

The following **headlines** and themes are taken from the journeys of young people who took part in **the Aspire programme** (Academic year 22 / 23)



At the start of the Aspire programme, individuals consider the skills, attitudes and knowledge needed for personal growth, for example, identifying and understanding options, considering how to overcome obstacles, having a vision of what is next, and support mechanisms. They then self-assess themselves, identify key areas to focus on before reassessing towards the end of the programme as part of a next steps exercise which recognises and celebrates milestones and explores what's next.

To **capture their journeys**, the following headlines and snapshots have been collected from a variety of the activities from the programme...

15%

are still in progress



62%

have fully completed the programme



100%

of the 21% who participated but did not complete the full programme, found Aspire useful / helpful



Based on the 62% who fully completed the programme this year...

63%

increased their self assessment scores in **8 of the 13 areas**



75%

increased their self assessment scores in **7 of the 13 areas**



90%

increased their self assessment scores **overall**

The most common areas of increase were;

#MY VISION OF THE FUTURE IS CLEARER

100% increased their score

#TAKING ACTION TO HELP MYSELF

75% increased their score

#ASKING FOR HELP / COMMUNICATING MY NEEDS

75% increased their score



100%

have a clearer vision



*"I feel like my changes would include all of this!
I'm more certain of things!
I know what I'm going to do in the future!
I feel confident, because I've planned what I want to do.
I love more self belief now!"*

"I've found sessions useful. It's been a good opportunity to talk about myself and my future. The sessions have made me think, in a good way! I feel positive about my future, the next few years."

75%

feel better equip / able to ask for help / communicate their needs



"I want to feel more in control of my life."

"I want to feel more at peace and less angry".

"a lot of people don't know the real me"

"I want to feel more chilled".



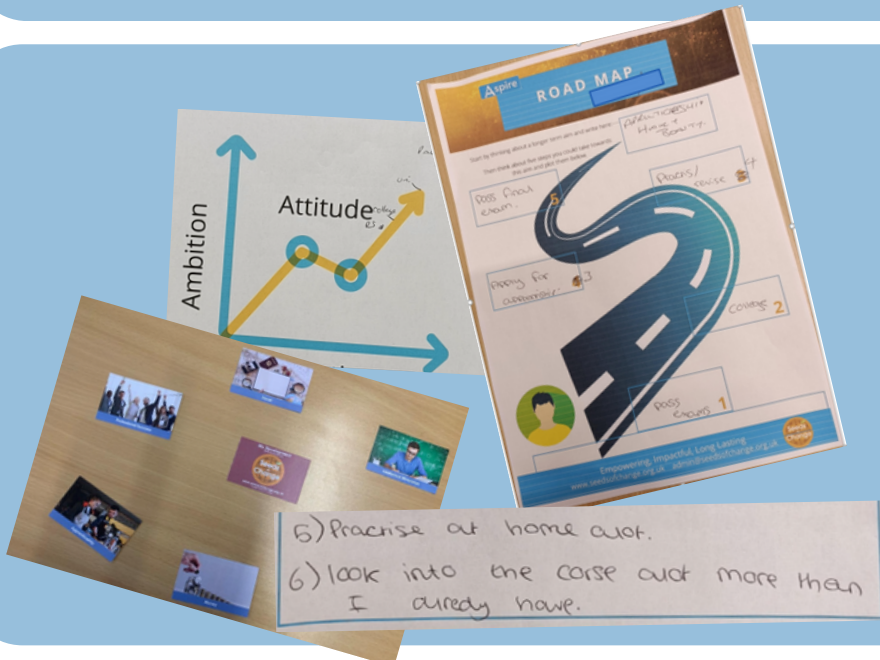
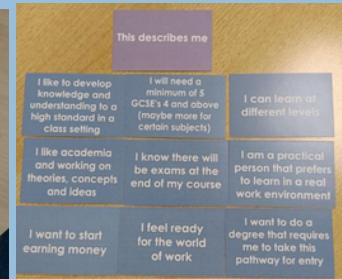
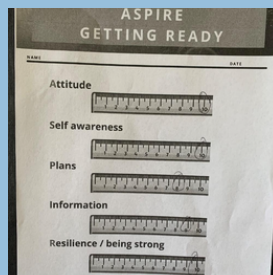
"I believe I can deal with challenges."
"I can cope with change."
"It's important to read others and understand them."

63%

feel able to overcome obstacles

63%

are more motivated



75%

have taken some action for themselves and their future

#EXPLORED THEIR FUTURE

100% got involved, shared their stories and started to explore their future

The sessions have made me think, In a good way! I feel positive about my future...

"I have great confidence and believe in myself."

"I'm confident about my future."

