustrate you or your family. Also speak with your family about your social life and what will be expected of you when you attend university and work out the “terms” of your continued residence at home to avoid frustration later.

# ASPIRE TO HE



Higher Education for all

## ACCOMMODATION HANDOUT

There are several types of accommodation available to you throughout your time at university – we will start with the main categories, then take a look at the specifics of the large category that is halls of residence.



**UNIVERSITY-OWNED HALLS OF RESIDENCE:** This accommodation is owned by the university or course provider - they usually accommodate a large number of students. There will typically be a shared kitchen facility, with individual rooms located along a corridor. Bathrooms can be ensuite or shared, depending on the individual halls of residence. This is a popular option for first-year students, as it provides a great opportunity to meet new people. You will need to apply for this type of accommodation via the university website – you will usually need to rank your preferred halls due to the high demand.

**PRIVATE HALLS OF RESIDENCE:** If your university is located within a town or city, there are likely to be private halls of residence available. These are typically similar in structure to university-owned halls, except they are owned by private companies who have set up a chain of accommodation, such as Liberty Living or Unite. If there is more than one university located in the town or city, it is likely that you will be sharing facilities with students from different institutions. It is worth noting that individual blocks within all halls can cater from three students up to fourteen.



**SHARED HOUSE OR FLAT:** If halls of residence do not appeal to you, there are often a wide range of shared student houses or flats available: these are sometimes owned by the university. This would mean you share facilities within a house or flat, so the number of students you are likely to encounter is considerably less than if you were staying in halls of residence. This is an option which is popular with students in their second or third year, so bear in mind you might be sharing with students in a different year of study to you.



# ASPIRE TO HE

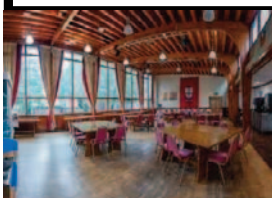


Higher Education for all

## ACCOMMODATION HANDOUT

### QUESTION TIME!

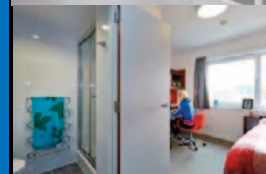
What features of halls would suit you best?



**EATING: CATERED OR SELF-CATERED?:** Some halls of residence provide dinner and sometimes breakfast as part of the overall cost. There will be a dining hall or canteen within the accommodation block, or one nearby which serves the halls of residence. Bear in mind, these are usually more expensive than a self-catered halls of residence, where kitchen facilities are provided for you to prepare your own meals.



**BATHROOM: ENSUITE OR SHARED?:** It is most usual in the UK that you will have your own room and not be required to share this: however, some halls will offer ensuite accommodation, whereas others will have shared bathroom facilities. This really depends on how much you value your privacy: if having your own bathroom facilities appeals to you, be prepared to pay slightly extra for this privilege.



**LOCATION: CAMPUS OR CITY?:** If you prefer to have all your amenities close to you and perhaps prefer a quieter environment, halls of residence on a university campus might be ideal for you. However, if you like to be at the heart of the buzz a city or town offers, you may prefer to look for accommodation within the metropolis. It is well worth doing your research so you know what type of facilities and amenities are nearby before you apply for your accommodation.



## SESSION 5 - PREPARING FOR UNIVERSITY

### 5.2 Packing for University

This activity is to get you thinking about the items you might want to pack for university. From the list of 15 items below, choose just 9 you'd like to take to university with you. Write an item in each of the diamonds below in order of importance to you (the top of the diamond being the most important, and the bottom being the least).

- > Toaster
- > Basketball hoop laundry basket
- > Door stop
- > Laptop
- > Cookbook
- > Clothes hangers
- > Self-stirring mug
- > Fairy lights
- > Digital photo frame
- > Stuffed teddy
- > Whiteboard and pen
- > Nerf guns
- > Monopoly
- > Houseplant
- > HDMI cable

A large diamond-shaped grid consisting of 15 empty diamond cells. The grid is arranged in a 5x3 pattern of diamonds, with the top row having 1 diamond, the second row having 2 diamonds, the third row having 3 diamonds, the fourth row having 2 diamonds, and the fifth row having 1 diamond. The diamonds are connected at their vertices, forming a continuous shape.



## SESSION 5 - PREPARING FOR UNIVERSITY

### 5.2 University Packing List

Here is an example of a packing list you could use when getting ready for university. You don't have to stick to this list exactly, but it might give you some ideas about what you could take. Depending on your accommodation, some of these things might already be there for you. Tick each item off once you've packed it!

