

This document aims to outline to schools how [From High School to Uni](#) helps meet the Gatsby Benchmarks.

There is a lot of information about universities online, but very little practical guidance from a parent and student perspective which provides high quality insights that both parents and students can understand and apply.

Our key products for schools include:

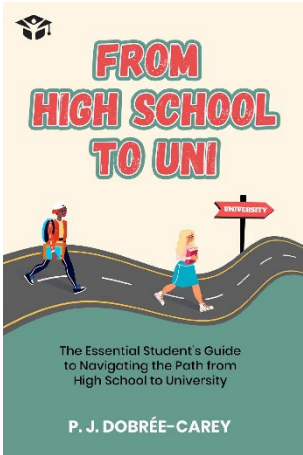
- Free Resources: Daily Mood Tracker; Self-Care for Student Wellbeing; Feeling Homesick Advice.
- Free Checklists: Open Day Uni Tour Guide - the essential questions to ask; Essay Planner.
- Free Parental Guidance: Free Guide on Preparing for University; Roadmap to Uni - what to start doing and when.
- Student Guide Book “From High School to Uni” - the essential guide to navigating the transition to University.
- PSHE Tutor Time lessons: 5 lessons that educators (including non-PSHE trained) can plug’n’play instantly to teach young people the importance of Budget management; Healthy Eating; Study Management; Shopping; and Wellbeing.
- The Essential Job Search Guide for Students (e-book due to be released soon!): From CV writing to interview techniques for students.
- [Life Skills Masterclass](#) for Students (online webinar)
- How Parents can help Year 12 / Year 13 students in their final years at school webinar

| | Benchmark | What does good look like? | How FromHighSchooltoUni supports schools to meet this benchmark |
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| 1 | <p>A Stable Careers Programme</p> <p><i>Update: Emphasize careers guidance as a whole-institution endeavour, linking it to the institution’s vision and strategic plans.</i></p> | <p>Every school and college should have an embedded career education and guidance programme that is known and understood by students, parents, teachers, governors, employers and other agencies.</p> | <p>Our student guide book can be integrated into the school’s overall career education and guidance programme to support your students’ transition from Year 13 onto university. The book can be made available to all of your stakeholders (students, parents, PSHE and Careers team) and form part of your Gatsby evidence to show how you support transition.</p> |

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| 2 | <p>Learning from Career and Labour Market Information</p> <p>Update: <i>Greater focus on using information and data to inform decision-making and support students.</i></p> | <p>Every student and their parents should have access to good quality information about future study options and labour market opportunities.</p> | <p>Real-world preparation: Our PSHE Tutor Time lessons on Budget Management and the Life Skills Masterclass provide students with essential information about the financial aspects of university life and future careers.</p> <p>Career readiness: The upcoming “Essential Job Search Guide for Students” e-book will provide current, relevant information on CV writing and interview techniques, aligning student preparation with current labour market expectations.</p> |
| 3 | <p>Addressing the needs of each young person</p> <p>Update: <i>Increased emphasis on inclusion and tailoring programs to individual student needs, especially for vulnerable, disadvantaged, or SEND students.</i></p> | <p>A school’s or college’s careers programme should actively seek to challenge stereotypical thinking and raise aspirations.</p> <p>Young people have different career guidance needs at different stages. Opportunities for advice and support need to be tailored to each student’s needs.</p> | <p>Our book is particularly helpful for “first in family” students who are planning to attend university, providing them with key guidance they would not otherwise have access to.</p> <p>Download our FREE Open Day University Tour Guide to help students gather and process information to aid decision-making.</p> <p>Our FREE resources are targeted to support students with time management, wellbeing, and study tools to suit all needs.</p> <p>Our book, checklists and training materials can all be accessed at a time that suits each individual student on their journey.</p> |
| 4 | <p>Linking curriculum learning to careers</p> <p>Update: <i>No significant changes noted</i></p> | <p>All students should understand the full range of learning opportunities that are available to them. This includes both technical and academic routes and learning in schools, colleges, universities and in the workplace.</p> | <p>Our book From High School to Uni has an extensive chapter on financial management, including budgeting, online security and banking advice.</p> <p>Our PSHE Tutor Time lessons and Student webinar can be used to increase students' understanding of budgeting and help avoid financial worries post-school due to lack of knowledge.</p> |

