



LiNCHigher Live is a programme of webinars coordinated by LiNCHigher and supported by a range of professionals and experts, to provide students with the knowledge, skills and the confidence to aim high and take the next steps through education. The programme was delivered live starting on 1st March 2021, and ran all the way up to 31st March 2021, with a different live webinar each day.

Below you will find the links to the recordings of the LiNCHigher Live webinars, ready to be shared with teachers, advisors, students, parents and carers. As you watch the webinars, they can be paused, so you don't have to watch them all at once. They could be broadcasted to a group of students in school/college, or students and their parents/carers could watch them at home or privately.

To view a webinar, you must complete the registration. If you are a:

- Teacher or a member of staff in a school/college: we will be in touch following your registration to get a register of students who participated in the LiNCHigher Live webinar recording and may follow up with a survey to gather your and your students' feedback on the webinar.
- Parent or carer: we may be in touch with a survey to gather you and your young persons' feedback on the webinar.
- Student: we may be in touch with a survey to gather your feedback on the webinar.

You will also find in this document some example programmes, depending on the year group you are in or you are working with, as well as programmes depending on what theme/topic you want to address. These are just suggestions and can be changed – we recommend that to have the greatest impact, you should follow a programme like this, as by watching multiple webinars, you can develop multiple skills and knowledge!

Each webinar was delivered to a live audience, so they might refer to polls and questions asked by attendees in the session, but the content, tips and support is still as useful and relevant as ever!

All of the webinars are between **35mins-1 hour** long.





## FULL PROGRAMME

Click the session title and the link to the webinar will open.

### What's Next?

Workshop about your ambitions, your future, and your potential options in careers. We will begin exploring routes you can take in 'FE' and 'HE' and work out how you might get to your dream career!

**(LiNCHigher – 1st March)**

### Life after Year 11: Post-16 Options

This workshop will focus on what you can do between now and sitting your GCSEs, and will begin to explore what are your post-16 study options?

**(LiNCHigher – 2nd March)**

### March to June 2021: The What's What (for 2021 only)

This will be another chance to recap on what your options are for post-16 education including College-study, School-study, Apprenticeships, and a conversation on exams 2021 – what we know, and what we can do whilst we wait!

**(LiNCHigher – 3rd March)**

### Research-HE

As you start to think about what you might want to do when you leave school or college, this will show you ways of researching your HE options, and where to find information including what courses, institution and pathway!

**(LiNCHigher – 4th March)**

### Making the Tough Decisions

As we approach the end of Year 13, this talk will look at ways to make the decision on your firm and insurance choice on UCAS (if you haven't already), and will explain what else to start thinking about, such as what is clearing and adjustment, and applying for accommodation!

**(LiNCHigher – 5th March)**

### Goal Setting

David has asked us here at LiNCHigher before: 'What do big achievers all have in common?' – they all set massive goals! So how do we do it, and how do we stay motivated to keep on working towards it – this will help you find out!

**(David Hyner – 8th March)**

### Writing About Yourself

Have you ever stopped to think how hard it can be to talk and write about ourselves? This is an important skill for applying to Higher Education, and further down the line, when applying for jobs, but despite living in a social media generation, we still find it hard to talk about the skills we have, where we have shown them, and why that means we should get a place on their course, or why we should get that job – this workshop looks to change that and give you advice on how to write about yourself!

**(LiNCHigher – 9th March)**

### Route Planning: From GCSE to Degree

Workshop on exploring Higher Education, and how to find more information on the different routes, on courses and on pathways, so you can start planning your route into Higher Education!

Find more information on courses, and pathways.

**(BGU – 10th March)**

### Personal Statements – Let's Get Writing

You may have been putting this off, so now's the time to start drafting your personal statement! This workshop will help by giving you some advice on what to write, what not to write, and just general tips about getting that personal statement written!

**(LiNCHigher – 11th March)**

### Applying for Student Finance (and then managing it)

We know how daunting this can be – so this session will begin by talking about the student finance application, what you can expect, before moving on to how to manage your finances when you go onto your next step!

**(LiNCHigher – 12th March)**

### Preparing for your GCSES's

Before you know it, you'll be in Year 11, and getting ready to start your GCSE exams – so this talk will look at how you can get ahead and prepare yourself for your GCSEs!

