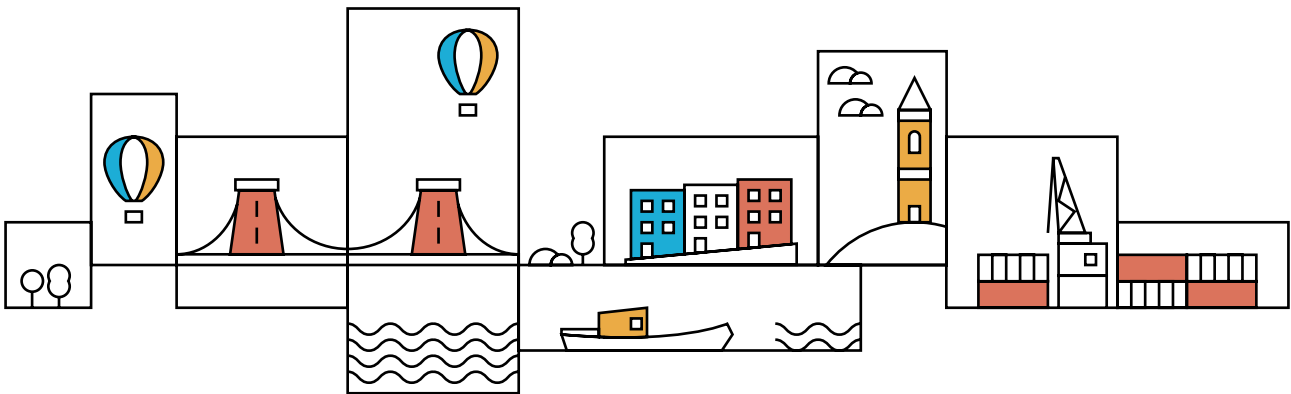


FUTURE QUEST

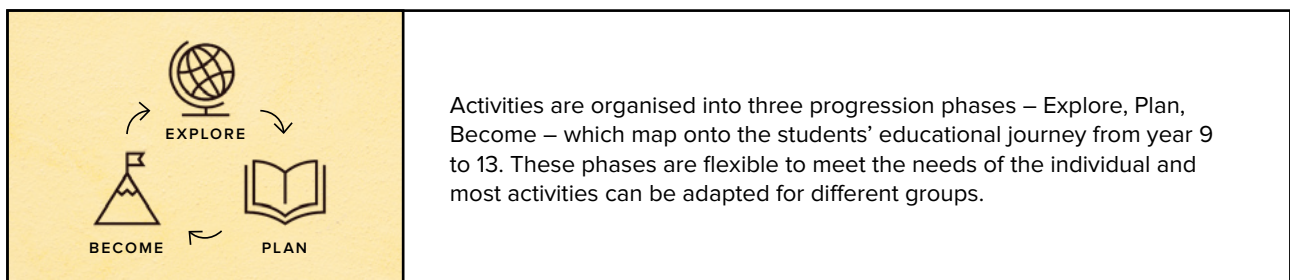


EXPLORE | PLAN | BECOME

Future Quest is the Bristol area partnership of universities and colleges, working together with the local authorities; the combined authority; employers and other organisations, to develop and deliver the Office for Students Funded Uni Connect Programme to support young peoples' progression into higher education. The targeted outreach programme is offered to schools with students in identified postcode areas, where higher education progression is lower than might be predicted from GCSE results.

Future Quest is underpinned by the theory of possible selves, which identifies the importance of supporting young people to explore and develop a range of desirable and possible futures for themselves; and to visualise realistic and achievable pathways to reaching them.

Our progressive activities aim to encourage a sustained passion for learning and focus on the future, by providing opportunities for young people to build the knowledge, skills and self belief to realise their expectations for the future.



DIGITAL FIRST AND COVID-19







Future Quest will be taking a digital first approach due to the ongoing Covid-19 pandemic. We have developed a range of interactive online resources, along with adapting many sessions for online live delivery.








