“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

The Outreach team co-ordinate multiple activities and events throughout the year including Teacher CPD opportunities, a podcast series and online short courses. 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. We predominantly work with students from underrepresented groups, including those who are the first in their family to enter Higher Education, those from particular socioeconomic backgrounds, and those from certain ethnic and racial minority groups.

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 higher-education decisions. The team coordinate our Essex Open Days, Applicant Days and UCAS exhibition, in addition to bespoke on-campus activity and delivering sessions in schools and colleges.

Contact
schools-link@essex.ac.uk
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.

For further information: essex.ac.uk/schools-and-colleges/primary

Essex Children’s University

We are proud to be a validated Learning Destination for Essex Children’s University, which celebrates and rewards achievements in learning.

Essex Children’s University is one of a growing number of children’s universities around the country, each working to provide children aged 7-14 years (and 5-6 year olds with their families) with exciting and innovative learning activities and experiences outside of the normal school day.

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

Contact

outreach@essex.ac.uk

Invite to Open Days

Here at Essex, we know that it’s great to get involved whatever your age. Research suggests getting a feel for universities at a young age can be really inspiring for children and we would like to welcome children and parents of any age to come along to our Open Days each year. Head to our website for more information, – there’s no need to book a place if students are under 16.

Find out more: essex.ac.uk/visit-us/open-days

Contact

outreach@essex.ac.uk
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.

“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](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.

Contact

outreach@essex.ac.uk

Further Studies Preparation Project

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/schools-and-colleges/student-resources/online-courses](essex.ac.uk/schools-and-colleges/student-resources/online-courses)

Higher Education Taster Day for Care-experienced Students

We are delighted to be hosting a higher education taster day for care-experienced students from across the Eastern Region. This will take place at our Colchester campus.

Online booking for this event is essential. Whilst care-experienced students and their parents/carers/guardians will be prioritised, this event is also open to all students in Years 9-13. The full programme and details for how to book will be available nearer to the event.

Last year’s itinerary is now available to view on our website, to give an understanding of how the day will run.

Find out more: [essex.ac.uk/schools-and-colleges/events/higher-education-taster-day](essex.ac.uk/schools-and-colleges/events/higher-education-taster-day)
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 ‘Education’ and ‘Life as a University Student’ 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

British Science Week
10-19 March 2023

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

Find out more: essex.ac.uk/schools-and-colleges/events/british-science-week

National Careers Week
6-11 March 2023

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 you.

Find out more: essex.ac.uk/schools-and-colleges/events/national-careers-week

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
**Essex UCAS Higher Education Exhibition 14 June 2023**

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/explore/search/events](https://ucas.com/explore/search/events)

**University of Essex Open Days**

Our Open Days are a fantastic way for students to get a flavour of life at the University of Essex.

Showcasing every aspect of campus life, from our world-class academic departments to our fantastic facilities (with plenty of fun activities to enjoy!), our Open Days promise to inform and inspire your students as they make their choices about Higher Education.

- **Colchester:**
  - 17 September 2022.
  - 22 October 2022.
  - 17 June 2023.

- **Southend:**
  - 15 October 2022.

Find out more: [essex.ac.uk/visit-us/open-days](http://essex.ac.uk/visit-us/open-days)

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**Taster Week 4-7 July 2023**

Every year we host a series of exciting taster days for students in Years 10-13. These events provide an opportunity to explore academic subjects at undergraduate level, in addition to providing a unique experience of a day in the life of a university student.

- **Faculty of Science and Health:**
  - Tuesday 4 July - Colchester Campus.
  - Friday 7 July - Southend Campus.

- **Faculty of Social Sciences:**
  - Wednesday 5 July.

- **Faculty of Arts and Humanities:**
  - Thursday 6 July.

Find out more: [essex.ac.uk/schools-and-colleges/events/taster-week](http://essex.ac.uk/schools-and-colleges/events/taster-week)

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**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.

**Contact**

[schools-link@essex.ac.uk](mailto:schools-link@essex.ac.uk)
When it comes to making decisions about the future, information is key. That’s why we’re proud to offer a wide range of Higher Education talks and workshops for students, parents/guardians and teachers/advisors. These can be delivered in school or during a campus visit, and adapted depending on the age of your students and their current level of understanding.

**Why go to University?**

In this presentation we talk students through the opportunities that Higher Education provides, including employment, study abroad and placements options. We also look into the benefits of studying a subject they enjoy, student life and the Students’ Union.

