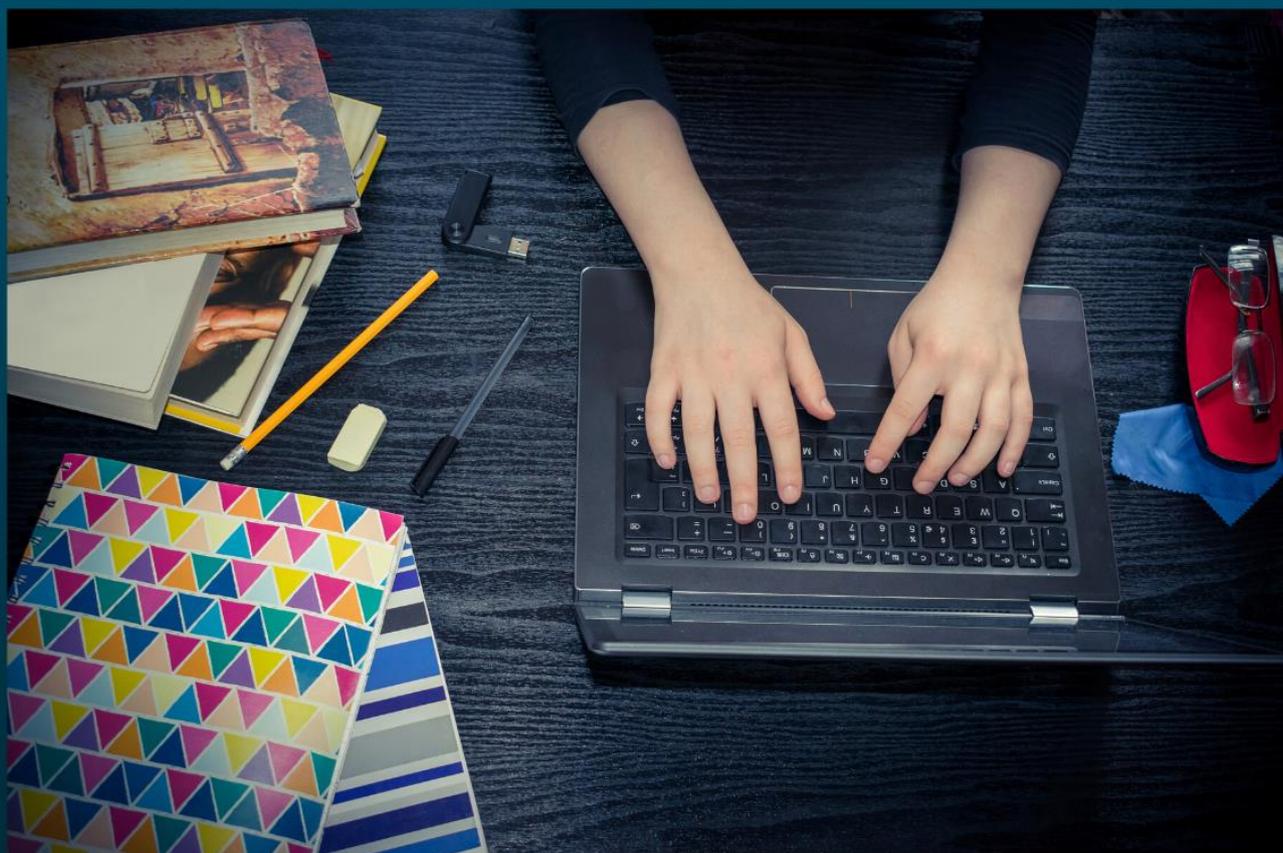




Aspire UC

ONLINE PROGRAMS AND ACTIVITIES GUIDE 2020



UNIVERSITY OF
CANBERRA

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Acknowledgement

The University of Canberra acknowledges the Ngunnawal people as the Traditional Custodians of the land upon which the University's main campus sits and pays respect to all Elders past and present.

As a University, we are proud that we live in the country with the world's oldest continuous living cultures, and we are playing our part to support Aboriginal and Torres Strait Islander peoples to keep these cultures alive and vibrant.

We also pay respect to and celebrate the emerging leaders who, through higher education, will grow the knowledge and qualifications that will equip them for rewarding and influential careers.