**(LiNCHigher – 15th March)**

### Study Skills

If the pandemic has shown us one thing, it is how important having good independent study skills is – as we may have worked from home or from school in smaller groups. This session, led by MADE Training, will look at how you can improve your studying skills – and trust us, they will make sure it's interesting!

**(MADE – 16th March)**

### Preparing for Further Education

You will all have made your decision, or at least will have thought about, what and where you want to study next year. Are you doing A Levels or BTEC? Are you doing an Apprenticeship? At a college, or at a school? This talk will help you understand more about what to expect from Further Education, and help with the transition into the next stage of your education!

**(LiNCHigher – 17th March)**

### Student Finance

It's the elephant in the room - the topic no one wants to talk about, but the one everyone has questions on – this important talk will look at everything you need to know about student finance, from tuition fees, to maintenance loans, to why your 'student debt' is nothing to be worried about!

**(LiNCHigher – 18th March)**

### Managing the Transition to HE

Taking that step into Higher Education is very exciting – but there are also things about it that make us feel nervous! This talk will look at some of those things, how we can help ourselves with the transition into Higher Education, and who we can go to when we do need that little extra support!

**(University of Lincoln Transition and Wellbeing Team – 19th March)**

### Dan Hargreaves

As we approach the Easter break, it's time to get some positive energy – and Dan will supply that with extra to go around! Dan's talk will help motivate you to keep on working hard, pushing on, and doing your absolute best!

**(Dan Hargreaves – 22nd March)**

### Making the Most out of Year 10 and Year 11

We want to help you make the most of what's left of Year 10, and hit the ground running in Year 11, so this workshop will give you some motivation and skills to help you do just that!

**(MAD4Life – 23rd March)**

### Luke Staton

Luke's talk will inspire you to reflect on yourself, what your dreams and aspirations are, and what are your qualities and beliefs – to help motivate you as you move on through your education career, and inspire you to aim high!

**(Luke Staton – 24th March)**



### Aspiring to Apprenticeships

We have a really exciting talk with The Inspirational Learning Group who you may have seen in school before! They have given us two different talks for this day – the link in this programme looks at degree apprenticeships and talk about the real experience of a degree apprentice, and the below link offers more general info about apprenticeships, including an apprenticeships challenge for you to enter!

**(The Inspirational Learning Group – 25th March)**

**Additional link**

### Paul Hughes

This talk will challenge all of us who sometimes make excuses – Paul will explain how he broke down barriers, and overcame his learning difficulties, to become an expert in his field, including learning to speak multiple languages, embracing new cultures, and advising Barack Obama in his career with the forces.

**(Paul Hughes – 26th March)**

### Handling Stress and Anxiety

Gemma will talk honestly about conquering anorexia, from which she suffered for many years, and her personal experience of mental health issues and bullying – but will tell us how through hard work, goal setting, and positive thinking, overcame those hurdles to turn adversity into success!

**(Gemma Oaten – 29th March)** Please note, this link will only be available until 31st July 2021.

### Cosmos Engagement

We are incredibly excited to bring Cosmos to LiNCHigher Live! This session will talk about overcoming the odds – its uplifting, inspiring, and sure to make you more confident in challenging your barriers and hurdles, and more importantly, overcoming them!

**(Cosmos – 30th March)** Please note, this link will only be available until 31st July 2021.

### What to Expect from HE

Whilst things may look a little different still because of COVID-19, this workshop will be a chance to look at what you can expect from Higher Education, and why you can start getting excited – if you are moving away, what do you need to pack/take? What do you need to do before you go? What things will you learn whilst you are there (how to make a Pot Noodle sandwich is not one of them)?

**(LiNCHigher – 31st March)**

## YEAR 9 PROGRAMME

Click the session title and the link to the webinar will open.

### What's Next?

Workshop about your ambitions, your future, and your potential options in careers. We will begin exploring routes you can take in 'FE' and 'HE' and work out how you might get to your dream career!

**(LiNCHigher – 1st March)**

### Goal Setting

David has asked us here at LiNCHigher before: 'What do big achievers all have in common?' – they all set massive goals! So how do we do it, and how do we stay motivated to keep on working towards it – this will help you find out!

**(David Hyner – 8th March)**

### Preparing for your GCSES's

Before you know it, you'll be in Year 11, and getting ready to start your GCSE exams – so this talk will look at how you can get ahead and prepare yourself for your GCSEs!

