



Speak Up, Your Voice Matters

What is HE to me? workbook

Learner name:



Welcome to Speak Up, Your Voice Matters.

First of all, what is Go Higher West Yorkshire (GHWY) Uni Connect? We aim to support 11-18 year olds to make informed choices about their future. We work with groups who are traditionally less likely to go to Higher Education (HE), including males.

We're so excited to go on a learning journey with you. We want to work together with you to understand about your experiences as a learner and in life, and to support you to understand more about yourself in education and society.

We will have three sessions together. This will include creating your own podcasts at a HE provider, where you will interview others who have been to or are studying at HE now. Currently we'd like to call the podcast What is HE to me? but we can always change that.

If you have any questions about this activity or want to get in touch any time, you can email ghwy@leeds.ac.uk

Glossary of terms

Please use these throughout the sessions and add your own if it helps!

Class: Which group in society you belong to according to where you live, what your family's jobs are, how much your family owns or earns.

Higher Education (HE): An education at degree level. These courses are level 4 and upwards. They include apprenticeships, HNCs and HNDs, bachelors and masters. HE courses can be full or part time. A normal full time bachelors degree will take three years to complete.

Higher Education Providers (HEPs): Institutions that provide HE such as universities, university centres, conservatoires, specialist providers like an art university or building college.

Imposter syndrome: Feeling like a fake, often in new situations. Feeling like you don't fit in.

Motivation: Why someone wants to do something; what makes you want to do something.

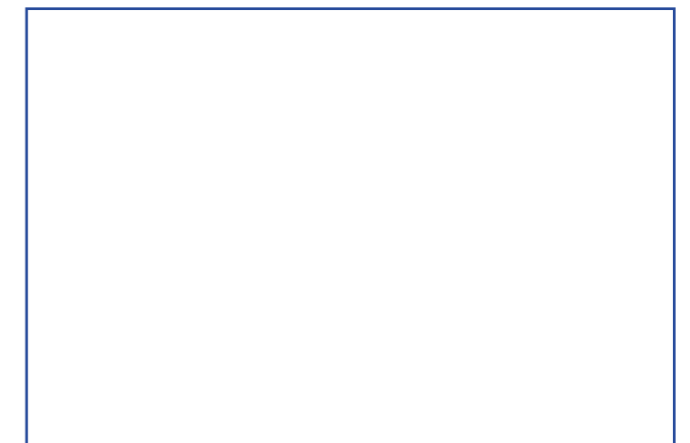
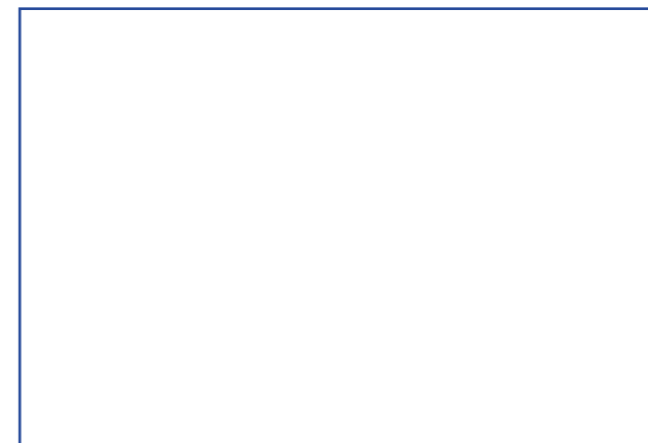
Representation: How somebody is portrayed e.g. how do they look, how are they described?

Society: The community and world around us.

Soft skills: 'People skills' such as communication, presentation skills, problem-solving, strategic thinking (thinking outside the box), collaboration (team work), conflict resolution, brainstorming, being creative.

Stereotype: A generalised belief about certain groups of people e.g. all boys enjoy sports.

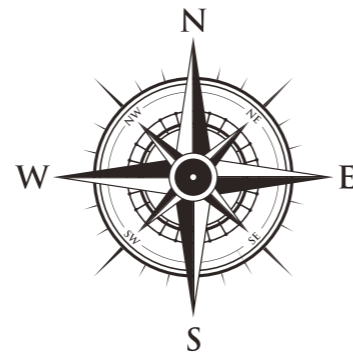
Values: Your own ideas of what is important in life.



Motivation

Being motivated can:

- Help you work towards your goals
- Drive you to take action
- Encourage you to engage in healthy behaviour
- Help you to avoid unhealthy behaviours, such as risk-taking
- Help you to feel more in control of your life
- Improve your overall well-being and happiness



Personal values

Motivation comes from your personal values so being aware of your personal values is important.



