

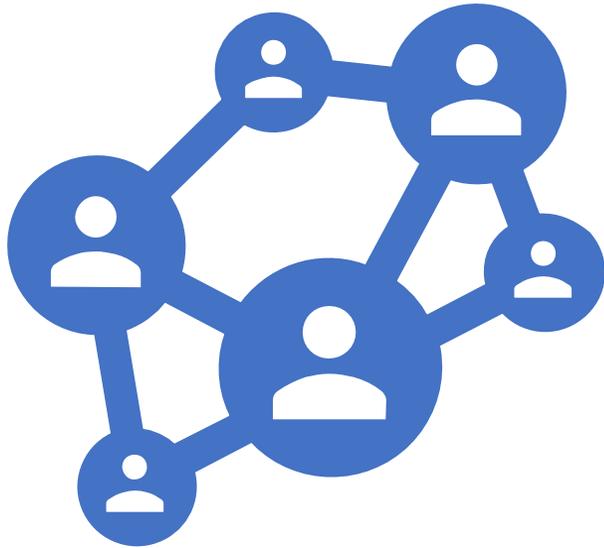
Be curious, about my care-experience;

Care-experienced students tell us how you can help them with their studies.



The HUB for SUCCESS  
Supporting those with care-experience to get in, stay in or return to education

- In 2019, the HUB for SUCCESS, worked together with a group of care-experienced students to design a workshop to co-present at a conference. This work was put together to share with you.



- The students ages, areas of study, care backgrounds, interests, passions, hobbies, views and personalities were all varied, however they had 3 things in common;
- They were all care-experienced
- They wanted to help others by providing an insight into their lived experience
- They wanted to share their views to improve the student experience for others with care-experience



What would I like people to know and understand about my care-experience and how this may impact on my learning?

- "How my difficulties outside of the university environment might affect me with deadlines, mental health and motivation"
- "Sometimes I say things without thinking about the circumstances surrounding the situation – it's never done out of malice"
- "My concentration span varies day to day – please ask how my studies are going, if you are worrying about my engagement in class"
- "Some subject matters are touchy – when discussing family related matters in class please encourage other students not to voice their opinions when it comes to care-experienced students"
- "I may not show my emotion, but it is always there"
- "If something reminds me of my past, ask me about it rather than judge from your own viewpoint"
- "Having a point of contact at uni/college - one person is key to me – it's really, really important"
- "Mental health – it can have a big impact sometimes and less at other times"
- "Understand my stress and coping strategies"
- "The difficultness" – I am complex not tragic"

Some good things to ask me!

What can you do to support me (information about accommodation over summer, etc)

Do I have a confidante to talk to when things are tough?

Is the environment you find yourself in outwith education safe?

Is there anything worrying you outwith your studies that might impact on your learning?

Is there anything the uni/college could do to make your time here easier?

How can we support you?

How do past experiences affect you, e.g. emotionally? How can I help with this?

Ask me open questions, then I can omit parts of my journey if I want/need to?

How I'm coping, if I need support in any way

Is it going well?

How I'm finding Uni?

Here are  
some tips for  
teachers,  
lecturers and  
others about  
*what you*  
could be  
curious  
about



"Allocate somebody who we could meet on a regular basis who has at least some understanding of the difficulties we face"



"It doesn't matter what I HAVE been through, it's what I'm GOING through now that matters"



"I am not fragile, please don't treat me like I am"



"Don't assume that my story is my own fault, don't assume where I began is where I'm going to end up"



"If you're going to be my friend, please be willing to stick around, I don't always mean what I say"



"What happened to make you care-experienced and how does it impact you?"



Point of contact, quiet space, open questions.



What would  
I like *you* to  
understand

Other barriers such as  
mental health, time off for  
counselling, etc.

I may have issues with  
groups – if I am keeping up  
with the work but not with  
my attendance, take into  
account why this is and still  
pay me my bursary

General issues faced by  
people in care / looked  
after.

What care-experience is. Do  
you have a good  
understanding of what this  
is?

How special it is for care-  
experienced students to be  
at university/college.

I would personally just like a  
mentor who I could take my  
queries to

# What information could you be collecting and why?



NUMBER OF CARE-EXPERIENCED INDIVIDUALS AT THE UNIVERSITY – PASS/FAIL RATES – NUMBER OF ‘DROPOUTS OR PAUSES’



WHAT CARE-EXPERIENCED INDIVIDUALS END UP DOING POST-UNI



WHAT CARE-EXPERIENCE IS AND SHARING THIS WITH YOUR COLLEAGUES



STATISTICS ON OUR EXPERIENCES



WHERE HAVE WE BEEN BEFORE?



MAKE BOXES EASIER TO UNDERSTAND ON ENTRY FORMS AND EXPLAIN WHAT CARE-EXPERIENCED MEANS.