**(LiNCHigher – 15th March)**

### Dan Hargreaves

As we approach the Easter break, it's time to get some positive energy – and Dan will supply that with extra to go around! Dan's talk will help motivate you to keep on working hard, pushing on, and doing your absolute best!

**(Dan Hargreaves – 22nd March)**

### Handling Stress and Anxiety

Gemma will talk honestly about conquering anorexia, from which she suffered for many years, and her personal experience of mental health issues and bullying – but will tell us how through hard work, goal setting, and positive thinking, overcame those hurdles to turn adversity into success!

**(Gemma Oaten – 29th March)** Please note, this link will only be available until 31st July 2021.

### Cosmos Engagement

We are incredibly excited to bring Cosmos to LiNCHigher Live! This session will talk about overcoming the odds – its uplifting, inspiring, and sure to make you more confident in challenging your barriers and hurdles, and more importantly, overcoming them!

**(Cosmos – 30th March)** Please note, this link will only be available until 31st July 2021.



## YEAR 10 PROGRAMME

Click the session title and the link to the webinar will open.

### Life after Year 11: Post-16 Options

This workshop will focus on what you can do between now and sitting your GCSEs, and will begin to explore what are your post-16 study options?

**(LiNCHigher – 2nd March)**

### Writing About Yourself

Have you ever stopped to think how hard it can be to talk and write about ourselves? This is an important skill for applying to Higher Education, and further down the line, when applying for jobs, but despite living in a social media generation, we still find it hard to talk about the skills we have, where we have shown them, and why that means we should get a place on their course, or why we should get that job – this workshop looks to change that and give you advice on how to write about yourself!

**(LiNCHigher – 9th March)**

### Study Skills

If the pandemic has shown us one thing, it is how important having good independent study skills is – as we may have worked from home or from school in smaller groups. This session, led by MADE Training, will look at how you can improve your studying skills – and trust us, they will make sure it's interesting!

**(MADE – 16th March)**

### Making the Most out of Year 10 and Year 11

We want to help you make the most of what's left of Year 10, and hit the ground running in Year 11, so this workshop will give you some motivation and skills to help you do just that!

**(MAD4Life – 23rd March)**

### Aspiring to Apprenticeships

We have a really exciting talk with The Inspirational Learning Group who you may have seen in school before! They have given us two different talks for this day – the link in this programme looks at degree apprenticeships and talk about the real experience of a degree apprentice, and the below link offers more general info about apprenticeships, including an apprenticeships challenge for you to enter!

**(The Inspirational Learning Group – 25th March)**

**Additional link**

### Handling Stress and Anxiety

Gemma will talk honestly about conquering anorexia, from which she suffered for many years, and her personal experience of mental health issues and bullying – but will tell us how through hard work, goal setting, and positive thinking, overcame those hurdles to turn adversity into success!

**(Gemma Oaten – 29th March)** Please note, this link will only be available until 31st July 2021.

### Cosmos Engagement

We are incredibly excited to bring Cosmos to LiNCHigher Live! This session will talk about overcoming the odds – its uplifting, inspiring, and sure to make you more confident in challenging your barriers and hurdles, and more importantly, overcoming them!

**(Cosmos – 30th March)** Please note, this link will only be available until 31st July 2021.

## YEAR 11 PROGRAMME

Click the session title and the link to the webinar will open.

### 'March to June 2021: the What's What' (2021 only)

This will be another chance to recap on what your options are for post-16 education including College-study, School-study, Apprenticeships, and a conversation on exams 2021 – what we know, and what we can do whilst we wait!

(LiNCHigher – 3rd March)

### Route Planning: From GCSE to Degree

Workshop on exploring Higher Education, and how to find more information on the different routes, on courses and on pathways, so you can start planning your route into Higher Education!

Find more information on courses, and pathways.

(BGU – 10th March)

### Preparing for Further Education

You will all have made your decision, or at least will have thought about, what and where you want to study next year. Are you doing A Levels or BTEC? Are you doing an Apprenticeship? At a college, or at a school? This talk will help you understand more about what to expect from Further Education, and help with the transition into the next stage of your education!

(LiNCHigher – 17th March)

### Aspiring to Apprenticeships

We have a really exciting talk with The Inspirational Learning Group who you may have seen in school before!

