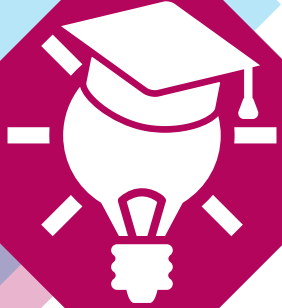


heppFEST

Festival Guide 2023

7th-10th February

This year HeppFEST will focus on inspiring, motivating and increasing confidence of students on their journey to higher education. Each day will follow a theme and there will be a variety of sessions delivered by ourselves, our partners and some exciting keynote speakers!



Keynotes

Stephen Seki

**Motivational
Speaker and Qualified
Pharmacist**

9am Tuesday 7 February

Stephen is a motivational speaker who uses his educational journey to inspire, encourage and motivate people.

Stephen was born in poverty and received no formal education up until the age of 10 when he got the opportunity to come to the UK. Unable to read, write or speak any English, Stephen struggled to adapt to the change in culture, language and the English school system.

He was also diagnosed with Dyslexia and Dyspraxia which made adjusting to the classroom environment even more difficult. Despite the challenges, in just 5 years, Stephen was able to pass his GCSEs and ultimately, through his hard work and determination, achieve his ambitions of becoming a Pharmacist.



Katy Robinson

**Construction Project Manager and
Co-Chair of NAWIC**

9am Wednesday 8 February

Katy is an award winning construction project manager, challenging the stereotypes surrounding women in construction and other STEM industries, and a recipient of the Hull & Humber Top 30 Under 30 award earlier this year.

From starting her career as an Apprentice Quantity Surveyor in 2017, she has progressed into a Project Manager's role within five years.

Katy is also the Co-Chair of NAWIC Yorkshire (National Association of Women in Construction), and works to educate and encourage young women to choose a career in the male-dominated industry of construction, all whilst working full time and studying a part-time degree in Construction Project Management at Sheffield Hallam University.



Dom Anderson

CEO Oxford University Students' Union

9am Thursday 9 February

Dom Anderson is the CEO of Oxford University Students' Union. As a fifteen year old Dom was expelled from school and sent to a pupil referral unit that he subsequently dropped out of after just a term. Finding himself involved with gangs and in trouble with the police and courts system he made the decision to break away from lifelong friends to give himself a future.

Dom tells the story of how himself and his friends have ended up on very different paths. He is a keen advocate for young people and in particular wants to help young people at risk of gang memberships to turn their lives around.

Gemma Perkins

Business Owner and Educator

9am Friday 10 February



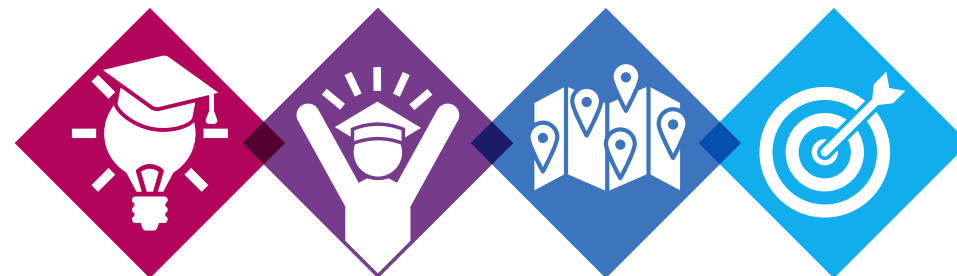
Gemma Perkins is a Sheffield based business owner and educator. She comes from a working-class family and was the first in her family to attend university.

Gemma is especially proud of having attended both of her local hometown universities – achieving a first class degree in Psychology from the University of Sheffield and going on to get a PGCE in Primary Education from Sheffield Hallam University. Commuting to university whilst still living at home allowed her to continue supporting her family through their mental health challenges and learning needs whilst she studied.

Gemma initially planned to be a teacher, but a combination of challenges with the education sector and finding a love for training through her volunteer work led her to start her own training business. For the last 8 years she has been delivering skills development programmes to students, charity workers, refugees and business leaders across the UK and internationally.