Bedroom:	Bathroom:
<ul style="list-style-type: none"><li><input type="checkbox"/> Bedding including sheets, duvet, pillows, pillowcases and maybe even a blanket</li><li><input type="checkbox"/> Mattress protector</li><li><input type="checkbox"/> Decorations/photos to make you feel at home</li><li><input type="checkbox"/> Clothes (for winter and summer!)</li><li><input type="checkbox"/> Gym kit</li><li><input type="checkbox"/> Bags</li><li><input type="checkbox"/> Sunglasses</li><li><input type="checkbox"/> TV</li><li><input type="checkbox"/> Books</li><li><input type="checkbox"/> Laundry basket</li><li><input type="checkbox"/> Clothes hangers</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Shampoo, conditioner, shower gel, shavers etc.</li><li><input type="checkbox"/> Toothbrush and toothpaste</li><li><input type="checkbox"/> Towels (hand towel and bath towels)</li><li><input type="checkbox"/> Washing detergent</li><li><input type="checkbox"/> Dressing gown</li><li><input type="checkbox"/> Hand soap</li><li><input type="checkbox"/> Flip flops/sliders if sharing a bathroom</li><li><input type="checkbox"/> Bath and shower mat</li><li><input type="checkbox"/> Bathroom cleaning products (bleach, bathroom spray, toilet brush etc.)</li><li><input type="checkbox"/> Any medication you need</li><li><input type="checkbox"/> Toilet rolls</li></ul>
Kitchen:	Other:
<ul style="list-style-type: none"><li><input type="checkbox"/> Food for the first week</li><li><input type="checkbox"/> Mugs and glasses</li><li><input type="checkbox"/> Saucepans and frying pan</li><li><input type="checkbox"/> Chopping boards</li><li><input type="checkbox"/> Cutlery</li><li><input type="checkbox"/> Plates and bowls</li><li><input type="checkbox"/> Baking tray</li><li><input type="checkbox"/> Kitchen utensils (ladle, spatula etc.)</li><li><input type="checkbox"/> Tin opener and bottle opener</li><li><input type="checkbox"/> Vegetable peeler</li><li><input type="checkbox"/> Scissors</li><li><input type="checkbox"/> Bin bags</li><li><input type="checkbox"/> Clingfilm and foil</li><li><input type="checkbox"/> Oven gloves</li><li><input type="checkbox"/> Kitchen cleaning products</li><li><input type="checkbox"/> Tea towels</li><li><input type="checkbox"/> Appliances if not provides (toaster, kettle etc.)</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Mobile phone and charger</li><li><input type="checkbox"/> Laptop/tablet and charger</li><li><input type="checkbox"/> USB stick/memory storage</li><li><input type="checkbox"/> Speakers</li><li><input type="checkbox"/> Extension lead</li><li><input type="checkbox"/> Headphones</li><li><input type="checkbox"/> Games console</li><li><input type="checkbox"/> Stationery (including folders, notepads and highlighters)</li><li><input type="checkbox"/> Passport/ID</li><li><input type="checkbox"/> Bank card</li><li><input type="checkbox"/> Course textbooks</li><li><input type="checkbox"/> University and course acceptance letter</li><li><input type="checkbox"/> Accommodation contract</li><li><input type="checkbox"/> Student finance documents and documents relating to scholarships/bursaries</li><li><input type="checkbox"/> Contact details to sign up to new local GP</li></ul>

## SESSION 5 - PREPARING FOR UNIVERSITY

### 5.3 Student Union Society Examples



## ROBOT FOOTBALL AT PLYMOUTH UNIVERSITY

### WHAT IS IT?

Plymouth University's Robot Football society is all about playing football with a robotic twist. Members of this society play matches against one another – even staff get involved in the antics. Apparently, the robots are used for research and teaching purposes, as well as in competitions, which is pretty cool.

### OPPORTUNITIES:

- > Allows students who love football to try it with a different spin!
- > Have experience working with academics and other organisations
- > Get to know new people and socialise with people you wouldn't normally meet
- > Organise competitions with other universities
- > Looks great on your CV. Running a technology based club which could be applied in a career
- > Become a member of the committee. Roles range from Vice-President, Secretary, Treasurer, Social Sec and Press and Publicity Officer.



