

WQE Events

November 2024

REALISING YOUR POTENTIAL

Dr David Manning
Kate O'Farrell

WHAT WE WILL COVER

- **Joining WQE's High Achievers' Community**
- **Applying to Oxbridge & Russell Group Universities**
- **Applying for Degree Apprenticeships and Creative Pathways**
- **Support / Challenge in Realising Your Potential**



Break & Refreshments

- **Advice Stations and Q & A**

WQE's COMMUNITY OF HIGH ACHIEVERS

GCSE to A-Level

Internal Progress Data, Predicted Grades, Teacher References, and Final Exams

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Super-Curricular Activities

Extended Project Qualification (EPQ)

High Achievers' Enrichment

WQE Alumni @ Oxbridge / Russell Group Universities

Class of '24: Molly, A*A*A*A* now studying Medicine at Sheffield University, completed an EPQ project entitled Why are people with body dysmorphic disorder likely to seek plastic surgery?

“By progressing through the EPQ process, I gained so much confidence in myself and my own initiative, which has allowed me to develop and express my own academic opinion. I am extremely grateful I chose to do EPQ as I feel like I have become a much more independent and well-rounded individual, with many invaluable skills in research I otherwise wouldn't have obtained, ready to take on any challenge that university has to offer”.



“WQE has helped me massively. It was a quick and painless job when I needed to pick up another course, and my personal statement would have been so much worse without the high achievers' enrichment. Overall, WQE made my application much stronger than it would have been if I had applied with no help, and I am very grateful for them being there.”

Class of '24: Henrick Kitindi, A*A*A A, now studying Engineering at Magdalene College, Cambridge.

“WQE provided me with excellent support, enabling me to successfully apply to Oxford. I was given one-one feedback and encouraged to better my knowledge of my course subject, and then to critically think about this and evaluate what I knew. I was constantly positively encouraged and felt supported. Specifically, the High Achievers' environment was an essential aid in my journey, providing a nurturing environment where I was also able to practice and refine my skills with other students.”



Class of '24:
Salina Khan,
A*A*A
now studying
Law at
Mansfield
College, Oxford.

“Experienced teachers have guided and pushed me to express my ideas, and thus my way of thinking, in a manner that truly displayed what I had to offer to the university. In-depth scrutiny of my personal statement, objective exploration of topics, concepts and notions that intrigued me, paired with a realistic mock interview managed to cover the full range of experiences that I was to receive as I underwent the application process. Overall, WQE’s support of prospective Oxbridge applicants is invaluable, and I am deeply grateful for having receive it.”



Class of
'24 Max
McLean, A*AA,
now studying
History at
Trinity College,
Cambridge.

**What's *your* future
at WQE and beyond?**

COMPETITIVE UNIVERSITIES

Settle on what subject you want to apply for first and have a range of realistic options for your UCAS application.

Oxbridge – It's Tough

Entry requirements: grades (min. v. realistic) and prerequisites

Early application: Oct. '25 and then a year-long process

If A* is the starting point, what will make you stand out?

Contextual:

<https://www.ox.ac.uk/admissions/undergraduate/applying-to-oxford/decisions/contextual-data>

Other Leading Russell Group – It's Tough

Entry requirements can be as tough as Oxbridge – it's a competition for places; show your suitability, how will you stand out? Some admissions tests apply.

APPLYING FOR MEDICINE/DENTISTRY/VET SCIENCE

Before applying

- Importance of detailed research into the careers and University courses (different teaching methods/variety of patient contact)
- Realistic understanding of what the job involves and entry requirements
- Most course will require high GCSE grades and predicted grades of A*AA - AAB
- Foundation/Gateway year options available
- Work experience and voluntary work
- Back up plans - 350+ career paths in the NHS
- Progression programmes e.g. Access Leicester



APPLYING FOR MEDICINE/DENTISTRY/VET SCIENCE

Application and post application

- Admissions test for Medicine and Dentistry – UCAT
- Up to 4 Medicine/Dentistry/Vet science courses only
- The fifth choice
- Early deadline (external and internal)
- The process – invite to interview (or not) - options
- Rigorous application process – Multiple Mini Interviews (MMI)
- Offer made (or not) - options



CREATIVE PATHWAYS

- Practice based Music, Dance, Drama, Musical Theatre Courses
- Conservatoires or Drama Schools or traditional University
- UCAS Undergraduate/UCAS Conservatoires/direct application
- Deadlines can be earlier – e.g for some 1 October
- Requirement for auditions
- Applications supported by PPMs and subject teachers
- Art and Design Foundation course

HIGHER/DEGREE APPRENTICESHIPS

- Launched 2009
- Proposed growth area (but still smallest)
- Mixture of on-the-job experience and academic learning
- Salary and all education costs paid for
- Main job areas