Widening Participation at UC

Drawing upon collaborative experience, research, knowledge and best practice, UC offers a wide range of programs to build academic capacity, increase awareness of and enhance access to higher education for individuals and groups traditionally underrepresented in higher education.

UC's outreach initiatives are externally funded through the Commonwealth Government's Higher Education Participation and Partnerships Program (HEPPP).

The UC Widening Participation team, including current UC students, works in partnership with internal and external partners, including participating schools, communities and organisations across the ACT and NSW.

All programs are designed to combat disadvantage in higher education and to meet the needs of a diverse range of participants, including those from:

- a rural and/or regional background
- an Aboriginal and/or Torres Strait Islander background
- a financially disadvantaged background; and/or
- a background of little or no family experience of higher education.

All Widening Participation Programs are provided *free of charge* for partners meeting the eligibility criteria. In 2020 we are offering a range of programs which can be tailored to meet the specific needs of your school and community.

Online Delivery and Implementation

In response to the escalating COVID-19 situation, the University of Canberra has increased our online delivery of outreach & engagement programs to enable us to continue to provide support to the students, teachers and communities within our Aspire UC network of schools.

This guide contains information about our online programs and activities which are suitable for schools, community groups, and individual students who are learning at home or independently.

Programs Overview

Below is a summary of the programs and activities we are offering online in 2020. More information about specific programs and activities can be found on the following pages.

Program/Activity	Description	Dates
Aspire UC Virtual Classroom Series	A range of interactive workshops which are facilitated via Blackboard Collaborate to introduce students to a range of opportunities and benefits associated with higher education.	Negotiable and flexible – sessions will be delivered for schools/groups on request and an open-access program will be released in April 2020.
Faculty-aligned Q & A sessions	Online Q & A sessions will be run using Blackboard Collaborate for students who are interested in specific disciplines or careers. These will be facilitated by our team of Aspirations Agents – current UC students from regional/rural hometowns and/or equity backgrounds.	To be announced – a full program will be released in April 2020
Aspire UC Mentoring Program	A program which allows students in years 11 and 12 to pair with a trained UC student mentor. Mentoring will be conducted via virtual classrooms, phone calls, and/or email correspondence.	May 2020 – November 2020
Future Focus Modules	A wide range of ready-to-use online modules which teachers can facilitate or students can complete independently when learning at home.	Currently available and free to access
Aspire UC Professional Learning Forum Webinar Series	A series of free webinars for teaching staff and school leaders to assist them in responding to education and student needs in the current climate and connect them with tools and resources they can use in an online learning environment.	To be announced – a full program will be released in April 2020

Aspire UC Virtual Classroom Series

The Aspire UC Virtual Classroom activities and workshops introduce students to a range of options, benefits and concepts associated with higher education, without having to leave their school or home learning environment.

All our workshops are facilitated by a UC Outreach Advisor, and an Aspirations Agent – a current UC student who shares similar background/experiences to the students in your school. A third facilitator will also be present to assist students with access and technical issues throughout the sessions.

We are offering workshops in 3 categories:

1. Awareness and Aspiration
2. Achievement
3. Affordability and Access

Schools and/or community groups may request specific workshops to be run according to their individual interests and needs.

A scheduled series of workshops will also be offered for open access where students, families, teachers, and all are welcome to log in and participate. The schedule will be released in April 2020.

Awareness and Aspiration

These workshops are designed to raise awareness of higher education options and their associated career paths and build student aspirations and expectations towards participating in higher education.

Session Title	Description	Year Level/s	Duration
Kicking Goals	Students identify their own personal goals and determine the potential obstacles and opportunities that exist as they attempt to achieve them.	Any	1 X 50-minute session OR 2 x 30-minute sessions
Career Explorer	Students are supported to navigate their career interests by exploring their individual values, preferences and strengths. Students are empowered to begin career research aligned to higher education courses and real-world opportunities.	Any	1 X 50-minute session OR 2 x 30-minute sessions

Achievement

These workshops are designed to assist students to develop skills in academic achievement to support their aspirations towards higher education.