Overview



Tuesday 7 February

Wednesday 8 February

Thursday 9 February

Friday 10 February

INSPIRE students to achieve

See Page 5

Boost student CONFIDENCE and motivation

See Page 6

Help students EXPLORE higher education and how this might look

See Page 7

Help students FOCUS on their next steps

See Page 8

9am

Keynote: Stephen Seki

Keynote: Katy Robinson

Keynote: Dom Anderson

Keynote: Gemma Perkins

10am

Living Your Best Life
KS4/KS5

How to Make Decisions
KS3

Your Post 16 Options
KS3

Stress Management and Wellbeing
KS3/KS4/KS5

11am

Failure as Fuel
KS3/KS4

Future Me
KS3/KS4/KS5

Explore Your Future
KS4/KS5

Developing Your Own Personal Brand
KS4/KS5

1pm

Student Talking Heads
KS3/KS4/KS5

Master Motivation
KS3/KS4/KS5

Higher Degree Apprenticeships
KS5

Preparing for Student Life
KS4

2pm

Goal Setting
KS3

Understanding Metacognition and Learning
KS3/KS4

Applying to Russell Group Universities & Competitive Courses
KS4/KS5

Connecting with Your Future Self
KS4/KS5

INSPIRE students to achieve

Tue 7 Feb

9am Stephen Seki Keynote

See page 2

[Register >](#)

10am Living Your Best Life

Great for: KS4/KS5

Delivered by: Joanne Slater, HeppSY

This coaching session has been developed by qualified life coaches with the aim of building self-confidence and resilience, and encouraging self-reflection.

Students will learn how to assess where they are right now in life and consider what their dream goals and best life would look like.

[Register >](#)

11am Failure as Fuel

Great for: KS3/KS4

Delivered by: PUSH

In this session PUSH will discuss their top tips on how to approach failure in a positive way. This will include how to see 'failure' as an opportunity to adapt, grow and build success.

[Register >](#)

1pm Student Talking Heads

Great for: KS3/KS4/KS5

Delivered by: Hepp Graduates and Student Ambassadors

This session will be an opportunity for students to hear from student ambassadors and recent graduates about their journeys to higher education.

[Register >](#)

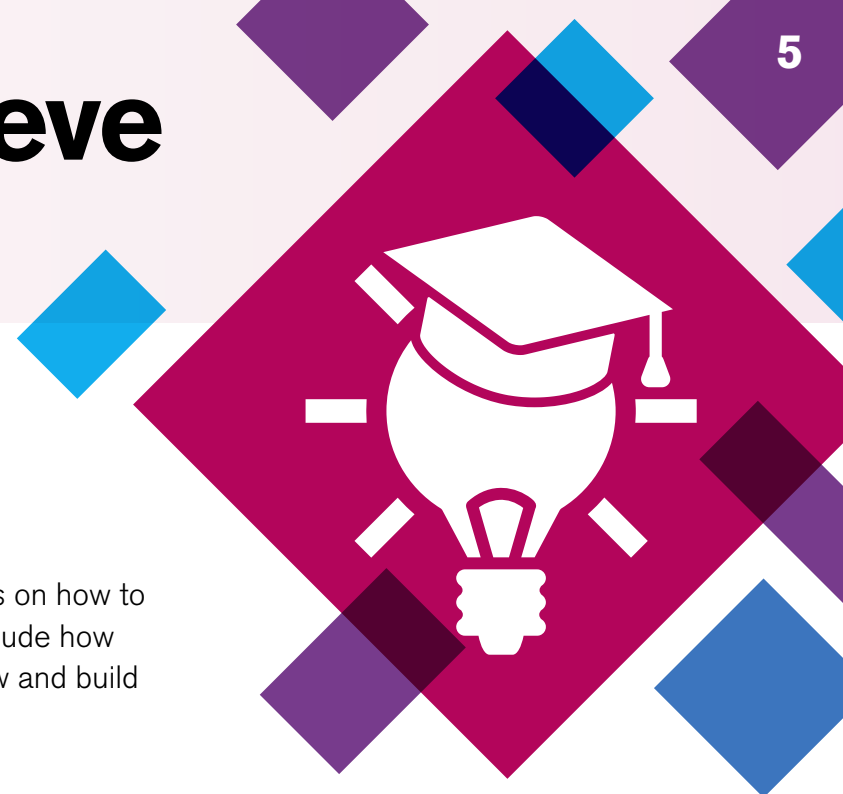
2pm Goal Setting

Great for: KS3

Delivered by: Hepp

This session will help students understand the importance of goal setting and how to set challenging goals for themselves.


