



Villiers Park

Educational Trust

BRIDGE TO YOUR FUTURE

A Transition Course for University Preparation

Our Transition to University Programme

Villiers Park is a national social mobility charity delivering programmes that develop personal and employability skills for young people aged 11-19 from under-represented backgrounds. Our Future Leaders programme empowers young people to plan pathways to achieve their ambitions.

Based on our research findings and our own evidence-based practice, Villiers Park has developed a coaching-based course to support students preparing for and attending their first year of university.

Coaching Script Taster

Here are taster scripts, which would be accessed by Future Leaders through Villiers Park's digital learning platform LaunchPad. Each question triggers another and the three coaching sessions are worked through sequentially.



Purpose & Values

Coaching helps you to explore your purpose and values, unleashing quick, deep, and creative thinking. There are no right or wrong answers, these questions are not specifically about university but dive into your past, present, and future.

Connect with your subconscious through free writing, a technique used by writers and artists to tap into all the rich thinking that happens in their subconscious. Keep the words flowing, repeating if stuck, until new thoughts emerge or you get a new prompt.

- Other than time or money, what do you want more of?
- Now that I know myself better, and I ask myself what I really, really, really want, I know the answer is...
- What will you be doing when you succeed at this, and what else?
- How will you approach challenges?
- When you have achieved this, who do you become?

Belonging

The belonging coaching unveils your authentic self, free from perceived expectations or external influences. Listen to the story, then, as before, use free writing to delve into the questions and yourself.

- Thinking back to a time when you felt completely yourself, who were you, and what else?
- Now, on a good day, how much are you being yourself, and what is different?
- On your best day ever, at a 10 out of 10, what would be different or more?
- Can you think of a situation in the next few days where you could be your true self?
- How will your true self help you navigate the opportunities and challenges ahead?

Transition

In the belonging session, we uncovered your true self. Now, in transition, we integrate that true self into your new environment. You will be asked to immerse your senses in this space, envisioning how your authentic self engages. Embrace your true self in these new spaces to navigate challenges and seize opportunities:

- New social situations – making friends
- New academic demands
- Greater independence vs greater responsibility
- A new home

As people have known you in various settings, consider how you've evolved. What aspects of your "true self" persist, and what changes have occurred? What material items will ground you in who you are? And who you are becoming?

Place yourself in the university of your choice:

- What looks familiar and what looks new or different?
- What sounds can you recognise? Are they loud or quiet?
- What challenges are there and where is the support in your new reality?
- How can you change things if you need to?

Scan to see sample sessions and more information on our website





THE PROGRAMME FOR ME HELPED ME GIVE MORE STRUCTURE TO MY PLAN AND ALLOWED ME TO PRODUCE A BETTER UNDERSTANDING OF IDEAS THAT SURROUND THE CHOICES I MAKE AT AN ACADEMIC AND COLLEGE-LIFE LEVEL.

Fatema, Swindon Future Leader



FIND OUT MORE



villierspark.org.uk



01223 872601



Alex Grant, Assistant Director: ag@villierspark.org.uk



[@villierspark](https://twitter.com/villierspark)

