



The Bridging Project

MURRAY EDWARDS

IMPACT REPORT

2022-2023

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 4 Murray Edwards undergraduates during the 2022–23 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 including those from more low income backgrounds 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 Murray Edwards.

Headlines

- **4/4** of students stated the programme improved their sense of **belonging** at Murray Edwards
- **4/4** of students said the programme helped them **develop key skills** including problem solving, goal setting and time management
- **4/4** of students stated the programme **improved their confidence**
- **3/4** of students state the programme was **excellent** and **1/4** stated the programme was good
- **4/4** stated the programme helped them **remain at university**
- **100%** of student have remained at Murray Edwards and will continue their second year
- **We have now enrolled 10 students for the 2023–24 programme**

MURRAY EDWARDS COACHES

"I have an MsC in Applied Positive Psychology and Coaching Psychology. I am an experienced coach with a passion for creating more inclusive environments. I've coached with The Bridging Project for two years and love being part of this much needed programme."

Sohini - Murray Edwards Lead Coach



Emma recently completed her MsC in Applied Positive Psychology and Coaching Psychology.

"I am passionate about helping people to feel confident and function at their best. I want to empower students and help to provide a support system during their time at university."

Noita gained her coaching experience through her roles within the civil service. She joined the programme as remembered the challenges she faced transitioning and wants to support others in finding their place.



"Coming from a similar background, she had very personal and realistic advice for some of my questions/anxieties and I felt like I could actually rely on and trust her."

Murray Edwards Student

Stephanie joined the programme as a Murray Edwards Alumni who was her self the first in family to university. Now working as a GP we matched Stephanie with a first year medic student.

4/4

All students stated their programme was a good match



"I have become more confident as a student but also as a person in general, the coaching meetings were always a safe place and I couldn't be more grateful for the support."

Murray Edwards Student on The Bridging Project

THE BRIDGING PROJECT HAS HELPED DEVELOP STUDENTS' SENSE OF BELONGING AT MURRAY EDWARDS

4/4

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

Pre-programme

Post-programme

1/4

Felt they **belonged at Cambridge**



3/4

Feel they **belong at Cambridge**



“My coach is really helpful and can relate to problems and experiences I face in university, guiding me to help resolve and overcome any obstacles by reaching out for support when I need it.”

Murray Edwards Student on The Bridging Project

THE PROGRAMME HAS SUPPORTED STUDENTS IN SOFT SKILL DEVELOPMENT

4/4

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

Pre-programme

Post-programme

1/4

Felt they could **manage their time effectively**

3/4

Feel they can **manage their time effectively**

1/4

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

3/4

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

2/4

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

3/4

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

“I can now recognise my needs and goals and work towards them. Its helped me develop better time management and work more sustainably.

Murray Edwards Student on The Bridging Project

THE PROGRAMME HAS DEVELOPED STUDENTS CONFIDENCE TO ACCESS SUPPORT AT UNIVERSITY

4/4

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

4/4

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

Pre-programme

Post-programme

1/4

Felt **confident** about university life



3/4

Feel **confident** about university life

2/4

Understood how to **access student support services**



3/4

Feel **confident to access support** from a member of staff

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“I’m more confident and have less anxiety. I feel more reassured in my capabilities and ability to access support from the university.”

Murray Edwards Student on The Bridging Project



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

4/4

Completed their first year at Murray Edwards and will continue their studies into their second year

4/4

Stated the programme was **good** or **excellent** & helped them stay at Murray Edwards

4/4

Feel the programme has helped them **engage in university life**

Pre-programme

1/4

Felt they could **engage in co-curricular activities**



Post-programme

2/4

Regularly **engage in co-curricular activities**



My coach has made a huge difference to my first year at uni and their support has been invaluable. I'm not sure if I'd have stayed without them.

ME Student on The Bridging Project





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—Murray Student on The Bridging Project