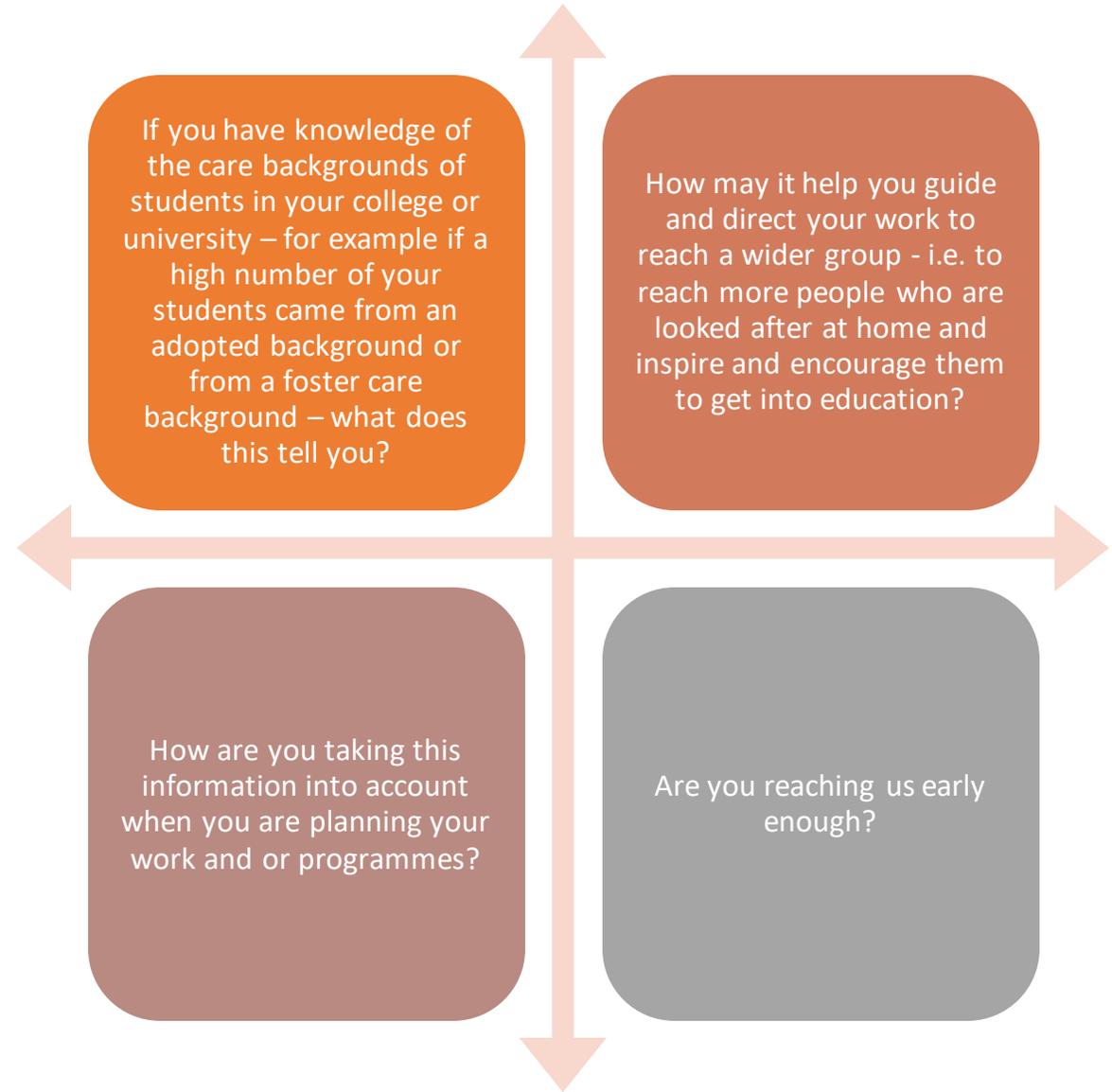


AGE OF STUDY, WHERE LIVING (UNI OR NOT), ACCESS COURSE?



GET A FULL PICTURE, LEARN FROM THIS AND APPLY THIS TO YOUR WORK – TRY AND REACH US BEFORE IT'S TOO LATE

Why is it important to collect this information?  
Continued....





Open  
Questions  
by theme;  
Motivation  
and goal  
setting



Motivation/goal setting



What do you want out of your time at university/college?



What would make this year a good year for you?



What support can we offer to help you achieve this?



Are there any barriers you think you might face you – how can we help you get over those?



# Support in a crisis

- How will you know if I am struggling?
- What should you be looking out for?
- What do you think I might need if I am having a difficult time?
- What kind of contact am I likely to respond to if I'm not coping?
- Work out some of these things with me – be more proactive and less reactive



# General Support



General support, I may need some help to learn how to plan my study time ask me about this



How can we help you keep on top of things?



What would you do if you were worried about something?



