

**ASPIRE
TO HE**

Higher Education for all



UNIVERSITY OF
WOLVERHAMPTON



YEAR 12 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 will 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
- Upcoming events
- Resources you can use at home
- The chance to win a £20 Amazon voucher!



UPCOMING EVENTS

The University of Wolverhampton has a programme of virtual events for those who are considering higher education. Here are some events coming up this month:

- 18 May—Researching HE and Choosing a Course
- 19 May—Personal Statements
- 19 May—Why HE and why Wolverhampton?
- 20 May—Employability; Choice, Option, & Destination
- 21 May—Goal Setting, Decision Making & Checklists!
- 22 May—Student Life with WLV Ambassadors



VIRTUAL EVENTS

MIND MATTERS

Planning structure into your day may not sound important but routine can improve mental health.

Having a routine can help us to cope with change and also form healthy habits. With the school closures, it can be very easy to get into some bad habits and spend all day in bed watching Netflix.

That's why we have put together some top tips for helping you structure your day better.

- **Prepare plans for your day the night before** – Write a to-do list the night before that will help you structure your day around things you want to do or achieve.
- **Keep regular sleeping hours** – Go to bed at a regular time and try to wake up at the same time every day.
- **Make your bed!** – There are benefits of making your bed every morning. Not only does it kill the dust mites that are attracted to dead skin and sweat (disgusting we know!), it has mental health benefits that help improve the quality of your day.
- **Schedule in your activities and study** – Create blocks in your day for focused activities such as school work and make sure you take a break after completing a task. You should also schedule in some time to do the things that you enjoy to boost your mindset!





VIDEO RESOURCES

The Aspire to HE team have been working on a series of videos for you to watch focused on goal setting, making informed decisions, and preparing for university.

Each video series will provide you with opportunities to put some of the ideas into practice. Why not take some time this week to watch some of our videos, not only will you learn about SMART targets and how to make an informed decision about university, you will also learn how to cook a Chicken Curry and a Veggie Chilli Con Carne!



VIDEOS

ASPIRE TO HE RESOURCES

Even now, whilst schools and colleges are closed, it is useful to start considering your next year of study. Finding a revision technique that best suits you can be really beneficial for year 13 and also higher education.

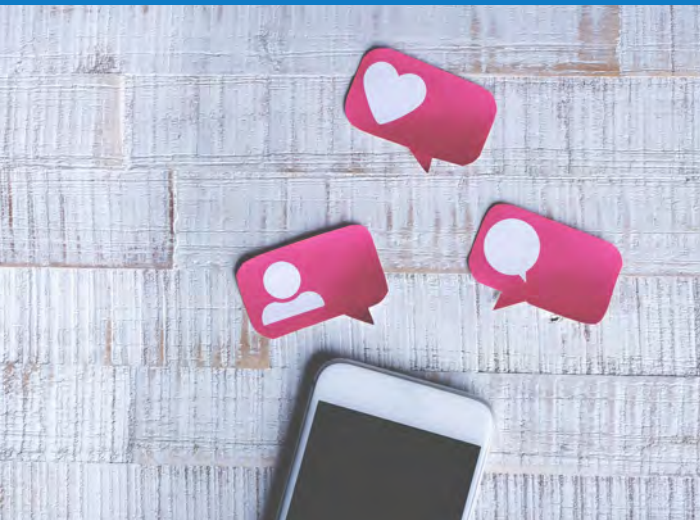
This week we have created some resources about study techniques that will help you to start thinking about how you can set yourself up for success.



**UNDERSTAND
LEARNING STYLES**



**CREATE A
TIMETABLE**



FOLLOW US

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



INSTAGRAM

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 a chance to win a £20 amazon voucher, we want you to tell us about your ideal university. Think about:

- What is the university's name?
- What can students do on campus?
- What does the accommodation look like?
- What degrees are offered at this university?

You could draw or paint your ideal university or write up a summary outlining all the amazing features that students would have access to. Don't forget to share your university with us, you can do this by email (aspiretohe@wlv.ac.uk) or social media.

Congratulations to Rhianna from Madeley Academy who has won a £20 amazon voucher and is our winning entry from last week's challenge which was to design a motivational poster!



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. You may have a question about higher education, student finance, applying to a sixth form or apprenticeship or you may want to find out more about careers and university courses.

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!



CHAT TO US



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