



Age: students aged 16-19



Timings: 60 minutes

Leapskills is designed to give young people the skills necessary to thrive when transitioning to independent living after leaving school or college.

Making friends when moving into shared accommodation, whether at university or elsewhere, has a big impact on the wellbeing and success of young people. That's why Unite Students is committed to helping young people feel better prepared for the 'leap', aligning their expectations with the reality of living in shared accommodation and offering strategies that will enable them to effectively deal with new challenges.

Learning outcomes

By the end of the lesson, students will:

- Have a bank of strategies to help them manage the transition of moving into shared accommodation
- Understand how to develop and maintain healthy relationships
- Know how to access support in a new environment

Resources

- Lesson PowerPoint
- Online game: 'Are you ready for The Leap?' See lesson plan below for more information on how to play the game
- Laptops / tablets (one per group) – alternatively, students can access the website using their personal mobile devices
- Student activity sheet (one per group)
- Large sheets of paper and pens (one per group)
- Take home leaflet (one per student)

Lesson Plan

Activity	Slide	Teacher Notes
Starter Activity 3 min	2	<ul style="list-style-type: none"> • Ask students to discuss the questions on the board by imagining that they're moving in to shared accommodation tomorrow. • Students to feedback answers to the class.
Introduction 3 min	3	<ul style="list-style-type: none"> • Use the information on the slide to introduce students to the purpose of the lesson.
	4	<ul style="list-style-type: none"> • Share the learning outcomes with students.
What is 'The Leap'? 5 min	5	<ul style="list-style-type: none"> • Ask students to imagine they're moving into shared accommodation with three other people. • Use the link on the slide to take students on a virtual tour of the student accommodation. Note: the whole class could explore the link together on the interactive whiteboard, or you could ask students to follow the link on their devices.

Activity	Slide	Teacher Notes
Online Activity 15 min	6	<ul style="list-style-type: none"> Share the QR code (or the link in the slide footnotes) for the online game, 'Are you ready for The Leap?' Students should work in pairs or individually. How to play: First, students will be introduced to 4 first year university characters who live together in shared Unite accommodation. Students should watch each character's introduction video before moving on. Once they have met each character, students will be able to explore 3 different areas of the accommodation: the bedroom, the kitchen and the communal area. As they move through each room, students will find 8 different university-based scenarios (shown by question mark icons). When they click on a question mark, students will be given a scenario focused on a different practical or social aspect of independent living, and 4 possible solutions. Students should discuss the scenario and choose the most appropriate solution. Each solution will take students through to a short video of a character discussing the potential consequences of that choice. Once students have completed all 8 scenarios they will be told which university character they are most like and why.
Follow-up Discussion 5 min	7	<ul style="list-style-type: none"> Share the questions on the slide and gather student responses. If students have differing opinions, encourage them to discuss and reach a consensus.
Common Challenges 5 min	8-9	<ul style="list-style-type: none"> Set the timer, and give students two minutes to quickly jot down an answer to the task – what do they think some of the challenges are that young people face when moving in to shared accommodation? Suggested answers: <i>financial worries, sharing responsibilities, workload, homesickness/loneliness, etc.</i> Once the timer is finished, gather student responses. Share the suggested answers on slide 9.
Developing Coping Strategies 20 min	10-12	<ul style="list-style-type: none"> Share the infographic on slide 10, explaining that coping strategies can be sorted into four groups. Hand out the Student Activity Sheet, which has four problem statements. Explain the task on slide 11: students have a few minutes to sort the problem statements into the correct category – what type of coping strategy does this problem need? Share the answers on slide 12.
	13-14	<ul style="list-style-type: none"> Explain the task on slide 13: based on the common challenges they've explored, what coping strategies could they suggest? Students write their answers on a large sheet of paper to create a poster. Suggested answers: <i>thinking positively, communicating with each other, being approachable, find positives in situations, exercise regularly, join clubs, register with a GP, speak to a professor or tutor.</i> After 10 minutes, ask students to circulate the room to read the coping strategies that other groups listed. Are there any they hadn't thought of? Share the suggested strategies on slide 14 and ask students to compare them to what they've written.
Plenary 5 min	15	<ul style="list-style-type: none"> Share slide 15 and ask students to consider which sources of support would have been most beneficial to the characters in the game. Give each student one of the Take Home Student Leaflets, which contain key reminders and tips for maintaining wellbeing when living independently.
Further information	16	<ul style="list-style-type: none"> For further information for students on the different aspects of student life – from relationships and wellbeing to budgeting and goal planning – direct them to the links on slide 16. MyUnite App: https://www.unitestudents.com/about-us/myunite-app Unite Youtube channel: https://www.youtube.com/@unitestudents/featured

Activity	Slide	Teacher Notes
Student Survey	17	<ul style="list-style-type: none"> • Please encourage all students to scan the QR code and complete the survey as openly and honestly as possible, as this helps us to capture ways we can improve and develop the resource. • There is also a teacher survey, which can be accessed by following this link: https://www.surveymonkey.co.uk/r/UniteLeapskillsTeacher
Extension Task (optional) 10 min		<ul style="list-style-type: none"> • Ask students to imagine they have just met the people they are going to share a flat with. • As a group, they should come up with a list of 'House Rules' to make sure that the flat is a pleasant place to live, that relationships stay positive and that all the flat mates maintain good emotional wellbeing while living there.