What you need to know

- Entry requirements – 18+ and UCAS points+
- Competitive
- The application process – how and when to apply
- The recruitment process
- What you can do this year



USEFUL WEBSITES

For information about Apprenticeships & vacancies -

[Not going to Uni](#)

[National Apprenticeship site](#)

[Milkround for school leavers](#)

[All about school leavers](#)

[Get my first job](#)

[The Apprenticeship Guide](#)

[UCAS](#)

[Find Apprenticeships | RateMyApprenticeship](#)



SUPPORT AVAILABLE TO HIGH ACHIEVING STUDENTS

Careers
service

High
Achievers'
Enrichment

Regular
Careers
updates

One to one
support
from
DYPCC

WQE
Careers
Fair

HE
Exhibition

FutureWise
June 2025

Presentations
talks and
workshops

Open
Days
opendays.com/calendar

Application
support

University
Websites
'Course profiles'

Mock
interview
support



WQE Careers Service
careers@wqe.ac.uk

SUPPORT IN REALISING YOUR POTENTIAL

Mental Health Difficulties Associated with High Achievers

High achieving students can set incredibly high expectations for themselves.

Research reveals that these individuals frequently battle mental health challenges in silence.

Chronic Stress: The constant pressure to perform and maintain high standards can lead to chronic stress, affecting both mental and physical health.

Burnout: Overworking and neglecting personal well-being can result in burnout, characterised by exhaustion, lack of motivation, and reduced performance.

Anxiety: The fear of making mistakes or not meeting expectations can cause persistent anxiety, impacting daily functioning and overall happiness.

Depression: Constantly striving for perfection and feeling inadequate despite achievements can lead to symptoms of depression, such as feelings of sadness, low self-esteem, and a sense of hopelessness.

Social Isolation: High achievers may isolate themselves to focus on their goals, resulting in strained personal relationships and feelings of loneliness.

Imposter Syndrome: Despite their achievements, high achievers may feel like frauds, constantly doubting their capabilities and fearing being exposed as incompetent.

How can I access support?

- You can speak to any member of staff, who can put in a referral to Welfare and Skills.
- You can email welfareandskills@wqe.ac.uk and refer yourself
- You can drop into S05 (University Road) or R09 (Regent Road) and speak to any member of our team in person.

Or you can access help through the websites below:



REALISING YOUR POTENTIAL



Challenge



Curiosity



Learning



Informed
Choices



Ability &
Potential

High Achievers' Enrichment: Year One

- Super-curricular explorations of stimuli concepts
(for stretch and challenge, originality and curiosity).
- Super-curricular / extra-curricular visit to a site of interest
(e.g. the Fitzwilliam Museum, Cambridge).
- Skills workshops on reading and writing, problem solving and critical discourse.
- One-to-one academic progress tutorials.
- Applying to university workshops.

High Achievers' Enrichment: Year Two

- Workshops in June of Y1 set up advice and guidance for the summer and Oxbridge applicants have a point of contact over the summer.
- Personalised academic feedback back on personal statements and academic support for Oxbridge admissions tests and interviews.
- Interdisciplinary explorations of subjects in Arts, Humanities, Social Sciences and Science, Technology, Engineering and Maths (STEM).
- Workshops on preparing for university life.
- Aftercare for both successful and unsuccessful Oxbridge applicants.

Community

Curiosity

Challenge

Consideration

Commitment

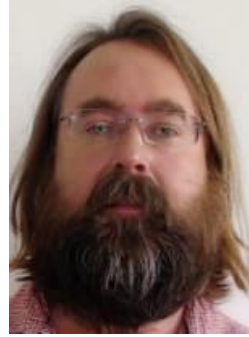


Break and Refreshments



Donna Trusler

Removing barriers:
tuition fees, financial
support, SEND,
mental health,
resilience



Dr David Manning

Oxbridge, Russell
Group, super-
curricular, high
achievers' enrichment



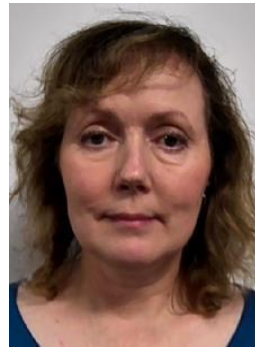
Kate O'Farrell

Apprenticeships,
creative pathways,
Medicine, Study
Abroad



**Martina Higgins and
Arron Mistry**

Resources for
university
applications, literacy
and oracy
development,
academic databases
for dissertation
success, HE research
skills



Alison Stone

Parent's perspective
on Oxford,
scholarships and
bursaries, tuition fees,
maintenance loans,
admissions tests



Kelly Parker

Psychology and
related courses

