

**ASPIRE**  
**TO HE**

Higher Education for all



UNIVERSITY OF  
**WOLVERHAMPTON**



# YEAR 11 NEWSLETTER

## Welcome to our Aspire to HE newsletter!

Aspire to HE is a partnership based at the University of Wolverhampton with the aim of helping students understand their future options and pathways to higher education.

We'll be sending weekly newsletters to help students like yourself during these uncertain times.

We will give you updates and resources that can help with your next steps, and we have some fun activities for you to take part in! This newsletter includes:

- How you can stay in touch with us
- Upcoming events
- Resources you can use at home
- The chance to win a £20 Amazon voucher!



## UPCOMING EVENTS

On the 21st May, Aspire to HE will be hosting a live webinar from 11am–12noon.

We will be discussing the importance of making informed decisions, how to set yourself goals, and also how you can prepare for university.

Our staff will help you on your journey by giving you some really useful tips and ideas in these areas.



**REGISTER**



## MIND MATTERS

Worrying about the current situation can prompt a change in eating habits which ultimately affects mental health. It is important to know that our food can influence our mood. Below are some tips which will help you to make sure you eat normally during the COVID-19 pandemic.

- Eat regularly – Eating regularly and making sure you choose foods that release energy slowly throughout the day will help keep your sugar levels steady.
- Stay hydrated – It is important to drink between 6-8 glasses of fluid a day.
- Get your 5 a day – Fruit and vegetables contain a lot of the minerals, vitamins and fibre we need to keep us mentally healthy.



**FOOD AND MOOD**

## FOLLOW US

Follow us on Twitter and Instagram for up-to-date key messages, top tips for applying to university, and an insight into Aspire to HE activities and events!

We'll be posting lots of information about virtual events and learning opportunities over the next few weeks— this includes video presentations delivered by our team and activities you can complete at home.



**INSTAGRAM**





## VIDEO RESOURCES

The Aspire to HE team have been working on a series of videos for you to watch focused on goal setting, making informed decisions, and preparing for university.

Each video series will provide you with opportunities to put some of the ideas into practice. Why not take some time this week to watch some of our videos, not only will you learn about SMART targets and how to make an informed decision about university, you will also learn how to cook a Chicken Curry and a Veggie Chilli Con Carne!



**VIDEOS**

## ASPIRE TO HE RESOURCES

Do you like the sound of an apprenticeship but feel unsure about what one really is, where to start, or how to find one?

An apprenticeship is an opportunity for you to get both on the job training and part time studying whilst getting paid to learn and this week, we have created resources that will allow you explore them further.



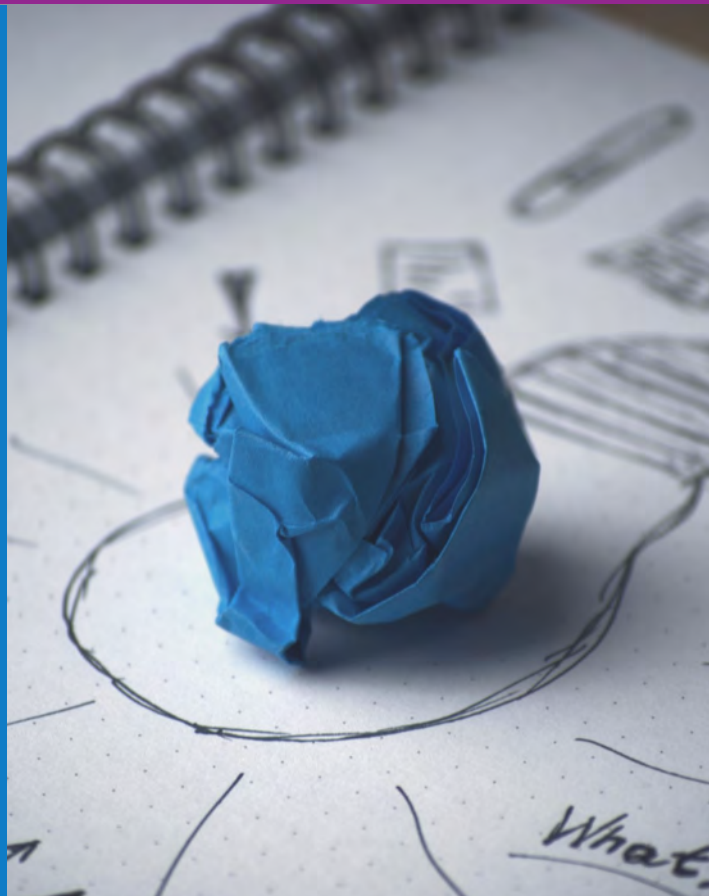
**APPRENTICESHIPS**



**SUBJECTS**



**HOW TO APPLY**



## VISIT OUR WEBSITE

You can visit our Aspire to HE website for more information and signposting to resources that will help you make an informed decision about higher education and your future.



