



# Inspiring Futures

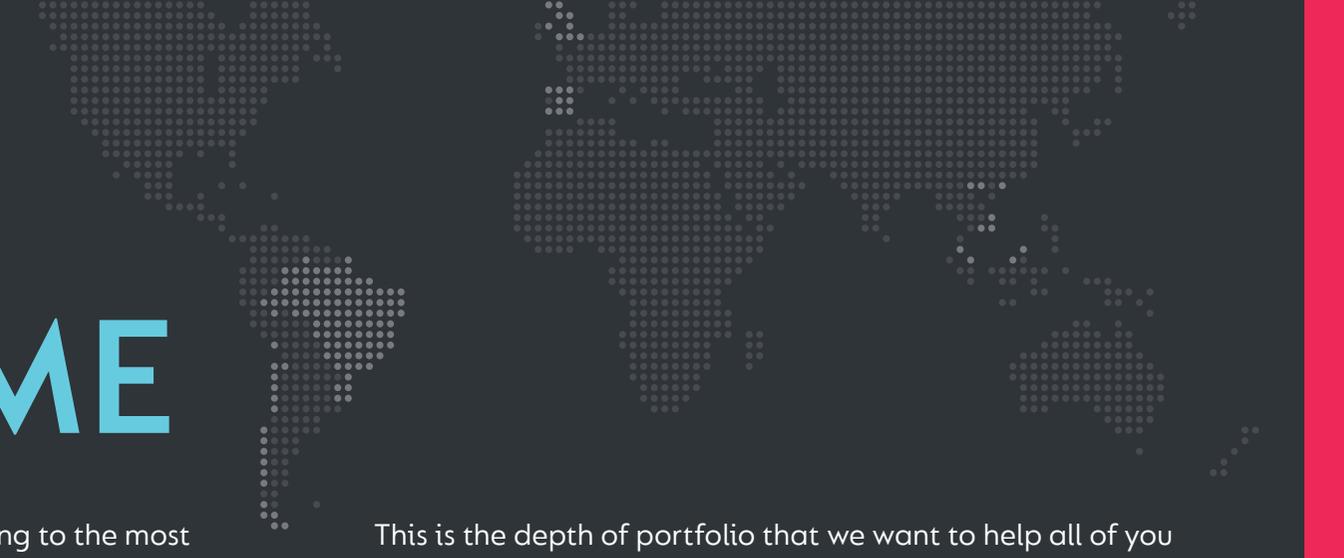
A UNIQUE SUMMER PROGRAMME

PROUDLY PRESENTED BY



**COGNITA**  
An inspiring world of education

**GET AHEAD  
OF THE GAME  
STAND OUT  
FROM THE  
CROWD!**



# WELCOME

Covid-19 has given you the opportunity to belong to the most agile and resilient cohort of students for generations. This new virtual world has catapulted us towards the type of future working environment that you will in time own and lead. This is a huge opportunity for students in Years 11 and 13 to develop those extremely important intangible skills that will benefit you throughout your life. You don't know where the paths you choose will eventually take you, so we have developed this **Inspiring Futures** programme, an incredible resource, to equip you to be prepared for everything!

Increasingly universities and employers are looking for elements, other than grades, to show that a student can bring something different or exceptional to the party. Some are often referred to as soft skills – your ability to converse, persuade, present, articulate. Other elements include things such self-created research projects into an area of interest, active membership of societies, completion of extra-curricular courses, volunteer work etc.

This is the depth of portfolio that we want to help all of you to create that will open doors to a career path right for you.

Your eventual career may not yet exist in today's workplace. You may have numerous different professions throughout your life – lifelong jobs are so 20th Century!

Our objective with this programme is to make you future ready!

# Who's involved?

Two separate programmes are running for Year 11 and Year 13 students. We have brought together some of the most inspirational and knowledgeable experts from across our Cognita UK schools and from the world of work. Collaboratively we will help to prepare you for life beyond the school gates and give you the advantages you need to **stand out from the crowd**.

We have partnered with specialist organisations including Debate Mate, LEAD Curriculum and **UNleash2020**, each a leader in their field, to really engage you in thinking about your ambitions and goals and set you up to achieve them. An immense wealth of experience and guidance is available to you.

