

Study Higher: Young Carers workshops

Study Higher is a partnership between the University of Oxford, University of Reading, Bucks New University and Oxford Brookes University. We have come together to run four workshops for Year 10 or 11 students.

Study Higher have developed a suite of workshops specifically designed for students in Year 10 or 11 who have caring responsibilities at home. This Young Carers programme aims to increase students' confidence and aspirations, helping them to identify their own strengths and interests and building on this by exploring the possibilities available in future education study. Workshops will be delivered in your school at an agreed time by current undergraduate Student Mentors at one of the Study Higher universities.

Study Higher Programme Aims

- Develop students' knowledge and awareness of the benefits of higher education
- Develop students' capacity to navigate the Higher Education sector and make informed choices
- Develop students' confidence and resilience to negotiate the challenges of university life
- Develop students' study skills and capacity for academic attainment
- Develop students' understanding by contextualising subject knowledge

What are the workshops about?

The workshops cover a range of topics in a fun and engaging way. We'll look at students' own skills by completing quizzes and reflecting on their own experiences and aspirations. We'll also think about their future options, by looking at different careers, education options and role models.

How long are the workshops?

The workshops will be 1 hour long but they will be made up of lots of short, interactive activities. You can choose when would be best to deliver these workshops (e.g. after school, lunch time, or PHSE lesson). We recommend delivering these workshops once a week at the same day and time over the course of 4 weeks.

Workshop 1: 'Yourself'

'Yourself' explores self-esteem and aims to increase students' confidence in education and socially. The workshop will look at barriers to success and how we can begin to break down these barriers. It'll look at changing thought patterns and end with a confidence boosting activity.

Workshop 2: 'Your skills'

'Your skills' explores study skills and aims to develop students' study and employability skills in order to become more effective learners. The workshop will explore some of the skills students possess drawing upon work done in workshop 1. Students will also explore methods of study and attempt to identify how they learn and study best.

Workshop 3: 'Your options'

'Your options' aims to explore students' interests and personal strengths and to begin to map this to post-16 options and post-18 options. We'll introduce students to the different educational routes available at both 16 and 18 and begin to help them understand which route might suit them by looking at their personal interests and strengths.

Workshop 4: 'Your future'

'Your future' aims to broaden students' knowledge of the benefits of higher education. The workshop will look at role models in higher education and the many benefits and worries students may have about progression into higher education. The session will end with students completing a personal goal template that they can work towards.

Summer School**29th June - 1st July 2016**

Young Carers will have the opportunity to attend a three day residential which will provide a unique opportunity to visit three of our partner institutions including Oxford Brookes University, Bucks New University and the University of Oxford. The students will stay at Balliol College and enjoy a range of activities focussing on skills development, such as working as a team and problem solving, whilst meeting Young Carers of a similar age.