Activities will be delivered online only during Autumn Term, with the view to start physical delivery from January if it is safe to do so.

This blended approach will allow us to adapt our delivery methods to comply with any changes to government or school and college restrictions.



ACTIVITY PLANNER

 STRENGTHS, DIFFERENCES AND PERSONALITIES	
<p>Character Strengths</p> <p>This workshop was developed by UWE postgraduate students and is based on positive psychology. It will help students to learn about character strengths, identify what their personal strengths are, and also how they might utilise these in the future. This can also be undertaken as an independent online activity with an interactive workbook.</p>	<p>16- 16+  </p>
<p>Growth Mindset</p> <p>This workshop was developed by UWE postgraduate students and is based on positive psychology. It will help students to understand fixed and growth mindset, consider where their own mindset is, and how they might move to a mindset which supports their personal growth. This can also be undertaken as an independent student led activity.</p>	<p>16- 16+  </p>
<p>Resilience Motivational Talk</p> <p>Delivered by Hannah Lawton, a UWE graduate, professional rower, and founder of charity Inspirational Friends, this talk will provide students with an insight into the personal and professional challenges Hannah faced at university and continues to face through the adventurous challenges she sets herself. After this engaging talk, there is a chance to ask Hannah questions about her experiences.</p>	<p>16+ </p>

 PATHWAYS, VALUES AND BEHAVIOURS	
<p>Healthcare Heroes</p> <p>There are so many hidden healthcare professions to choose from, students might not know where to start when finding out which ones there are and which one might be best suited to them. Join us for a virtual live session where healthcare students share an insight into their chosen professions and the courses they are studying. This session is up to three hours but students are able to dip into the sessions that are most relevant to them, rather than attend all of them. This virtual live session is planned for early November 2020.</p>	<p>16+ </p>
<p>Goal Mapping</p> <p>This activity will help students to identify and prioritise their short and long term goals, understand how to make them SMART goals, and support them to set out the steps to reach their goals.</p>	<p>16- 16+ </p>
<p>Pre-HE Careers: HE Course Exploration Quiz</p> <p>Students can discover more about higher education courses by taking our 'HE Course Exploration Quiz'. With over 50,000 courses there are a lot to choose from - and maybe a few they might not have known about.</p>	<p>16- </p>
<p>Pre-HE Careers: Why go to university?</p> <p>Students can learn about the benefits of higher education and reflect on the reasons why people may decide to study at degree level or not.</p>	<p>16- </p>
<p>Guess the Job Quiz</p> <p>This quiz will introduce students to 12 different jobs that they may not have heard of before. Hopefully the answers will surprise them and inspire them to find out more.</p>	<p>16- 16+ </p>
<p>Pre-HE Careers: Apprenticeships</p> <p>Apprenticeships are a popular alternative to university, and this workshop allows students to explore apprenticeships and the range of different opportunities available to them.</p>	<p>16- 16+ </p>



