



# University of Reading

## Reading Scholars Programme

On Monday, 16th April, a small group of Year 10 students visited Reading University for the third part of the 'Reading Scholars Programme.' The purpose of this programme is to help raise aspirations of the students, introducing them to higher education and what it could mean for them. There are seven schools on this programme of which five were present on this day.

The students started the day with a team building exercise outside. They were mixed up in groups and had a problem solving activity to lower a bamboo stick to the floor, while keeping it balanced on one finger. This involved using communication skills!

For the next period, the group was split. One half attended a session about personality traits, with the local Careers Advisor and the other half was involved in a discussion about which degrees might be useful for which jobs, and which subjects might be useful at A-level to support the degree applications.

The personality traits talk involved a discussion about the 'Myers Briggs' personality types. This tool is used a lot in industry to demonstrate the preferred way people choose to behave. There were eight indicators:

Extrovert  
Intuition  
Thinking  
Judging

Introvert  
Sensing  
Feeling  
Perceiving

The students got involved in a few activities to demonstrate how different people think and act to help them find which four indicators they might be most aligned to. Each person was 'typed' and then shown roles that might suit for their personality type. We were also shown celebrities who might have the same type. The second group did a few activities discussing which jobs students have typically gone on to do, with various degrees. The students were quite surprised to see that someone with a Chemistry degree went on to be an Accountant, and someone who studied Medicine for seven years, went on to do a Law conversion course. This really highlighted the fact that degrees can take you to many different places!

For the last part of the day, the students attended a Psychology talk to give them some experience of being part of a lecture and to give them some exposure to the subject of Psychology. The students did various activities and exercises to help them start thinking about how our brain works and why we think the way we do. There are a couple of students who are interested in this subject so this was a great opportunity for them to discover a little more.

The next meeting in Reading will be at the beginning of July.

Christine Sanders, Leader for Employability