



# YEAR 11 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!



## TAKE OUR JARGON QUIZ!

How good is your knowledge of key words and phrases associated with life at university?

Why not try our University Jargon Quiz to test your knowledge and recap some of the terminology used when applying to university.

**GOOD LUCK!**



**JARGON QUIZ**

## MIND MATTERS

**This week is Mental Health Awareness Week and there are lots of ways that you can get involved.**

The theme this year is kindness and one thing we have seen all over the world during these uncertain times is acts of kindness.

Not only does kindness support others, it is good for our own mental health and wellbeing, reducing stress and also improving emotional wellbeing.

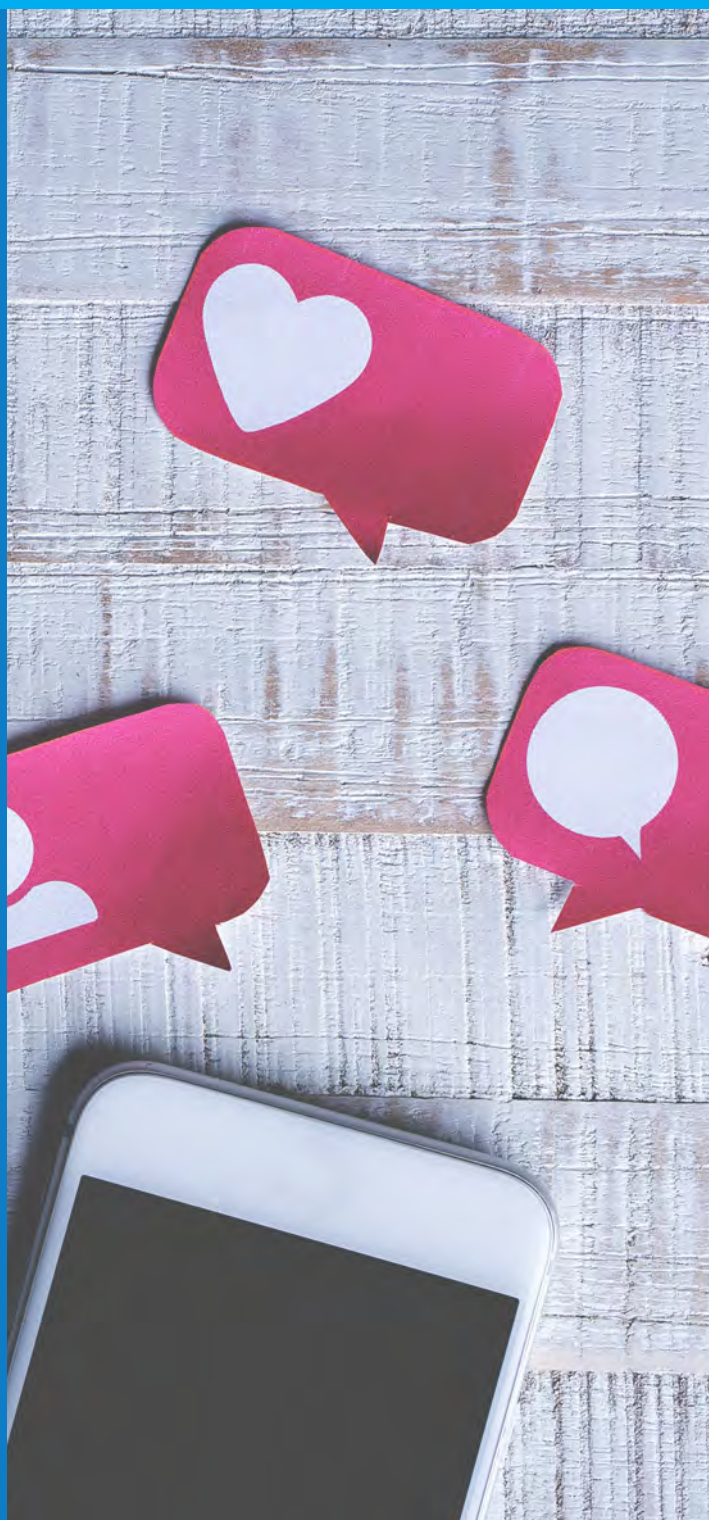
Below are some ways that you can get involved this week:

- Why not carry out your own act of random kindness. Download a supporter pack for ideas on how you can make someone smile this week!
- Post on social media using the hashtags #KindnessMatters and #MentalHealthAwarenessWeek.
- Design your own Mental Health Awareness Week poster to display in your window.
- Say thank you to a teacher in your school—did you know that Wednesday 20th May was National Thank a Teacher Day?

We would love to hear about your acts of kindness this week. Share them with us on social media or email [aspiretohe@wlv.ac.uk](mailto:aspiretohe@wlv.ac.uk).



**SUPPORTER PACK**





## 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.



**VIDEOS**

## ASPIRE TO HE RESOURCES

The cost of going to university can sometimes put young people off submitting an application.

However, there are a lot of myths around student finance so this week we have created an information sheet to help you understand why cost should not be a barrier to going to university.



**STUDENT FINANCE**



**BUDGETING**



## VIRTUAL WORK EXPERIENCE

Are you interested in applying for a medical school in the future? Why not try taking on some virtual work experience that will help your future medical school application stand out.

Using presentations, patient case studies and interactive quizzes and activities, the learning content of the course explores some of the key skills and values attributed to being an NHS doctor.

Here's everything you need to know about Brighton and Sussex Medical School's (BSMS) virtual work experience!



**BCMS EXPERIENCE**



# 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](mailto: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](http://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**



**ASPIRETOHE**

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TO HE**



Higher Education for all