**WEBSITE**

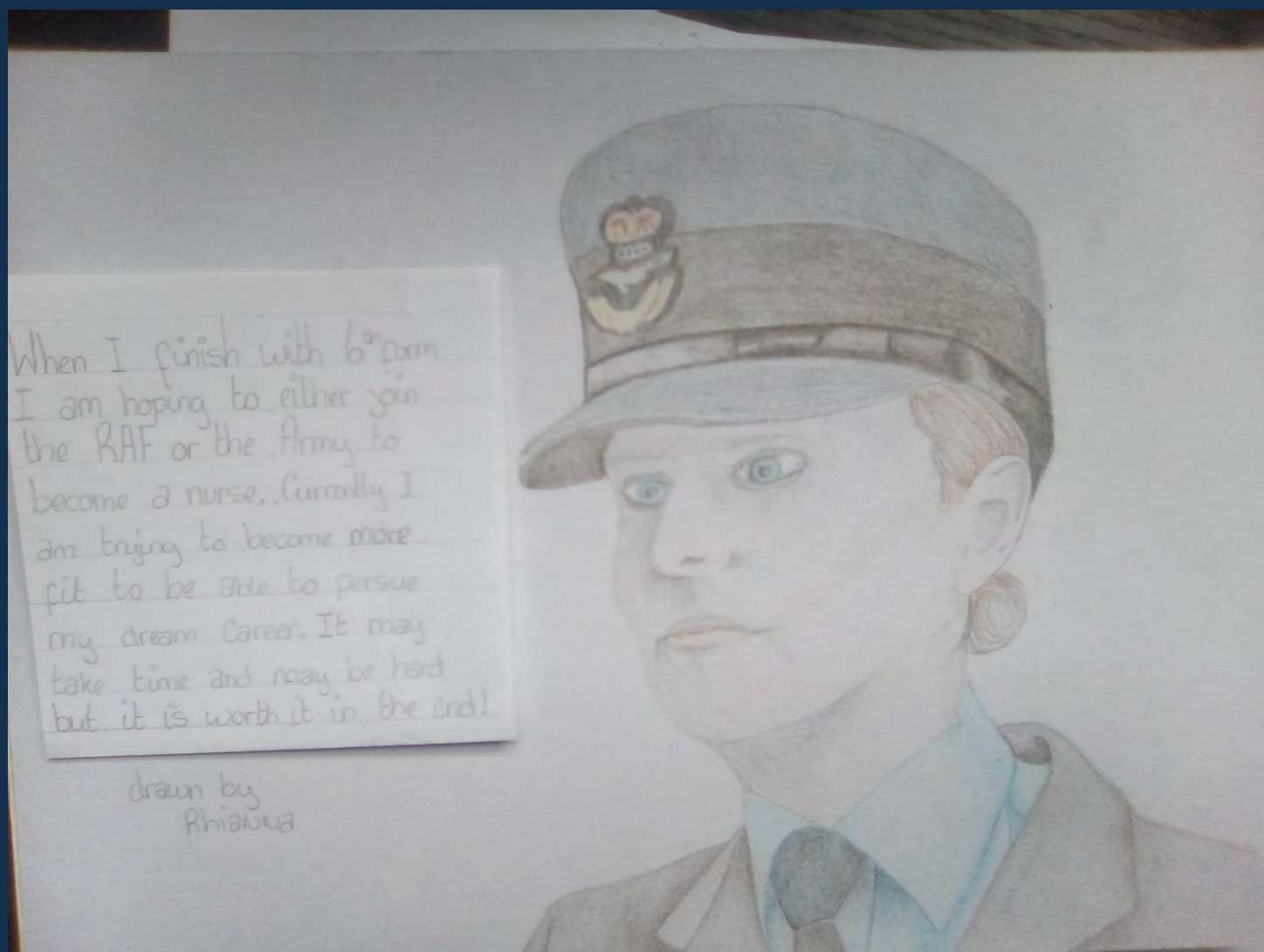
# ASPIRE TO HE CHALLENGE!

Each week we'll be setting a challenge, taking part is not compulsory but there is a prize to be won!

This week, for a chance to win a £20 amazon voucher, we want you to tell us about your ideal university. What is the university's name? What can students do on campus? What does the accommodation look like? What degrees are offered at this university?

You could draw or paint your ideal university or write up a summary outlining all the amazing features that students would have access to. Don't forget to share your university with us, you can do this by email ([aspiretohe@wlv.ac.uk](mailto:aspiretohe@wlv.ac.uk)) or social media.

Below is the winning entry from last week's challenge which was to design a motivational poster. Congratulations to Rhianna from Madeley Academy who has won a £20 amazon voucher!



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