Session 1, Activity 1: What are your values?

From the list below, select your top three values. To help you do this you could think about what your best friend would say your values are. If you think you have other values, you can write them in the blank boxes.

Caring for others	Leadership	Friendship
Justice	Respect	Curiosity
Being fair	Wisdom	Generosity
Self discipline	Creativity	Being authentic
Determination	Being responsible	Trust worthiness
Risk taking	Fun	Resilience

Session 1, Activity 2: Match your values to your motivators

Now fill in your top three personal values in the values column and link them to how they motivate you. Write the motivator in the next column. We have given two examples below.

Value	Motivates me to...
Being fair	Help others
Fun	Get to know people
1.	1
2.	2
3.	3

Keep these values and motivators in your mind when making choices for your future, it will guide you in your life decisions, like a compass.

For example, fairness is important to me so I am motivated to help others and I am interested in working for a charity to help people who need it.

Session 1, Activity 3: Young male in modern day society

We will be making a podcast next session, where you will be given the chance to ask questions to HE students. It is important to understand what HE and the world is like in order to make choices that suit you in the future. Here are some things to think about regarding modern day males in society and in HE.

Use this space to make any notes about how modern day males are represented e.g. How are they dressed? How do they act? What does the information tell you about these people? Is it fair? Are these **stereotypes**?



Image source: www.nme.com

Session 1, Activity 4: Good and bad podcasts

Listen to the three podcasts and write what you think was good or bad about them. Remember that this is research for your own podcast!

Podcast number	What was good?	What was bad?
1.		
2.		
3.		

What makes a good podcast?



Image source: www.freepik.com

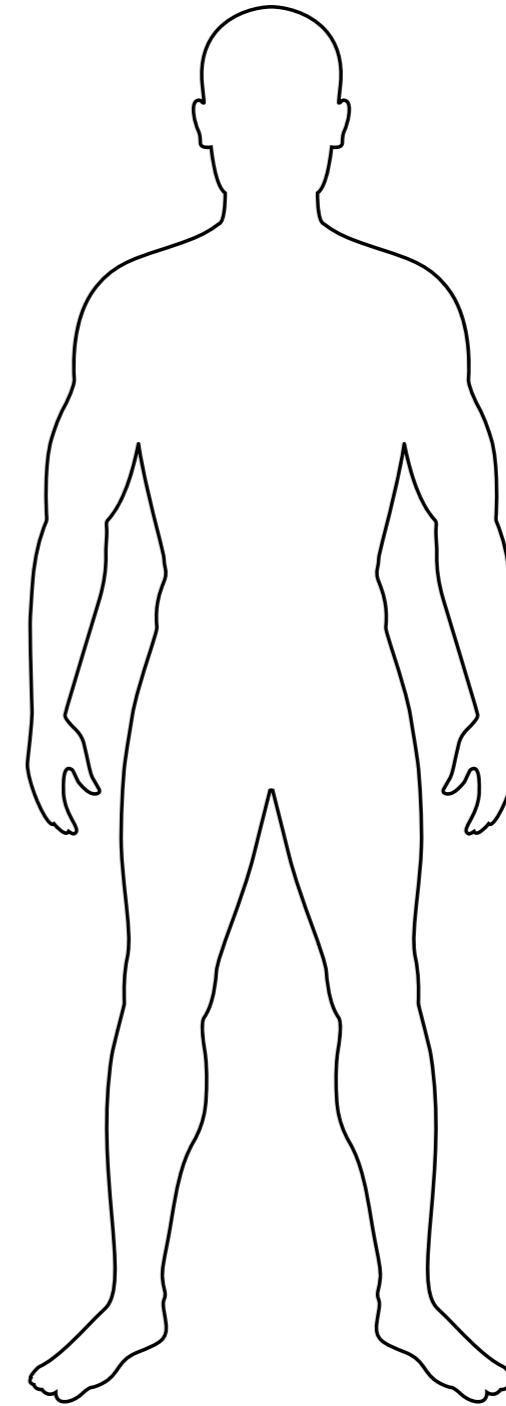
Make your own notes

Session 2, Activity 1: What does success mean to you?

Success can mean reaching your full potential or trying your best. Success is a lifelong journey. Along the way, you will have great achievements but success isn't always about the big achievements. If you live in a way that is in line with your values, you will also be on a path to success.

But what is success for YOU? Use the diagram on the next page to write, draw or make notes of your ideas of what being successful means. You can add to the picture too e.g. add clothes, hairstyle, physique.

Success for me is.....



