



University of Essex

UNIVERSITY OF ESSEX SCHOOLS & COLLEGES ACTIVITY GUIDE

2023/24



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“I really enjoyed the university workshops, especially the interactive activities. The organisers were really nice and the sessions were easy to understand.”



“Events like these are so valuable to our students in supporting not only their knowledge, but also raising their aspirations by giving them the chance to experience a university campus environment.”



WHO WE ARE

Here at the University of Essex we have a wide range of engaging, motivating and inspiring events and opportunities to encourage talented students to consider and apply for Higher Education.

Our diverse Outreach and Student Recruitment teams bring a range of academic and teaching experience to support students and their teachers, as well as providing opportunities that promise to engage and inspire the talented undergraduates of the future.

Outreach team

- Students in receipt of free school meals (FSM)
- Students who are first in their family to enter Higher Education (first-generation students)
- Care-experienced and estranged students
- Students from Gypsy, Roma, Traveller, Showman and Boater communities
- Students who have experiences with social services
- Students with a protected characteristic identified by the Equality Act 2010 who do not experience equality of opportunity due to that characteristic

The team co-ordinate multiple activities and events throughout the year including Teacher CPD opportunities, a podcast series, online short courses as well as campus visits and in school activity. Using teacher feedback, we design our events to increase attainment, raise aspirations and help young people make informed decisions about study routes and career progression. Please get in contact if you have a group of students who fall into the above criteria to find out current opportunities available.

Contact

outreach@essex.ac.uk

Recruitment Team

The University of Essex Student Recruitment Team work with schools and colleges across the UK and around the world. The team focus resources to support schools in enabling post-16 students to make informed decisions about higher education. Please do review the activities on offer in this guide and get in contact with us to arrange activity for your students.

Contact

schools-link@essex.ac.uk



Contact the Student Recruitment Team



PRIMARY



Super Stars

This free, fun, and interactive programme is a series of five lessons, prepared and ready to deliver to your students.

Aimed at pupils in Year 6, the lessons link to the Key Stage 2 curriculum:

- Developing confidence and responsibility and supporting students to make the most of their abilities
- Preparing students to play an active role as citizens
- Developing good relationships and respecting the differences between people
- Supporting students to discover the breadth of opportunities available to them in the future

Throughout the course, students will begin to consider their potential future. Who might they become? What will they do? And what could they do to get there?

With downloadable lesson plans and materials, we've made it easy for you and your students to unleash their inner Super Stars.

'When I Grow Up' Career Workshops

A full range of in-person, creative and interactive one-hour workshops for pupils in Year 3 – 6. Workshops are designed to highlight emerging and in-demand careers and will showcase a range of workplace role models and university students. These sessions are open to all primary schools in Tendring and Greenstead and can be delivered to a whole class or smaller groups.

My Future My Tending

A series of virtual careers-based sessions for primary schools in Tendring and Greenstead aimed at students in Year 1 – 6. Throughout the year students in participating schools will have the opportunity to engage with 18 different workplace role models. The sessions aim to highlight inspirational jobs challenge stereotypes, raise aspirations, and broadening horizons.

- Happy and Healthy – 17 and 19 October 2023
- The Arts – 7 and 9 November 2023
- Building and Structures – 16 and 18 January 2024
- STEMtastic – 19 and 21 March 2024
- World of Fashion – 23 and 25 April 2024
- Animals and Our Planet – 11 and 13 June 2024

Essex Literacy Programme

We are delighted to be able to offer a brand-new programme to support primary school students improve key Literacy skills. This is open to primary schools across Essex.

Contact

outreach@essex.ac.uk

SECONDARY

Pre-16 Campus visits

Our campus visits aren't your average campus experience.

Our aim is to give students a first-hand experience of what it's like to be an undergraduate student. We offer tailored campus visits for students in KS3-4 throughout the academic year. Pre-16 campus visits are predominately delivered by our Outreach team and therefore schools with high numbers of students from underrepresented cohorts (identified on page 2) will be prioritised. We will do our best to accommodate and please contact: outreach@essex.ac.uk for more information.

“

Our students were keen to participate and ask questions.”

“

It was a joy to listen to the conversations between the students and the ambassadors and hear how their views changed.”

Find out more:

essex.ac.uk/schools-and-colleges/talks-and-visits

The Dora Love Prize

The Dora Love Prize is an annual competition held in honour of Holocaust survivor Dora Love.

