

# ASPIRE

## TO HE



Higher Education for all



# 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
- Latest news updates
- Resources you can use at home
- The chance to win a £20 Amazon voucher!



ASPIRETOHE



UNIVERSITY OF  
WOLVERHAMPTON



Uni Connect  
Programme



# GCSE RESULTS

GCSE results will be published on 20 August, as originally planned. This will enable progression to higher and further education to take place in the normal way.

The calculated grades awarded this summer will be formal grades, with the same status as grades awarded in any other year. They will therefore be accepted by all institutions—colleges and universities.

**MORE GUIDANCE**



# 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!

**UNI BUDDY**



# MIND MATTERS

Sleep isn't just time out for a busy routine, it allows our body to recover and a good night's sleep is linked with a good mental health. However, getting a good night's sleep may be difficult for anyone feeling anxious about the current situation. Below are some tips if you have difficulty sleeping.

- Keep regular sleeping hours. Most adults need between 6-9 hours and it's important to try and wake up at the same time each day!
- Winding down before bedtime. This includes reducing your screen time as electronic devices can have a negative effect on sleep.
- Daily exercise can support with getting a good night's sleep. Make sure you continue with your daily walks!







## STEPHEN SEKI

Aspire to HE works with Stephen Seki, who travels across our region delivering motivational talks in schools. You may even remember him coming into your school!

Over the next few weeks, Stephen will be releasing daily motivational videos to help as many students as possible. These videos will be helpful in supporting you to keep positive and will also encourage you to increase your resilience during this difficult time. Why not watch a video now or schedule in some time each morning to watch his daily motivational talks!

[YOUTUBE](#)



## ASPIRE TO HE RESOURCES

A CV is a written overview of your skills, experience and education, and is an essential part of any job search. A good CV can be the difference between securing an interview and not being considered for the job.

This week we have produced resources that will support you in creating your own CV. Creating a CV will also give you an opportunity to consider all your current experiences (e.g. extra-curricular activities) that may support higher education applications.

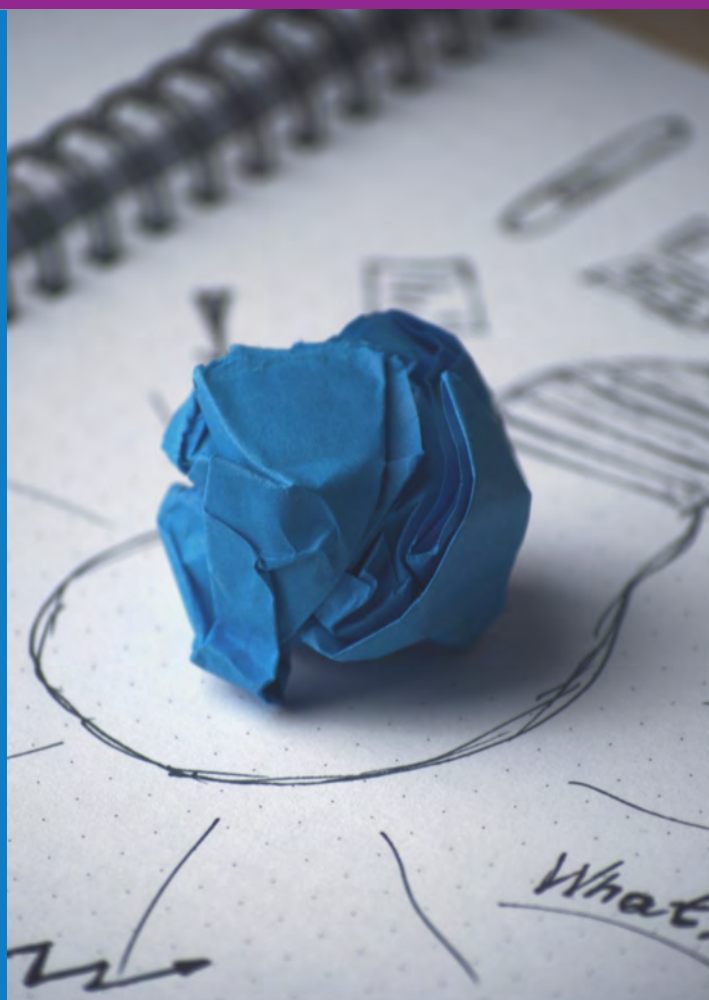
[CV TOP TIPS](#)



[CV EXAMPLE](#)



[CV WORKSHEET](#)



## COMING SOON

The Aspire to HE team are working on video presentations for students, these will cover a range of topics including: decision making and goal setting!

Look out for these videos in future newsletters!



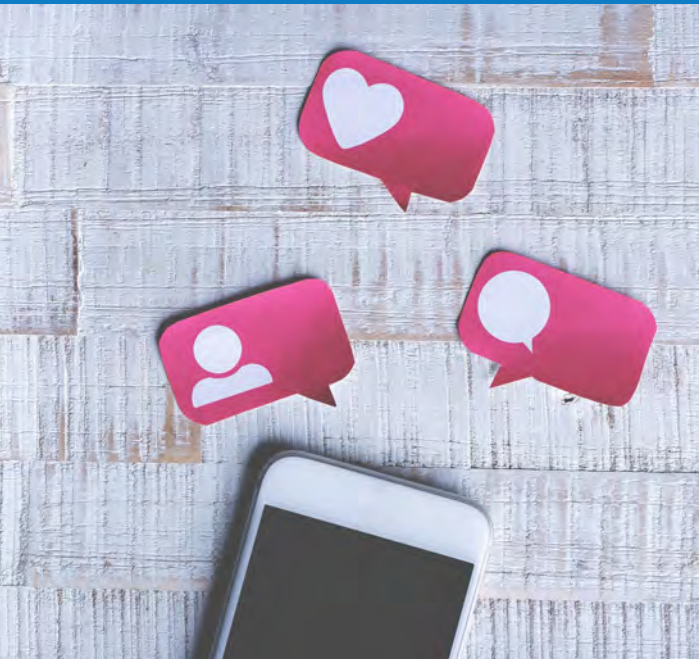
# ASPIRE TO HE CHALLENGE!

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 ([aspiretohe@wlv.ac.uk](mailto:aspiretohe@wlv.ac.uk)) or social media.

**TEAM EXAMPLES**



## FOLLOW US

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!

We'll be posting lots of information about virtual events and learning opportunities over the next few weeks—this includes video presentations delivered by our team and activities you can complete at home.

**ASPIRE TO HE INSTAGRAM**



## VISIT OUR WEBSITE

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 WEBSITE**



ASPIRETOHE

ASPIRE  
TO HE



Higher Education for all