They have given us two different talks for this day – the link in this programme looks at degree apprenticeships

and talk about the real experience of a degree apprentice, and the below link offers more general info about apprenticeships, including an apprenticeships challenge for you to enter!

(The Inspirational Learning Group – 25th March)

**Additional link**

### Luke Staton

Luke's talk will inspire you to reflect on yourself, what your dreams and aspirations are, and what are your qualities and beliefs – to help motivate you as you move on through your education career, and inspire you to aim high!

(Luke Staton – 24th March)

### Handling Stress and Anxiety

Gemma will talk honestly about conquering anorexia, from which she suffered for many years, and her personal experience of mental health issues and bullying – but will tell us how through hard work, goal setting, and positive thinking, overcame those hurdles to turn adversity into success!

(Gemma Oaten – 29th March) Please note, this link will only be available until 31st July 2021.

### Cosmos Engagement

We are incredibly excited to bring Cosmos to LiNCHigher Live! This session will talk about overcoming the odds – its uplifting, inspiring, and sure to make you more confident in challenging your barriers and hurdles, and more importantly, overcoming them!

(Cosmos – 30th March) Please note, this link will only be available until 31st July 2021.

## YEAR 12/13 AND FURTHER EDUCATION STUDENT WEBINARS

Click the session title and the link to the webinar will open.

### Research-HE

As you start to think about what you might want to do when you leave school or college, this will show you ways of researching your HE options, and where to find information including what courses, institution and pathway!

(LiNCHigher – 4th March)

### Making the Tough Decisions

As we approach the end of Year 13, this talk will look at ways to make the decision on your firm and insurance choice on UCAS (if you haven't already), and will explain what else to start thinking about, such as what is clearing and adjustment, and applying for accommodation!

(LiNCHigher – 5th March)

### Personal Statements – Let's Get Writing

You may have been putting this off, so now's the time to start drafting your personal statement! This workshop will help by giving you some advice on what to write, what not to write, and just general tips about getting that personal statement written!

(LiNCHigher – 11th March)

### Applying for Student Finance (and then managing it)

We know how daunting this can be – so this session will begin by talking about the student finance application, what you can expect, before moving on to how to manage your finances when you go onto your next step!

(LiNCHigher – 12th March)

### Student Finance

It's the elephant in the room - the topic no one wants to talk about, but the one everyone has questions on – this important talk will look at everything you need to know about student finance, from tuition fees, to maintenance loans, to why your 'student debt' is nothing to be worried about!

(LiNCHigher – 18th March)

### Managing the Transition to HE

Taking that step into Higher Education is very exciting – but there are also things about it that make us feel nervous! This talk will look at some of those things, how we can help ourselves with the transition into Higher Education, and who we can go to when we do need that little extra support!

(University of Lincoln Transition and Wellbeing Team – 19th March)

### Paul Hughes

This talk will challenge all of us who sometimes make excuses – Paul will explain how he broke down barriers, and overcame his learning difficulties, to become an expert in his field, including learning to speak multiple languages, embracing new cultures, and advising Barack Obama in his career with the forces.

(Paul Hughes – 26th March)