Through webinars, **presented by a host of experts, including lawyers, primatologists, medical students, doctors and accountants**, access to on-line training and qualification opportunities, you can use this precious period of time to constructively improve your skill-set and emotional resilience. You will also receive training and guidance in professional social networking and access MOOCS, Massive Online Open Courses, (Yr 13) and virtual Sixth Form taster lessons (Yr 11).

# Your Tutor

Your tutor will be your mentor and guide you through the programme. S/he will provide bespoke assignments, suggest great materials to look at, encourage you to watch webinars from experts in the fields you have shown interest in. S/he will introduce on-line learning opportunities, linked to your chosen career, and support you throughout.

You will check in with your tutor regularly to present back ideas, discuss assignments and to receive the support and encouragement you need to excel.

The programme will introduce and develop significant insight and skills in the following:

*Inspiring* **Communication**

*Inspiring* **Careers Opportunities**

*Inspiring* **Leadership/Women in Leadership**

*Inspiring* **Creativity**

*Inspiring* **Emotional Intelligence**

# Micro-credentials

It is sometimes difficult to demonstrate your commitment and passion for a subject or career path to a potential employer or educator. Dedication to the improvement of skills and knowledge beyond academia is not easily demonstrable – we can help you with that!

‘Micro-credentials’, which are like certificates, are awarded for your engagement and participation. Micro-credits will be granted for every hour of on-line learning, virtual engagement (e.g. watching webinars) and completed assignments. Bronze, Silver and Gold micro-credentials will be presented for 50, 100 and 150 hours of evidenced engagement. These micro-credentials are a superb tool for building up your Curriculum Vitae and provide great material for discussion at interview for both university entry and employment.



**BRONZE**

50 hours of evidenced  
engagement



**SILVER**

100 hours of evidenced  
engagement



**GOLD**

150 hours of evidenced  
engagement

# Programme Outline Year 11



COMPULSORY



CHOOSE TWO FROM THESE OPTIONAL ELEMENTS

# Programme Outline Year 13



COMPULSORY



CHOOSE TWO FROM THESE OPTIONAL ELEMENTS

# So how will it work?

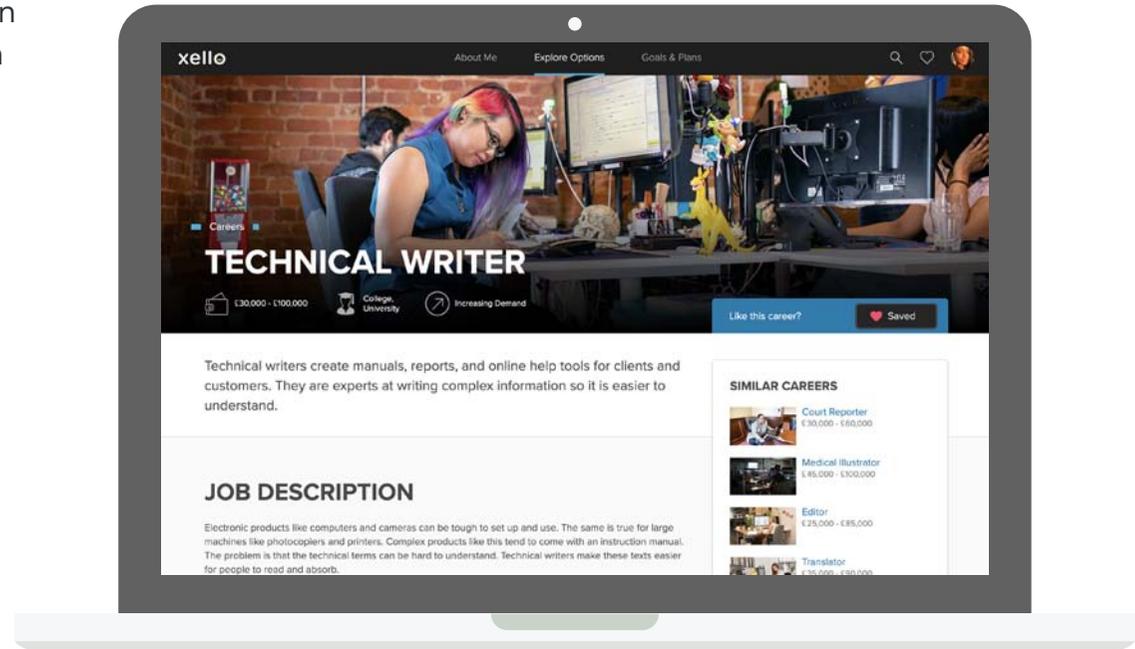
We have invested in a platform called Xello which will drive all elements of the Inspiring Futures programme and will be your information hub throughout. Xello is an engaging on-line program that prepares students for Post-16 success in academics, careers and life. It is, in itself, an exceptionally good resource and schools would usually have it as a stand-alone careers and higher education advisory tool. Not us! **We have significantly enhanced and developed this already superb programme.**