Pre-16



Post-16



Physical Delivery














Online Resources



Virtual Live

 **PATHWAYS, VALUES AND BEHAVIOURS**

<p>Pre-HE Careers: Options and Careers</p> <p>With this activity students will explore the different pathways available when they finish Year 11, including the range of jobs they could do - they might be surprised by some of the facts about the current job market.</p>	<p>16- 16+ </p>
<p>Unsure about a career?</p> <p>Students can see what careers link to their hobbies and interests to help them choose a career that's right for them.</p>	<p>16- 16+ </p>
<p>Pre-HE Careers: Gap Years</p> <p>Many young people consider taking a gap year after leaving school or college. Designed by the UWE Pre-HE team, this activity will allow students to explore the reasons why people take a gap year and whether it would be right for them.</p>	<p>16+ </p>
<p>Pre-HE Careers: Alternatives to Higher Education</p> <p>There are numerous alternatives to higher education available for students to choose from if they do not want to go to university. This activity explores how students can prepare for their next step.</p>	<p>16+ </p>
<p>Using Pathway Guidance Websites</p> <p>There's a lot to learn from websites like UCAS and Careerpivot, but sometimes it's hard for students to know where to start. Here are some ways students can use some of their existing study skills to make the most out of pathway guidance websites.</p>	<p>16- 16+ </p>
<p>Pre-HE Careers: Routes to Higher Education</p> <p>This activity will help students to gain an understanding of the different types of courses and degrees there are and what options are available to them at each stage of their educational journey.</p>	<p>16- </p>
<p>Careers A to Z Wordsearch</p> <p>We have included 15 quite unusual careers - students can find them in our wordsearch and use the glossary to learn more about them.</p>	<p>16- </p>
<p>Researching Your Future</p> <p>If students have a rough idea (or two...) about what they might want to do in the future, then this activity will help guide them through the process of researching their options. It covers apprenticeships, higher education courses, work experience and gap years.</p>	<p>16- 16+ </p>
<p>Finishing Year 11</p> <p>Finishing Year 11 is an exciting time, full of different opportunities. Students can follow the 5 steps in this activity to discover what options are available to them over the next few years.</p>	<p>16- </p>
<p>PUSH Talk: Stand Up for Higher Education</p> <p>An interactive online comedy gig themed around higher education. This is a really fun, teenage-friendly, light-touch introduction to the higher education experience. Involving quizzes, music, challenge games and solo 'what I wish I'd known when I went to university' comedy sets from PUSH presenters who moonlight as stand-up comedians. All PUSH presenters who take part in these were the first generation in their families to attend higher education.</p>	<p>16- 16+ </p>
<p>PUSH Talk: Making a life, not just a living (choices at 18)</p> <p>An inspiring exploration not just of students' choices at 18, but of what it means to make choices in the first place. Including what factors and circumstances affect students' choices, and how they can overcome barriers in order to make proactive, informed choices which enhance their wellbeing and ever-growing employability. This session is hosted by PUSH's Moj Taylor (a professional actor and comedian) and PUSH's Aron Tennant (a professional screenwriter). Both have an enhanced DBS.</p>	<p>16- 16+ </p>



Pre-16



Post-16


















Physical Delivery



Online Resources



Virtual Live

 SKILLS FOR LEARNING, LIFE AND WORK	
<p>Studying at University (SQ3R Notetaking)</p> <p>Whether students are preparing to study at university or are just curious to know what it's like, this activity will provide them with an introduction to what to expect and a taster to practise their notetaking technique.</p>	16- 
<p>Money Management Workshop</p> <p>A board game group activity based on managing money and budgeting. The game encourages students to consider personal choices they can make around money and how this can impact the amount of money they have available when they go on to study at higher education. Students can choose between a game based on a higher apprenticeship or an undergraduate degree and are helped to understand how loans are paid and the impact of unexpected financial hurdles.</p>	16+ 
<p>Budgeting Workshop</p> <p>Students learn about different types of income and expenditure when they leave school and reflect on personal and lifestyle choices. Students will also explore ways in which money can be saved and learn about the importance of budgeting and support available.</p>	16-  
<p>Time Management Workshop</p> <p>Introduction to the skill of time management by looking at why time management matters, exploring how we can become better at managing our time, and an opportunity to practice time management skills by creating a student timetable.</p>	16-  
<p>Public Speaking Skills</p> <p>Students discover what makes a confident public speaker by working through this interactive session. They will think about the different skills good public speakers have and what they can learn from them before planning their own short presentation.</p>	16- 16+  
<p>The 30 Day Challenge (Goal Setting)</p> <p>The 30 Day Challenge is all about making small changes day by day to make a big difference. Challenges that may be daunting, such as learning a new language, getting more active, or learning to cook, can be achieved through making small changes.</p>	16- 16+ 
<p>The Cooking Challenge</p> <p>Whether students are progressing into university, an apprenticeship or straight into a job, many will be considering a move away from home for the first time. Being able to cook nutritious, low cost meals is a vital skill.</p>	16- 16+ 
<p>Preparing for Online Interviews</p> <p>Online interviews are growing in popularity with employers, especially in the current climate. Students can explore how to make themselves look more professional and how to prepare for this style of interview.</p>	16- 16+ 
<p>Making the most out of university teaching (Cornell Notetaking)</p> <p>Teaching at university is very different to the way students learn in school or college, so it's really important for students to feel prepared when they arrive. This worksheet introduces a new notetaking method and provides some links to online resources that might be useful.</p>	16+ 
<p>Money Ready for University in Five Steps</p> <p>Students take their money skills to the next level by getting ready for higher education and avoiding costly mistakes in just five steps.</p>	16+ 
<p>Learn a Language</p> <p>Learning a new language can help keep students' minds active and it looks great on CV's and university applications. It can also help students connect with new people.</p>	16- 16+ 



