

# Core Menu of Activity



## Linked to Gatsby Benchmarks

Shaping Futures is the National Collaborative Outreach Programme consortia for Liverpool City Region (the Merseyside and Halton area). We are publicly funded by the Office for Students to deliver a programme of activities designed to raise aspirations and provide impartial Higher Education (HE) information, advice and guidance to local 14-18 year old learners and support them in fulfilling their educational potential.

These activities are wide ranging and aim to increase the understanding and aspiration of choices at both Key Stage 4, post-16 and HE level; and to broaden knowledge of the types of HE courses and careers available and offer support with the entire university/HE application process (from attending open days, to choosing a HE course and completing a UCAS application).

Alongside our core programme of activities we also run a number of bespoke projects. Please chat to your Higher Education Progression Adviser (HEPA) to discuss these activities further.



0151 795 3619

[info@shaping-futures.org.uk](mailto:info@shaping-futures.org.uk)

 [shapingfutures\\_](https://twitter.com/shapingfutures_)

 [hapingfutures\\_](https://www.instagram.com/hapingfutures_)

## Our Core Menu of Activity

This Shaping Futures Core Menu of Activity is designed to support your students to explore their options across Higher Education. For ease, we have aligned each activity to the Gatsby Benchmarks to support the best careers provision across schools and colleges. Each activity we deliver is therefore marked with a benchmark next to the title.

### The Gatsby Benchmarks

<p>1</p> <p>A STABLE CAREERS PROGRAMME</p>	<p>2</p> <p>LEARNING FROM CAREER AND LABOUR MARKET INFORMATION</p>	<p>3</p> <p>ADDRESSING THE NEEDS OF EACH PUPIL</p>	<p>4</p> <p>LINKING CURRICULUM LEARNING TO CAREERS</p>
<p>5</p> <p>ENCOUNTERS WITH EMPLOYERS AND EMPLOYEES</p>	<p>6</p> <p>EXPERIENCES OF WORKPLACES</p>	<p>7</p> <p>ENCOUNTERS WITH FURTHER AND HIGHER EDUCATION</p>	<p>8</p> <p>PERSONAL GUIDANCE</p>

Throughout the menu, we have suggested an appropriate Key Stage for each session, however we are happy to adapt these to meet the needs of your students and your school. Please chat to your linked Higher Education Progression Adviser about how we can tailor these sessions to groups of different sizes and age ranges.



Shaping Futures is dedicated to meeting the HE outreach needs of your students and school. The below options can be delivered in schools or on campus (to smaller or larger groups) and tailored to different time frames. For ease, each activity outlined below has a number relating to the Gatsby Benchmark it will meet.

**7**

### Introduction to University/HE

A broad overview of the benefits of going to university/HE, how to begin researching courses and a brief introduction to UCAS.

### Campus Visits

**7**

Visits to the campuses of Shaping Futures consortia partners. This will enable students to find out more about University/HE and take part in lectures, seminars and campus tours. These can be generic or subject specific.

**4**

### KS4 Options

A talk or workshop for current KS3 students to support them with their GCSE decision making and to appreciate future HE pathways and career choices.

### Study Skills

**4**

Workshops supporting students to learn and use different study skills, such as: revision tips and tricks; time management; stress management; exam preparation; and essay writing. These can be generic or subject specific.

**3**

### Academic Mentoring

Academic mentoring in core subjects delivered by current undergraduate and postgraduate students.

## Options at Key Stage 3 and 4

### 6 Making the Most of Work Experience

A talk that encourages students to get the most out of work experience, by explaining transferable skills and how these can link to their future HE pathway.

### Book Club

4

Students read, discuss and analyse a book in a university-style seminar, developing vital literacy, critical thinking and discussion skills. Takes place over 2-4 sessions.

### 4 Literacy and the Creative Arts

A range of activities and visits that will allow students to explore career pathways in the digital and creative industries, through literature, while focusing on improving GCSE English attainment. We also offer a separate collaborative arts project, led by The Liverpool Institute for Performing Arts (LIPA) - For more information on this, please contact your linked HEPA.

## Options at Key Stage 5

The below options are more suited to students attending either Sixth Form or College and can be tailored to fit different time-frames. Again, we have matched the eight Gatsby Benchmarks to our activities. Please chat to your linked Higher Education Progression Adviser about adapting the sessions to a cohort of students.

7

### Choosing a University/HE Course

This is a talk or workshop supporting students to begin their university/HE course research. It will show students the different factors they need to consider in choosing a course and signpost them to a variety of extra sources of information.

3

### Personal Statement Workshop

A workshop supporting students to write a competitive personal statement that showcases all of their achievements, skills and qualities.

7

### Get the most out of Open Days

A talk supporting students to understand the role of open days and how to use them to make a university/HE choice.

7

### Budgeting and Student Finance

A workshop looking at budgeting and finance and how this works as a student. Topics covered are student finance, student loan amounts/repayment, picking student bank accounts and how to save as a student.

8

### Academic Mentoring

Academic mentoring in core subjects delivered by current undergraduate and postgraduate students.

6

### Interview Skills

How to approach interviews and make an impact.

## Options at Key Stage 5

4

### Extended Project Qualification (EPQ)

A workshop developing specific skills needed to succeed with the EPQ, e.g. thinking of a project idea, independent research, presentation skills and academic writing. N.B. Shaping Futures cannot fund the cost of an EPQ itself.

7

### UCAS Applications

A session working through the application process and looking at entry requirements. A practical session covering UCAS registration can also be delivered.

7

### Campus Visits

Visits to the campuses of Shaping Futures consortia partners. This will enable students to find out more about University/HE and take part in lectures, seminars and campus tours. These can be generic or subject specific.

### Study Skills

4

Workshops supporting students to learn and use different study skills, such as: revision tips and tricks; time management; stress management; exam preparation and essay writing. These can be generic or subject specific.

## Extended Project Options and 1:1 Guidance

### 1: 1 Guidance Meetings (KS5)

8

These can be a one off or a series of careers style meetings with a Shaping Futures Higher Education Progression Adviser. These are designed to explore Higher Education possibilities and to support students to make an informed choice.

4

### 'Use your Voice' (KS3 and KS4)

A six week programme that develops students' public speaking and debate skills through a series of tailored workshops. Beginning with basic public speaking and speech writing and progressing onto competitive debates. Students will gain key transferable skills.

### Practical Citizenship (KS3 and KS4)

4

A six week programme introducing socio-political issues and looking at the World around us, aiming to boost young people's awareness of issues that affect them, where they stand on these and how to become an active citizen.

### Individual University/College offers

In addition to Shaping Futures core outreach offer, individual Shaping Futures institutions (both universities and colleges) have a wealth of additional activities to offer to learners. If you would like more information on institution specific offers, please speak to your HEPA, who will be happy to signpost you to relevant colleagues in each university/college.