In addition to the in-built careers and higher education functionality, you will have a bespoke dashboard with the school specific and Cognita prepared resources available to you. You will be able to post all your assignments into the programme and communicate with your tutor. Micro-credentials can be logged and you will be able to record your progress.

# xello

Powered by **CASCAID**

Xello will send you a login and this will be your main hub for contact and work throughout the programme.



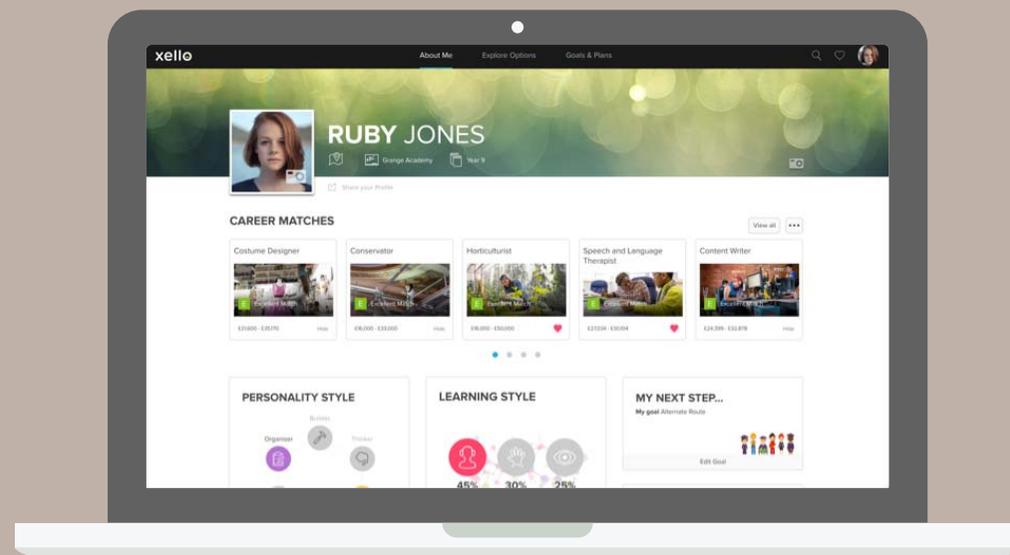
# Careers focus

## Compulsory

The Xello platform offers an exceptional insight into higher education and careers options, as well as being the hub for this Inspiring Futures programme.

- You will have your own secure login (sent to you direct from Xello) to create an online portfolio that showcases your interests, skills and abilities
- You will be able to take a **‘Matchmaker’** quiz which offers career suggestions to match your own preferences.
- Career matches can be explored through the Xello platform with hundreds of career, college and university options to match your assessment results
- You are also given the opportunity to build essential skills both through functionality on the platform and by tutors assigning lessons/work tasks onto your own dashboard
- You will also have the facility to reflect on learnings and to save experiences from your Inspiring Futures programme to your Xello portfolio

“an exceptional insight into higher education and careers”



