

2.2 SESSION PLANS, WORKSHEETS AND RESOURCES

2.2.1 Session plan: making the most of your assets in personal statements

Making the most of assets – a session plan for military service children support

Aims:

- 1) To encourage military service children to consider not only their challenges but also their strengths
- 2) For young people to explore the perspectives of current university students
- 3) To provide an opportunity for children to consider how they can use their special strengths in HE or job applications
- 4) To enable students to evidence those strengths and experiences

Objectives:

- 1) Consider messages in the Creative Forces Film
- 2) Reflect on own experiences
- 3) Relate own strengths to HE or job applications

Time: 1 hour

You will need: Access to the film and copies of worksheet 2.2.2

Time	Facilitator Activity	Learner Activity	Extension
5 mins	1. Welcome and warm up Introductions Outline of the session ahead	<ul style="list-style-type: none"> • Listen and respond to teacher • Think about their ideas and opinions • Understand what they are expected to do during the session 	<ul style="list-style-type: none"> • Respond to additional question (How have you overcome your challenges)
10 mins	2. Introduce film and what to look for Play film:	<ul style="list-style-type: none"> • Watch film and consider key messages and how they could use them in applications 	<ul style="list-style-type: none"> • How did the perspectives of the children differ from the undergraduate
15 mins	3. Distribute worksheet Group work to consider film and university student quotes Take feedback on group discussions	<ul style="list-style-type: none"> • Each group consider one or 2 quotes; what do they mean? • Articulate and justify personal opinions 	<ul style="list-style-type: none"> • What would your own advice be to younger pupils?
15 mins	4. Introduce worksheet activity to explore strengths Brief plenary discussion then individual work	<ul style="list-style-type: none"> • Produce a short list of strengths 	<ul style="list-style-type: none"> • Propose ways to use strengths
10 mins	5. Explore the importance of evidencing using concrete examples and reflection	<ul style="list-style-type: none"> • Evidence ideas • Provide 2 concrete examples 	<ul style="list-style-type: none"> • Reflect on how relevant the examples are
5 mins	6. Closing activities. Summary, thanks and further guidance to plan applications	<ul style="list-style-type: none"> • Think about application process 	<ul style="list-style-type: none"> • Plan applications