



University of
CUMBRIA

DISCOVER.

EXPLORE.

SUPPORT.

**ACTIVITIES FOR
SCHOOLS AND
COLLEGES**



WELCOME

At the University of Cumbria, our dedicated Schools and Colleges Liaison Team is here to support and inspire the next generation. Each member of our team brings specialist expertise in student outreach and progression, working closely with teachers, advisors, and young people to build trusted partnerships and deliver meaningful support.

Guided by the University of Cumbria's bold and ambitious Towards 2030 Strategy, we're committed to transforming lives, sparking ambition, and equipping young people with the skills, knowledge, and confidence they need to thrive in an ever-changing world.

Read our 2030 Strategy



Our team delivers a wide range of activities designed to support schools and colleges, from inspiring talks and interactive workshops to subject taster sessions, campus visits, and application guidance. We combine deep knowledge of higher education with a genuine passion for helping students discover their strengths and explore what's possible.

Working in partnership with educators, we create experiences that open doors, spark ambition, and empower young people to take their next steps with confidence. Together, we can unlock potential, shape futures, and ensure every student feels informed, supported, and inspired to explore the opportunities that higher education offers.

Daniel Dutton
Head of Student Recruitment



FIND OUT MORE HERE

REASONS TO WORK WITH US

NO. 1
UNIVERSITY
IN THE UK FOR
PRODUCING CEOs
AND MDs*



**AWARDED SILVER
IN THE TEACHING
EXCELLENCE
FRAMEWORK 2023
FOR STUDENT
OUTCOMES**

2ND 
MOST AFFORDABLE
UK CITY FOR STUDENT
ACCOMMODATION†

14,500

LEARNERS
ENGAGED WITH OUR
ACTIVITIES IN THE
PAST 12 MONTHS



NO. 1
UNIVERSITY IN THE NORTH
WEST AND IN THE TOP 10 IN
THE UK FOR GRADUATES INTO
EMPLOYMENT OR FURTHER
STUDY WITHIN 15 MONTHS**

1 DEDICATED,
EXPERIENCED
OUTREACH OFFICER
JUST FOR YOU 

DISCOVER. EXPLORE. SUPPORT.

Our Outreach package follows three key steps: Discover, Explore, and Support.

All activities are **FREE** and designed to support **Gatsby Benchmarks for Good Career Guidance**. Each stage provides comprehensive information and guidance through various touchpoints, helping learners understand higher education pathways.

The framework is flexible and complements your existing provision, including work with guest speakers and HE colleagues. We deliver workshops, presentations, and campus experiences—mix and match activities tailored to your needs.



DISCOVER. Opening minds to what is possible and how to get there!

- Why higher education?
- Student life
- Choosing where and what to study
- 'Get into' subject sessions
- Information stands



EXPLORE. Experience subjects, courses, facilities and locations.

- Subject tasters
- Masterclasses
- Campus visits
- Group visits to Open Days



SUPPORT. Expert support and advice, every step of the way.

- UCAS application support sessions
- Interview support
- HE funding and budgeting advice
- Staff CPD
- Parents and carers advice



BOOKABLE ACTIVITIES

DISCOVER.

Opening minds to what is possible and how to get there!

AN INTRODUCTION TO THE UNIVERSITY OF CUMBRIA

Provides an overview of the institutes and courses we have at the University of Cumbria, and introduces our different campuses.

Year 12 & 13 / Level 3 | 30 - 45 mins

WHY HIGHER EDUCATION?

Tackles the myths around higher education, discusses employability, and explores the benefits of attending university.

Year 12 | 45 - 60 mins

CHOOSING A UNIVERSITY AND COURSE

Encourages students to explore their future study options by providing guidance on degree choices, entry requirements and university life.

Year 12 | 30 - 45 mins

STUDENT LIFE

Introduces student accommodation options, Students' Union clubs and societies, and student services.

Year 12 & 13 / Level 3 | 30 mins

EXPLORE.

Experience subjects, courses, facilities and locations.

