

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."

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



Stated the programme improved their sense of belonging at UCL

Pre-programme

Post-programme



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



THE PROGRAMME HAS SUPPORTED STUDENTS IN SOFT SKILL DEVELOPMENT



Stated The Bridging Project helped them develop key skills

Post-programme Pre-programme Feel they can Felt they could 10% 80% manage their manage their time effectively time effectively Feel they can Felt they could 100% 10% set goals and set goals and achieve them achieve them Feel they can Felt they could identify problems identify problems 40% 100% and overcome and overcome them them

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



THE PROGRAMME HAS DEVELOPED STUDENTS CONFIDENCE TO ACCESS SUPPORT AT UNIVERSITY



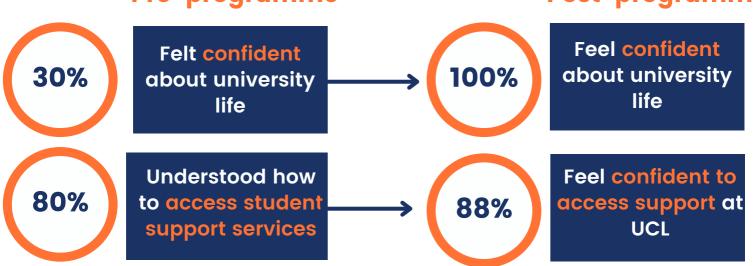
Stated the programme increased their confidence at UCL



Stated the programme helped them to access support at UCL

Pre-programme

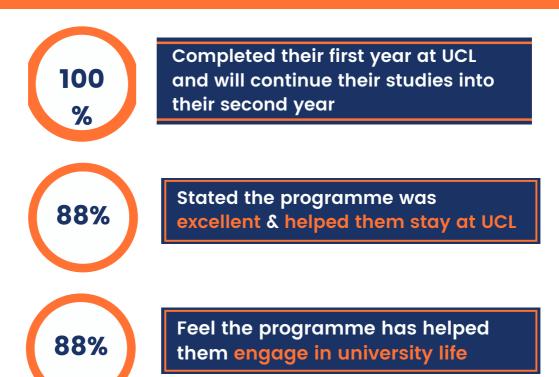
Post-programme



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.



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



Pre-programme

Post-programme



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



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.