



Sixth Form Step Up Day

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**.

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

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 one day programme for year 12 students with the following aims:

- *Help the students to review their transition into year 12, recognise if they may have 'taken their foot off the pedal' and encourage them to aim high and be confident about their potential*
- *Encourage the students to take responsibility for their own learning and the attitude needed to go beyond what is being asked of them in class*
- *Develop the team work and time management skills of the students*
- *Helping students to think about their vision for sixth form and set tangible goals*
- *Foster mixing between Sixth Form students creating a supportive culture within the Sixth Form*
- *Re-Launch the sixth form with a fun and interactive experience which the students will remember*

PROPOSED TIMETABLE



Timing	Sessions
09.00	Opening Plenary: Taking Opportunities Experiential Learning Task: Driving Me (Demonstrating to the students they can direct their future if they choose to)
09.45	Meet your team
10.15	Workshop 1: Self Leadership Experiential Learning Task: Raising the bar – Leadership (Choosing your attitude and collective responsibility)
11.00	Break
12:00	Experiential Learning Task: Toxic Dump
12.40	Workshop 2: Independent Learning
13.30	Lunch
14.15	Workshop 3: Time of your Life
15:30	Feedback, Photo Montage & Closing Plenary
15.30	Close

SESSIONS SUMMARY

Example Sessions	Typical Content (adapted by the facilitators to suit the ability of the group)
1. Time of Your Life	<p><i>Helping young people realise they control their time and to achieve their goals in life they need to consciously manage their time</i></p> <ul style="list-style-type: none"> • Life strip - helping students understand the importance of their time • Covey quadrants - identifying how students spend their time and where it goes
2. Self Leadership 1 (Personal Leadership)	<p><i>Session helping inspire students to want to make the most of themselves in study and life</i></p> <ul style="list-style-type: none"> • To explore the connection between attitude and success • To identify what success in school would be for them • To support students in understanding what gets in the way of achieving their best
3. Knowing Yourself	<p><i>Helping young people to identify their natural abilities and strengths, and how they can use them to reach their potential</i></p> <ul style="list-style-type: none"> • Exploring students' strengths and learning styles, approach to work and the link between knowing yourself and success • Identifying study tools and techniques to help reach their potential
4. Independent Learning	<p><i>Introducing the concept of independent learning and explore what it means in a positive and 'can-do' way</i></p> <ul style="list-style-type: none"> • The idea that as independent learners students have the opportunity to lead their own studies, and bring them to life • Building awareness of students' preferred method of learning (using VARK framework) • Using different scenarios, help students identify practical ways and hints/tips of how to be an effective independent learner
5. Self Leadership 2 (Service Leadership)	<p><i>To be effective in your leadership role requires the ability to lead yourself, become clear about the vision you are working towards, and take responsibility for that journey</i></p> <ul style="list-style-type: none"> • 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
6. Total Recall (Study Skills)	<p><i>Inspiring students to make their study time a fun and intuitive experience "we learn in direct proportion of the fun we are having"</i></p> <ul style="list-style-type: none"> • To help students become more aware of the importance of imagination. • To teach and practice memory tools that enable students to "learn twice as much in half the time"
7. Finding your voice	<p><i>Uses tools and techniques in a fun and interactive way to help young people develop their presentation skills</i></p> <ul style="list-style-type: none"> • Helps young people to build confidence in speaking passionately and authentically • The finale of this session challenges the students to take on leadership roles, self manage and provide inter-team feedback using the tools and techniques taught during the first half of the session

CONTACT



I was giving up. I was letting life affect me too much and I just didn't care about work anymore. I wasn't focused on my work, because it just didn't matter to me. The FF programme motivated me to finish my coursework and revise for my upcoming exams
~ **Courtney Participant**



To book this programme please contact us:

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