

Case Study

Higher Education Experiences

Developing the soft skills and aspirations of young people

Future Foundations (FF) has programme managed Higher Education (HE) Experiences in partnership with the following schools and organisations:

- **Costessey High School** – Year 9 Residential HE Experience for 60 students, hosted by Caythorpe Court and Loughborough University
- **City Academy Norwich** (formerly Earlham High School) – Year 9 Residential HE Experience for 60 students, hosted by Caythorpe Court and Loughborough University
- **Cardinal Hinsley School** – Year 10 Residential HE Experience for 30 students, hosted by Jesus College, University of Cambridge. This programme is being delivered in partnership with Brent Aimhigher.

FF was responsible for designing and delivering all the content for the programmes, managing the event logistics and for the liaison with the partners and venues.

“Our Year 9s have returned fired up. I want to thank you for all your effort, work, inspiration, flexibility and commitment. The impact you have is NOT just on the students. I arrived back on Wednesday inspired to do better, and spent the day rewriting a whole school Achievement Plan.”

Alan Fletcher

National Challenge Coordinator, Costessey High School

Inspiring students to take control of their futures...



Costessey High School students taking part in an Opening Plenary at the Year 9 HE Experience. This activity is called 'Driving Me'; it helps young people to learn the importance of taking personal responsibility for their direction in life.



The FF Coaches introducing themselves to the students by telling them a highlight from their own Higher Education experience.

Costessey High School (Norfolk) Year 9 HE Experience

In partnership with Costessey High School (CHS), FF designed and delivered a Year 9 Residential HE Experience for 60 CHS students. This included a two-day with one-night residential at Caythorpe Court, Lincolnshire and a visit to Loughborough University. The aims were to:

1. Increasing HE awareness and aspiration by:

- Visiting Loughborough University.
- Attending workshops on HE and asking questions to a student panel.

2. Developing aspirations, skills and confidence by:

- Clarifying students' goals and HE aspirations through group coaching and one-to-one coaching with FF Coaches.
- Developing the students' time management, decision making and positive thinking through FF Workshops.
- Helping students gain confidence through developing skills in public speaking and taking part in a team talent show.

The feedback was extremely positive with many students reporting back that they were really inspired by the programme and had gained a real insight into what university is like and why they would like to go there.

City Academy Norwich (formerly Earlham High School) Year 9 HE Experience

In partnership with City Academy Norwich (CAN), FF designed and delivered a Year 9 Residential HE Experience for 60 CAN students. The programme was similar to the CHS HE Experience (above). It also took place over two-days and one-night at Caythorpe Court and Loughborough University.

Cardinal Hinsley (Brent) Year 10 HE Experience

In partnership with Brent Aimhigher and Cardinal Hinsley School, FF will deliver a Year 10 Residential HE Experience for 30 students at Jesus College, Cambridge. The programme is similar to the HE Experiences with CH (above). Additional elements for the Cardinal Hinsley programme are an interactive tour of the University of Cambridge and a follow up one-day programme for the students once they are in Year 11.

Exploring aspirations



Students working with their FF Team Coach through a goal setting exercise.



Students taking part in a peer on peer interview activity exploring their Higher Education aspirations, under the guidance of FF Coaches.

“Their workshops are amazing, full of fun AND really useful information. They provided an ear at any opportunity and were always willing to spend time with you and listen”

Charlotte

Student, Costessey High School



Everyone Contributes
Everyone Counts
Everyone Succeeds



Brent Aimhigher...



Jesus College
University of Cambridge

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