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DISCOVER WORCESTER

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International Student,
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A journey from India to the heart of student life in Worcester

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How an Education
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found her style and
confidence in Japan

24hrs in Worcester

Making the very most
of your visit to the
Faithful City

MOVING OUT OF HOME, OR FINDING A NEW ONE?

How the friends
you make in
accommodation
become the family
you never forget

Discover what
you really
think, what
you really like,
and who you
really are

Advice from some of
the country's most
influential figures



UNIVERSITY of
WORCESTER

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Dear reader, we put this magazine together to answer the bigger questions.

What does a degree from Worcester actually do for you and your prospects? What will living in accommodation actually feel like? What will I learn, and how will I actually learn it?

A lot of the existing literature on life at universities focuses on entry requirements, accommodation costs and employment statistics. All very valuable details, but there's a mosaic of stories behind that information.

Before we get going, I'll admit something to you. As the author of most of these articles, I'll confess to having something of a personal agenda here. Not only am I the University of Worcester's in-house journalist, I'm also a graduate.

I came here in 2010, trying to figure out how to turn my enthusiasm and ambition into something bigger, and in 2013 I graduated from my degree in journalism.

I spent the following 10 years with the BBC, reporting, producing and presenting live radio, writing articles and creating social media content, but something drew me back to the University of Worcester.

It's a university that gets under your skin. It's really special to study somewhere where your lecturers know your name. You don't forget your lecturers, and they don't forget you.

So when the team was tasked with creating something to tell the story of the University of Worcester, this publication felt very natural.

Instead of bombarding you with statistical information, we wanted to come back to those key questions, 'Why?', 'What?' and 'How?'

And that's what we've done.

Here, you'll meet the student who came to Britain as a stranger in a city she'd never visited and is now the President of her University's Students' Union.

You'll meet the pub landlord who can tell you how the city was shaped by its links to kings, you'll hear why the teaching methods at Worcester will prepare you for your career and why travelling as part of your studies can be even more rewarding than going it alone in a gap year.

If you're looking for that deep dive into what University will do for you, I'd recommend starting with the interview I did with Sir Nicholas Coleridge. He sums up the experience of the undergraduate beautifully, but if you're feeling like coming to university might put you out of your comfort zone and you're hoping to turn the anxiety into excitement, head to the interview with Ruttuja.

On the approach to a university degree, you're navigating a lot of smaller pieces of important information, but in this magazine, we're discussing the bigger picture. □

Justyn Surrall Editor



The University of Worcester offers an exceptional learning experience in a welcoming, well-connected University city. We're first in the UK for both graduate employment and quality education.

First in the UK for sustained employment and/or further study, 5 years after graduation (excluding specialist institutions) - Longitudinal Outcomes Survey 2024. First in the UK for quality education - Times Higher Education University Impact Rankings 2024.

Go for the hangouts. Go to the events. Go and eat the food! Go and make the friends!

Ruttuja Mane, the University's Students' Union President, welcomes you to Worcester.

Ruttuja has completed two of her three years studying Business Psychology at the University of Worcester, and is taking a year out of her full time study to take on a completely different challenge. She has just been elected as the President of the Worcester Students' Union. Ruttuja has been speaking to us about her journey to the UK and her climb to the top of student politics.

"I stepped out of Foregate Street station and saw Worcester for the first time. 'Well done, Ruttuja!' I said to myself. 'You chose a really beautiful city!'"

Ruttuja grew up in Pune, a city around three hours' drive from Mumbai. "I'd never been to the UK before, and my parents dropped me off at Mumbai airport and said, 'Go, now! Go and do it!'"

From the moment she arrived, Ruttuja has put herself at the heart of university life: attending social events, signing up for work as a Student Ambassador, working at open days, giving tours of the campus and helping other international students. So putting herself up for election and being voted in as President seems like a fairly normal thing for Ruttuja to do, but a lot of her determination comes from her upbringing.

"Being able to do things for myself was very important for me when I was growing up. Even going to the shops when I was a child, my parents would send me to go and learn how to do things." >>



Ruttuja outside
The Hive, the
University's award-
winning library.



Ruttuja was elected on a manifesto of sustainability, housing and helping students navigate their finances. While many people who run for any kind of political office do so because they don't like the status quo, for Ruttuja, she did it for the opposite reason: a deep appreciation for her experience as a student.

"I've heard this from a lot of people. They might say 'I want to make changes', or they might say 'I'm not happy', but for me, it was the contrary. I feel like I've had the most amazing experience at the University of Worcester. I've met so many people, I've had a chance to work with so many departments and I've absolutely loved my experience here, and I want to give that experience to as many students as possible."

The University of Worcester has environmental sustainability at the heart of everything it does, and this is something Ruttuja is already excited to be involved in.

"I want to see more recycling. I want to see incentives for students who use recyclable mugs in our cafés to reduce the reliance on single use cups, and I'd like to develop a platform where students, when they leave, can donate the household goods they aren't taking with them to incoming students. This helps with costs and sustainability."

It isn't surprising to see network building, connection and communication at the heart of what Ruttuja wants to achieve in her year in office. Coming as an international student to a city she'd never visited, in a country she'd never been to, her people skills have been vital when it comes to building relationships.

"I work with five different departments, and just putting myself out there has really helped me with meeting people and making friends."

"I've realised over the last two years that everyone is in the same boat. Nobody really wants to make the first move so if you just talk, if you just overcome the anxiety, take that first step, you'll make some amazing bonds out there."

"Just saying hello to someone, or smiling at people as you cross the road, it makes such a huge impact. As an international student I was homesick at first, and I remember how a stranger smiling at me made me feel like, actually, I do belong here."

The smile that makes a stranger's day isn't the only thing she knows can make a difference when it comes to making connections.

