



Year 12 or 13 Big Futures Day



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“I learnt that I need to believe in everything I do, and aim for exactly what I want, not less”

Rebecca McLernon, Havelock Academy Sixth Form Induction



1. About Future Foundations

Founded in 2004, Future Foundations (FF) is an education training organisation focused on the personal development of young people.

Working in partnership we provide coaching, mentoring and training to grow the academic and leadership potential of young people. We run immersion learning programmes which last between one and five days, both residential and non-residential throughout the UK.



There are five themes that run throughout FF programmes:

- **Take personal responsibility**
- **Be yourself**
- **Know yourself**
- **Find your talents**
- **Serve others**

2. Big Futures Day - Overview

Typically a one-day programme delivered off-site for Year 12 or 13 students, with the following aims:

- Providing a fun and lively day which inspires the students to aim high
- Helping students to think about their vision for their last year in school and consider what success might be
- Encourage the students to take responsibility for their future post-sixth form
- Provide an insight into Higher Education, Student Life and allow the students to ask questions about what it is like
- Build the students confidence, time management, teamwork and commitment towards their vision through workshops and experiential team tasks.

The programme will be delivered in small groups to encourage maximum participation.



3. Typical Timetable and Sessions

Timing	Sessions
09.30	Registration
09.45	Opening Plenary:
10.30	Workshop 1. Time of Your Life
11.30	Break
11.45	Workshop 2. Self Leadership
12.45	Lunch
13.30	Experiential Learning Activity
14.15	Whole Group Session: Student Life – includes three sections: 1. Why University? 2. A Day in the Life of a student 3. Grill a Graduate
15.00	Feedback, Photo Montage & Closing Plenary
15.30	Close

4. a) Typical FF Workshops and Options

Example Sessions	Typical Content (adapted by the facilitators to suit the ability of the group)
1. Sixth Form Secrets	<p>Helping students make the jump from GCSEs to Sixth Form</p> <ul style="list-style-type: none"> - The common denominators of sixth form success, understanding and taking its opportunities, maximising life as a sixth-former, the importance of personal responsibility, achieving balance in sixth-form and setting a compelling vision for sixth-form
2. Self Leadership	<p>To be effective requires the ability to lead yourself, become clear about the vision you are working towards, and take responsibility for that journey.</p> <ul style="list-style-type: none"> - This session focuses on helping students to gain a deeper understanding of the relationship between success and attitude, improved listening skills and awareness of their impact on others
3. Knowing Yourself	<p>Helping young people to identify their natural abilities and strengths, and how they can use them to reach their potential</p> <ul style="list-style-type: none"> - Exploring students' strengths and learning styles, approach to work and the link between knowing yourself and success - Identifying study tools and techniques to help reach your potential
4. What's your story?	<p>To enable the students to identify what stories are holding them back and how they can develop them.</p> <p>The sessions aims to:</p> <ul style="list-style-type: none"> - Show students it is possible to find the excuse underneath things that are holding you back – and choose to not act on it. - Help students choose a different story to the one that is holding them back from succeeding
5. Time of Your Life	<p>Helping young people realise they control their time and to achieve their goals in life they need to consciously manage their time</p> <ul style="list-style-type: none"> - Wheel of Life - identifying how students spend their time and where it goes - Life strip - helping students understand the importance of their time
6. Finding your voice.	<p>Uses tools and techniques in a fun and interactive way to help young people develop their presentation skills</p> <ul style="list-style-type: none"> - Helps young people to build confidence in speaking passionately and authentically - The finale of this session challenges the students to take on leadership roles, self manage and provide inter-team feedback using the tools and techniques taught during the first half of the session
7. It's The Way You Do It	<p>Study skills and independent study</p> <ul style="list-style-type: none"> -The expectations of sixth form study, getting organised, starting with the end in mind, thinking and writing originally, the habits of study success, Who's on Your Team? (your study dream team), must knows, should knows and could knows.
8. Sixth Form Goal Setting	<p>This session builds on Sixth Form Secrets.</p> <p>The power of goal setting, daring to think big, the Harvard study on those who set goals, having enough reasons (why v how), models of setting goals, OPA model – outcome, purpose, action, success quotes on goal-setting, change is inevitable growth is optional</p>



4. b) Example Experiential Learning Tasks



Toxic Dump



Raising the Bar



Team Review



Team challenge brief



Duvet Race



Trust Fall



Mummy!



Traffic Lights!



Trust Fall

5. Contact details

For more information on this programme, FF or one of our other programmes please get in touch.

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