What is challenging for you - is there anything you would like your teaching staff to be made aware of?



# Background knowledge



How are you feeling right now?



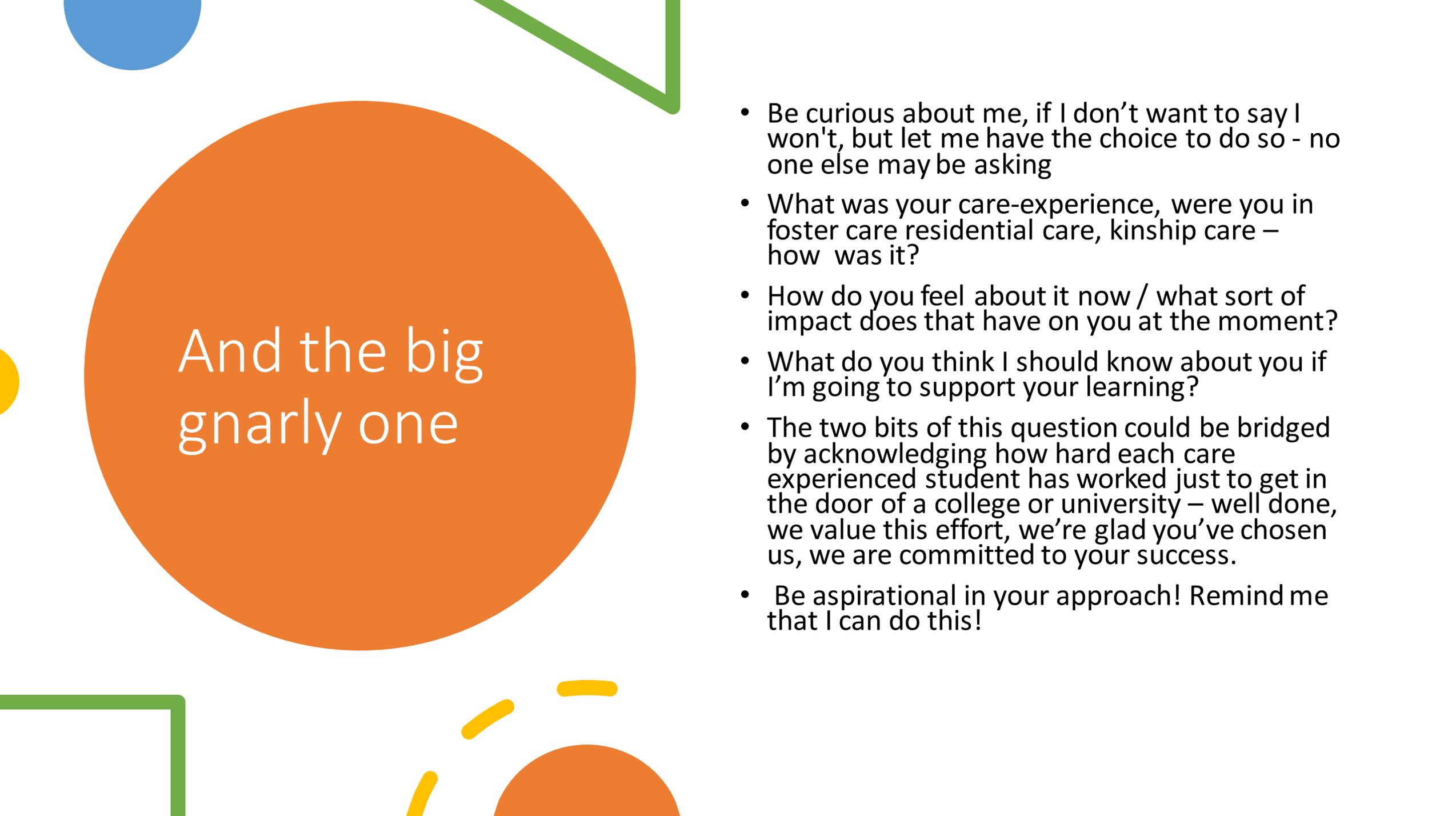
How are you feeling in general  
–this week / this month / this  
term?



Where's home for you just  
now, and how is it while you're  
there?



If you are working alongside  
studies – how's that going? Are  
you happy with the balance?



And the big  
gnarly one

- Be curious about me, if I don't want to say I won't, but let me have the choice to do so - no one else may be asking
- What was your care-experience, were you in foster care residential care, kinship care – how was it?
- How do you feel about it now / what sort of impact does that have on you at the moment?
- What do you think I should know about you if I'm going to support your learning?
- The two bits of this question could be bridged by acknowledging how hard each care experienced student has worked just to get in the door of a college or university – well done, we value this effort, we're glad you've chosen us, we are committed to your success.
- Be aspirational in your approach! Remind me that I can do this!



With thanks to

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*From Lorraine and Shona xx*