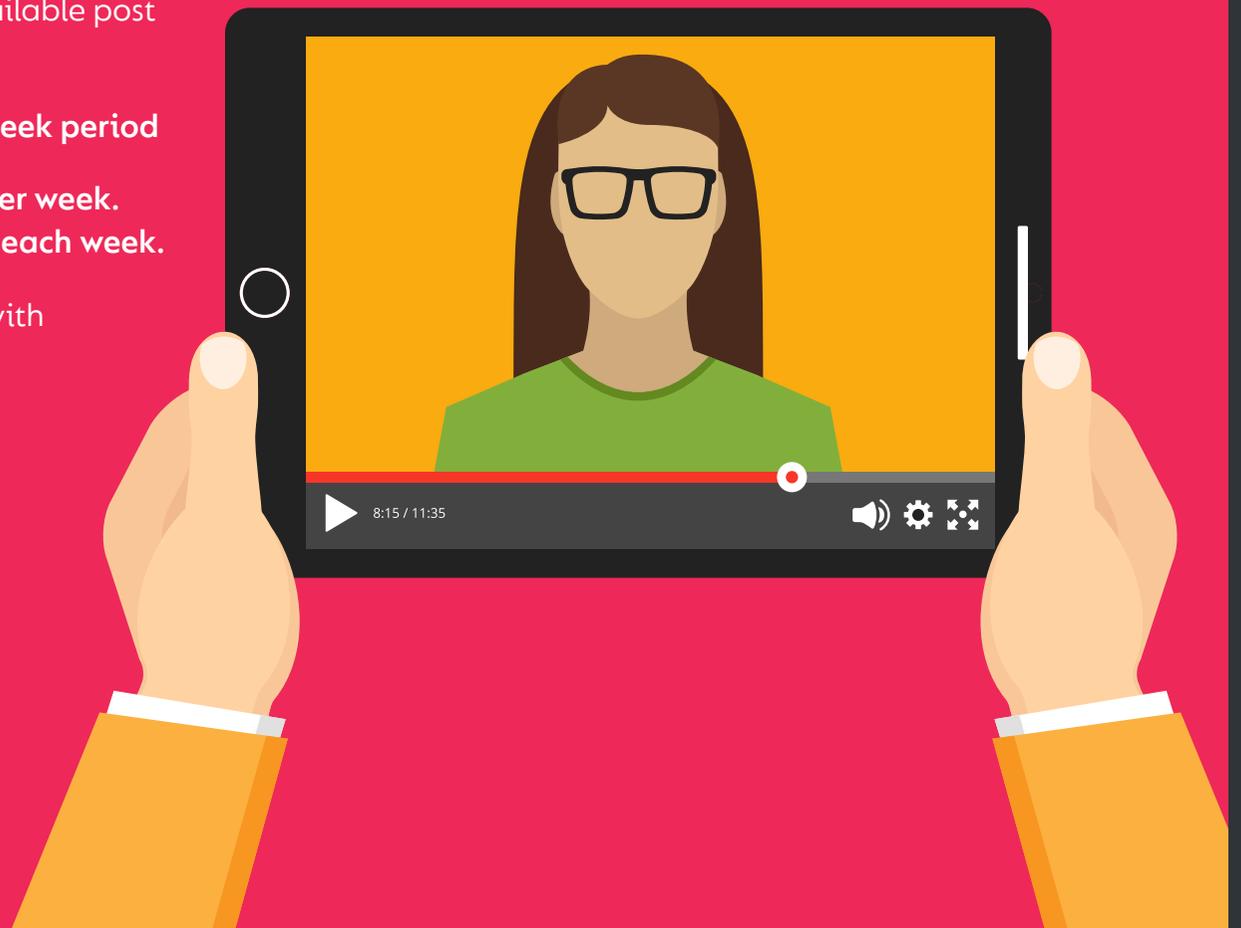
# Sixth Form Taster Sessions

## Compulsory

Not every Cognita School with Year 11 also offers a Sixth Form Programme, but **Sixth Form subject taster sessions will be available for all.** Subject specialists from Akeley Wood, Northbridge House, St. Clare's and Quinton House Schools, supported by teaching experts from many of our other schools, will offer exciting glimpses of what is available post 16 across a wide range of disciplines.

- You will choose 3 subjects to sample over a 4 week period
- Each subject will be delivered over 3 sessions per week. Therefore, you will undertake 9 taster sessions each week.

These online A Level taster lessons will be taken with students from other Cognita schools in the UK.