Pre-16



Post-16


















Physical Delivery



Online Resources



Virtual Live

 SKILLS FOR LEARNING, LIFE AND WORK	
<p>Resilience Talk</p> <p>Students learn about using CALM to support themselves in challenging situations (Calm down, Ask yourself why, Learn the cause, Manage yourself) and the importance of Awareness (knowing and understanding yourself) and Engagement (seeking support). The talk also covers some practical coping strategies and provides an overview of available support services at university.</p>	16+  
<p>Dealing with Student Stress Workshop</p> <p>Students can learn how to effectively manage stress and use it in a positive way to approach the fear of failure by reflecting on their own experiences and establishing some actions that will enable them to take control.</p>	16+  
<p>Resilience & Healthy Behaviours Talk</p> <p>An introduction to what resilience is, the steps to take to deal with a stressful situation, how to approach failure, and the four themes of 'feel good': Relax, Eat Well, Get Active, Try Something New as a way of building resilience.</p>	16-  
<p>Resilience & Healthy Behaviours Workshop</p> <p>Students are introduced to resilience as a skill, the steps to take in dealing with a stressful situation, how to approach failure and the four themes of 'feel good': Relax, Eat Well, Get Active, Try Something New as a way of building resilience. Students will have the opportunity to set their own intentions of healthy behaviour by completing a 'feel good' postcard that they can keep.</p>	16- 
<p>Developing Healthy Habits Workshop</p> <p>The focus is on developing proactive and positive behaviour towards challenging situations and building resilience. Students explore and reflect on their own responses to particular challenges and identify helpful and unhelpful coping strategies, moving towards setting goals that will enable them to develop healthy habits relating to the themes of physical activity, relaxation, healthy eating and trying something new.</p>	16- 
<p>Circle of Control</p> <p>This activity can help students increase their self-awareness and optimism, and is a good reminder of what to focus energy on at challenging times.</p>	16- 16+ 
<p>Future Me Vision Board</p> <p>Students focus on improving their general wellbeing and developing self-motivation by creating a vision board of how they would like to see themselves in the future. There is also an opportunity to send words of encouragement to their future self as they work towards their goal.</p>	16- 16+ 
<p>Stress Bucket</p> <p>This activity can help students to increase their resilience during difficult times by helping them to identify what stress is and to increase their awareness of how they currently manage stress.</p>	16- 
<p>Self-Care Toolkit</p> <p>Our self-care toolkit contains ideas to make students feel more motivated and give their wellbeing a boost, thereby helping them to develop compassion for themselves.</p>	16- 16+ 
<p>Gratitude Jar</p> <p>Feeling thankful and appreciative are important emotions; tapping into these emotions can increase self-awareness and optimism. This activity will help students identify what things they are grateful for and can be particularly useful when changes occur in their lives.</p>	16- 16+ 
<p>Healthy Behaviours Quiz</p> <p>What are healthy behaviours? Students can take this quiz to test their understanding of the themes of wellbeing and the coping strategies we use when faced with challenging situations. They can also discover new ways to improve their general wellbeing and build resilience.</p>	16- 16+ 



