Insight

EXPLORE

Student Guide
Hello!

Welcome to the Insight Explore guide. We are really pleased that you are interested in finding out more about the Insight Explore programme and we hope that you will find this guide useful. You will find information inside about what Insight Explore entails and how to apply. Please do not hesitate to get in touch with the Insight Explore team if you need any further information, you will find our contact details on the final page of this guide.

The Insight Explore team
What is Insight Explore?

Insight Explore is a programme run by the University of Cambridge for young people from Cambridgeshire who want to explore what life at university might be like. As a participant on the Insight Programme, you will be developing important skills that will help you in your future and in your studies. You will also be exploring new topics and subjects that you may not have studied at school or even have heard of in the before. You will be working with current university students and teachers as part of the programme to explore the options that are available to you.

Insight Explore events take place outside school time, during weekends and school holidays.
What would I do on Insight Explore?

Participants on the Insight Explore Programme visit Cambridge several times each year to come to events during the school holidays or at the weekend. During your time on the programme you would attend core days, subject taster days, and also complete some academic work.

Core days

These are the days where we work on useful skills such as presentation, research and revision. We also cover topics such as student life and post-16 choices.
Subject taster days
On these days you will be learning about new topics and areas of academic research. You choose at least two of these days each year to attend, based on your interests. Recent days have included a Medicine and Veterinary Medicine Day, an Archaeology Day and a Polar Exploration Day.

Academic work
As part of Insight Explore, you will be asked from time to time to complete academic work. This will give you the chance to develop and practice the skills that you learn on the programme. You will be given feedback on your work by university staff and students.
“I have found Insight Explore fun, it has benefitted me in many ways. For example my essay writing skills have improved a lot. My social skills have also progressed. I have learnt about many interesting topics and would recommend Insight Explore to other people my age”

Sophie
Who can apply for Insight Explore?

To apply for a place on this programme, you must be in year 9 and attending a state school in Cambridgeshire. All applicants should be on track to achieve five 6-9 grades at GCSE.

Students should also meet at least one of the following criteria:

- live in a target postcode (a full list of eligible postcodes can be found on the Insight Explore website)
- have been eligible for free school meals at some point in the last six years
- have been in local authority care
- have completed the Insight Discover programme
“I have really enjoyed being part of Insight Explore so far. I have learnt many new subjects that we are not able to learn at school and built up new skills like working and talking to new people”

Xyzanyn
“Insight Explore has been an amazing experience, one which has inspired me to take a leap and go to university in the future! I have lost the worries I faced before as they have explained to me in great detail about how I can solve these issues. Getting to see what university life is like was fun and educational. I would strongly recommend Insight Explore to anyone considering university or even to people who want to meet others, as I’ve met people from all over!”

Amy
What are we looking for?

We are looking for students who will be enthusiastic and committed to Insight Explore. Some of the subjects that we cover on Insight will be completely new to you, we looking for students who are curious and willing to try out new things! Insight Explore is designed to challenge students, but it is a very rewarding experience that we are sure you will enjoy.

Please use the application form to tell us why you are interested in joining the programme and what you hope to gain from Insight Explore.
“Insight Explore has enabled me to discover more about the career I’d like to go into. I’ve not only been given the opportunity to talk to professors and students, I’ve also been given advice on how to apply. The Insight Explore programme will definitely contribute to my personal statement”

Christabel
How do I apply?

Please apply by filling in the application form at cam.ac.uk/insight. If you are offered a place on Insight Explore you will receive an invitation to the launch event on 23 March 2019.
If you have any questions about the Insight Explore programme please contact the team using the contact details below.

Website: cam.ac.uk/insight

Email: insight@admin.cam.ac.uk

Telephone: 01223 764025