



The Bridging Project

IMPACT REPORT

2022-2023



**BALLIOL
COLLEGE**
UNIVERSITY OF OXFORD

SUMMARY

The Bridging Project is a registered charity, equipping students from under represented backgrounds with the skill set and support system to succeed at university and beyond. We have supported 8 Balliol offer holders this year, 6 of whom were Balliol College first year undergraduates and 2 who joined St Johns and Magdalen college during the 22-23 academic year.

Programme Aims

- Improved sense of **belonging**
- Improved **soft skills** (Goal setting, problem solving, time & stress management)
- Increase students **knowledge** of systems of support at university and confidence to access them
- Improved **confidence** and **engagement** in university life
- Improved retention

The need

Research demonstrates that under represented groups are more likely to drop out of university, 1 in 10 low-income students drop out, compared to 1 in 20 of their wealthier peers (HESA, 2021). Research also shows that whilst systems of support may exist within universities these students often lack the confidence to reach out and access them (Social Mobility Commission).

Our work has shown that external support, provided by our team of diverse professional coaches, has allowed students to develop a sense of belonging, improved their confidence and helped them engage in a wide variety of services and support available at Balliol.

Headlines

- **84%** of students stated the programme improved their sense of **belonging** at UCL
- **100%** of students said the programme helped them **develop key skills** including problem solving, goal setting and time management
- **100%** of students stated the programme **improved their confidence**
- **100%** of students stated the programme **helped them to access support**
- **100%** of students stated the programme was **excellent**
- **84%** of students stated the programme helped them **remain at university**
- **100%** of students said the programme helped them **engage in university life**
- **100%** of students have remained at Balliol and will continue their second year

BALLIOL COLLEGE COACHES

Jessica is an ICF Professional Certified Coach with 14 years coaching experience.

“I was the first in my family to go to university and I had to navigate and work out all the steps on my own. I know the importance of having the the right people around you”

Jessica



“I hold a Masters in Applied Positive Psychology and coaching. I am thrilled to be involved in supporting students through this unique and formative stage in their lives”

Joanna

Joyce is a certified coach and an academic in entrepreneurship. Her approach to coaching is influenced by her experience helping young people gain clarity and achieve their potential.

Joyce - Balliol Coach



Essi holds a masters qualification in Coaching and Positive Psychology’

”I have witnessed first hand how essential support in the first year of university is for students. Using my MSc in Applied Positive Psychology and Coaching Psychology, my mission is to improve students’ wellbeing in higher education.”

Essi - Lead Coach at Balliol

“I’m so glad I was given the chance to connect with my coach. They’ve been such a positive influence and I will always remember them.”
Balliol College Student





My coach created such a supportive environment. I am so grateful for their encouragement.

The coaching has given me more confidence academically and also the confidence to ask for help at university.

– Balliol Student on The Bridging Project

THE BRIDGING PROJECT HAS HAD A SIGNIFICANT IMPACT ON STUDENTS' SENSE OF BELONGING AT BALLIOL

84%

Stated the programme improved their **sense of belonging** at Balliol

Pre-programme

Post-programme

50%

Felt they **belonged** at Balliol



100%

Feel they **belong** at Balliol



I feel more confident in knowing my place at Balliol is deserved and I'm really enjoying taking part in university life which was quite scary at first!

Balliol Student on The Bridging Project



THE PROGRAMME HAS SUPPORTED STUDENTS IN SOFT SKILL DEVELOPMENT

100%

Stated The Bridging Project helped them **develop key skills**

Pre-programme

Post-programme

50%

Felt they could **manage their time effectively**

100%

Feel they can **manage their time effectively**

50%

Felt they could **set goals and achieve them**

100%

Feel they can **set goals and achieve them**

66%

Felt they could **identify problems and overcome them**

100%

Feel they can **identify problems and overcome them**



I have become more confident in things such as time management and stress relief as well as achieving goals I set. I've learnt to make time to enjoy and prioritise non academic areas of university life too.

Balliol Student on The Bridging Project



THE PROGRAMME HAS DEVELOPED STUDENTS CONFIDENCE TO ACCESS SUPPORT AT UNIVERSITY

100%

Stated the programme **increased their confidence** at Balliol

100%

Stated the programme helped them to **access support** at Balliol

Pre-programme

33%

Felt **confident** about university life

100%

Feel **confident** about university life

66%

Understood how to **access student support services**

100%

Feel **confident to access support** at Balliol



My coach gave me the confidence to ask for help at university - especially when going through personal difficulties.

Balliol Student on The Bridging Project



THE PROGRAMME HAS HAD A POSITIVE IMPACT ON STUDENT RETENTION AND ENGAGEMENT

100%

Completed their first year and will continue into their second year

100%

Stated the programme was excellent

84%

Stated the programme helped them stay at Balliol

100%

Feel the programme has helped them engage in university life

Pre-programme

Post-programme

16%

Felt they could engage in co-curricular activities



84%

Regularly engage in co-curricular activities



My coaching sessions gave me reassurance of my progress and supported and encouraged me to get through a very difficult year.

Balliol Student on The Bridging Project



The Bridging Project



My coaching sessions have really helped relieve my stress and have encouraged me to make the most out of university academically and through social aspects too.

The goals have helped me feel motivated and a sense of achievement. I feel so much more confident as a result.

– Balliol Student on The Bridging Project