

## *'Step Up' Programme*

Helping young people to take personal responsibility  
for their lives and their studies

Suitable for Year 9,10 or 11

One or multi-day programme (residential)



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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, September 2008

# 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

### Step Up Programme - one day or multi-day residential

- Focuses on students' taking personal responsibility over their learning and their lives, the build up to their GCSEs
- Challenges the students to take control of their future by deciding their post-programme next steps
- Highlights to the students the benefits of reaching their potential and encouraging them to believe in themselves and the importance of having aspirations
- Delivered in small groups to encourage maximum participation
- Typically delivered as a one day or multi-day residential programme to between 30 and 50 Year (9 to 11) students



### 3. a) Case Study: Fartown High School

## January 2009 and October 2009

### - Step Up Day

- 50 Year 11 Pupils at both events
- One day programme
- Location: Off-site at a Conference centre

“ It really brought home some important points. I found the whole day eye opening ”

Year 11 Pupil, Fartown High School

“ You pointed out some important issues to the students regarding life and succeeding. The fact that you treated them as adults and not school children was also great. ”

Mrs Glenda Wilson  
Network Manager, Fartown High school



## 3. b) Case Study: Costessey High School - Revision and Enterprise Step Up Weekend

- 50 Year 11 Pupils
- Three Day Residential Programme
- March 2009
- Location: Cliff Conference Centre

“I had a really good time and learned a lot about myself and what I need to do to get my grades. It was fun too. Thank you”

Year 11 Pupil, Costessey High School

“I have realised how important things are and how little time I have got. It was a wake up call and I needed it.”

Year 11 Pupil, Costessey High School



## 4. Typical Workshops and Options

Example Sessions	Typical Content (adapted by the facilitators to suit the ability of the group)
<b>1. Time of Your Life</b>	<p><b>Helping young people realise they control their time and to achieve their goals in life they need to consciously manage their time</b></p> <ul style="list-style-type: none"> <li>• An experiment in time</li> <li>• Wheel of Life - identifying how students spend their time and where it goes</li> <li>• Life strip - helping students understand the importance of their time</li> <li>• Put the big things in first – physical demonstration</li> </ul>
<b>2. Knowing Yourself</b> <b>[Alternative Option to SIM]</b>	<p><b>Helping young people to identify their natural abilities and strengths, and how they can use them to reach their potential</b></p> <ul style="list-style-type: none"> <li>• Exploring students strengths and learning styles, approach to work and the link between knowing yourself and success</li> <li>• Identifying study tools and techniques to help reach your potential</li> <li>• Identifying learning styles and their impact</li> </ul>
<b>3. GCSE Goal Setting</b> <b>[Alternative Option to SIM]</b>	<p><b>Digging deeper into ambition and setting practical next steps</b></p> <ul style="list-style-type: none"> <li>• Human Shield - exploring aspirations and fulfillment</li> <li>• Attitude to life and work</li> <li>• GCSE Goal Setting – Outcome, Purpose, Action</li> <li>• Overcoming GCSE Obstacles</li> </ul>
<b>4. Your Experienced</b> <b>[Residential Only]</b>	<p><b>Work experience and how to make the most of the interview process</b> – highlighting key employability skills, how to gain access to informational interviews, work experience opportunities and how to find them and will challenge the students using interactive role plays.</p>
<b>5. Self Leadership</b> <b>[Residential Only]</b>	<p><b>To be effective in your study requires the ability to lead yourself</b>, become clear about the vision you are working towards, and take responsibility for that journey. This session focuses on helping the students to gain a deeper understanding of the relationship between success and attitude and improved listening skills and awareness of their impact on others.</p>

## 5. Typical 'Step Up Day' Timetable

Timing	Sessions
09.30	Arrival, Registration & Icebreakers
10.00	<p><b>Opening Plenary:</b> Choice and responsibility</p> <p><b>Experiential Learning Activity: Driving Me – demonstrating to the students they have control over their destiny if they choose</b></p> <p><b>Video:</b> Preparing for a new world...</p>
10.45	<b>Time of Your Life – see next page</b>
11.30	<b>Break</b>
11.50	<b>Experiential Learning Activity 2: Toxic Dump - planning (putting time management into practice)</b>
12.20	<p><b>What's your story?</b></p> <p>Exploring beliefs and what holds young people back from achieving their potential.</p>
12.55	<b>Lunch</b>
13.30	<b>Enterprise Challenge: SIM Study</b> – design, build and pitch an effective environment for life and study. Explores in a fun, competitive and interactive way how to create a space that is conducive to aiming high. <i>(Session includes toilet break.)</i>
14.30	<b>Review of the day and Action Plan</b>
14.45	<b>Feedback, Photo Montage &amp; Closing Plenary: Step Up and Reach Your Potential!</b>
15.15	<b>Close</b>

## 5. Typical 'Multi-Day Step Up Residential' Timetable

Day 1	
Start	Session
15:30	Travel to venue
16:00	Registration
17:00	Opening plenary
18:00	Dinner
18:45	Team meetings
19:15	Workshop 1.
21:00	Choice of night time activities

Day 2	
Start	Session
08:00	Breakfast
08:30	Morning plenary
09:30	Workshop 2.
11:00	Break
11:30	Workshop 3.
12:30	Talent show prep and One on Ones
13:00	Lunch Group photo
13:45	Outdoor activity and One on Ones
16:15	Workshop 4.
17:15	Break
17:45	Inspiring Story
19:15	Dinner
20:00	Talent Show
21:00	Disco

Day 3	
Start	Session
08:00	Breakfast
08:30	Morning plenary
09:00	Workshop 5.
11:00	Break
10:30	Contribution Challenge
11:00	Group Presentations
12:30	Lunch
13:15	Closing Plenary
14:00	Travel home

## 6. Potential Venues



Leicester University  
Stamford Hall



Belsey Bridge,  
Ditchingham, Norfolk



Gilwell Park,  
Chingford, Essex



Cliff Conference Centre,  
Derbyshire

## 7. Next Steps & Contact details

1. Decide whether you would like a one day or multi-day programme
2. Confirm approximate numbers and year group
3. Confirm the programme times
4. Select option from the Options and Costings sheet
5. FF to invoice for 40 % of project cost for a multi-day programme and 100 % for one day programme
6. FF to confirm venue, finalise programme, book trainers, book accommodation (if applicable) and travel

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