

**Mentoring Session 1: My University Journey**

**Aim**

To develop an appreciation of what mentees individually want from university and to get them excited about the process

**Learning Objectives**

By the end of this session, the mentees will be able to...

- State what they hope to achieve from taking part in the project
- Describe if they are planning to go to university (or not) and why
- Communicate any future aspirations
- Link that university is more than just academics

**Prepare in Advance**

- A segment where you share your university journey so far, and your future aspirations.
  - We encourage both mentors to prepare this so mentees can see two different stories.

**Scaffolding**

If a mentee finishes early: ask what course they're considering and suggest similar courses (e.g. Physics - what about Medical/Astro Physics?)

If a mentee knows what course they want to do: get them to compare the same course in 2-3 universities and make a comparison page/table

If a mentee knows what university they want to go to:

- Get them to find 2nd/3rd choice unis
- Get them to research into what university life is like at their chosen uni, and list what they'd like to get involved with

If a mentee isn't sure what they want to do:

- Ask them what they like the most about physics/their studies and what their passions are, and suggest courses based on their answers
- Ask them what they see themselves doing in 5 years

**Session Flow**

Time	Activity
5 min	<b>Introductions and Aims</b> <ul style="list-style-type: none"> <li>• Run through the aim and LOs</li> <li>• Introduce yourselves to the mentees                             <ul style="list-style-type: none"> <li>◦ One/both of you, or some of your mentees, may not have been able to attend the event</li> </ul> </li> </ul>
10 min	<b>My Skilful Self Reflection</b> <ul style="list-style-type: none"> <li>• Ask mentees if they can remember any fun facts about mentors/mentees from the launch event                             <ul style="list-style-type: none"> <li>◦ Make sure you begin as mentors with some fun facts you remember!</li> </ul> </li> </ul>
20 min	<b>What do I want from university?</b> <ul style="list-style-type: none"> <li>• There are 4 parts to this. See the next page for more details:                             <ul style="list-style-type: none"> <li>◦ My University Journey</li> <li>◦ Your Potential Journey</li> <li>◦ University Course</li> <li>◦ What do you want from university?</li> </ul> </li> </ul>
10 min	<b>Mentee Questions</b> <ul style="list-style-type: none"> <li>• Allow time for mentees to ask questions</li> </ul>
10 min	<b>Plenary: Cycle 1 Reflection</b> <ul style="list-style-type: none"> <li>• Give the mentees the link/QR code to complete Cycle 1 reflection                             <ul style="list-style-type: none"> <li>◦ There are some prompt questions on the next page</li> </ul> </li> </ul>

## MENTOR GUIDANCE

### MENTORING SESSION 1: MY UNIVERSITY JOURNEY

The purpose of this session for you to get to know your mentees better. What are their aspirations? Why are they involved with the project? What are they hoping to achieve? Are they looking to go to university? What help would they find beneficial on this journey?

By knowing more about your mentees, you can develop more meaningful and trustworthy relationships. It also means that you can personalise your future sessions because you know more about them as a person, what they want from the project and their interests. Likewise, by sharing your university journey the mentees can get to know you better, and understand where you were at their age and why you have chosen your current path. This will also provide some inspiration and excitement for what is ahead of them!

## WHAT DO I WANT FROM UNIVERSITY?

### 1 My University Journey

As a minimum the lead mentor needs to share their university journey. Think about including answers to the following questions:

- Which GCSEs (or international equivalent) did you study and why?
- What did you study post-16 and why?
- What degree course are you studying and why?
- Did you look at different degree courses? How did you research them?
- What would you do the same/differently if you could re-do your university application?
- What do you hope to do after graduation?
- Where were you when you were 19?
- Where do you see yourself in 5 years' time?
- Where do you see yourself in 10 years' time?

### 2 Your Potential Journey

1. Ask the mentees to write down where they see themselves in 2, 5, and 10 years' time.
2. Put the mentees into pairs/trios in "mini breakout rooms" to discuss their answers.
  - You can both float between the breakout rooms and engage with mentees!
3. Bring everyone back to the main breakout room and ask them to share.
  - You could use Mentimeter to collect anonymous responses if mentees are reluctant to share

### 3 Potential University Courses


Ask the mentees:

- Are you considering university or not? Why?
  - Emphasise that this mentoring is designed to give them information so they can make an informed decision about whether or not they want to go to university.
- What universities/courses are you looking at?

### 4 What do you want from university?

Remember, university isn't just for academic study! There are lots of other aspects to get involved with (e.g. social, sporting, cultural, hobbies, etc.)

Ask the mentees what they are hoping to get out of university outside of their studies. Share how you are involved in different activities around your university.



**It's important to link these back to your own experiences. Share your methods of researching different universities or courses, whether you considered any alternatives to university, and why you ultimately decided to go.**

## MENTORING SESSION 1: MY UNIVERSITY JOURNEY

### BRIGHT IDEAS!

This page contains ideas for alternative sessions, changes/additions, extra activities, etc.  
Feel free to use as you wish!

#### UCAS Research

Ask the mentees to open the UCAS website, and encourage them to get creative exploring different degree options.

- Remind the mentees to be open-minded about degree routes, as there will be many they haven't heard about before!
- Encourage mentees to take notes and write down pros/cons of each degree they are interested in.
  - This information can be used in the future when they apply for degrees!



#### Exploring Worries

If you think the mentees are particularly anxious about university, take time to focus on this. Open a discussion about why they are feeling this way, so you can help address those concerns. You could even tailor future sessions to come back to this!

#### Career Hot Potato

1. Suggest a STEM career (e.g. biomedical scientist, engineer, etc.)
2. Randomly select a mentee. They have to come up with a degree that would enable someone to work in that field, and list one thing that would be useful from that degree in the chosen field.
3. Continue randomly selecting mentees until they run out of ideas!

**You can repeat this with different careers, or choose careers that the mentees have previously shown interest in!**

#### I Wanna Be Like You

Choose some role models or famous people in a STEM industry, and explore their university/career journeys. Really nice way to show there's no fixed path to success or a good career!

An example: Bessie Blount (left-handed, nurse, invented apparatus for disabled veterans, then changed career at 55 to become a forgery expert with Scotland Yard)