**Applying to University and the UCAS Process**

We can provide a step-by-step guide to the UCAS process including applying through UCAS, applicant days and what students should do when they receive offers from universities. We also take students through using the search functions on UCAS and what to include in a personal statement.

**Choosing a University and a Course**

This presentation aims to let students know what to consider when thinking of which course and university to apply to, such as location, reputation, accommodation and entry requirements. We also explain university terminology so students can make the most informed choice.

**Personal Statements**

This interactive presentation will talk students through what to do and what not to do when writing a personal statement, and the type of content and structure to include. We also give students plenty of time to ask questions and can provide the opportunity for students to start brainstorming their ideas.

**Student Finance**

Find out about the student loan system including tuition fees, maintenance loans and repayments. We also explain the difference between bursaries and scholarships and how to find more information about them, using scholarships and bursaries at the University of Essex as examples.

**Student Life**

Find out about day-to-day student life, the opportunities available and hints and tips on making the most of your time in higher education. This session may be delivered by a student ambassador, so they can share their experiences first-hand.

**How to book**

To request a higher education talk, please complete the booking form on our website, or email your key contact at Essex. Please include as much information as possible, including date and time, year group, number of attending students and session length duration.

[essex.ac.uk/schools-and-colleges/talks-and-visits](essex.ac.uk/schools-and-colleges/talks-and-visits)

**Contact**

[schools-link@essex.ac.uk](mailto:schools-link@essex.ac.uk)

**International Schools**

Essex works with schools and colleges all around the world to support students in making informed decisions regarding higher education in the UK.

We welcome students to join our exciting on-campus events or virtual events, or are happy to organise bespoke activity.

Our Essex team also attend various events across the world every year and would be delighted to see you there, or take the opportunity to visit your school or college whilst we are in-country, to deliver any of the workshops detailed above or a more informal session.

Find out more:

[essex.ac.uk/schools-and-colleges/international](essex.ac.uk/schools-and-colleges/international)

**Contact**

[overseas@essex.ac.uk](mailto:overseas@essex.ac.uk)
We are delighted to offer workshop sessions to support the Extended Project Qualification (EPQ) and the wider study skills needed to succeed in Higher Education. Designed with Key Stage 4 and 5 students in mind, these sessions can be delivered on campus, or in school/college.

**Academic Writing & Referencing**

In this session, students will complete a number of interactive tasks to highlight the importance of writing their ideas clearly and explicitly. They will also discuss academic style, how to form a coherent essay, and a brief introduction to referencing will be given.

**Critical thinking and developing an argument**

This session will introduce the idea of critical thinking through a series of fun and interactive brain teasers, riddles and tasks. Students will make links between critical thinking and the importance of developing an academic argument.

**Developing your title/research question**

In this session, a method for transforming research ideas into research questions will be introduced. Students will apply the transformative process to their own research interests, leaving the session with a question that will lead them into good research. Exam board responses to research questions and EPQ titles will also be discussed.

**Referencing**

In this session, students will discuss the importance of referencing, when referencing is appropriate and also how to source a valid and reliable reference. Through a series of engaging and interactive tasks, students will receive a thorough introduction to referencing, with particular focus on the Harvard Referencing system.

**Research Skills**

This session will equip students with a thorough understanding of what it means to conduct research. Methods for conducting research, including a literature review, will be introduced and the skills needed to be an effective researcher will be discussed. Students will put their knowledge to the test by critically evaluating a given text.

**Revision & Exam Techniques**

This session will encourage students to consider why revision is important and how to identify revision techniques that are best suited to their individual learning styles. Top tips for getting the most out of exams will also be discussed.

**Stress Busting**

In this session, students will learn what stress is, why it occurs, and explore practical techniques to manage their own stress. Students will leave the session armed with a toolkit of exercises which they can use to manage their own exam stress and pressures.

**Growth Mindset**

This session will introduce students to the difference between Growth Mindset and Fixed Mindset. Students will identify the benefits of a growth mindset, explore ways to develop this mindset, and create an action plan to implement in their everyday life.

**How to book**

[essex.ac.uk/schools-and-colleges/talks-and-visits](essex.ac.uk/schools-and-colleges/talks-and-visits)

**Contact**

[outreach@essex.ac.uk](mailto:outreach@essex.ac.uk)
Delivered by our enthusiastic academics and PhD students our taster sessions are designed to give students a flavour of what a subject is like at undergraduate level. These sessions are aimed at key stage 4 and 5 learners and can be delivered on campus, online or in school/college.