**WE WANT  
TO INSPIRE  
FUTURE  
GAME  
CHANGERS!**

# Communication

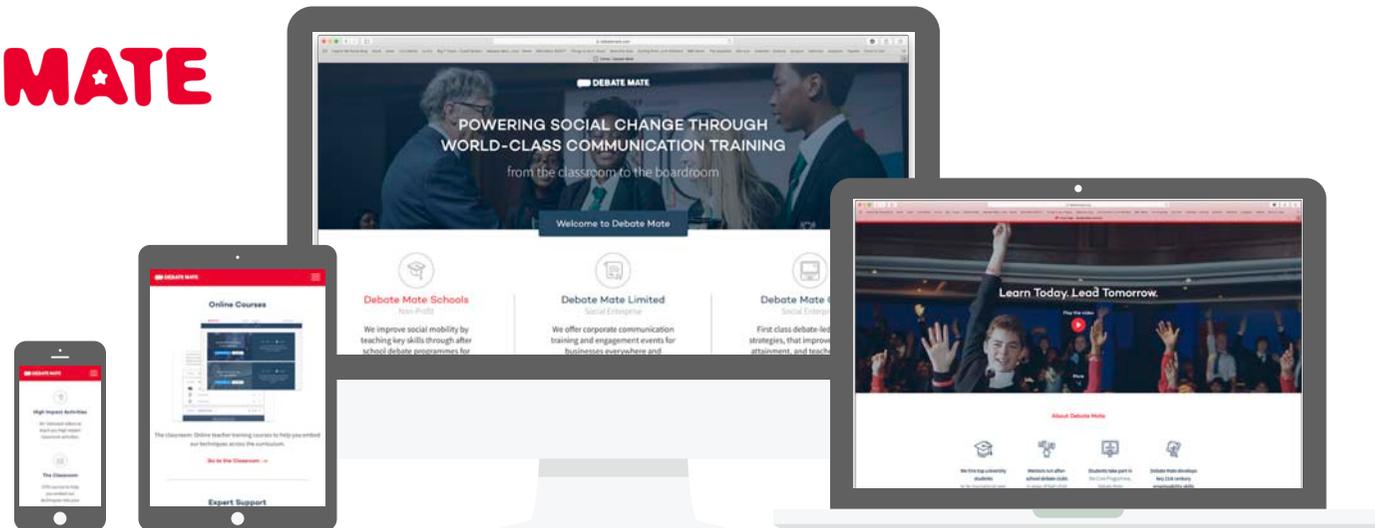
## Compulsory

You know that exceptional communication skills, both inside and outside of the workplace will make a huge difference to your success as an individual. We are partnering with Debate Mate, an internationally respected organisation, which specialises in realising dreams through developing confidence and drive in students.

The Debate Mate team will lead this element of the programme. You will join students from across the participating Cognita Schools to hone your skill and prepare for a schools wide challenge. Like Cognita's vision with this programme, they want to inspire future game changers. [Watch this video!](#)

- The Debate Mate sessions will be run once a week for four weeks
- The first session in each of the four week programmes will be a 'welcome to the team session' and will include an introduction to debating
- The following two sessions will allow students to refine their debating and presentation skills
- The final session will be an on-line live debate

 **DEBATE MATE**



# Creativity

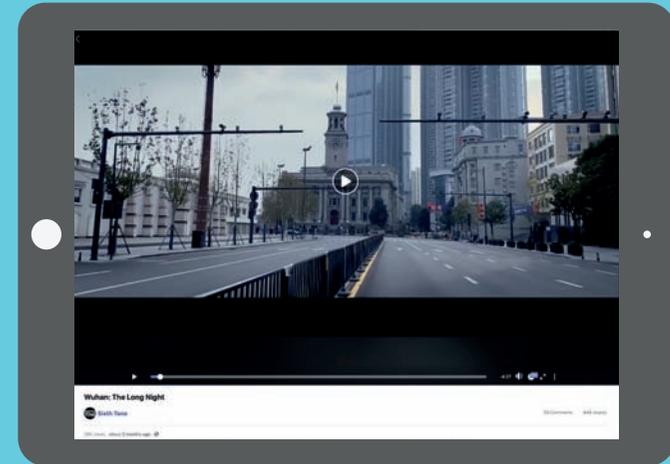
## Optional

Interesting times such as these can inspire the most creative work. We ask students to explore an aspect of the world environment and prepare a piece on-line to be evaluated by a guest panel.

