



Student Guide
2022 - 2023



UNIVERSITY OF
CAMBRIDGE



Introduction

Welcome to Insight+!

In this student guide, you'll find information about what Insight+ 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. We're friendly and we would love to hear from you!

Email: insightplus@admin.cam.ac.uk

- The  Team

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What is Insight+?

Insight+ is a year-long programme run by the Widening Participation Team at Cambridge University. It supports A Level students in Cambridgeshire and West Norfolk to make competitive applications to selective Higher Education institutions. It includes:

- A Level tutoring
- Visits to university campuses
- A Model United Nations (including public speaking training and lessons about the United Nations)
- Subject-specific activities such as mock seminars
- Online mentoring with a current university student
- Information, advice and guidance about going to university (such as student finance and how to choose the right course for you).

Insight+ runs from April 2022 to April 2023. It will have a mixture of in person and online events, including a residential stay at a University of Cambridge college during the Model UN conference. Insight+ is completely free; there is no cost to participate in the programme.

Why should I do Insight+?

Insight+ will give you the chance to build your confidence in a wide range of important skills, such as critical thinking, teamwork, public speaking and research skills. It will help you to secure the grades you need to meet the entrance requirements of a selective university, as well as independently extend your knowledge and passion beyond the A Level curriculum. You will work alongside other A Level students attending different schools, interact with current university students and be able to demonstrate your commitment to your studies.

“Initially, I thought Insight+ would help with the academic side of A-Levels but I have also received support and advice about university, student life and ways to relax in order to unwind from my academics.”

- Insight+ participant,
2020-2021





Who can apply for Insight+?

Anyone in Year 12 or the first year of College who attends a state school in Cambridgeshire or West Norfolk can apply, as long as you meet at least one of our selection criteria (listed on the next page).

You must also be studying at least one of the following A Level subjects with any exam board: Maths, English Language, English Literature, Biology, Chemistry, Physics, French, Spanish, German, History, Sociology, Geography, Psychology or Business Studies.

What are we looking for?

We are looking for highly-motivated Year 12/Year 1 college students who are willing to commit to the full programme. We're looking for students who aren't afraid of a challenge and who are willing to expose themselves to new situations.

My eligibility test:

- I am a Year 12 student or in my first year at college
- I attend a state school in Cambridgeshire or West Norfolk
- I meet one or more of the selection criteria (listed on the next page)
- I am studying one or more of the A Level subjects listed above

If you meet all of the above criteria, we would love for you to apply to Insight+!

Selection Criteria

The University of Cambridge is committed to widening participation to higher education. As part of this work, we would like to work with and support students who may have experienced either educational disadvantage or who belong to a group that is statistically less likely to progress to higher education. First priority on this programme will therefore be given to applicants according to the following criteria (in order of importance):

- Students who are in care or care experienced
- Students who have been eligible for free school meals in the last six years
- Students who belong to an under-represented ethnic group:
 - Black African or Black Caribbean
 - Pakistani or Bangladeshi
 - Roma, Gypsy or Traveller
- Students who have experienced disruption in their education, such as:
 - Medical/health issues (including mental health), particularly those that have resulted in long or extended periods of absence (over eight weeks) from school in the last six years
 - Bereavement of a close family member (e.g. parent/carer) in the last six years
 - Being a young carer
 - Becoming a parent
 - Being an asylum seeker or refugee
 - Becoming estranged from close family members (e.g. parents/carers)
 - Moving schools more than once in the last six years
 - Other disruption (to be specified)

Please note: Disruption to education as a result of the COVID-19 pandemic does not apply.

- Students who reside in areas with relatively low participation in higher education (using POLAR4) or in areas with less advantaged socio-economic characteristics (using IMD)
- Students who have completed the Insight Discover and/or Insight Explore programmes
- Students who currently attend, or have attended in the past, an Insight school in the list below:
 - Athena Sixth Form College
 - College of West Anglia
 - Jack Hunt School
 - Ken Stimpson Community School
 - King Edward VII Academy
 - Long Road Sixth Form College
 - Marshland High School
 - Nene Park Academy
 - North Cambridge Academy
 - Ormiston Bushfield Academy
 - Queen Katharine's Academy
 - Sir Harry Smith Community College
 - Smithdon High School
 - Springwood High School
 - Stanground Academy
 - St John Fisher Catholic High School
 - Terrington St Clement Community School
 - Thomas Clarkson Academy
 - Thomas Deacon Academy