[Register >](#)



Sessions focus on developing students' positive mindset and resilience, to support their journey to higher education.

Boost student **CONFIDENCE** and motivation

Wed 8 Feb



9am Katy Robinson Keynote

See page 2

[Register >](#)

10am Decision Making: How to Make Decisions

Great for: KS3

Delivered by: Hepp

This session will help students explore how to make challenging decisions and how important decision making will be for them and their future.

[Register >](#)

11am Future Me

Great for: KS3/KS4/KS5

Delivered by: Positively You

In this session, students will have the opportunity to think about their communication skills and how to build on them in preparation for any interviews, be it for education or the world of work.

[Register >](#)

1pm Master Motivation

Great for: KS3/KS4/KS5

Delivered by: Positively You

This inspiring workshop will help students to get to the core of their 'why' and discover the self-motivation that drives success.

[Register >](#)

2pm Understanding Metacognition and Learning

Great for: KS3/KS4

Delivered by: DANCOP

Metacognition is an important thinking skill which is defined as 'thinking about thinking.' This involves any behaviour directly linked with a person's control and monitoring of their own learning and thinking, including emotion.

This session will help students understand their own learning and this fits into their higher education journey.

[Register >](#)

These sessions focus on helping students understand themselves and their future.

Help students **EXPLORE** higher education and how this might look

Thur
9 Feb

9am Dom Anderson **Keynote**

See page 3

[Register >](#)

10am Your Post 16 Options

Great for: KS3

Delivered by: Inspiring Choices

Start to explore options beyond your GCSEs.

This session will cover the different types of qualifications and provision available, and the differences between school and college/sixth form.

[Register >](#)

11am Explore Your Future

Great for: KS4/KS5

Delivered by: Go Higher West Yorkshire

In this session, we will be discussing all things higher education (HE), including the application process, student life, the different options available and give an overview of HE. This will be followed by a Q&A session.

[Register >](#)

1pm Higher Degree Apprenticeships

Great for: KS5

Delivered by: Sheffield Hallam University

The session will talk through the benefits of Degree Apprenticeships, how they are structured and the process for applying. There will also be an opportunity to ask questions.

[Register >](#)

2pm Applying to Russell Group Universities & Competitive Courses

Great for: KS4/KS5

Delivered by: The University of Sheffield

This informative session introduces competitive courses and the Russell Group Universities, highlighting some of the positive aspects that Russell Group Universities can bring to their students.

The session will also focus on how students can be competitive applicants and what they can be doing now to strengthen their skills and university application in order to stand out from the crowd.

[Register >](#)

These sessions are intended to show students they belong in higher education.

Help students **FOCUS** on their next steps

Fri 10 Feb

9am Gemma Perkins Keynote

See page 3

[Register >](#)

10am Stress Management and Wellbeing

Great for: KS3/KS4/KS5

Delivered by: University of Sheffield

This talk covers what stress and wellbeing are, as well as how to identify when you may be experiencing stress. It explores how to prevent and deal with stress in academic situations; focusing on planning time around assignments and exams both at school and at university.

[Register >](#)

11am Developing Your Own Personal Brand

Great for: KS4/KS5

Delivered by: Dale Willis

In this session Dale Willis takes students through how they can help their applications really STAND OUT...including great tips on using social media to showcase your skills and interests.

[Register >](#)

1pm Preparing for Student Life

Great for: KS4

Delivered by: Inspiring Choices

This session will equip students with the skills and knowledge required for student life, including budgeting, accommodation, and independent living, in order to prepare for the transition to higher education.