Any media can be used to present a piece from the following:

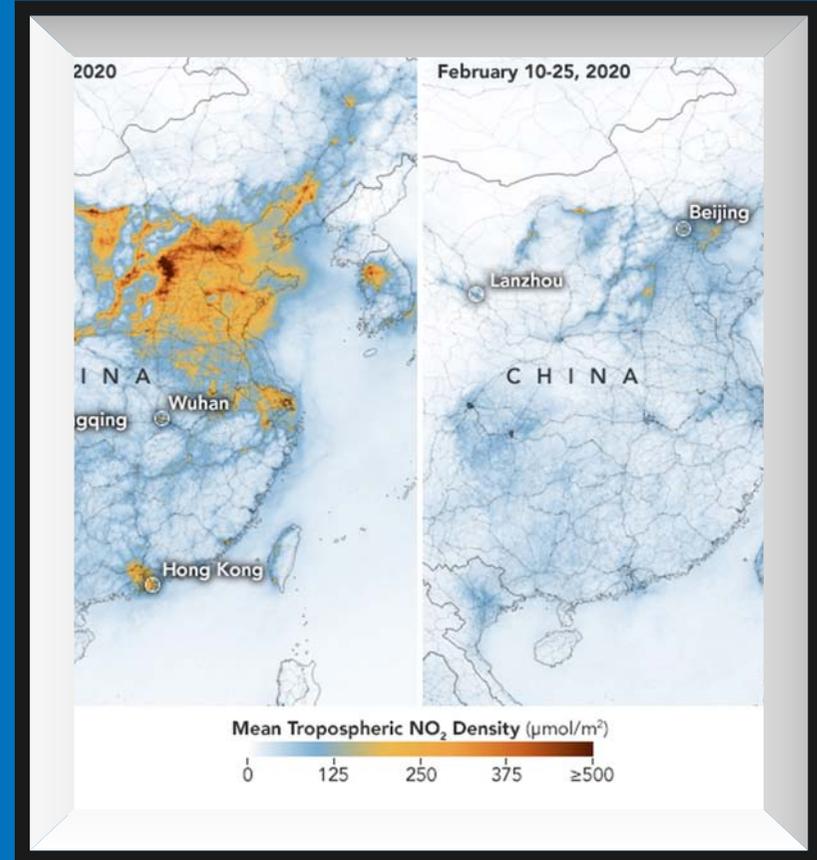
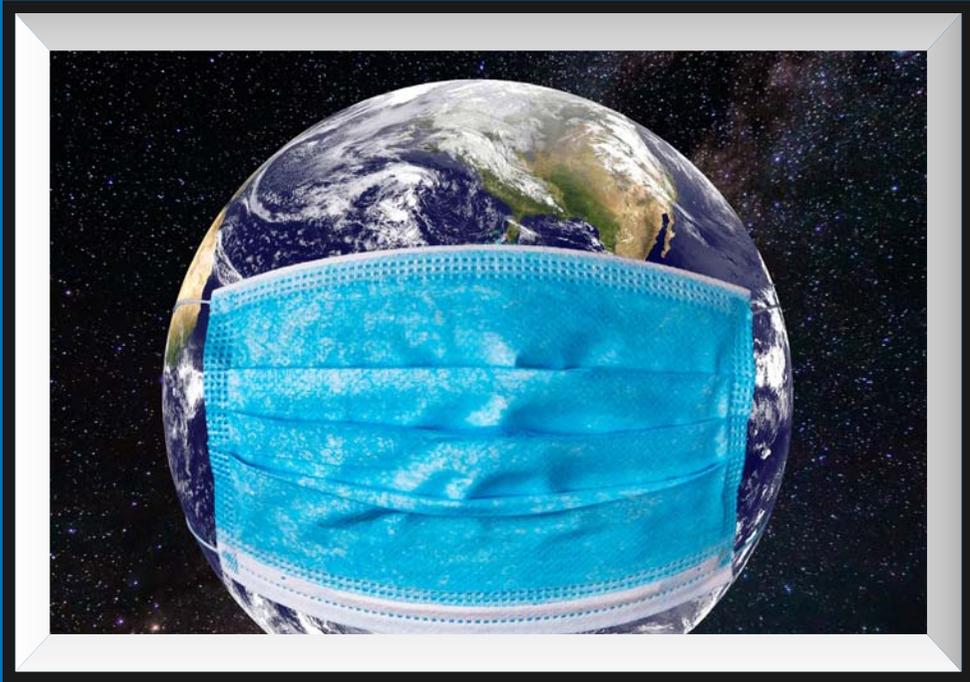
- Art (Sculpture/Painting/Drawing)
- Film (Animation/Documentary)
- Theatre (Written & Filmed Monologue)
- Music (Composition/Performance)
- Creative Writing (Fiction/Script)
- Mixed Media (select a group from the list above that is the best fit)

Students will be expected to present their final piece at the end of the four-week period. If presenting composition, performance, film etc., it should not be any longer than 10 minutes.



