

ASPIRE TO HE



Higher Education for all



YEAR 13 NEWSLETTER

Welcome to our Aspire to HE newsletter!

Aspire to HE is a partnership based at the University of Wolverhampton with the aim of helping students understand their future options and pathways to higher education.

We'll be sending weekly newsletters to help students like yourself during these uncertain times.

We'll give you updates and resources that can help with your next steps, and we have some fun activities for you to take part in! This newsletter includes:

- How you can stay in touch with us
- Latest news updates
- Resources you can use at home
- The chance to win a £20 Amazon voucher!



ASPIRETOHE



UNIVERSITY OF
WOLVERHAMPTON



Uni Connect
Programme

STUDENT FINANCE

Here is a round up of recent updates from Student Finance England (SFE)

- Can you still apply? Yes you can, do it ASAP to prevent delays! SFE do not expect there to be any delays.
- You can still contact SFE directly with any queries you have, you can also speak to the Aspire to HE team!
- Worried about posting evidence if you're unwell or self-isolating? SFE see this as extraordinary circumstances. So, don't put yourself at risk and SFE will offer further advice soon!
- If your household income has changed don't worry - SFE has a process for this!

MORE INFO



CHAT TO OUR TEAM

Feeling unsure about your next steps? Not sure who to speak to about your future options whilst school is closed?

Speak to a member of the Aspire to HE team, who can help answer your questions.

Simply visit the University of Wolverhampton 'Chat to a Student' service here: wlv.ac.uk/chat select the 'Staff' tab. You will be asked to set up a quick account, which is both safe and secure. You can then ask the Aspire to HE team your questions and we'll be happy to help!

UNI BUDDY



MIND MATTERS

During this period of uncertainty, it's very important to take care of your mental health.

Exercise can be one way of reducing stress and improving your mood. While gyms may be closed, there are a number of activities that you can participate in at home. This includes yoga, fitness workouts, and even dance classes. Why not plan daily walks or try a new fitness workout on YouTube!

NHS EVERY MIND MATTERS





ASPIRE TO HE RESOURCES

This week we are sharing resources and checklists that will help you apply to university and apply for your student finance.

UCAS have put together a list of upcoming Open Days taking place online, with universities across the country. This includes general Open Days, and subject specific events. [Click here to see the list of upcoming events.](#)

To help you get the most out of these events, we've put together a checklist for you to use ensuring you get all the information you need, and ask important questions.

RESOURCES



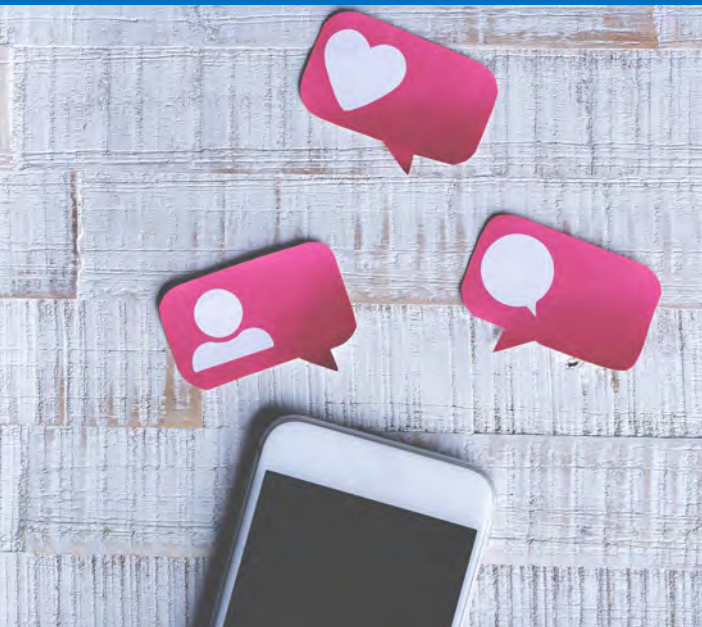
ASPIRE TO HE CHALLENGE!

Each week we'll be setting a challenge, taking part is not compulsory but there is a prize to be won!

This week, for the chance to win a £20 Amazon voucher we want you to create a motivational poster for yourself! You could paint, draw, use a programme like Word or Publisher. Why not have a go at using Canva to create an animated graphic for social media?

Think about your goals, long term and short term. Is there something you want to achieve whilst you're at home? Do you have a dream job that you're aiming for? What do you need to do to achieve your goals? Don't forget to share your poster with us, you can do this by email or social media.

TEAM EXAMPLES



STAY IN TOUCH

Follow us on Twitter and Instagram for up-to-date key messages, top tips for applying to university, and an insight into Aspire to HE activities and events!

You can visit our Aspire to HE website for more information and signposting to resources that will help you make an informed decision about higher education and your future.



Aspire to HE



aspiretohe.co.uk