## 20 MINUTE SOCIETY AT NEWCASTLE UNIVERSITY

### WHAT IS IT?

This unpredictable society is one for the thrill-seeking students. Weekly, unsolicited texts are sent out to members at an unexpected time, with the address of a random location. Members are then required to get there within a 20 minute time-limit.

### OPPORTUNITIES:

- > Meeting friends during an unusual activity!
- > Past activities have included paint-balling and comedy nights, and they've even had one or two mystery holidays with previous destinations such as Prague, Amsterdam and Dublin.
- > Opportunities to think of new ideas for society
- > Think of ways to collaborate with community - networking for future
- > Become a member of the committee. Roles range from Vice-President, Secretary, Treasurer, Social Sec and Press and Publicity Officer.

## SESSION 5 – PREPARING FOR UNIVERSITY

### 5.3 Student Union Society Examples (Continued)



## BEE KEEPING SOCIETY AT UNIVERSITY OF EAST ANGLIA

### WHAT IS IT?

The perfect society for anyone with an interest in keeping honeybees for pleasure or for profit. This society gives members the opportunity to share knowledge and experience. The society was initially set up with the intention of giving people the chance to try the hobby without having to establish and fully maintain their own beehives. We think it's a rather sweet idea.

### OPPORTUNITIES:

- > Make new friends
- > Gain quality work experience which could be related to your degree
- > Rare opportunity to handle bees
- > Collaborate with communities or charities
- > Business opportunities to start own business and teach other students



## KORFBALL AT SHEFFIELD HALLAM UNIVERSITY

### WHAT IS IT?

Korfbal is a mixed gender sport, similar to basketball and netball. It is a growing sport which is becoming increasingly popular at universities. All abilities are welcome!

### OPPORTUNITIES:

- > Korfbal allows you to try something new
- > Attend the Sports Ball at university
- > Get to know new people and socialise with people you wouldn't normally meet
- > A chance to volunteer in your local community
- > Become captain and enhance your leadership, team work and communication skills
- > Become a member of the committee. Roles range from Vice-President, Secretary, Treasurer, Social Sec and Press and Publicity Officer.

## SESSION 5 - PREPARING FOR UNIVERSITY

### 5.3 Student Union Society Examples (Continued)



## A CAPPELLA AT UNIVERSITY OF BIRMINGHAM

### WHAT IS IT?

Fancy singing songs from a variety of genres, but normal choral singing just doesn't do it for you? Then why not try out UoB's A Cappella Society! The society currently consists of 6 separate A Cappella groups. The society also holds non-auditioned workshops and events throughout the year so there are plenty of ways to get involved!

### OPPORTUNITIES:

- > Getting to try out a new activity that you may not have been involved with before
- > Meet people with a similar interest in music and performing
- > Organise events to perform at. This may be at university or in your local community
- > Become a member of the committee. Roles range from Vice-President, Secretary, Treasurer, Social Sec and Press and Publicity Officer.



## RADIO SONAR AT SOLENT UNIVERSITY

### WHAT IS IT?

Fancy being the next Greg James? Perhaps you just want to learn how to produce great content? Or maybe even just want to meet some like-minded creative people? Then Radio Sonar is THE place for you! Greg James is the poster boy for any aspiring student radio presenter after he was discovered through the Student Radio Association (SRA). Student radio doesn't have to be all about presenting. We're also looking for producers (content creators), tech assistants (we have a live lounge!), journalists (for our news team and/or to conduct artist interviews), as well as people to co-manage social media and social events. Whatever you can think of, we can accommodate.

We have ties with local community station Voice FM, who offer 5 late-night slots per week (8-10pm) that YOU could end up presenting. As well as this, our links with the SRA and Renegade Music help to provide Radio Sonar with the latest music from the most exciting up-and-coming artists from across all genres. Last year alone we grabbed interviews with The Wombats, Rae Morris and Will Varley, just to name a few. These opportunities really could be yours if you join Radio Sonar!

### OPPORTUNITIES:

- > Making new friends
- > Gaining new skills in different areas, such as being part of the on-air team, playlist team or any other role within Sonar
- > Receive great opportunities for interviews, training days and the chance to win national awards
- > Be involved with raising money for charity
- > In 2020 Radio Sonar won awards in 5 different categories:  
*Society Best Contribution to Charity Fundraising, Event of the Year, Best Development of a Society, Society of the Year, and Outstanding Contribution to Student Media*