Students from Years 7-10 from schools in Essex, Suffolk and further afield are invited to create a project which expresses best that which was most important to Dora Love: speaking up against hatred wherever it occurs, never forgetting the ultimate consequence of seemingly small acts of discrimination and developing a sense of personal responsibility.

Participating students attend a day of talks and workshops designed to upskill and inspire before working collaboratively to create a Holocaust awareness project.

A prize-giving event on campus celebrates the students work before awarding a winning project.

Whistlestop Careers Tour

An eye-opening, one-hour, in-school session exploring careers in either Health and Social Care and Green Skills (opportunity to book in both sessions). Each session will showcase lesser-known careers, breakdown stereotypes and link careers to subjects. These sessions are available to schools in Tendring and Greenstead until July 2024.

Virtual Reality University Tour

A 45-minute virtual tour of university facilities linking to Health and Social Care and Green Skills. These sessions will bring the University experience to you through our VR headsets and we have capacity to run sessions of up to 20 students at a time. This session is used to complement our Whistlestop Career Tour and is offered as a add-on service to your booking. These sessions are available to schools in Tendring and Greenstead until July 2024.

Support for Care Experienced Students

The Outreach team are able to deliver in-school sessions for care experienced students as well as on-campus events at our Colchester and Southend campuses. During these activities students will gain an insight into Higher Education and have the opportunity to meet inspiration student ambassador role models and find out about key aspects of Higher Education such as accommodation and student finance available.

Contact

For all secondary school activity please contact:

outreach@essex.ac.uk

SIXTH FORM COLLEGE



Schools and Colleges Talks

Our School/College Talks can vary depending on school requests, what stage students are in the university application process and their year group. We welcome requests for talks to be delivered in your school or as part of an on-campus visit.

We're pleased to offer a sample of some of our talk topics and recorded sessions, as follows:

- Choosing a course and a university
- Applying to university and the UCAS process
- Personal statements
- Student life
- Student finance
- Why choose the University of Essex?
- Why study in the UK?
- Revision and Exam Techniques

Find out more:

essex.ac.uk/schools-and-colleges/talks-and-visits/talks

Post-16 Campus Visits

Our campus visits aim to give students a first-hand experience of what university life is like. Our tailored programmes for post-16 campus visit days offer students the chance to experience taster sessions or learn study skills at HE level. We can tailor your visit to you and your students, catering from small groups to whole cohorts.

Find out more:

essex.ac.uk/schools-and-colleges/talks-and-visits/campus-visits

Request an Activity

Interested in booking an activity for your school or college? By scanning the QR code below you can request an Essex representative at your school or college careers fair, a talk delivered to your students either virtually or in-person, or to organise a campus visit.



Book a bespoke talk or campus visit.



Higher Education Insight Days

Our exciting Higher Education Insight Days running this Winter and Summer, provide the opportunity for students in Years 10-13 to explore academic subjects at undergraduate level and experience a unique day in the life of a university student.

We will be offering engaging taster sessions across our three faculties, giving students the chance to explore their options, as well as ask any questions they have about progressing to University. There will also be the opportunity to explore our Colchester campus with our Student Ambassadors.

- 18 December 2023 – All Departments
- 3 July 2024 – Humanities and Social Sciences
- 4 July 2024 – Science and Health

Insight Days are a great way to inspire students, support informed decision making and enhance personal statements. Contact us to discuss individual school requirements and travel bursaries.

Previous attendees to our exciting Insight Day events said the following;

“All students thoroughly enjoyed the day, the lectures were very helpful and interactive and students got to see what life would be like at Essex.”

National Careers Week 4-9 March 2024

Every year we provide content to help support activities taking place in schools and colleges for National Careers Week. Our sessions aim to give students information on courses, what it's like to study with us, the support available at university and where different courses can take your students.

Find out more:

essex.ac.uk/schools-and-colleges/events/national-careers-week

Contact

schools-link@essex.ac.uk

Essex UCAS Higher Education Exhibition 12 June 2024

We are delighted to once again host the Essex UCAS Higher Education Exhibition, inviting students from across the county to meet representatives from universities around the UK. Students can attend individually or with their whole year group on an organised trip.