### Handling Stress and Anxiety

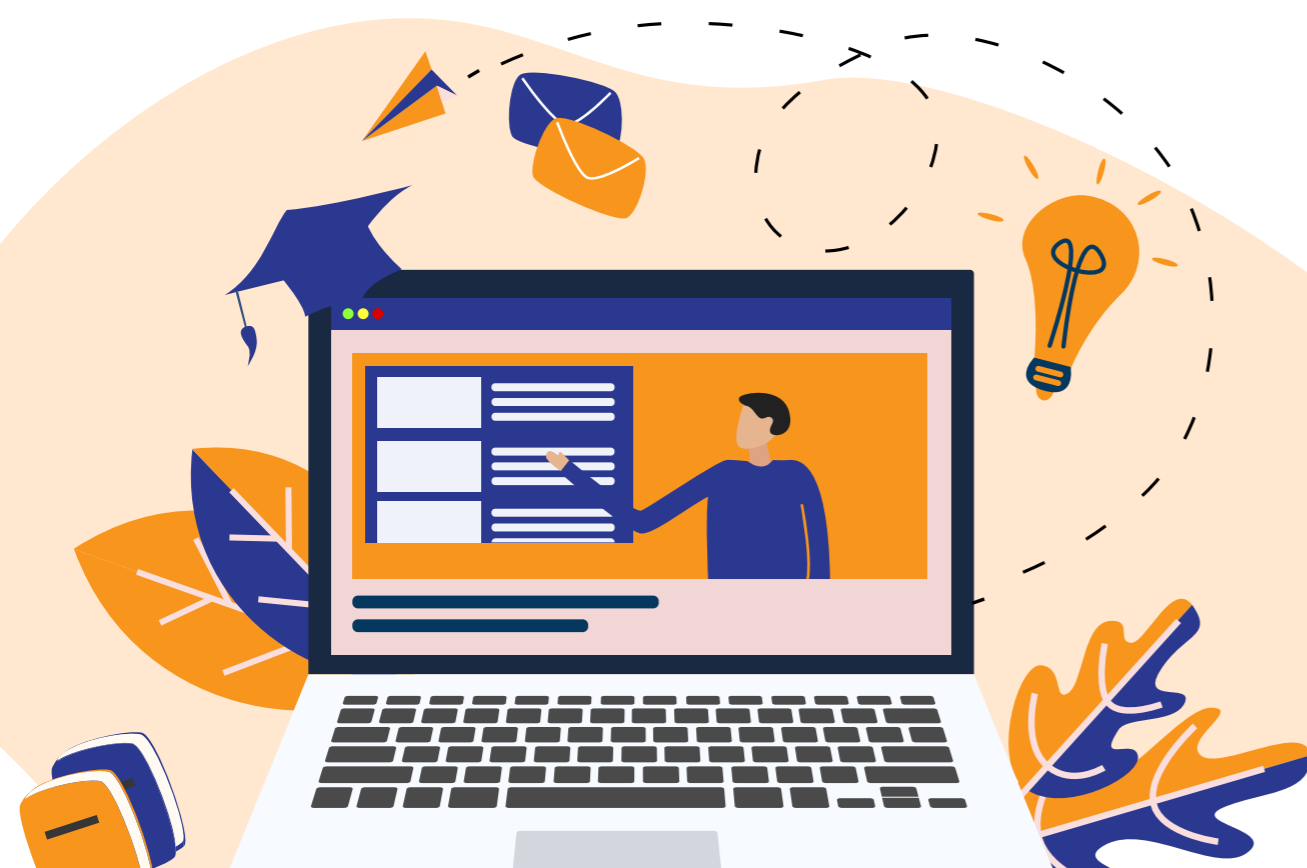
Gemma will talk honestly about conquering anorexia, from which she suffered for many years, and her personal experience of mental health issues and bullying – but will tell us how through hard work, goal setting, and positive thinking, overcame those hurdles to turn adversity into success!

(Gemma Oaten – 29th March) Please note, this link will only be available until 31st July 2021.

### What to Expect from HE

Whilst things may look a little different still because of COVID-19, this workshop will be a chance to look at what you can expect from Higher Education, and why you can start getting excited – if you are moving away, what do you need to pack/take? What do you need to do before you go? What things will you learn whilst you are there (how to make a Pot Noodle sandwich is not one of them)?

(LiNCHigher – 31st March)



## POST-16 OPTIONS PROGRAMME

### Life after Year 11: Post-16 Options

This workshop will focus on what you can do between now and sitting your GCSEs, and will begin to explore what are your post-16 study options?

**(LiNCHigher – 2nd March)**

### Goal Setting

David has asked us here at LiNCHigher before: ‘What do big achievers all have in common?’ – they all set massive goals! So how do we do it, and how do we stay motivated to keep on working towards it – this will help you find out!

**(David Hyner – 8th March)**

### Route Planning: from GCSE to Degree

Workshop on exploring Higher education, and how to find more information on the different routes, on courses and on pathways, so you can start planning your route into Higher Education!

Find more information on courses, and pathways.

**(Bishop Grosseteste University – 10th March)**



Click the session title and the link to the webinar will open.

### Study Skills

If the pandemic has shown us one thing, it is how important having good independent study skills is – as we may have worked from home or from school in smaller groups. This session, led by MADE Training, will look at how you can improve your studying skills – and trust us, they will make sure it's interesting!

**(MADE – 16th March)**

### Preparing for Further Education

You will all have made your decision, or at least will have thought about, what and where you want to study next year. Are you doing A Levels or BTEC? Are you doing an Apprenticeship? At a college, or at a school? This talk will help you understand more about what to expect from Further Education, and help with the transition into the next stage of your education!

