



Adam Found His FutureMe @ New College Durham



Adam began studying a Level 3 extended diploma in Sport Science, at New College Durham, in September 2019. During this time Adam participated in a range of FutureMe activities organised by the college that helped him think about the benefits of higher education and their links to different careers. Adam was supported through the application process, and successfully gained a place to study a Foundation Degree in Sports Coaching and Development. In the future he would like a career focused on performance analysis.

Adam started his FutureMe journey by taking part in a range of activities aimed at helping students understand what progression options might be available to them. Adam engaged in a series of one-to-one support sessions to help inform his future plans. In addition to this intensive, individual activity Adam also attended group workshops as part of the FutureMe offer at New College Durham. These workshops are delivered to a small group of students by trained information, guidance and careers practitioners, and focus on themes such as:

- ▶ Introduction to Higher Education
- ▶ HE Subject Taster Sessions
- ▶ Campus Visits
- ▶ Understanding Student Finance
- ▶ Careers Talks
- ▶ HE Application Support

New College Durham's FutureMe programme aims to broaden horizons by providing students with advice on the range of higher education options available and support to enable them to make informed decisions about their future. The breadth of activities available includes opportunities to attend super-curricular trips and events. An example of this was the 'Sports Careers Talk' with Dr Asif Munaf, a highly successful sports wellness specialist. Adam said this talk helped him to *"understand the broad and alternative range of careers in sports and it motivated me to look at options in elite sport"*. Adam also said he found the 'Introduction to HE Talk' *"very helpful as it gave me the information on study options at different institutions both within the North East and further afield"*.

Adam's experiences of FutureMe activities at New College Durham have seen him progress in his studies with clear goals for higher education study, contingency plans and high aspirations for his future career options. John Richardson, FutureMe Adviser at New College Durham said, "I have seen Adam grow from a further education student seeking mentorship into a confident and articulate young man with clear career goals and academic aspirations for higher education".

Speaking of his experience, Adam said:

"I chose to do the foundation degree at New College Durham rather than going to an external university because I get more individual support from tutors, which is helpful when doing assignments. New College Durham also offered the exact course I wanted to do".

"The FutureMe activities got me thinking about higher education and gave me the information to help me make my decisions. 'I want to work in Performance Analysis in the Future".

FutureMe is a programme of activity delivered in schools and colleges across the North East by the North East Uni Connect Programme. By taking part in FutureMe activity we want young people to:

- ▶ Have the opportunity to plan for their future and gain an understanding of what can support them in reaching their goals
- ▶ Have access to high quality information and support to help them consider whether higher education is the right option for them
- ▶ Have an increased awareness and understanding of higher education opportunities and progression pathways in the region.

The North East Uni Connect Programme is a partnership of all the universities and colleges in the region working together to increase progression to higher education. This work is being carried out as part of the Office for Students' Uni Connect Programme.