Find out more:

ucas.com/ucas-events/ucas-discovery

FACULTY TASTER SESSIONS

Delivered by our world-leading academics and enthusiastic PhD students, our taster sessions are designed to give students in Key Stage 3, 4 and 5 students a flavour of what a subject is like at undergraduate level.

Examples of the topical and thought-provoking sessions are detailed below, but we also welcome bespoke requests and can design sessions to complement your curriculum. Visit our webpages to see all sessions available:

essex.ac.uk/schools-and-colleges/talks-and-visits/academic-workshops

Government: Social Media and Democracy

Many people think that social media has been bad news for democracy. What was its role in recent elections? In the EU referendum? Can we really be manipulated by our social platforms? In this taster session, students will look at the big worries; fake news, Russian bots, echo chambers and provocatively suggests that things aren't too bad after all.

Language and Linguistics: Accent bias in social inequalities, the case of the Essex accent

Throughout recent decades the Essex accent in particular has become a highly stigmatised accent. But how has that come to be? Accent bias does not reflect any inherent property about any specific accent, but instead reinforces inequalities in society. In this taster session, students will learn about accent bias and the long-established hierarchy of how different accents are evaluated in Britain, with particular focus on the Essex accent.

Edge Hotel School: Sustainable Hotel

The aim of this session is to give students insights into the amazing and diverse jobs and career options available in the Hospitality Industry as well as getting them to recognise that the industry has both a moral and commercial responsibility to consider and respond to the environmental and sustainability issues which affect all modern businesses.

Psychology: The Love Hormone – Fact or Fiction?

The hormone oxytocin has been dubbed 'The Love Hormone' – but does the science match the hype? In this taster session students will learn what hormones are, what oxytocin is, and crucially what aspects of our behaviour it does and does not influence. The field of oxytocin research serves as an excellent case sample of why critically assessing science is so important. And how scientific theory can evolve over time.

Interdisciplinary Studies: Thinking outside the Boxes

This session provides an introduction to the tradition of interdisciplinary studies at Essex, then zeros in on one interdisciplinary challenge in particular: the problem of designing fair principles of allocation for scarce medical resources during a large-scale emergency.

Understanding Economics

In this taster sessions, students will explore what economics is and the impact it has on all our lives. Together, students will learn how public funds are distributed and the impact of our financial actions. At the end of the session, students will leave with an understanding not just of why economics is important but of our individual roles as economists in our own lives.

Deep Sea: The Real Final Frontier

The purpose of this session is to teach students how to go beyond the limits of their imagination. By relying on the concept of "Thinking outside the box", the tutor will use different activities designed to force students to analyse a problem from different perspectives and challenge their assumptions in the face of a dilemma. This session is intended to be interactive, entertaining, but most importantly thought provoking. Ultimately, the goal is to help students to come up with better approaches to learning by simply training their brain to be more adaptable.

Biodiversity

Biodiversity is fundamentally important for environmental conservation as well as the sustainability of the many ecosystem goods and services we depend on. This taster session aims to showcase the importance of biodiversity and how it impacts our everyday lives. We will give an overview introducing biodiversity and its current status. Then using interactive learning, we will discuss how climate change, deforestation, and over-exploitation impacts biodiversity as well as any current biodiversity management and conservation strategies. Lastly, we will highlight key biodiversity career paths.

Book a taster session



FACULTY EVENTS

Our on campus department focused events are also the perfect opportunity for students to experience university life while exploring a popular subject of study.

Life Sciences Discovery Day, check our website for dates

An exciting event designed for students to explore Marine Biology and Environmental Sciences alongside Biomedical Science and Molecular Biology. Learn more about Essex' unique coastal habitats, the ecology of plants, animals and microbes, and tour our research aquaria! Looking at chemicals to genes, proteins and tissues, students can discover how modern techniques can reveal the secrets of living things!

British Science Week, 8-17 March 2024

British Science Week is a ten-day celebration of science, technology, engineering and maths run by the British Science Association every March. Next year is the 30th anniversary of British Science Week with the theme being Time! Every year we offer engaging sessions from our expert academics based around a theme to raise awareness, spark enthusiasm and celebrate STEM subjects.

Philosophy and History in Wivenhoe Park, 27 March 2024

Join us at our Colchester Campus to explore taster sessions covering historical and philosophical topics students can study with us at Essex. There will also be the opportunity for students to explore the campus, and ask any questions they may have about studying these subjects at university.