Imposter syndrome

Imposter syndrome means feeling like a fake, often in new situations. It can be described as a feeling that you don't fit in and this can make you not be able to act, say and do the things you would like. You cannot be your true self.

It often happens to people who end up being in situations that are outside their comfort zone for many reasons. Listen to the ambassadors' stories and ways you can flip those feelings into positives.

Think about your own example/s of imposter syndrome. What will you do next time this happens to flip it on its head? Write your idea here.



Session 2, Activity 2: Podcast questions planning

Based on what you have learned during Speak Up so far and your other knowledge, use the following image as a mind map to plan ideas and content for your podcast. Here are some tips to help you:

- Name of your podcast (it doesn't have to be What is HE to me)
- Think about your values, motivators and what you want from life to be successful, especially in education/for your future
- Think about the representation and what changes you would like to be made, or what you would like to ask about representation in HE
- You could use what you have learned and written in this workbook

Make your own notes

Session 3: Reflection on Speak Up, Your Voice Matters

Session 3, Activity 1: Soft Skills

Soft skills can be defined as people skills. When making your podcasts, which soft skills do you believe you used? Some examples are given below.

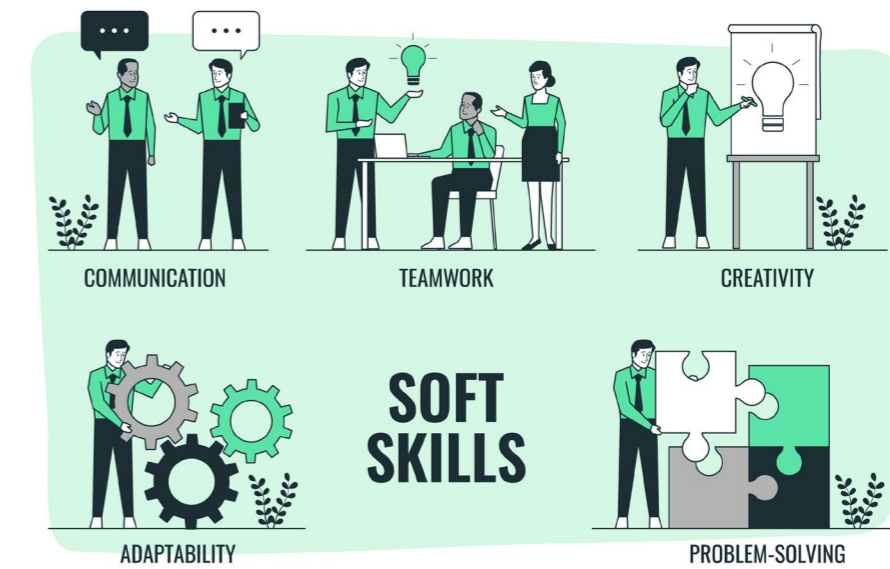


Image source: www.freepik.com

- Communication
- Presentation skills
- Problem-solving
- Strategic thinking (thinking outside the box)
- Collaboration (team work)
- Conflict resolution
- Leaderships
- Working under time pressure
- Brainstorming
- Being creative

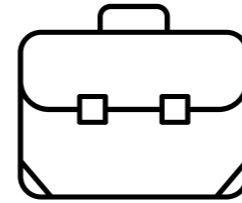
If someone asked you about Speak up, Your Voice Matters, how could you explain how you used each skill?

Soft skill	How did you use the skill when podcasting?

Session 3, Activity 2: Reflection activities

Suitcase, freezer, dustbin

Discuss this in your groups but you can make your own notes.



What will you take away from this project?



What do you still need to think about?



What will you throw away?

Thank you for your hard work and contributions to this project. We will share your podcasts with HE providers as we want them to know what you have to say! Please keep in touch.

Further reading list

For more information about class and classism, please view The Working Classroom:
<https://theworkingclassroom.co.uk/lessons/>

For useful information about Higher Education please go to the GHWY website:
<https://gohigherwestyorks.ac.uk/what-we-do/students-learners/>

Make your own notes



GO HIGHER

WEST YORKSHIRE

Bradford College

 UNIVERSITY of
BRADFORD

 UNIVERSITY
CENTRE
Calderdale College

University of
Huddersfield
Inspiring global professionals

 **KIRKLEES**
COLLEGE

 **LEEDS**
CONSERVATOIRE

 UNIVERSITY OF **LEEDS**

 **LEEDS**
ARTS
UNIVERSITY
1846

 **LEEDS**
BECKETT
UNIVERSITY

 **Leeds**
College of
Building

 **University**
Centre Leeds

 **Leeds Trinity**
University

 **University Centre**
at the Heart of Yorkshire Education Group
