

Employability sessions

Networking skills

The aim of this session is to introduce students to the importance of networking, as a mechanism for opening up opportunities for education, employment and social activities. We will explore the benefits of networking, where it happens and begin to develop student's skills by producing a summary of self and identifying some golden rules. It is a fun and engaging session which uses group work and drama techniques to embed learning.

Interview skills

This practical and experimental session will equip students with an insight into how to prepare for and present themselves at interview. By participating in a series of learning activities and having the opportunity to practice, this session will develop participant's confidence to both understand the interview process and perform well.

Preparing for a work placement

The aim of this session is to prepare students for a successful work placement. We will explore communication skills for the workplace, how to present professionally and how to manage any challenges. In addition, we will support students to produce SMART objectives for their placement, while being clear about their role and responsibilities.

My social media identity

This session will invite students to explore the benefits and risks of the digital world, and encourage their critical thinking about online life and their digital footprint. Through a series of group work activities, students will reflect on their current online activity and consider the impact on their future selves and professional profile.

CV Writing skills

A good CV is essential for gaining employment and accessing work experience opportunities and can also provide the basis for UCAS personal statements. This session will equip students with a professionally recognised template to begin producing an outstanding personal CV. We will provide guidance on the layout of a CV, appropriate content and writing style and support students in small groups to map their skills, personal qualities and experience.

Specific activities

We can offer tailor-made sessions for your students, to help overcome specific barriers to life in Higher Education. Please speak to your HE Advisor for more information.

Personal Development sessions

H.E.althy relationships

Meeting new people and making friends is an important part of university life. The WIN H.E.althy Relationships sessions identify the positive behaviours and qualities of a healthy relationship, while recognising unhealthy behaviours. We will explore the importance of consent and communication, through a series of small group work activities, in a safe and positive learning environment.

My teenage brain

As well as being a critical period for education, adolescence is a time of physical and emotional transition. The WIN session 'My Teenage Brain' aims to enable students to better navigate this time of life. It explains the main changes in the brain and how they impact on feelings and behaviours as well as encouraging students to develop their own strategies to manage this important transition from child to adult. This session is aimed at students, staff and families.

Using mindfulness to improve access to HE

This session introduces the practice of mindfulness to students in a relaxed and accessible way. Starting with a bitesize tour of the brain, we encourage students to recognise how stress presents in the body and mind. We explore the benefits of practising mindfulness for personal wellbeing and practice a variety of mindfulness techniques to improve access to HE.

Managing personal finance

Personal finance skills are very important to young people as they become independent. This session presents students with the opportunity to learn the basics of financial language, income and expenditure. Through a series of e-learning, individual and group-work tasks, students will gain the skills to produce a budget both for their current status and for their future selves (living and working independently, while away at University; whether living away or living at home).

Plan B – What if I don't get the grades?

This session combines information about the range of options available if students do not initially meet their academic goals. We will introduce strategies to address the emotional impact of this change. The aim is to lower anxiety around what happens next and empower the student to make informed progression choices. These sessions look at new ways of approaching challenging situations, present evidence-based coping methods and encourage the development of problem solving and research skills.

Specific activities

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Study Skills sessions

Writing for exams - understanding the success criteria

This session looks at how to improve performance during exams. It aims to enhance student's understanding of success criteria and how to answer questions appropriately (using Bloom's taxonomy model). Students will have the opportunity to explore how to recognise key command words in an exam context, and how to interpret the language used to tackle higher level questions.

This session will provide useful resources and handouts for students, which support the development of writing skills, for exams and assignments.

Revision techniques

This session aims to further equip students with organisational and time management skills. Students will learn how to create a SMART revision timetable addressing challenging subject topics first, and incorporating a range of revision techniques within their revision plan.

Research and referencing skills

This session will enhance a student's ability to use a variety of research and referencing skills when writing assignments. The key areas covered in this practically-led session include how to acknowledge sources and the use of referencing to substantiate a line of thinking and develop a conclusion.

Dealing with exam stress

A workshop which supports students to develop skills to overcome thoughts which can hijack their revision and general study. In a safe and exploratory session we address shared anxieties and introduce mindfulness techniques to help calm exam nerves.

Specific activities

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