



# GCSE YEAR 10

# STEP UP

# FUTURE FOUNDATIONS

ACHIEVE YOUR POTENTIAL



**OUR VISION** is a society where

- Every young person makes the transition into adulthood with the foundations they need for their future
- All organisations are led by socially conscious people

**OUR MISSION** is to inspire young people to achieve their full potential and become leaders in their lives and within society

**OUR TRAINING PROGRAMMES** focus on helping young people to:

- Develop the skills and confidence to take personal responsibility for their future
- Nurture passion for learning and life
- Become social leaders

Future Foundations (FF) is a UK-based training organisation committed to inspiring young people to achieve their full potential and become leaders in their lives so they can contribute their skills, talents and passion to society.

Our programmes focus on developing social leaders by nurturing young people's **future world of work skills** and through commitment to our **foundation principles**.

<b><i>FUTURE world of work skills:</i></b>	<b>FOUNDATION principles:</b>
<ul style="list-style-type: none"><li>• Creativity / Enterprise</li><li>• Self confidence</li><li>• Risk taking</li><li>• Energy / Motivation</li><li>• Leadership</li></ul>	<ul style="list-style-type: none"><li>• Take personal responsibility</li><li>• Be yourself</li><li>• Know Yourself</li><li>• Find your talents</li><li>• Contribute to society</li></ul>

Our FF network brings together our people and partners to create a community who share our mission and vision for society and are committed to sharing their experience, knowledge and resources.

We believe only through collaboration will we create a sustainable future where every young person makes the transition into adulthood with the foundations they need for their future.

# OBJECTIVES



**A half or one day Step Up Programme for year 10 students with the following aims:**

- *Challenge students to take personal responsibility over their learning in the build up to their GCSEs, no matter how they have performed previously (Lower achiever specific)*
- *Encourage students recognise the strengths and attitudes they already have, to boost their confidence and motivate them to aim high (Lower achiever specific)*
- *Help students to identify and link passions and hobbies to future job or work roles and development areas for ideal future job roles*
- *Help students set tangible goals for their GCSEs and beyond; highlighting the link between future success and academic achievement*
- *Show students that through planning and effective time management, they can reduce the pressure of GCSE study and revision*
- *Provide a fun, interactive and motivational mid year boost which the students will remember*

# PROPOSED TIMETABLE

Timing	Sessions
09.00	Arrival, Registration & Icebreakers
09.15	<b>Opening Plenary: Choice and responsibility</b> <b>Experiential Learning Task: Driving Me</b> <b>(Demonstrating to the students they have control over their future if they choose to)</b>
10.00	Meet your team
10.30	<b>Workshop 1: Self Leadership</b> <b>Experiential Learning Task: Raising the bar – Leadership</b> <b>(Choosing your attitude and collective responsibility)</b>
11.30	Break
11.45	<b>Workshop 2: Knowing Yourself (Human Shield &amp; Life Maps)</b>
12.45	<b>Inspiring Stories: ‘What’s Your Story?’ John Foppe</b>
13.00	Lunch
13.45	<b>Workshop 3: Toxic Dump</b> <b>Experiential Learning Task: Toxic Dump (Planning and Time Management)</b>
14.30	<b>Workshop 4: GCSE Goal Setting</b>
15:00	<b>Feedback, Photo Montage &amp; Closing Plenary: Step Up and Reach Your Potential!</b>
15.30	Close

# SESSIONS SUMMARY

Sessions	Typical Content (adapted by the facilitators to suit the ability of the group)
<b>Time of Your Life</b>	<p><b><i>Helping students realise they control their time and to achieve their goals in life they need to consciously manage their time</i></b></p> <ul style="list-style-type: none"> <li>• Life strip - helping students understand the importance of their time</li> <li>• Covey quadrants - identifying how students spend their time and where it goes</li> </ul>
<b>Knowing Yourself</b>	<p><b><i>Helping students to identify their natural abilities and strengths, and how they can use them to reach their potential</i></b></p> <ul style="list-style-type: none"> <li>• Students draw /describe their strengths, passions, hopes and life motto</li> <li>• Explore the link between knowing yourself and success</li> </ul>
<b>GCSE Goal Setting</b>	<p><b><i>Digging deeper into ambition and setting practical next steps</i></b></p> <ul style="list-style-type: none"> <li>• Attitude to life and work</li> <li>• GCSE Goal Setting – Outcome, Purpose, Action</li> <li>• Using the SMART technique to set goals</li> </ul>
<b>Self Leadership</b>	<p><b><i>Helping inspire students to make the most of themselves in study and life</i></b></p> <ul style="list-style-type: none"> <li>• To explore the connection between attitude and success</li> <li>• To become aware of their habitual responses to challenges in study and life, and the impact of this</li> </ul>
<b>Interview Skills</b>	<p><b><i>Developing students' interview skills and experience; combining theory with interactive demonstrations and role plays</i></b></p> <ul style="list-style-type: none"> <li>• Learn the skills that employers are looking for and how to make an impact</li> <li>• Practice skills and interview technique through interactive demonstrations and role plays</li> </ul>
<b>Life Map</b>	<p><b><i>Students map personal, academic and career achievements from their past present and future</i></b></p> <ul style="list-style-type: none"> <li>• Creative exercise linking present reality with future possibility</li> <li>• Highlighting the link between effective planning and success in their future</li> </ul>

# CONTACT



To book this programme  
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