**Economics: Applied Economics**

This session is an introduction to economics. It will cover the different types of economics, with a particular emphasis on applied economics. Pupils will be asked to relate the discussion to their work in maths (correlation vs. causation) and science (the scientific method). They will be pushed to consider how economics means more than just “money”, and how the research methods developed by the discipline can be used to answer many questions about humans and society, including about global poverty reduction. It should provide a great answer to the question, “What use is maths in the real world?”

**What is Linguistics?**

Language is at the heart of what makes us human. Beyond Shakespeare and literary analysis, language matters in almost every aspect of our lives. This academic skills taster session explores the exciting world of linguistics – the science of language – and takes students on a journey through the fundamentals of research into sound and syntax, meaning and form. Along the way, students will be encouraged to grapple with real linguistic problems and learn how to think about data in a critical manner. For students preparing for university, this class also introduces how research into language intersects with several other academic disciplines.

**Psychology: Thinking Outside the Box**

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.

**Psychology: The Stroop Effect**

Do you know what memory is? In this introductory Psychology session, students will investigate how people process information and the differing methods we use to remember information. Together with their tutor, students will test the Stroop Effect and explore practical memory activities before learning about the variety of study and career paths open to Psychology students.

**Sport and Exercise Science: We’ll visit you in school**

Our Sports and Exercise Science team have three practical workshops on offer that cover exercise physiology and metabolism, training at altitude – the acute response, and performance testing and sports nutrition. These workshops therefore aim to deliver material in line with your education curriculum such as: cardiovascular demands of exercise, optimising physiological performance, as well as technology in sport and measuring energy expenditure. In all workshops: students will get hands-on experience with cutting edge sport science and sport performance equipment by collecting, analysing and understanding performance data. They will learn the theoretical principles underpinning the practical activities taught by sports scientists.

**How to book**

To book a taster session, please complete the booking form on our website, or email your key contact at Essex. Please include as much information as possible, including the desired session, date and time, year group, number of attending students and session length. [essex.ac.uk/schools-and-colleges/talks-and-visits](http://essex.ac.uk/schools-and-colleges/talks-and-visits)

**More tasters for your students**

Our list of available talks is developing and expanding all the time. For the most up-to-date list of taster sessions available to your students, please contact us using the details below.

**Contact**

outreach@essex.ac.uk
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, details of which will be advertised on our events pages.

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.

How to book
essex.ac.uk/schools-and-colleges/cpd-for-teachers

Contact
outreach@essex.ac.uk

Annual Teachers’ Conference
Friday 16 June 2023

Save the date for our Annual Teachers’ and Advisors’ Conference in June 2023. 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 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

Contact
schools-link@essex.ac.uk
Clearing Survival Guide

Wondering how to navigate your students through Clearing? Point them towards our Clearing Survival Guide for everything they need to know at this important time.

essex.ac.uk/clearing

Student Finance Guidance

We know how important finance and budgeting is to students. That’s why we’re committed to providing accessible and informative resources to share with your students, helping them to navigate the ‘money side’ of university.

essex.ac.uk/life/student-services/student-support
essex.ac.uk/student/money

You’ll find all these resources, and many more, on the Teachers and Advisors section of our website:

essex.ac.uk/schools-and-colleges/sixth-form/resources

Tours

Interested to learn more about Essex yourself, putting you in a better position to advise your students? Why not get to grips with our campus and accommodation by taking a tour with a current student? Campus Tours are included at our Open Days, but if you can’t make it then you could book onto a campus tours which we run every weekday at 12:30pm (including school holidays).

Find out more
essex.ac.uk/visit-us/campus-tours

Anything else?

Let us know if there’s anything else you think we could do to support your school or college that’s not listed in this guide by dropping us an email.

Contact

schools-link@essex.ac.uk
Impatient to get to know Essex?

91% of our UK undergraduate graduates are in employment or further study (Graduate Outcomes 2022)

Top 25 in UK for research quality (The Times and Sunday Times Good University Guide 2022)

Top 40 for overall satisfaction in the National Student Survey 2022

Top 25 for international outlook (Times Higher Education, World University Rankings 2022)

Top 40 in the UK (Complete University Guide 2023)