

# Mindfulness & goal setting workshops

## How to beat exam stress

A session based around tips and tricks to manage exam stress and anxiety.

## Skills to Step forward

A session for students looking to pursue a more vocational route to higher education. A great workshop to improve students' confidence.

## Goal Mapping

A session encouraging students to look to the future and make clear goals for the things they want to achieve.

## Brand yourself (Social Media)

An interactive workshop where students are put in the seats of an employer as they look at CV's, cover letters and applicants' social media to see who should be hired or fired. A great session for social media awareness.



We endeavor to meet all requests from Aimhigher Plus partner schools and colleges but please bear in mind that at certain times of the academic year, our team are extremely busy.

To book a talk or a workshop, please contact us using the details below. Please include the following information in your correspondence:

- School or college name
- Preferred date and time
- Your first and second choice
- Year group



Phone: 0121 414 6900

Email: [aimhigher@contacts.bham.ac.uk](mailto:aimhigher@contacts.bham.ac.uk)



[www.aimhigherwm.ac.uk](http://www.aimhigherwm.ac.uk)

# Workshops & Talks

in your school or college



 Part of the  
National Collaborative  
Outreach Programme

## Our offer

Aimhigher Plus offer a wide range of talks and workshops which can be delivered by one of our representatives as part of your school or college day. Booking information can be found on the back of this booklet.

### Talks:

#### What is Higher Education?

Laying down the foundations to help students understand the breadth of Higher Education. Dispelling common myths about university and allowing students to understand how accessible it is to everyone.

#### Writing your personal statement

A short masterclass on what to include and how to write the best personal statement.

#### The UCAS Application Process

A session showing students the step by step process of navigating the UCAS application process.

#### Understanding confirmation and clearing

Helping students to make informed decisions and alternative plans for their future. Showing students how they can use the confirmation and clearing system to access Higher Education even if their results aren't what they expected.

#### What are apprenticeships?

A session which can be tailored to suit year 11, 12 or 13 students as they get an insight into the rapidly growing field of Advanced, Higher and Degree apprenticeships. A less well-known but just as competitive alternative to University or College courses.

### Looking for something else?

Contact us using the details on the back of this form if you have a bespoke request for a talk in your school or college.

## University Life workshops

#### Student Life

A talk led by undergraduate students followed by a Q & A panel.

#### Design a Society

Students have the opportunity to learn about the Students' Unions as they work to create their own societies.

#### Quick Fire Uni Life

Students take part in a series of short interactive games to explore different areas of University life.

#### Model Student

A fast paced interactive game as students work in teams to complete challenges to test if they have the skills necessary to be a 'Model University Student'.

#### Lego Enterprise

An opportunity for students to get creative as they explore how they would change University life for them in the future.

## Exploring HE and University Choices workshops

#### Prospectus hunt

Students look through University prospectuses to explore university course options. They will then examine student profiles and take the role of careers advisers to sign post each other to the best suited University.

#### Design your own course

Students get the opportunity to get creative and design their own perfect university course.

#### Entry Requirements Game

Students learn how universities ask for different entry requirements, and complete an activity to learn the relevance of their current studies for their university future

#### Quick Fire University Choices

Students take part in a series of short interactive games to explore different areas of university life.

#### Understanding Apprenticeships

Students explore the new and changing world of Apprenticeships. They get the opportunity to debate the benefits and sacrifices in comparison to life at university.

## Student Finance workshops

#### Student Finance facts and figures

Dispelling myths about the affordability of Higher Education in an easy to understand method through looking at student case studies.

#### Money, Money, Money

Students practically budget for their first month of University. Choosing an option of studying from home, or moving away

#### Groceries Higher/Lower

Students explore the costs of independent living through this interactive Higher or Lower groceries game.

## Transferable Skills workshops

#### Study Skills

Through a series of interactive activities, this session provides students with all the essential skills to succeed in their current and future studies.

#### Skills in the workplace

Students take part in interactive challenges to show they have the necessary skills to flourish in the world of work.

#### The Assessment Centre

A fast paced interactive game simulating the experience of an assessment centre. Students work in teams to complete challenges to test if they have the skills necessary succeed in a competitive BBC Higher Apprenticeship.