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| 5 | <p>Encounters with employers and employees</p> <p>Update: <i>Enhanced definition of "meaningful" encounters and experiences with employers, education providers, and workplaces.</i></p> | <p>Every student should have multiple opportunities to learn from employers about work, employment and the skills that are valued in the workplace.</p> | <p>Our upcoming "Essential Job Search Guide for Students" e-book provides valuable guidance to students on building a career profile, using AI sensibly for CV writing and interview practice, converting youth experience into 'work speak', and prepares students for encounters with future employers.</p> <p>Our Life Skills Masterclass for Students (online webinar) helps students make the most of these employer encounters by developing essential skills for the workplace.</p> |
| 6 | <p>Experiences of workplaces</p> <p>Update: <i>No significant changes noted</i></p> | <p>Every student should have first-hand experiences of the workplace through work visits, work shadowing and/or work experience to help their exploration of career opportunities and expand their networks.</p> | <p>While we don't directly provide workplace experiences, our Student Guide Book "From High School to Uni" and the upcoming "Essential Job Search Guide for Students" offer practical advice on how to maximize learning from workplace experiences.</p> <p>These resources help students understand workplace expectations, reflect on their experiences, and connect them to their future career aspirations.</p> |
| 7 | <p>Encounters with further and higher education</p> <p>Update: <i>Greater emphasis on meaningful encounters and experiences with education providers.</i></p> | <p>All students should understand the full range of learning opportunities that are available to them. This includes both technical and academic routes and learning in schools, colleges, universities and in the workplace.</p> | <p>Before visiting HE establishments, have your students download our invaluable FREE guide on the right questions to ask at University Open Days and maximise the value of their visits by getting the right information to make an informed decision.</p> <p>Following their HE visits, students can then use the book, checklists and student workshop to help them understand what's coming up and start preparing on a practical level for their transition.</p> |
| 8 | <p>Personal Guidance</p> | <p>Every student should have opportunities for guidance interviews with a qualified careers counsellor,</p> | <p>While our products don't replace personal guidance interviews, they do significantly enhance their effectiveness:</p> |

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| | <p>Update: <i>Greater involvement of parents and carers in the career guidance process.</i></p> | <p>available at times to meet their individual needs.</p> <p>In line with the updated benchmarks' emphasis on greater involvement of parents and carers, our resources are designed to:</p> <ul style="list-style-type: none"> • Empower parents to actively participate in their child's career planning process. • Provide a framework for parent-student discussions about university and career choices. • Offer practical tips for supporting students through the application process and transition to university life. | <p>Our student guide "From High School to Uni" serves as a valuable resource for careers advisers to use during and after guidance sessions. The book can be referenced to reinforce key points discussed in personal guidance interviews and provide students with in-depth information to explore further.</p> <p>Guidance practitioners can provide checklists as a resource to support students and signpost them to our book for support. This will be particularly relevant and helpful for post-16 meetings.</p> <p>In addition, our FREE resources like the Daily Mood Tracker and Self-Care for Student Wellbeing can be recommended by advisers to support students' overall wellbeing during their transition.</p> <p>The Open Day Uni Tour Guide is an excellent way for parents to gain insight into how their child's visit went! (Designed by a Mum who knows! ;-))</p> <p>Our parent-focused resources each play a crucial role in meeting several of the updated Gatsby Benchmarks and help parents reinforce key messages and continue conversations about future university and career choices. These include the FREE Parents Guide on Preparing for University, and the step-by-step Roadmap to Uni, that help parents support their child's individual journey, recognizing that each student's path may be different.</p> <p>Our insightful blog posts for students and parents, address diverse student needs, including invaluable advice for first-generation university students or those with specific needs.</p> |
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| | <p>Review our book and website.</p>  | <p>For schools with budget constraints, our guide can be purchased in bulk at a discounted price and distributed to students during their guidance meetings, ensuring they have a comprehensive resource to refer back to after their personal guidance sessions. Just email us for details if you're interested.</p> | <p>NEW THIS YEAR:</p> <p>We are excited to offer personalized book covers that feature your school emblem, showcasing your commitment to supporting students and their families during this important transition.</p> <p>By gifting each student a copy of "From High School to Uni" as a school-leaving present, you not only provide them with a valuable resource for their journey ahead but also demonstrate how much you care about their future.</p> <p>This thoughtful gesture reinforces the school's dedication to their success and helps foster a sense of belonging as they embark on the next chapter of their lives.</p> |