Pre-16



Post-16

















Physical Delivery



Online Resources



Virtual Live

 SKILLS FOR LEARNING, LIFE AND WORK	
<p>Resilience in Stressful Situations</p> <p>This 30 minute interactive presentation covers what resilience is and how to use this skill to cope with stressful situations.</p>	16- 16+ 
<p>Know Yourself</p> <p>Students can discover something new about themselves. They learn about self-awareness and its role in empowering us to make changes by exploring their feelings and personal strengths.</p>	16- 16+ 
<p>Managing Uncertainty</p> <p>Change can cause uncertainty, worry and stress. This activity will provide students with different tools to help them to manage their worrying thoughts and will help them to develop self-awareness, resilience, and optimism.</p>	16+ 
<p>PUSH Talk: Developing Positive Home Environments for Learning</p> <p>This fun interactive exploration of how the brain learns - and how we can work smart instead of work hard - is a great kick-starter to revision, as well as a wider view of why we learn, and how much our environments affect it. This session is hosted by PUSH's Moj Taylor (a professional actor and comedian) and PUSH's Aron Tennant (a professional screenwriter).</p>	16- 16+ 
<p>PUSH Talk: Reframing Failure for Personal Success</p> <p>PUSH presenters and managers all have wider freelance careers as professional creatives, and are not only accustomed to failure, but understand it is a crucial part of self-development (in learning, employability, choice-making) and a key part of building one's self-confidence. This interactive session is hosted by PUSH's Moj Taylor (a professional actor and comedian) and PUSH's Aron Tennant (a professional screenwriter).</p>	16- 16+ 
<p>PUSH Talk: Covid hassles and how to deal with them</p> <p>An open and honest session exploring student wellbeing in the current pandemic, and simple ways students can stay healthy (diet, sleep/rest, work-life balance) and face the future with calm confidence instead of anxiety. This interactive session is hosted by PUSH's Moj Taylor (a professional actor and comedian) and PUSH's Aron Tennant (a professional screenwriter).</p>	16- 16+ 
<p>Grass Routes: Teamwork for Young People</p> <p>This workshop links to the Leadership for Young People workshop which can follow on from it. This workshop gives an appreciation of what a good team does and how it can attain peak performance. It also explores some of the barriers to peak performance and how these might be overcome. A blend of activities is supported by theoretical frameworks and students are encouraged to experiment with their team profile in a safe learning environment.</p>	16+  
<p>Grass Routes: Leadership for Young People</p> <p>This is a highly interactive workshop which links to the Team Development workshop. It explores the frequently misunderstood area of leadership, blending theory with practice. All students will have the opportunity to lead tasks gaining direct feedback from their peers and tutors. They will also have a better picture of what good leaders should do and how they should do it.</p>	16+  
<p>Grass Routes: Problem Solving</p> <p>This workshop uses action learning techniques and highly interactive exercises to give focused attention to individual and team problems. Where appropriate students are encouraged to explore a challenge that they are facing, finding practical solutions using the knowledge and skills of a small group of people. Each problem is different and some more complex issues may require a series of inputs over time before a satisfactory resolution can be found.</p>	16+ 
<p>Grass Routes: Understanding You and Others</p> <p>This workshop will help students to understand themselves better and, through that understanding, how they might work better with others. It will also help students to understand their strengths and what they may still need to work on, giving them a better understanding of what they might be best suited to doing. Please note that students will be asked to complete some psychometrics prior to the workshops.</p>	16+  