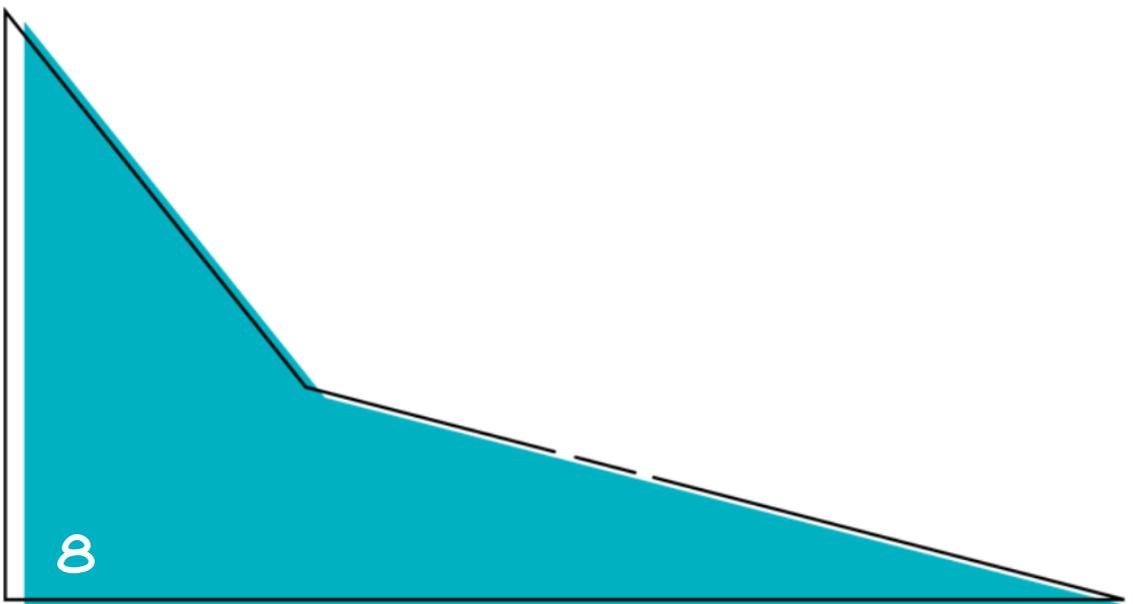
What will I be doing on Insight+?

1. Model United Nations Summer Term 2022 (Year 12)

A Model United Nations (or Model UN or MUN) is a simulation of a United Nations meeting, where students act as representatives of countries from across the globe and work together to solve an international problem.

During summer term 2022, Insight+ will host a series of interactive online webinars after school hours, so you can learn how the United Nations works and about its humanitarian and peacekeeping operations worldwide. The webinars will be supported by in person days at Cambridge University, where you can take part in practical workshops to boost your research and public speaking skills, as well as meet the other people on the Insight+ programme.

This year's Model United Nations will be on the theme of climate change! During the summer holidays, you'll be invited to stay at one of the Cambridge University colleges for a 2 day Model UN conference, where you'll work with other Insight+ participants (or should we say, UN delegates!) to try and combat one of the most pressing issues affecting society today.

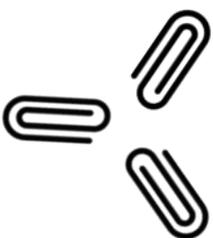


Great for your
personal
statement!



Skills you'll gain

Leadership • Research • Public speaking • Writing • Debating •
Critical thinking • Problem solving • Confidence • Negotiation •
Teamwork • Presentation skills • Learn about other countries and
cultures • Gain a deeper understanding into current world issues



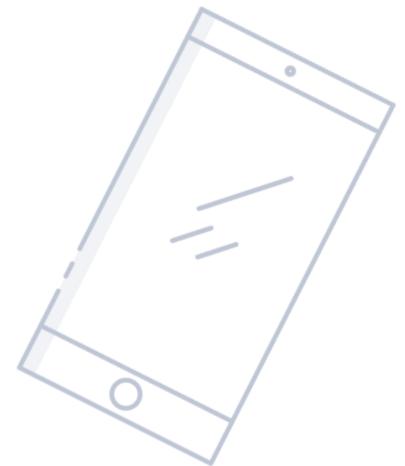
2. University Advice and Mentoring Summer 2022 - January 2023

During autumn term 2023, you'll be writing the best university application possible, so it's ready to submit to your chosen universities by the UCAS deadline on 23 January 2023.

We'll support you every step of the way, with activities such as...

Online Mentoring with a Current University Student

You'll be paired with a current university student via an online mentoring platform. Ask your mentor questions about university, get their advice on what to consider when choosing your course or location, and find out what day-to-day life as a university student is like.



