

FUTURE ME

TEACHING THE ART
OF NATURAL COMMUNICATION



**Next Steps
South West**

NSSW IN COLLABORATION WITH ARTICULACY

Next Steps South West (NSSW) is the regional provider of the Uni Connect programme, funded by the Office for Students. We are a partnership of fourteen universities and colleges in Cornwall, Devon and Somerset.

NSSW offers support to target students in years 9 to 13 who are currently underrepresented in higher education (HE). Working with target schools, we run events and activities to raise aspirations and awareness of HE opportunities, including apprenticeships.

We are proud to present a five-day communication skills programme in collaboration with **Articulacy**. Our shared mission is simple: inspire young people to become confident and articulate individuals, in their school lives and beyond.

Through an energetic mix of challenging games and practical sessions, we increase confidence and improve soft skills, helping learners overcome barriers of low self-esteem and anxiety, and grow their academic potential.

Prioritising positive reinforcement, we encourage active engagement in learning. The presence of our HE student ambassadors also provides additional help and support from university role models. The motivational teacher-student relationships that develop ensure there is always a supportive space for learners to reach their potential.

Our five-day Future Me programme helps year 9 learners (in groups of sixteen) explore their potential and consider routes into higher education and industry. Through self-led research, group demonstrations and presentations with visual aids, participants become more confident in articulating their life achievements and ambitions.

The week ends on a celebratory note with students formally presenting their work to a panel, receiving a Next Steps South West certificate to acknowledge their dedication and progress, and commitment to future planning.

THE PROGRAMME

The Future Me programme is spread across a Monday to Friday school week, as detailed in the example timetable below.

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|------------------|---------------|---|
| MONDAY | Talk About Me | Students get to know each other before discussing their futures and plans for life. They work to find a university course, job description, university article/blog from someone performing a similar role to the one they aspire to and explain why it is interesting to them. |
| TUESDAY | This is Me | Based on the findings from Monday, students design and deliver a promotional talk about themselves. They explain what they have achieved so far in their lives and talk about their strengths and goals for the future. Students use visual aids to support their talks and give demonstrations if appropriate. |
| WEDNESDAY | Future Me | Students research opportunities available to them in higher education. They create their perfect job and find courses that will make this become a reality. |
| THURSDAY | Presenting Me | Students work on everything they have completed over the previous three days and present their efforts to their peer group and the Articulacy Tutor. Regular practising will ensure they deliver the material confidently and with enthusiasm to the panel on Friday. |
| FRIDAY | All About Me | Students formally present their work to a panel. Students will be presented with their congratulatory certificates at the end of their presentations. |

*To discuss alternative five-day programmes, or online options, please contact the NSSW team (your NSSW Institutional Officer or nextstepssw@plymouth.ac.uk). Email julia@articulacy.co.uk or call **07970983719** for more information.

Bespoke choices may include:

- Synchronous online delivery through your school's virtual learning environment
- Asynchronous learning using pre-prepared materials
- Select modules from the full 5-day programme

GET IN TOUCH

Explore a variety of in-school packages at articulacy.co.uk or contact the team at Next Steps South West to discuss your options.

 **01752 587505**

 **nextstepssw@plymouth.ac.uk**

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