Pre-16



Post-16



















Physical Delivery



Online Resources



Virtual Live

 SKILLS FOR LEARNING, LIFE AND WORK	
<p>Grass Routes: Communication Skills</p> <p>This workshop encourages students to step outside of their comfort zone to improve their communication skills in a safe and friendly environment. It is ideal for anyone looking to achieve optimum results from situations that involve other people, especially those that feel their communication skills could be improved.</p>	<p>16+  </p>
<p>Grass Routes: Healthy Mind in a Healthy Body</p> <p>Participants will learn what habits to pick up or drop in order to prepare themselves for an increasingly fast-paced world where physical and mental health are becoming more important. Tips are shared on how to maintain and enhance body and mind performance. Physical workshops will include real food encounters and appropriate forms of exercise, e.g. yoga.</p>	<p>16+  </p>
<p>Grass Routes: Resilience, Stress and Anxiety</p> <p>This enjoyable workshop combines learning about current thinking and best practice with facilitated sessions to help students create their own toolkit and action plan for changes that they are implementing. Resilience is the human capacity to face, overcome, and be strengthened by experiences of adversity.</p>	<p>16+  </p>
<p>Grass Routes: Personal Effectiveness</p> <p>Building self-awareness is critical to improving our personal performance. Our effectiveness is linked to self-understanding and the understanding of others. This workshop will allow students to regain control of their workload by managing themselves and others more intelligently. Participants will learn how to say no, how to set themselves deadlines and, most importantly, how to sustain these improvements and stay healthy over time.</p>	<p>16+  </p>
<p>Grass Routes: Towards a More Employable You</p> <p>This workshop explores the specific areas that will make a young person more employable, enhancing their chances of acceptance onto the training, apprenticeship or educational course of their choice. It will give them a clearer picture of how to gain entry to the next stage of their career and how to present the best version of themselves and to map a way forward in life.</p>	<p>16+  </p>
<p>Grass Routes: Interview Skills</p> <p>This workshop will allow students to learn and practise skills to increase their chances of success when applying for jobs or to higher education. Participants are asked to consider what a university or employer might look for during the application and interview processes. Participants will also explore what happens after an unsuccessful interview and are provided guidance on dealing with failure, and how to learn from the interview experience.</p>	<p>16+  </p>
<p>Grass Routes: Presentation Skills</p> <p>This highly interactive workshop will give students the skills to deliver a presentation with confidence and authority. The workshop will take full account of the start level of the students, building on their current skill level and taking them to the next.</p>	<p>16+ </p>
<p>Building a Routine</p> <p>Students learn how to build a routine to help them be successful, use their time effectively and efficiently and get ready for their day.</p>	<p>16- </p>
<p>Going to University: Logistics Guide</p> <p>The University Logistics Guide has been written to support those who are going to university this year or those that are thinking about it. The guide has content on adjustment and clearing, accommodation, finance, transport and support services.</p>	<p>16+ </p>



