



The Bridging Project

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 10 UCL undergraduates during the 22-23 academic year, with a focus on care experienced students.

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 who are care experienced are more likely to drop out of university, 1 in 5 care leavers and 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 UCL.

Headlines

- 100% 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
- 88% of students stated the programme **improved their confidence**
- 88% of students state the programme was **excellent** and helped them **remain at university**
- 88% of students said the programme helped them **engage in university life**
- 100% of student have remained at UCL and will continue their second year



"I've developed so much more than I thought possible and in ways that I haven't been able to with support in the past.

The difference the programme has made is amazing and the insight given is so valuable. It makes really happy to know that such good support is out there for others to benefit."

– UCL Student on The Bridging Project

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

100%

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

Pre-programme

Post-programme

33%

Felt they **belonged** at UCL



75%

Feel they **belong** at UCL



Initially, I was struggling with imposter syndrome and was worried about approaching people. The Bridging Project helped reshape my thinking and meet other people".

UCL 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

10%

Felt they could **manage their time effectively**

80%

Feel they can **manage their time effectively**

10%

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

100%

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

40%

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

100%

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



I have been on top of my studies throughout the year, and I have drastically improved my soft skills such as public speaking.

UCL Student on The Bridging Project



THE PROGRAMME HAS DEVELOPED STUDENTS CONFIDENCE TO ACCESS SUPPORT AT UNIVERSITY

88%

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

100%

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

Pre-programme

30%

Felt **confident** about university life

100%

Feel **confident** about university life

80%

Understood how to **access student support services**

88%

Feel **confident to access support** at UCL

Post-programme



I'm a lot more confident in myself. I've been able to acknowledge the challenges I face and how to overcome them, while appreciating what I've already achieved so far. I know how to navigate my adult life better and who to go to for help.

UCL Student on The Bridging Project



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

100
%

Completed their first year at UCL and will continue their studies into their second year

88%

Stated the programme was **excellent & helped them stay at UCL**

88%

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

Pre-programme

20%

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



Post-programme

100%

Regularly **engage in co-curricular activities**



I now have a more positive and confident outlook on university. Coaching has helped to improve different skills and techniques.

UCL Student on The Bridging Project





Honestly these coaching sessions have changed my life, it has made me more confident and helped me overcome my fears which I have developed as a result of a lot of changes in the education system and post covid anxiety.

I used to overthink small situations and also developed chronic anxiety rashes but I have almost overcome this entirely.

People around me have also recognised the difference it has made to my overall outlook to certain situations and I really appreciate the impact that my coach has had on my life.

- UCL Student on The Bridging Project