The focus of the project is the world environment. This is entirely open ended and can link to any aspect e.g. science, geography, wellbeing, health, feelings, emotion etc. Students can work individually or can collaborate with others to produce a piece of work that they are willing to share with others online. If working collaboratively this should be no more than three students.

Inspiration can come from all around you. Short films have recently been produced depicting the change in a community following lockdown. FaceBook documents many personal stories through film and photography, daily news items detail the positive changes the lockdown is having on our environment. **We can't wait to see your work!**



NEED SOME  
INSPIRATION?

# Emotional Intelligence

## Optional

We want to empower you to respond to and participate in a rapidly changing, volatile world with responsibility, empathy, self-awareness, and resilience. You will create an Emotional Intelligence journal, reflecting on your emotional well-being and setting your own goals to enhance your capacity of empathy, ability to control impulsive reactions, or your flexibility and resilience.



You can work individually or with peers to reflect on a variety of life skills linked to Emotional Intelligence, including:

- **Self-management and self-awareness** – how can I recognize my own emotions and control impulsive feelings and behaviours? How can I manage my emotions in healthy ways, take initiative, follow through on commitments, and adapt to changing circumstances?
- **Social awareness** – How can I develop my capacity for empathy? How can I pick up on emotional cues, feel comfortable socially, and recognize the power dynamics in a group?
- **Relationship management** – How can enhanced emotional intelligence help me maintain strong and healthy relationships? How can self-awareness and social awareness help me communicate more effectively?

**IMPRESS THEM  
NOW AND  
WHO KNOWS  
WHERE THIS  
CAN LEAD!**

# Leadership

## Optional

We are thrilled to be partnering with experts from a London based organisation call LEAD. They have created an exceptional programme, rooted in pedagogy and research for the advancement in skills for young people. LEAD follows the service leadership model and their work is entirely focused on assisting individuals to develop their own strengths in leadership. It's a journey that will be tailored to you to and involves uncovering your own areas of strength.

LEAD look at how you have developed as a person, what motivates and drives you and how your experiences can be embraced to create a strong foundation for leadership. LEAD then partner you with a mentor from the corporate world of work. Companies supporting LEAD include IBM, Santander and Goldman Sachs – but there are experts from all fields involved.

Your corporate mentor will set you a task or assignment in an area you enjoy and excel in. During the programme you will touch base regularly with your mentor who will guide and challenge you to develop your skills further.

You could be working on a challenge specifically linked to a company objective or assisting to creatively resolve a problem the company faces. **These are real world scenarios offering experience that will set you apart from other candidates at future interviews.** Impress them now and who knows where this can lead!

# Women in leadership

## Optional

As with leadership, this is an opportunity for you to work alongside a female corporate mentor who will set you a task or assignment in an area you enjoy and excel in. Emphasis will be placed on providing advice and wisdom, on based on your mentor's journey to success.

During the programme you will touch base regularly with her and she will guide and challenge you to develop your skills further. You could be working on a challenge specifically linked to a company objective or assisting to creatively resolve a problem the company faces. These are real world scenarios offering experience that will set you apart from other candidates at future interviews. Impress them now and who knows where this can lead!



# Special Project UNleash2020

## Optional

UNleash2020 challenges young people to create innovative ideas to address one or more of the Sustainable Development Goals (SDGs) - a 'to do' list for making the world a better place – embracing creativity, innovation and entrepreneurship.

[Watch this video about the SDGs](#)

### Why participate?

We want to inspire students that even though they are at home, they can still make a positive difference and help others who need their support right now. For example, feeling lonely as a result of self-isolation, inability to buy food because shelves are increasingly empty or staying physically and mentally healthy.

UNleash2020 will engage your academic curiosity and provide an outlet for you to build your own solutions to the Coronavirus. This project provides you with a voice and a chance to make a positive impact with your solutions.