Session Title	Description	Year Level/s	Duration
Procrastination and time management	Students identify habits that may lead to procrastination and develop strategies to address them. Students also practice strategies to manage time more effectively.	Any	1 X 50-minute session OR 2 x 30-minute sessions
Everyone stuffs up – how to deal when things go bad and ask for help when you need it	Students are taken through a series of scenarios and activities which seek to de-stigmatize and normalize failure and encourage support and help-seeking strategies to get back on track for success.	Any	1 X 50-minute session OR 2 x 30-minute sessions

Affordability and Access

These workshops are designed to provide students with information and resources which will help them to understand and overcome potential barriers to accessing higher education.

Session Title	Description	Year Level/s	Duration
10 reasons why you can afford to go to university	This workshop helps students build awareness of a wide range of financial support available in higher education, such as jobs on campus, flexible timetables, work integrated learning, scholarships, subsidised accommodation, understanding HELP debts, and more! It is designed to help students address and overcome the financial barriers to accessing university.	9-12	1 X 50-minute session OR 2 x 30-minute sessions
TAFE vs Uni and alternate pathways	This workshop explores a range of post-school education options, including vocational education, apprenticeships, university, and alternate pathways to higher education.	9-12	1 X 50-minute session OR 2 x 30-minute sessions
Gap year pros and cons	Students are provided with an interactive workshop which explores a range of factors that students should consider when deciding whether or not to take a gap year between school and university.	11-12	1 X 50-minute session OR 2 x 30-minute sessions

Faculty-aligned Q & A sessions

Online Q & A sessions will be run using Blackboard Collaborate for students who are interested in specific disciplines or careers. These sessions will be facilitated by our team of Aspirations Agents.

Schools and/or community groups can request discipline specific Q&A sessions, and a scheduled series of Q&A sessions will also be offered for open access where students, parents, teachers, and anyone else who is interested can log in from wherever they are and participate. The schedule will be released in April 2020.

Aspire UC Mentoring Program

This program provides the opportunity for students in Years 11 and 12 to be matched with a trained UC Student Mentor who is studying a degree that is relevant and of interest to the student. Mentors will provide personalized and targeted information, advice and guidance to support students to successfully transition from secondary to higher education. Mentors undergo a rigorous recruitment process followed by comprehensive training program and ongoing professional development and support.

Mentoring will be conducted via virtual classrooms, phone calls, and regular email correspondence over a 6-month period. In future, students will also have an opportunity to be welcomed to the UC campus to meet their mentors and explore the university campus.

Future Focus Modules

Aspire UC's Future Focus Modules are a range of free and open access online modules to build academic capacity, increase awareness of and enhance access to higher education. They have been designed for teachers to facilitate with their students, or for students and families to access them independently..

The modules are freely available 24/7 via <https://futurefocus.canberra.edu.au/>.

We have three interactive and engaging modules in our Future Focus series:

Raising Aspirations Module	Module Summary
Who am I?	Encourages students to explore their individual skills, attributes and interests.
What do I want?	Provides students the opportunity to explore different career opportunities aligned to their interests as identified in Module 1.
How do I get there?	By creating a career action plan, students outline the short, medium and longer-term actions required to plan the trajectory into their chosen career.

Study Skills Module [Module Summary](#)

Essay Writing Students work through a scaffolded series of activities designed to demystify the essay-writing process and plan out a practice essay topic.

Procrastination Students identify habits that may lead to procrastination and develop strategies to address them.

Time Management Working in conjunction with the procrastination module, students practice strategies to manage time more effectively.

Uni 101 Module [Module Summary](#)

Uni 101 Aims to demystify university and provide an accessible and genuine view of what life is like as a university student. Topics include social life at university (such as playing sport, joining clubs or societies, and making friends), financially supporting yourself at university, living on campus, balancing study and part time work, and the diverse range of student support services available.

Aspire UC Professional Learning Forum Webinar Series

in lieu of our annual Professional Learning Forum conference event, we will be offering a series of webinars.

Our core webinar series will focus on the following topics:

- Future Focus Module training sessions
- Teaching online – getting the basics right
- Engagement strategies for students in online environments

Additional webinars will be added in response to demand – if you have a particular topic you'd like to see added to the program, please let us know by emailing AspireUC@canberra.edu.au by 30 April, 2020.

Where possible webinars will be NESA/TGI accredited.