Social Sciences Conference, March 2024

Explore Sociology, Criminology, Psychology and Psychosocial and Psychoanalytic Studies through thought-provoking and eye-opening interactive academic workshops.

Shakespeare Project, March 2024

Designed to complement the curriculum, year 12 students are invited to our Colchester Campus to engage with our Department of Literature, Film and Theatre Studies to explore Shakespeare through a range of interactive sessions.

Exploring Economics, Politics and International Relations, March 2024

An exciting new event including taster sessions from our Department of Government, covering Politics and International Relations, and from our Department of Economics. Students will also have the chance to explore our campus for the day. Further details will be confirmed in due course, in meantime please do register your interest.

Language and Linguistics Art Competition, Spring 2024

We are inviting students once again to express their language learning journey through the beautiful medium of painting! The Department of Language and Linguistics Painting Competition encourages students to show their unique interpretation of the language learning experience via the creative means of art. The competition will run from Spring 2024, with further details to be confirmed soon.

Maths Winsten Day, Spring 2024

The Winsten Day is a free maths-based enrichment event, held in honour of Professor Christopher Winsten, an internationally respected probability theorist and former lecturer at the University of Essex. Students attending will be invited to take part in interactive and engaging mathematical based sessions.



Register your interest for an event



Painting My Language Journey: A Creative Challenge Art Competition 2023 Winner Sumayyah



STUDY SKILLS SESSIONS AND RESOURCES

Designed with Key Stage 3, 4 and 5 students in mind our Study Skills Workshops and online resources are designed to help support the Extended Project Qualification (EPQ) and the wider study skills needed to succeed in Higher Education. These sessions can be delivered on campus, or in school/college and resources can be accessed online at anytime.

Study Skills Sessions

- Academic Writing and Referencing
- Critical Thinking and Developing an Argument
- Developing Your Title/Research Question
- Referencing
- Research Skills
- Revision and Exam Techniques – Stress Busting
- Growth Mindset

Revision camp

In the Easter break we'll be hosting a non-residential revision camp for year 11-13 students at our Colchester Campus. Students will be invited to use our extensive facilities and study spaces to aid their revision, and benefit from option study skills workshops to optimise their output.

How to book



Book a study skills session

Find out more: www.essex.ac.uk/schools-and-colleges/talks-and-visits

Resources

University Preparation Programme

Our online programme is designed for students in Years 12 and 13 to give them a flying start when making decisions about applying to university, and transitioning to life when they get there. The course is divided into six topics, covering 'Independent Learning' and 'Student Life and Transition to University' as key themes. Students can undertake the course independently, and will receive a certificate of completion at the end.

Find out more: essex.ac.uk/short-courses/university-preparation-programme

Further Studies Preparation Programme

Supported by the Uni Connect partnership Make Happen, academic staff at the University of Essex have created this short six-module course for students in Years 10/11 to help develop some important study skills to support their current studies as well as their transition to post-16 study.

This course aims to:

- Provide students with information, resources, and tips to consider when making choices for their future studies
- Ease any uncertainty that students may have about university life
- Develop a range of skills required for success in further and higher education
- Help students to become more confident and effective learners, to aid their current and future studies

Find out more: essex.ac.uk/short-courses/further-studies-preparation-programme

Understanding University: The Ultimate Uni Podcast

Our popular podcast helps Year 12 and 13 students, and their parents, guardians, carers and teachers, understand all of the ins and outs of University. We discuss a range of topics including:

- How to cope with stressful and challenging situations
- The benefits of going to University
- Student support
- Student life
- How to decide on a course
- Student finance
- How university really is affordable

Understanding University: The Ultimate Uni Podcast is available on Spotify. Find out more: essex.ac.uk/schools-and-colleges/student-resources

Student Resources Webpages

Whether your students need some help to decide what they want to do after school or college, or some quick tips and tricks to improve their skillset now, our resources are available anytime online. Our resources include downloadable guides, pre-recorded webinars and student-led workbooks to support students in everything from life planning and metacognition, applying to University and mental health and wellbeing.

Find out more: essex.ac.uk/schools-and-colleges/student-resources

Personal Statement Writing Guide



Download our Personal Statement Writing Guide.