We are confident that in the fast changing world that we are in today that UNleash2020 will provide you, our future leaders with an opportunity to make a difference to your communities and the wider world.

**BE THE  
CHANGE!**

# TYPICAL TIMETABLE

# Mock time-table for Year 11 student

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SESSION 1</b>	<b>A LEVEL TASTER (SUBJECT A1)</b>	<b>OPTIONAL STRAND</b>	<b>CAREERS / XELLO</b>	<b>A LEVEL TASTER (SUBJECT A3)</b>	<b>A LEVEL TASTER (SUBJECT B3)</b>
9.00 - 10.30	Synchronous	Asynchronous	Online research	Synchronous	Synchronous
	Asynchronous	Online research	Webinars	Asynchronous	Asynchronous
	Online research			Online research	Online research
<b>SESSION 2</b>	<b>OPTIONAL STRAND</b>	<b>A LEVEL TASTER (SUBJECT A2)</b>	<b>A LEVEL TASTER (SUBJECT C2)</b>	<b>A LEVEL TASTER (SUBJECT B2)</b>	<b>A LEVEL TASTER (SUBJECT C3)</b>
11.0 - 12.30	Asynchronous	Synchronous	Synchronous	Synchronous	Synchronous
	Online research	Asynchronous	Asynchronous	Asynchronous	Asynchronous
		Online research	Online research	Online research	Online research
<b>LUNCH</b> 12.30 - 13.30					
<b>SESSION 3</b>	<b>A LEVEL TASTER (SUBJECT B1)</b>	<b>A LEVEL TASTER (SUBJECT C1)</b>	<b>DEBATE MATE</b>	<b>OPTIONAL STRAND</b>	<b>CAREERS / XELLO</b>
13.00 - 14.30	Synchronous	Synchronous	Synchronous	Asynchronous	Online research
	Asynchronous	Asynchronous		Online research	Webinars
	Online research	Online research			
<b>SESSION 4</b>	<b>TUTOR SUPPORT</b>				
15.00 - 16.30	Synchronous	Synchronous	Synchronous	Synchronous	Synchronous

A typical week will be made up of 20 sessions

All year 11 students will have:

- 5 sessions with their tutor (once a day)
- 3 sessions x 3 A level subjects (9 in total)
- 3 sessions for their optional strand
- 2/3 sessions for their careers/Xello strand
- 1 Debate Mate session

# Mock time-table for Year 13 student

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SESSION 1</b>	<b>MOOC (1)</b>	<b>OPTIONAL STRAND</b>	<b>CAREERS</b>	<b>MOOC (1)</b>	<b>MOOC (1)</b>
9.00 - 10.00	Online	Asynchronous	Online research	Online	Online
		Online research	Webinars		
			Synchronous		
<b>SESSION 2</b>	<b>OPTIONAL STRAND</b>	<b>MOOC (1)</b>	<b>MOOC (2)</b>	<b>CAREERS</b>	<b>MOOC (2)</b>
11.00 - 12.30	Asynchronous	Online	Online	Online research	Online
	Online research			Webinars	
				Synchronous	
<b>LUNCH</b> 12.30 - 13.30					
<b>SESSION 3</b>	<b>MOOC (2)</b>	<b>CAREERS</b>	<b>DEBATE MATE</b>	<b>MOOC (2)</b>	<b>CAREERS</b>
13.00 - 15.00	Online	Online research	Synchronous	Online	Online research
		Webinars			Webinars
		Synchronous			Synchronous
<b>SESSION 4</b>	<b>TUTOR SUPPORT</b>	<b>TUTOR SUPPORT</b>	<b>TUTOR SUPPORT</b>	<b>TUTOR SUPPORT</b>	<b>TUTOR SUPPORT</b>
15.30 - 16.30	Synchronous	Synchronous	Synchronous	Synchronous	Synchronous

A typical week will be made up of 20 sessions

All year 13 students will have:

- 5 sessions with their tutor (once a day)
- 4 sessions x 2 MOOC
- 3 sessions for their optional strand
- 3/4 sessions for their careers strand

1 Debate Mate session

In addition students will be encouraged to set up *their own synchronous study groups*



*Inspiring Futures*



AKELEY WOOD  
SCHOOL

**COGNITA**

An inspiring world of education