Pre-16



Post-16


















Physical Delivery



Online Resources



Virtual Live

 ENCOUNTERS WITH HIGHER EDUCATION, EMPLOYERS AND LIFESTYLES	
<p>Scientist Like Me</p> <p>An opportunity to meet some postgraduate students from UWE studying postgraduate degrees in Applied Science. Applied Sciences covers a diverse range of subjects including molecular biology, chemistry, forensics, medicinal microbiology, genetics, environmental sciences, and many more. This session will be led by UWE postgraduate students who will give students an insight into their very varied educational journeys, what they consider are the 'essential need-to-knows' and their aspirations for the future. The 'virtual floor' will then be open for discussion either by the chat box or verbally on anything students see as important in helping their understanding of university and/or studying science. This virtual session is planned for late November 2020.</p>	<p>16+ </p>
<p>Healthcare Heroes</p> <p>Sometimes students are looking for a career which helps people, but they have no idea where to start. This activity can help students discover healthcare professions that they may not have heard about. During the virtual live session, healthcare students will share an insight into their profession and course. This virtual live session is planned for summer 2021.</p>	<p>16- </p>
<p>Earth Sciences</p> <p>These sessions are curriculum focused within the Year 9 and 10 science curriculum and can be tailored to needs of the school and students. We also offer some online provision and worksheets to complete at home.</p>	<p>16-  </p>
<p>Philosophy of Science</p> <p>The University of Bristol is offering a new free science workshop for Year 9 and 10 students to promote thinking and discussion of key elements of Working Scientifically. Focusing particularly on hypotheses, this workshop will explore the question 'How do we know that the earth is not flat?'. This will be a dynamic discussion session that will strengthen students' understanding of key curriculum content and develop skills for school, university and beyond - oracy, critical thinking, and the confidence to participate in collaborative discussion. The session works with students in Years 9 and 10 and can be delivered in school during classes.</p>	<p>16- </p>
<p>Creating Smart Networks</p> <p>This activity will involve a set of engineering problems that relate specifically to GCSE and A level curricula in Physics and Electronics. They have been designed by an academic from University of Bristol's Engineering faculty and can either be worked through online or can be delivered by staff from the Faculty of Engineering at the University of Bristol.</p>	<p>16- 16+  </p>
<p>UCAS Support and/or Student Finance Guide</p> <p>These sessions are focused on the UCAS process, including personal statement writing and student finance. They are two separate sessions, and can be delivered either to Year 12's at the beginning of the process - who might benefit from both - or the finance session can be run independently to Year 13 to give further clarity on the student finance system.</p>	<p>16+  </p>
<p>Arts: Theatre Project</p> <p>This activity encourages students to thoughtfully consider culture, particularly their personal culture and the culture(s) of Bristol. This is an opportunity to explore how culture is created, how it is curated (e.g. in museums and libraries) and how it is celebrated (e.g. through storytelling and performance).</p>	<p>16- </p>
<p>Forensic Science Workshop</p> <p>Your students will learn how Forensic Scientists solve crimes using DNA analysis. They'll watch how to extract DNA from fruit and have a go at solving their own murder mystery. Helping to solve crimes is just one job your students might not have expected possible with a biology or chemistry degree.</p>	<p>16-  </p>
<p>Tech in Sport</p> <p>This activity introduces your students to an expanding area of engineering. They will find out about its history and explore engineering's impact on players and spectators. Then design their own sports tech product for the future following the Design Engineering process STEPS.</p>	<p>16-  </p>



Pre-16



Post-16



Physical Delivery






















Online Resources




Virtual Live

FUTURE QUEST

 ENCOUNTERS WITH HIGHER EDUCATION, EMPLOYERS AND LIFESTYLES	
Building Human Towers Students will learn that when you study a language at university you also study it's culture. They will explore why dangerous and exciting traditions like the extraordinary Human Towers of Catalan matter so much to its people and then create their own cultural/sporting tradition.	16-  
Student Societies An introduction to some of the University of Bristol's societies via student-made videos. Your students will hear about opportunities to try new things, explore interests and develop a wide range of skills while having fun and meeting new people. They can also join a live online session run by current students. Available from Spring 2021.	16-  
Why go to University/Study at HE? (Pros & Cons) This session allows students to learn about the benefits of university and reflect on the reasons why people may decide to go or not go.	16-  
Accommodation Activity Living away from home for the first time can be daunting for many students. This workshop allows students to explore different accommodation options to see which they think would suit them best so they can make a more informed choice.	16- 16+ 
Jargon Buster Quiz Higher education is full of jargon and confusing acronyms. Students can test their knowledge with this interactive jargon busting quiz.	16- 
Student Ambassador Q&A This session will allow students to pose questions directly to our fantastic Student Ambassadors, all of whom are currently studying at either University of Bristol or UWE.	16-   
Exploring Degree and Higher Apprenticeships Degree Apprenticeships are an increasingly popular alternative to attending university. This activity will allow students to find out why they are so popular and what opportunities are currently available.	16- 
Student Life Workshops Student life is a key part of higher education but there are still many myths surrounding it. This myth busting session will allow students to see what a student life experience could look like for them.	16+  
Student Finance Presentation Introduction to student finance and funding for higher education.	16+   

 Pre-16

 Post-16

 Physical Delivery

 Online Resources

 Virtual Live



GET IN TOUCH

To find out more about these activities or book onto them you can email us at future.quest@uwe.ac.uk
 You can keep up to date with what we are doing by following us on social media or visiting our website

WWW.FUTUREQUEST.ORG.UK | FUTURE.QUEST@UWE.AC.UK

