Introduction

Welcome to Insight +! If you are reading this, then hopefully you are interested in finding out more about the Insight + programme. You will find information about what the Insight + programme entails and how to apply. If you have any further questions or would like any extra information, please don’t hesitate to get in touch with the Insight + team. You can find our contact details on the back page of the guide.

The Insight + Team
What is Insight +?
Insight + is a programme run by the Widening Participation Team at Cambridge University to support sixth form students in Cambridgeshire to make a competitive application to selective higher education institutions. The programme has five subject streams: Maths, Physics, Chemistry, English and History and it gives you the opportunity to access extra teaching and resources to support your learning. In addition you will also get the chance to spend time at Cambridge University, experiencing university style teaching and interacting with current students and staff. You will be given information and guidance sessions about applying to university. All travel to and from Cambridge to attend the events will be organised for you!

Why should I do Insight +?
Insight + will give you the chance to build your confidence in the subjects that you are studying at A-Level to help you to secure the grades that you need to meet the entrance requirements of a selective university. You will develop your academic skills by independently extending your knowledge beyond the classroom and you will be able to demonstrate your commitment to your studies. You will also develop your interpersonal skills by working alongside other A– Level students who attend different schools and current Cambridge undergraduates.
What type of thing would I be doing on Insight +?

Participants on Insight + attend a range of events over 12 months in Cambridge. These include a launch event at the start of the programme, study days, study schools, study clinics and Experience Cambridge.

You will also be offered the chance to engage with an online mentoring programme where you can receive additional information and guidance about applying to university and support with your studies.

Furthermore, at four points throughout the year, you will be able to submit additional work for feedback from mentors.
“I have found Insight + to be extremely helpful, and the support from the academics and the CAMbassadors has been amazing!”

Insight + Participant 2019—2020
Launch

The launch event will take place at the start of the programme where all students, their parents/carers and teachers will be invited. You will get an overview of the course and attend sessions about choosing a course at university and applying to university. You will meet the pool of current Cambridge students who will be working on the project with you. You will get to know them over the course of the year at the events that you attend.

Your parents/carers can also attend sessions about how you apply to university and what you will be doing during Year 13.
Study Days
Study days will be held at the weekend throughout the programme. You will have four hours of intensive teaching delivered by experienced A-Level teachers focussing on the skills and content required to achieve a B or above at A-Level. Current Cambridge students will be on hand throughout the days to support you with your work and answer any questions that you may have about your work or life at university.

Study Schools
Study schools are study days run back-to-back over a period of two or three days allowing for more intensive teaching to take place. The study schools will run at key points during your academic journey. The first will take place just before the start of Year 13 so that you hit the ground running in September and the second will take place in the Easter holidays, just before your A-Level examinations to support you in your revision and exam preparation.
Study Clinics
Study clinics give you the chance to discuss your school work or any online work that you have completed as part of the Insight + programme with current Cambridge University staff and students. This gives you the chance to access specific support with areas of your course that you may be finding more challenging.

Experience Cambridge
Experience Cambridge is a one day event which gives you the opportunity to find out more about what it would be like to study at university. You will experience university style teaching in your chosen subject and be taught by leading academics at Cambridge University. As Insight + students, you will also have the chance to visit some of the Cambridge colleges with current undergraduate students.
Cambridge Applicant Residential
If you choose to make an application to Cambridge University you will be offered the chance to attend the Cambridge Applicant Residential in September 2020.

Online Mentoring
All Insight + students will be given a mentor and access to an online mentoring platform from May 2020—November 2020. You will receive additional information and guidance about applying to university as well as advice about navigating Year 13. You may choose to continue to engage with a mentor for the remainder of the programme from January 2021—April 2021.

You will also be able to submit subject specific assignments for feedback from mentors.
Timeline for Insight + 2020/2021

- Easter 2020 – Saturday 18 April—Launch Event
- May 2020 – Saturday 16 May and Sunday 17 May—Study Day focusing on preparation for mock examinations
- June 2020 – Saturday 20 June—Experience Cambridge
- August 2020 – 25 and 26 August—Study School
- September 2020 - Cambridge Applicant Residential
- September 2020 – Saturday 26 September—Study Clinic
- October 2020 – Saturday 31 October Saturday 7 November—Study Day
- January 2021 – Saturday 30 January Saturday 6 February—Study Day
- March 2021 – Saturday 13 March—Study Clinic
- April 2021 – 7 and 8 April - Study School
“The best thing about Insight+ is that it gives you access, in all its forms. On a basic academic level, Insight+ gives you access to resources that would otherwise be unavailable, either due to financing or awareness that they existed”

Insight + Participant 2018—2019
Who can apply for Insight +?
Anyone who is Year 12 and attends a state-maintained school in Cambridgeshire can apply. In order to be eligible for the programme you must be on track to achieve at least a grade B in your chosen subject strand(s) and meet at least one of our eligibility criteria further details of which can be found on the website.

www.undergraduate.study.cam.ac.uk/find-out-more/widening-participation/insight-plus

What are we looking for?
We are looking for highly-motivated Year 12 students who are willing to commit fully to the programme. We are looking for students who aren’t afraid of a challenge and are willing to expose themselves to new situations.

How do I apply?
You can apply for Insight + by filling out the online application form. Please note you will need a teacher at your school to act as your reference to support your application.

The online application form can be found here
FAQ
Is Insight + only for students who are interested in applying to Cambridge or Oxford?
Absolutely not! Insight + is for any students interested in applying to research intensive universities.
I am only predicted a B for one of my subjects. Can I still apply?
Yes, as long as it is in the subject strand you want to apply for.
Do I have to attend all the events?
You do not have to attend all of the events, but as a minimum we expect you to attend both study schools and two of the study days.
How many subject strands can I sign up for?
As long as you are predicted a B in the subject, you can sign up for as many subject strands as you like!
How much does the programme cost?
The programme is free to all participants. All travel to and from Cambridge will be paid for. You will need to bring a packed lunch to any events you attend.
“I would not be where I am without Insight +, and I will be forever grateful for that ...”

Insight + Participant 2018—2019
Insight + Team
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