CAMPUS VISITS

Give your students a taste of university life by visiting our Ambleside, Barrow, Carlisle, Lancaster, or London campuses. They'll explore vibrant learning environments and industry-standard facilities. Visits can be tailored to your timetable—half-day or full-day. Choose activities from our menu and we'll design an inspiring experience that builds confidence for their next steps.

Year 12 & 13 / Level 3 | Full day/half day

TASTER DAYS

Our Subject Taster Days give students real insight into university study and career paths. Delivered by our Outreach Team and academics, sessions include hands-on experiences in specialist facilities, opportunities to meet staff and Student Ambassadors, and insights to strengthen HE applications.

Year 12 & 13 / Level 3 | Full day/half day

MASTERCLASSES

Our Year 12 Masterclasses give students a real taste of university level study, through real lectures, case studies, and topical debates, led by passionate subject experts. Sessions can be delivered face-to-face (1 hour) or virtually.

Year 12 & 13 / Level 3 | 1.5 - 2 hrs

For more information, see following pages.

'GET INTO' SUBJECT TALKS

Our academic staff are available to speak with learners about their own courses and subject areas. These talks are available across all of our undergraduate subject areas. For more information, see following pages.

SUPPORT.

Expert support and advice, every step of the way.

AN INTRODUCTION TO UCAS

Introduces students and/or parents/carers to UCAS and what to expect throughout the application process.

Year 12 & 13 / Level 3 and Parents / Carers | 30 - 45 mins

PERSONAL STATEMENTS WORKSHOP

A hands-on workshop that provides specific guidance for completing each section of the personal statement.

Year 12 & 13 / Level 3 | 60 - 90 mins

INTERVIEW TECHNIQUES WORKSHOP

This interactive workshop introduces students to the different types of interviews they may encounter across a range of courses.

Year 13 | 60 - 90 mins

STUDENT FINANCE

Focuses on all things Student Finance, including what students could be entitled to with a Tuition Fee and Maintenance Loan.

Year 12 & 13 / Level 3 and Parents / Carers | 45 - 60 mins

STUDY SKILLS WORKSHOP

An interactive workshop that aims to teach students about key study skills and motivate them to consider more effective strategies.

Year 13 | 60 mins

SUBJECT SPECIFIC SUPPORT

We offer extra support for teacher training interviews, pre-registration health course interviews, and creative portfolio preparation.

ADDITIONAL ACTIVITIES.

For teachers, tutors and advisors, and parents and carers.

STAFF CPD

UCAS application process, personal statements, and reference writing.

PARENTS AND CARERS

Information stand and talks (HE application process and student finance) at parents' evenings.

ACTIVITIES WITH OUR EXPERT ACADEMICS

Designed to spark interest and broaden horizons, these sessions support teachers, tutors, and advisors by enriching careers guidance, complementing classroom learning, and helping students make confident choices about their future pathways.

Book a 'Get Into' Subject Talk

Help your students explore their options with tailored talks delivered by our academic staff. These sessions give learners authentic insight into university-level study across all our undergraduate disciplines – perfect for supporting UCAS applications and informing subject choices. Email outreach@cumbria.ac.uk to request a 'Get into' talk, which can be delivered at your school or college.

Book a Subject Taster Day

Give your Year 12 and 13 students a genuine taste of university life with our hands-on Taster Days, co-designed with academic staff who teach on our degree programmes.

Your students will:

- Experience university teaching in our specialist facilities and labs
- Gain first-hand knowledge of degree courses and graduate career paths
- Meet academics and current students for honest advice and perspective
- Strengthen their personal statements and HE applications with demonstrable engagement

These sessions complement your careers guidance and help students make informed decisions about their next steps.



SCAN TO BOOK
A TASTER DAY

Book a Masterclass

Bring university-level teaching directly to your students with our expert-led masterclasses – delivered live as lectures or webinars to fit your timetable. We'll work with you to schedule sessions that suit your students, with topics designed to stretch thinking and spark genuine academic interest.