Subject-based activities to widen
your supercurricular knowledge

visits to university campuses

Information Webinars and Live Q&As

On topics such as:

- UCAS
- Personal statements
- Student finance
- Budgeting/managing money whilst at university
- Study skills/revision top tips
- University life
- Accommodation

...and much more!

Thinking about applying to Cambridge University?

Students on Insight+ will be given special consideration for our **Apply: Cambridge** programme (although Insight+ students are not guaranteed a place on Apply: Cambridge).



Apply: Cambridge is a specialist and free programme designed to support highly able students from underrepresented backgrounds and areas to make successful applications to the University of Cambridge. It will run from the summer holidays in 2022 until spring 2023. It will involve:

- Information webinars
- Interactive sessions
- Live Q&As with current Cambridge students and admissions tutors
- Guided learning sessions and independent work
- Mentoring from a current University of Cambridge student

Apply: Cambridge will replace the University Advice and Mentoring element on Insight+ for any student who enrolls on both programmes.

Find out more about Apply: Cambridge at <https://www.undergraduate.study.cam.ac.uk/find-out-more/widening-participation/apply-cambridge>

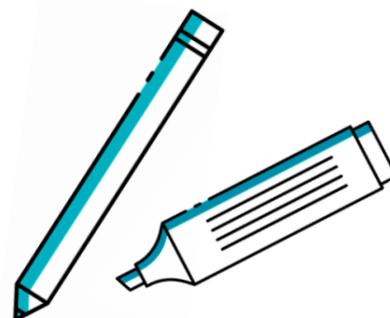
3. A Level Tutoring Spring Term 2023 (Year 13)

“I genuinely believe Insight+ was the main reason I achieved my desired results in my English mock exams.”

- Insight+ participant, 2020-2021

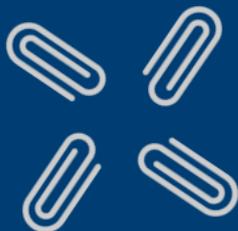
Time to batten down the hatches! By spring term 2023, your UCAS application will be submitted, universities will be making their offers and exams will be slowly creeping closer. Prepare for your assessments with 1-to-1 online tutoring in an A Level subject of your choice throughout spring 2023. Spending one hour a week revising those tricky subjects with guidance from an expert will help you achieve those all-important grades that you need to meet your first choice university's entrance requirements.

Choose from: Maths, English Language, English Literature, Biology, Chemistry, Physics, French, Spanish, German, History, Sociology, Geography, Psychology or Business Studies.



“Honestly, I would just like to thank Insight+ for this amazing program. It has been an honour to be given such a great opportunity to not only improve my academic skills and capabilities but to also improve my personal and social skills. I really do appreciate all the help, support and advice I have received over the last year.”

- *Insight+ participant,*
2020-2021





How do I apply?

You can apply for Insight+ by filling out the online application form here: https://cambridge.eu.qualtrics.com/jfe/form/SV_d3RZe5eS7FORH1A

You will be asked to write a short personal statement (less than 500 words) in response to the question, '*Why are you applying for Insight+?*'

You might like to include:

- Why you are applying to Insight+
- What you would like to get out from Insight+
- How you think joining Insight+ will benefit you.

We recommend preparing your personal statement in a Word document first, then copying and pasting it into your application form. We also ask about your education so far and your eligibility based on our selection criteria.

The deadline for applications is **9am on Monday 4 April 2022**. You will hear back from the Insight+ team about your application by Wednesday 13 April 2022.

Scan here to go to
the application form:



FAQs

Is Insight+ only for students who are interested in applying for Cambridge or Oxford?

Absolutely not! Insight+ is for any student who is interested in applying to university.

Do I need to have certain grades to take part in Insight+?

No – as long as you're enthusiastic, meet our selection criteria and are willing to fully commit to the programme, we want to hear from you!

I'm not sure whether I want to go to university. Can I still apply?

It's OK if you're not sure what you'd like to do after sixth form or college yet. This programme may help you decide!
Insight+ focuses on supporting your transition to university, so if Higher Education is an option that you're seriously considering, we encourage you to apply.

Can I sign up for part of the programme, such as only Model UN or only tutoring?

No, we are looking for students who are ready to fully commit to the whole programme, running from April 2022 to April 2023.

How much does the programme cost?

The programme is completely free to all participants. We will also cover reasonable travel costs for in person activities.

Still have questions?

Email us at insightplus@admin.cam.ac.uk – we're happy to help!



Insight+ Team

Cambridge Admissions Office

Email: insightplus@admin.cam.ac.uk

Please let us know if you would like a copy of this guide in an alternative format.



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