

Year 9 / 10 Aspiration and Self-Confidence building activity

Can be run over a half day – up to 60 students (45 during COVID-19) on a carousel basis

What's Your Strength? Programme

Many young people believe higher education (HE) and the prospect of going to university is out of their reach, and many are already deciding whether to go to university or not long before they reach Year 11. Some of this is based on a lack of self-belief, knowledge and self-confidence in their skills and abilities. This activity is designed to break down barriers and raise the aspirations of Year 9 students. It supports the key outcomes of the DANCOP Progression Framework: Intro into HE; Routes; and Personal Development.

The half day event will be split into three distinct carousel activities (up to 20 students in each) which students will rotate around. Each activity will be led by a Level 6 Careers and Employability Practitioner from Ideas4Careers – three in total.

1. What's Your Strength?

This very interactive activity is a tool to help young people explore their own skills and qualities and identify strengths they may not even realise they have. Being able to identify and talk about strengths will help young people to:

- Understand themselves better and gain confidence
- Recognise their abilities and embrace who they are and what they may become
- Improve their motivation and self-esteem
- Develop their career planning skills including: understanding which types of jobs they are well suited to; identifying their own set of skills to include in CV writing; applying for jobs, college, university and apprenticeships; preparing for interview.

2. Why go to university? What's in it for me?

A fun quiz and short group tasks looking at the myths surrounding going to university. There will be opportunities to go online to research what they can do at university linked to their hobbies, strengths, and subject interests to generate interest in what is available. It will also cover HE in further education (FE) settings and Degree Apprenticeships.

3. Meet the graduate

Speed networking activity giving the students an opportunity to meet graduates from different disciplines (this can be done remotely with graduates if necessary, through Zoom or Microsoft Teams). This can include a mix of people from different professions who hold a university level qualification but who have come from different routes. Students are able to ask questions about each person's career journey.

Costs of delivery: Each half day event would be £775.00 + VAT plus What's Your Strength? cards (9 packs £200.00) to be left with the school.

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