Added value for your students: Masterclass attendees qualify for a reduction of up to 16 UCAS points on their offers (T&Cs apply).

Sample topics include:

- Ethical Hacking: Defending the Digital World
- True Crime: A deep dive into a cultural phenomenon
- The Art of AI Dialogue: Navigating the Prompt Design Landscape
- Virtual Production: The Future of Filmmaking

UP TO 16 UCAS
POINTS DEDUCTION
AT OFFER FOR
ATTENDEES



SCAN TO BOOK A
MASTERCLASS

Please note, certain masterclass titles may be available for virtual delivery. A member of the Outreach Team will explore this with you on receipt of a completed expression of interest form. *Attendees at one of our masterclasses can receive an automatic reduction of up to 16 UCAS points in their offer. T&Cs apply.

ATTEND AN OPEN DAY

Throughout the year, we host Open Days at all our campuses where your students can experience university life first-hand. Our team creates a welcoming atmosphere that helps students feel at ease while they explore what studying here could really be like.

Students can walk around our campuses and get a feel for their distinct character. They can speak directly with lecturers and support staff, getting expert answers to their questions. Current students share honest perspectives about their courses and life on campus. We run interactive sessions including subject talks and hands-on activities, and students can tour our accommodation.

We keep everything straightforward and authentic, providing genuine experiences that help students picture themselves here.

Why Attend?

Encouraging attendance supports your students in important ways. They gain realistic understanding of courses and facilities, which helps them make informed choices. The experience builds confidence as they begin to see themselves in a university environment. Meeting staff and students, exploring the campus, and experiencing the atmosphere helps them judge whether it's the right fit. This deeper knowledge strengthens their personal statements with specific detail and gives them a preview of academic expectations, making their transition to higher education smoother.

Travel Support Scheme

We offer an Open Day Travel Support Scheme to help prospective students and their families visit our campuses.



SCAN FOR
FULL DETAILS



OUR TEAM

Our team is passionate about the value of higher education and the life-changing opportunities it can offer. Each member brings a unique background and perspective, creating a diverse team dedicated to supporting young people on their journey.

All staff are Enhanced DBS checked and fully committed to safeguarding, ensuring the highest standards of care and professionalism in every interaction.

Contact us at outreach@cumbria.ac.uk or call us on **01228 616 333** to speak to a member of the team.



FIND OUT MORE HERE

“The Masterclasses held by the University of Cumbria are frequently a highlight in our students’ year. As staff, we feel that the opportunities for students to access the facilities, speak to a range of tutors and experience what life would be like as a university student is invaluable and often inspires multiple students to consider higher education as a progression option for them.”

Georgina, Tutor at Carlisle College



WIDENING ACCESS AT THE UNIVERSITY OF CUMBRIA

The University of Cumbria is committed to **widening access**. We have a diverse student population, including mature learners, students from low-participation areas, those with disabilities, and learners facing multiple challenges.

We work with schools and colleges to **nurture aspirations, celebrate strengths, and show students that higher education is achievable**.

Our support includes:

- **Specialist guidance** for underrepresented groups
- **Flexible pathways**, such as foundation years and apprenticeships
- **Financial support** through bursaries and scholarships
- **Contextual admissions** recognising individual circumstances at application.

Our **Outreach Team** offer talks, workshops, campus visits, and application guidance, helping educators equip learners with the confidence and knowledge to make informed decisions about their future.

The team also collaborate with regional networks, including the **UniConnect Partnership** and **HEI Partnership**, via **Hello Future** and **Future U**, giving learners access to a broad range of higher education opportunities and support.





Book today

If you would like to discuss anything further, please contact us at outreach@cumbria.ac.uk

Or scan this QR code to book an activity directly here.



Stay connected

Our Outreach Connect monthly newsletter includes information on all upcoming University of Cumbria events, as well as lots of other useful information for you and your students.

Scan the QR code to sign up today.



FIND OUT MORE

Email: outreach@cumbria.ac.uk

Visit: cumbria.ac.uk/outreach

Call: 01228 616 333