**(LiNCHigher – 17th March)**

### Aspiring to Apprenticeships

We have a really exciting talk with The Inspirational Learning Group who you may have seen in school before! They have given us two different talks for this day – the link in this programme looks at degree apprenticeships and talk about the real experience of a degree apprentice, and the below link offers more general info about apprenticeships, including an apprenticeships challenge for you to enter!

**(The Inspirational Learning Group – 25th March)**

**Additional link**

Click the session title and the link to the webinar will open.

## POST-18 OPTIONS

### Research-HE

As you start to think about what you might want to do when you leave school or college, this will show you ways of researching your HE options, and where to find information including what courses, institution and pathway!

**(LiNCHigher – 4th March)**

### Personal Statements – Let's Get Writing

You may have been putting this off, so now's the time to start drafting your personal statement! This workshop will help by giving you some advice on what to write, what not to write, and just general tips about getting that personal statement written!

**(LiNCHigher – 11th March)**

### Student Finance

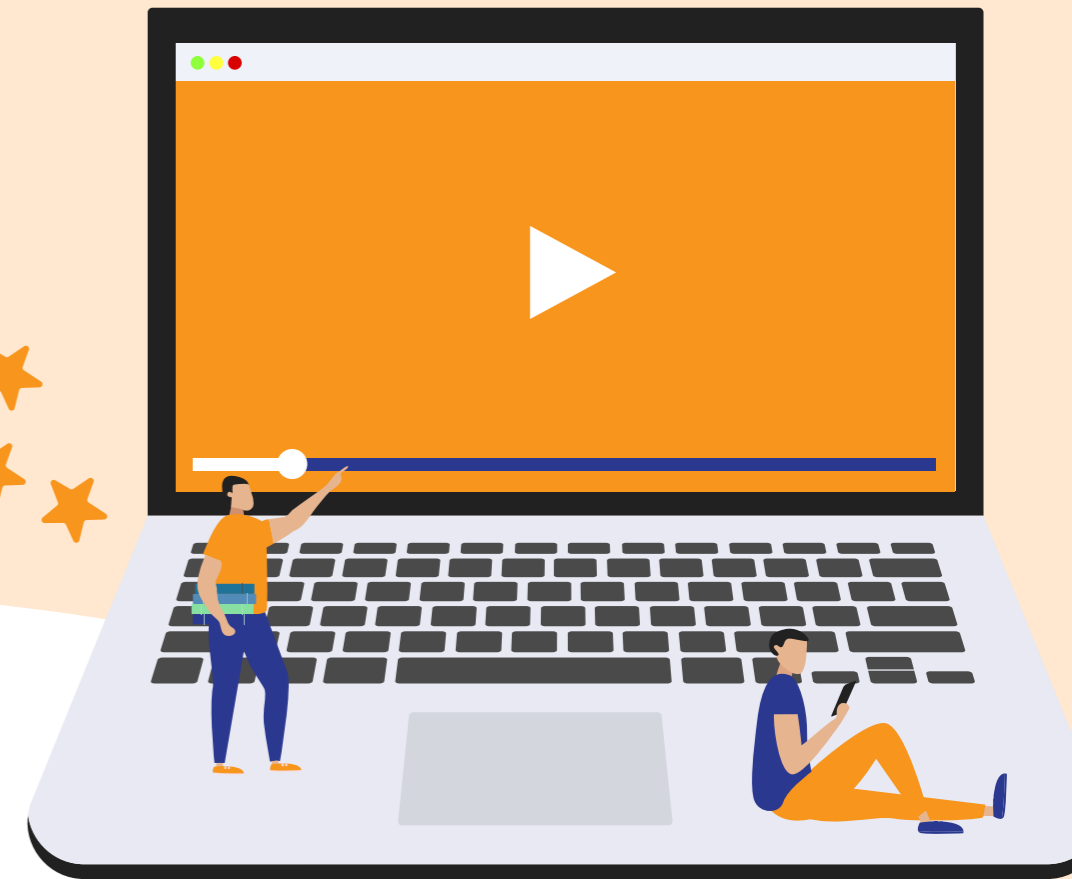
It's the elephant in the room - the topic no one wants to talk about, but the one everyone has questions on –this important talk will look at everything you need to know about student finance, from tuition fees, to maintenance loans, to why your 'student debt' is nothing to be worried about!