SCHOOLS MEMBERSHIP

The University's Schools Membership scheme creates an exclusive network of schools, sixth forms and colleges across the UK and around the world, allowing us to allocate resources more effectively and engage with students and teachers in partner schools. By identifying those we work closely with each year, we can ensure members are kept informed and up to date with current higher education issues and upcoming activities they can engage with at the University of Essex. There is no cost associated with membership; instead, our partner schools and colleges receive a range of benefits in exchange for their active participation in the scheme, attendance at our events and the provision of feedback at intervals throughout the year

Schools Membership Plus

The University's Schools Membership Plus level is a network of colleges and sixth forms within Essex, Suffolk and Norfolk allowing us to engage more effectively with teachers, advisers, and their students. Schools Membership Plus partners are entitled to a range of benefits in exchange for their active participation in the scheme, attendance at our events, and the provision of feedback during the year. The benefits include (but are not limited to):

- Monthly newsletters to keep you informed about all our upcoming activities
- A single point of contact at the university for any information relating to the University of Essex for Higher Education in general
- Priority booking for all of our engaging events for students and staff
- £1,250 Travel and Tasters Bursary to support visits, tasters and event attendance for post-16 students
- Priority for Essex attendance at any talks or careers fairs you invite us to deliver at your school/college
- Subject enrichment sessions and subject taster sessions delivered virtually, at your school/college, or on campus
- CPD opportunities for staff
- An invite to our Annual Teachers' and Advisers' Conference
- Guaranteed interview for the role of Student Ambassador for students progressing to Essex
- Schools Membership Plus Bursary 2023 for students progressing to Essex, subject to approval for 2024

Our team can design bespoke activities at your request to tailor activities and events to your students' needs, and we also invite regular feedback to ensure that our offering is relevant, useful, and worthwhile.'

Find Out More

To find out more about any of the benefits above or to check if your school/college is a Schools Membership Plus partner please email: smplus@essex.ac.uk and visit our dedicated Schools Membership webpage.

essex.ac.uk/schools-and-colleges/membership

Schools Membership London, South East, Midlands

The University's Schools Membership London, South East, Midlands is our new bespoke offering for colleges and sixth forms within these regions. The programme expands our offering and engagement with teachers, advisers, and their students with tailored regional information and opportunities.

Regional Schools Membership partners are entitled to a range of benefits in exchange for their active participation in the scheme, attendance at our events, and the provision of feedback during the year.

Benefits include:

- A single point of contact at the University of Essex for your region
- Priority booking for events at The University of Essex
- Regular regional focused newsletters
- Regular visits to your Sixth-Form/College to attend Careers Fairs and deliver HE Talks (virtually/in-person)
- An invite to our Annual Teachers' and Advisers' Conference taking place next June
- £1250 Travel Bursary to support visits and event attendance (available for SM London only)
- Schools Membership Bursary for students progressing to Essex subject to approval for 2024

Contact Us

We look forward to bringing the University of Essex to your region.

Schools Membership Regional partners can get in touch by emailing their key regional contact:

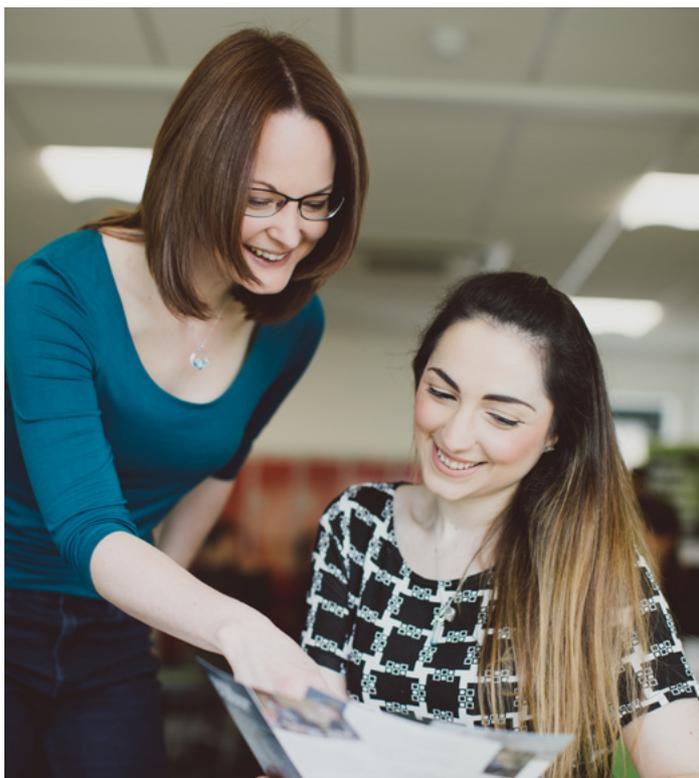
London – schools-london@essex.ac.uk

The Midlands – schools-midlands@essex.ac.uk

South East – schools-southeast@essex.ac.uk



TEACHERS/ADVISORS



CPD for Teachers and Advisors

At Essex, we recognise the vital role that teachers and advisors play in building their students' aspirations, so are committed to investing in your continuing professional development wherever we can.

Our wide range of on-demand resources, delivered by our award-winning academics and external providers, are free to access and work flexibly around your own development plans.

We also run live CPD sessions throughout the year; see below for some of our upcoming sessions.

Wednesday 20 September, 4-5pm The Science of Frankenstein

In this online seminar, participants will explore the scientific context that informs Mary Shelley's novel and touch on some of the racial implications of the text. Participants will consider Shelley's own attitude toward slavery and what the novel may suggest on this front.

Wednesday 20 March, 4-5pm What the Dickens?! Gothic Terror and Uncanny Revelation in A Christmas Carol

This online session builds upon the issues of class tension in Victorian England by drawing out the special role of feeling and emotion in the text. It also places the text in an important aesthetic context – the Gothic – and introduces participants to this genre.

Finally, it explores the socio-political implications of Dickens Gothic text, focusing on how the "otherness" highlighted in the Gothic strains against community integration.

Future sessions will also include:

An Introduction to Metacognition & Embedding & Evidencing the Sustainable Development Goals in your Curriculum.

Email: outreach@essex.ac.uk to be added to the CPD mailing list and secure your place early.

You can even book one of our Higher Education practitioners to deliver bespoke CPD sessions to you and your colleagues, focused around supporting your students in their university applications.

Annual Teachers' and Advisors' Conference and CPD Day, 27 June 2024

Save the date for our Annual Teachers' and Advisors' Conference in June 2024. We are delighted to invite teachers, advisors, and councillors from across the UK and around the world, to join us on our Colchester Campus to attend interactive sessions and workshops and receive updates on higher education and the wider education environment.

The day offers unique networking opportunities, alongside subject-specific sessions delivered by our world-renowned academics, and guest speakers for Continued Professional Development (CPD). Schools Membership and Outreach partners will also have the opportunity to provide feedback on the scheme and contribute to the programme for the next academic year. Please contact us to register your interest.

How to book

[essex.ac.uk/schools-and-colleges/events/annual-teachers-conference](https://www.essex.ac.uk/schools-and-colleges/events/annual-teachers-conference)

Contact

schools-link@essex.ac.uk

How to book

www.essex.ac.uk/schools-and-colleges/cpd-for-teachers

Contact

outreach@essex.ac.uk

VISIT US

Open Days

Open Days are the perfect opportunity to chat with Essex students and staff, tour our campuses, listen to talks from academics and get a feel for what life at Essex is really like.

Open Days 2023-24

Colchester

- Saturday 16 September 2023
- Saturday 28 October 2023
- Saturday 15 June 2024

Southend

- Saturday 14 October 2023

Find out more:

essex.ac.uk/visit-us/open-days

Applicant Days

Our Applicant Days are exclusive offer-holder events that give students the opportunity to tour our campus and accommodation, chat to current students and meet their academic staff within your department to get a feel for your course.

Find out more:

essex.ac.uk/visit-us/applicant-days

Campus Tours

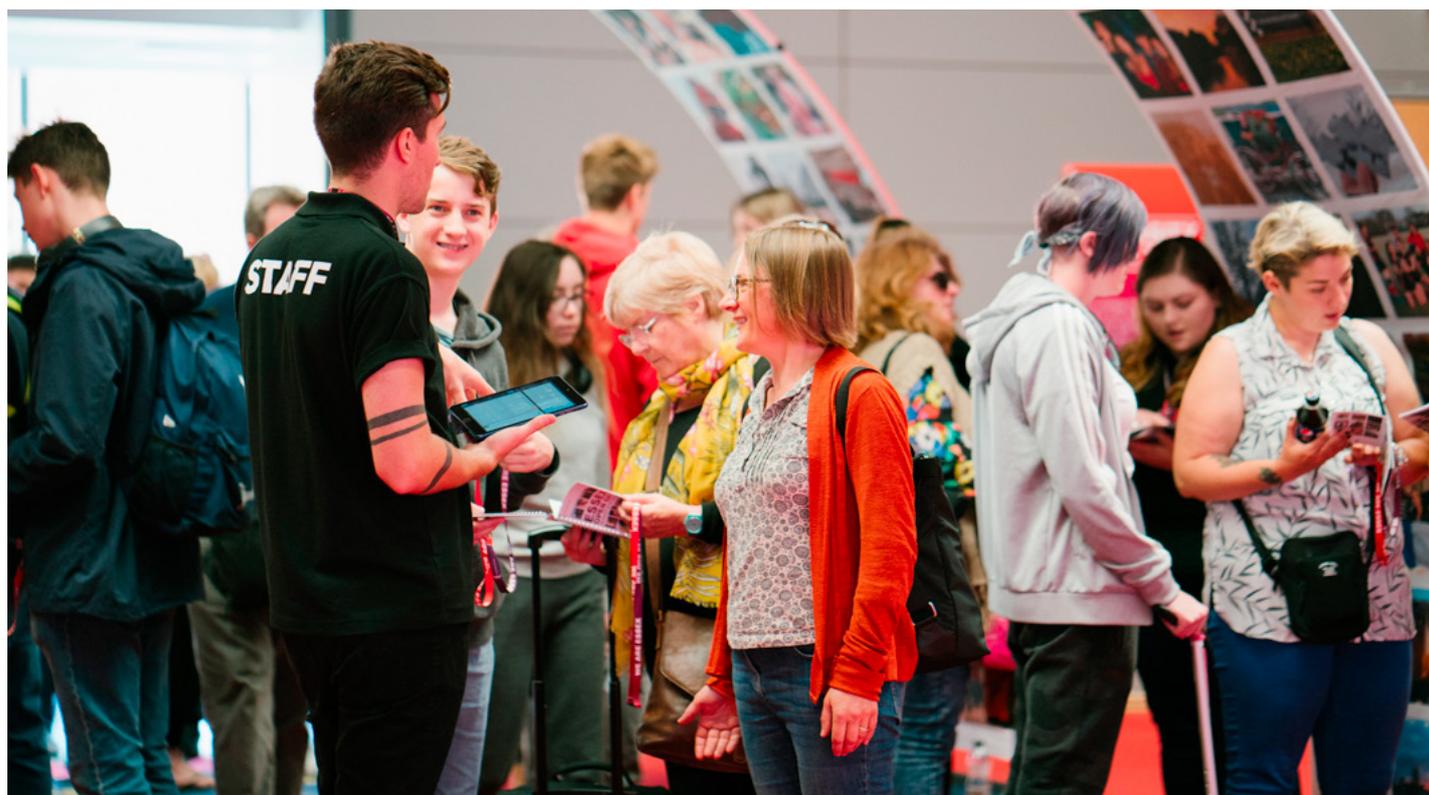
We understand that choosing a university is an exciting experience, but it can also be a time when you have a lot of questions. We run both self-guided and guided campus tours, allowing students to get inside knowledge about what our campuses have to offer.

Guided Tours: Students will have the opportunity to meet a member of the Essex team and ask any questions they may have about life at Essex while joining a detailed campus tour. Tours must be booked at least a week in advance and are available every Wednesday and Friday at 12pm.

Self-guided Tours: Prospective students are welcome to visit and take a self-guided tour around our beautiful campus. Slots are available from 10am-4pm daily.

Find out more:

essex.ac.uk/visit-us/campus-tours



IMPATIENT TO GET TO KNOW ESSEX?

**89% OF OUR
GRADUATES**

ARE IN EMPLOYMENT OR FURTHER STUDY
(Graduate Outcomes 2023)

**TOP 25 IN UK
FOR RESEARCH QUALITY**

(The Times and Sunday Times Good University Guide 2022)

**1ST FOR OVERALL
STUDENT POSITIVITY
IN EAST ANGLIA**

(Mainstream England Universities, National Student Survey 2023)

**TOP 25 FOR
INTERNATIONAL
OUTLOOK**

(Times Higher Education, World University Rankings 2023)

32ND IN THE UK

(Complete University Guide 2023)