[Register >](#)

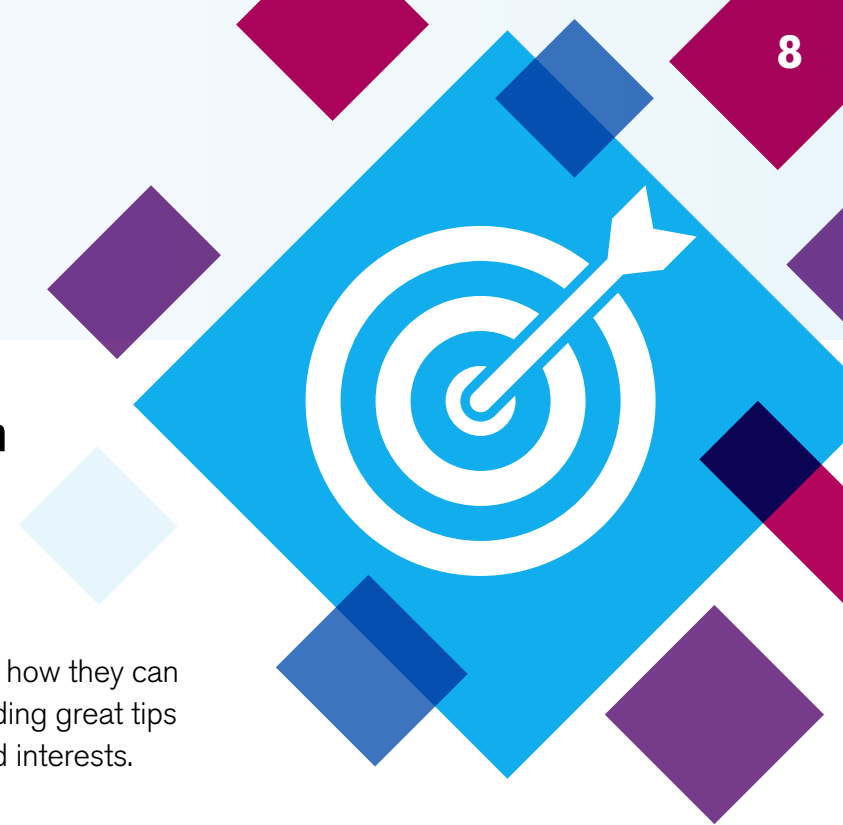
2pm Connecting with Your Future Self

Great for: KS4/KS5

Delivered by: HOP

This session will help learners to connect with their future selves, understand what 'imposter syndrome' is and how to challenge it.

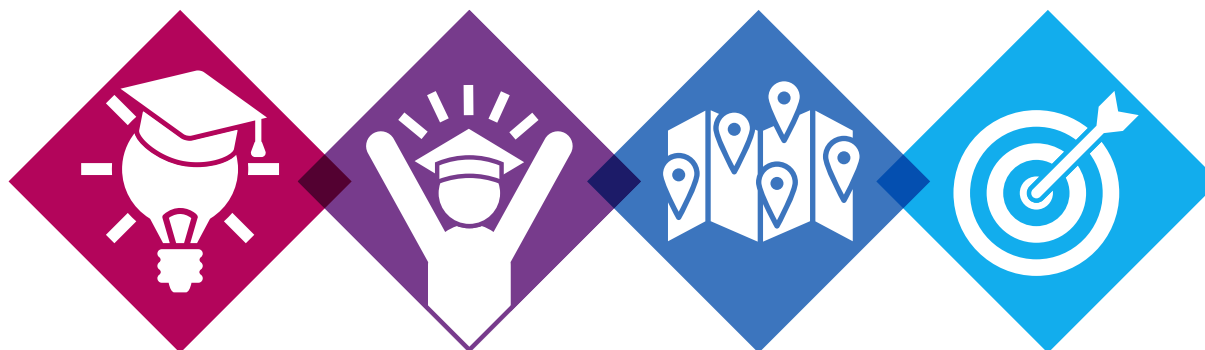
[Register >](#)



Sessions intend to support students in planning their route to higher education.

The Higher Education Progression Partnership (Hepp) works across South Yorkshire and North East Derbyshire. Our mission is to ensure that every young person knows that higher education exists and could be an option for them.

 www.hepp.ac.uk  [@Hepp_YES](https://twitter.com/Hepp_YES)



www.hepp.ac.uk/festival