**(LiNCHigher – 18th March)**

### Managing the Transition to HE

Taking that step into Higher Education is very exciting – but there are also things about it that make us feel nervous! This talk will look at some of those things, how we can help ourselves with the transition into Higher Education, and who we can go to when we do need that little extra support!

**(University of Lincoln Transition and Wellbeing Team – 19th March)**



### Aspiring to Apprenticeships

We have a really exciting talk with The Inspirational Learning Group who you may have seen in school before! They have given us two different talks for this day – the link in this programme looks at degree apprenticeships and talk about the real experience of a degree apprentice, and the below link offers more general info about apprenticeships, including an apprenticeships challenge for you to enter!

**(The Inspirational Learning Group – 25th March)**

**Additional link**

### What to expect from HE

Whilst things may look a little different still because of COVID-19, this workshop will be a chance to look at what you can expect from Higher Education, and why you can start getting excited – if you are moving away, what do you need to pack/take? What do you need to do before you go? What things will you learn whilst you are there (how to make a Pot Noodle sandwich is not one of them)?

**(LiNCHigher – 31st March)**

## MOTIVATION, CONFIDENCE AND RESILIENCE PROGRAMME

### Goal Setting

David has asked us here at LiNCHigher before: 'What do big achievers all have in common?' – they all set massive goals! So how do we do it, and how do we stay motivated to keep on working towards it – this will help you find out!  
**(David Hyner – 8th March)**

### Dan Hargreaves

As we approach the Easter break, it's time to get some positive energy – and Dan will supply that with extra to go around! Dan's talk will help motivate you to keep on working hard, pushing on, and doing your absolute best!  
**(Dan Hargreaves – 22nd March)**

### Luke Staton

Luke's talk will inspire you to reflect on yourself, what your dreams and aspirations are, and what are your qualities and beliefs – to help motivate you as you move on through your education career, and inspire you to aim high!  
**(Luke Staton – 24th March)**

### Paul Hughes

This talk will challenge all of us who sometimes make excuses – Paul will explain how he broke down barriers, and overcame his learning difficulties, to become an expert in his field, including learning to speak multiple languages, embracing new cultures, and advising Barack Obama in his career with the forces.  
**(Paul Hughes – 26th March)**



Click the session title and the link to the webinar will open.

### Handling Stress and Anxiety

Gemma will talk honestly about conquering anorexia, from which she suffered for many years, and her personal experience of mental health issues and bullying – but will tell us how through hard work, goal setting, and positive thinking, overcame those hurdles to turn adversity into success!  
**(Gemma Oaten – 29th March)** Please note, this link will only be available until 31st July 2021.

### Cosmos Engagement

We are incredibly excited to bring Cosmos to LiNCHigher Live! This session will talk about overcoming the odds – its uplifting, inspiring, and sure to make you more confident in challenging your barriers and hurdles, and more importantly, overcoming them!  
**(Cosmos – 30th March)** Please note, this link will only be available until 31st July 2021.



Click the session title and the link to the webinar will open.

## MENTAL HEALTH AND WELLBEING PROGRAMME

### Luke Staton

Luke's talk will inspire you to reflect on yourself, what your dreams and aspirations are, and what are your qualities and beliefs – to help motivate you as you move on through your education career, and inspire you to aim high!  
**(Luke Staton – 24th March)**

### Paul Hughes

This talk will challenge all of us who sometimes make excuses – Paul will explain how he broke down barriers, and overcame his learning difficulties, to become an expert in his field, including learning to speak multiple languages, embracing new cultures, and advising Barack Obama in his career with the forces.  
**(Paul Hughes – 26th March)**

### Handling Stress and Anxiety

Gemma will talk honestly about conquering anorexia, from which she suffered for many years, and her personal experience of mental health issues and bullying – but will tell us how through hard work, goal setting, and positive thinking, overcame those hurdles to turn adversity into success!  
**(Gemma Oaten – 29th March)** Please note, this link will only be available until 31st July 2021.

### Cosmos Engagement

We are incredibly excited to bring Cosmos to LiNCHigher Live! This session will talk about overcoming the odds – its uplifting, inspiring, and sure to make you more confident in challenging your barriers and hurdles, and more importantly, overcoming them!  
**(Cosmos – 30th March)** Please note, this link will only be available until 31st July 2021.