

Higher Education Experience



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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. Overview of a HE Experience

Typically an extra-curricular programme for between 30 and 50 students (Year 8, 9 or 10) who are predicted to be capable of getting adequate A-levels to go on to university. Takes place at a top university campus. The programme is delivered in a 'light touch' and fun way, focusing on two main outcomes:

1. Higher Education Awareness:

- Increase awareness of Higher Education (HE) – what you can study, tuition style, lifestyle, and importance of taking responsibility for finding the course and University that is right for you .
- Plant a seed of possibility that HE is reachable for them – that it can be a reality, and what the reality is .

2. Personal Development – Aspirations, Confidence and Life Skills:

- Clarify students' aspirations – through exposure to new ideas and small team coaching .
- Open students' minds to the mind-sets and skills of goal setting, time management, decision making and positive thinking.
- Help students to gain confidence through a talent show and public speaking workshops and practice .



3. What will make this a GREAT event?

- **Inspiration** – Our facilitators are all positive, young, dynamic and are inspired by the firm belief that all young people are full of capability and possibility. FF creates an environment where self belief naturally grows.
- **Variety** – To ensure every student has the greatest chance of a ‘penny drop’ moment, the programme will include a wide range of expertly facilitated sessions packed with real experiences. This will cater for all students from those that are not sure if University is for them to students who might consider applying to Oxbridge/selective universities.
- **Fun** – We believe that students learn in direct proportion to how comfortable they are and how much fun they are having.
- **Good Ratios** – Coach led sessions with a 1:10 ratio between our coaches and your students encourages trust to develop, enabling ‘real’ conversations about student’s futures and their concerns.
- **Targeted** – We suggest students that would benefit most from being selected are those on track to apply to university, but who may not have the aspiration or confidence required to get them there or may be able to aim higher than they are currently.



"I was hugely impressed with the way that Future Foundations organised and delivered this residential event (Cardinal Hinsley Year 10 HE Experience). In my years as a teacher I spent over 365 nights on residential trips with students and I would have been very proud to have organised something as good as this."

Peter Boursnell: Brent Aimhigher Coordinator

4. Sample Programme

Day 1 Timetable

Opening Plenary – this session will help to launch the programme in a fun and interactive way

Team meeting – the students will meet their FF Coach and develop a team identity presentation

Lunch (1pm - 2pm)

Interactive tour of University.

Break (3:30 - 3:50pm)

Finding Your Voice – the students will learn more about how to present themselves and they will then be challenged to come up with ways they would like to change the world

Sports Activities

Dinner (6pm - 7pm)

Talent Show followed by Free-Time



Day 2 Timetable

Breakfast (8 -8:30am)

Opening Plenary

Time of your life – the students considered what is important to them in life and how they manage their time.

Raising The Bar – the students learned the importance of teamwork, and self-leadership to achieve a goal.

Break (10:30 – 10:45)

Student Life – the students will learn about a Day in the Life of a Student and then have the opportunity to grill graduates from different universities.

Team meeting and review

Lunch (1 - 1:30pm)

Team Presentations – Each team will present what they have learned over the two-days about themselves, each other and Higher Education.

Closing Plenary

Team introductions



Whole group ice-breakers



A football game on Jesus College' grounds



Human Knot Icebreaker



Tour of Cambridge



Free time in the College Junior Common Room



Talent Show



5. What's Included?

Included:

- Project Management of Event – Including liaison with school and venue .
- All Future Foundations Staffing – 3/4 coaches, 1 Programme Director and 1 Operations Staff
- Sessions – Whole programme design and delivery.
- Food and Accommodation for students, teachers and FF staff - 2 days and 1 night

Not Included:

- Transport - Bus from School to event and return journey.

Typically the school would book the coach direct.



6. Example Venue



CHURCHILL COLLEGE
CAMBRIDGE



Large opening plenary
room



Break out rooms for small
group coaching



Plenty of outdoor space for
free-time



An awe inspiring city to
explore



7. Contact details...

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

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