"Also, I'm very good at remembering names," Ruttuja smiles. "That's really helped me. If you remember someone's name and use it the next time you see them, if you address them directly, that means you have a totally different impact on them."

Ruttuja will serve her year in office, and then return to her studies to complete the final year of her degree. In a way, she'll get to go and experience the changes she makes first hand as a student.

But looking back, what advice does Ruttuja have for someone at the start of their journey?

"Go for the hangouts. Go to the events. Go and eat the food! Go and make the friends!"

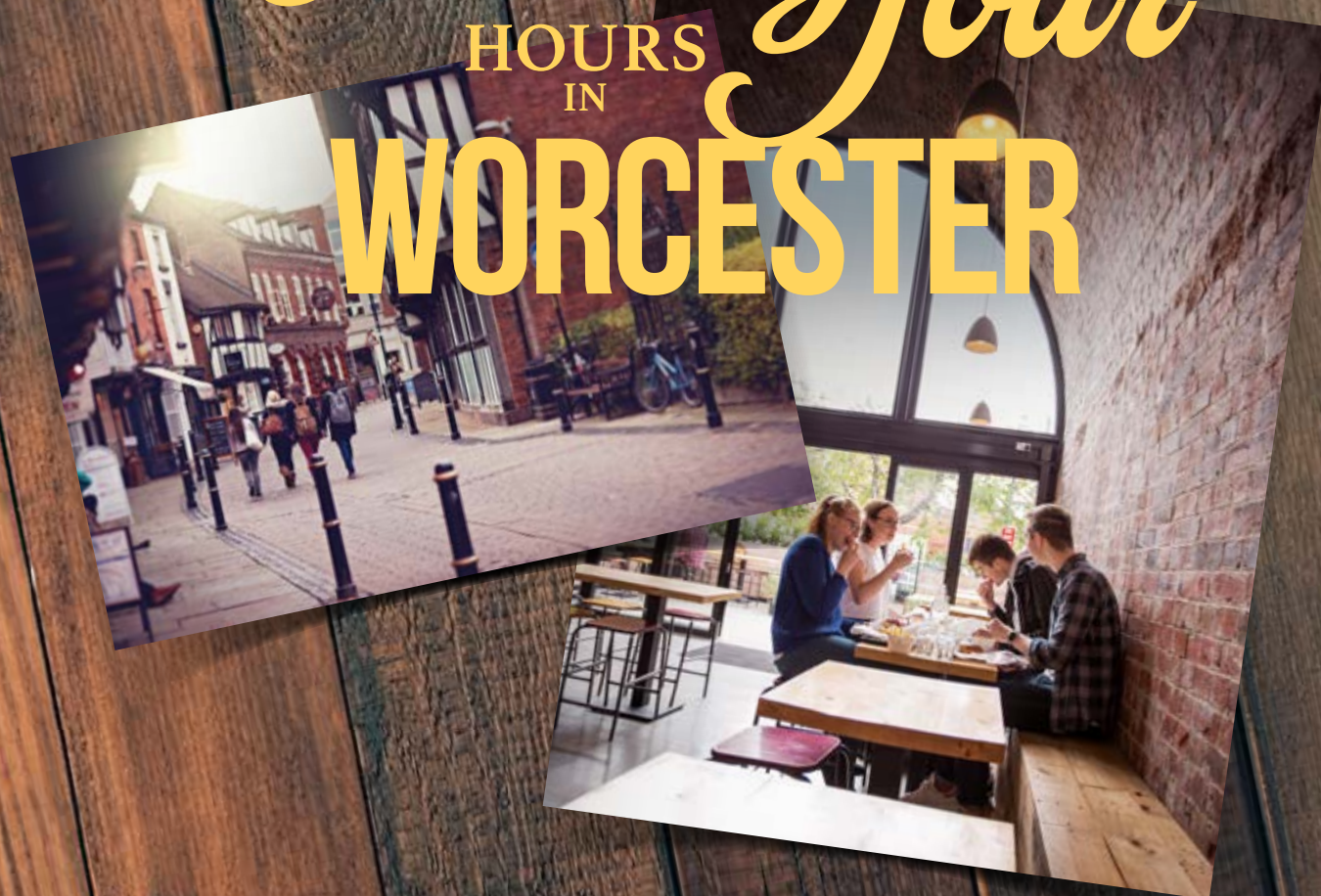
"Whether you're a home student, or an international student, you need to realise that these three years are going to have a very big impact on your life later. Just making the most of what you have in these three years is what's most important." □





Worcester is a beautiful Cathedral city in the West Midlands, to the south of Birmingham and north of Bristol. It has three train stations and it's just off the M5 motorway, meaning it's easy to get to. If you don't know Worcester, come for a visit!

Twentyfour HOURS IN WORCESTER



If you are coming for an Open Day, a campus tour or are just dropping in, here's how you could spend a day in the city we call home...

7am Climb up the hill at Fort Royal Park

A site once visited by US Presidents who declared it 'the birthplace of democracy', Fort Royal Park is now a pocket of peace within Worcester city centre. If you're an early riser, this is the ideal place to see the sun rise over the city – or set, if you prefer!

9am Wake up with a unique cup of coffee

Alongside the major high street coffee shops, you're guaranteed to find a new favourite place to get a hot drink. From the South American inspired Francini Café De Colombia to the always popular Bolero Café, there are plenty of independent cafés across the city – Worcester is full of places to chat and relax.

10am Visit the Cathedral

Your visit to Worcester isn't complete if you haven't been inside the magnificent cathedral. This masterpiece of medieval architecture is where we hold our annual graduation ceremonies.

11.30am Explore the Arches

The Arches under the railway line, which run alongside The Hive library, have recently become home to some fantastic businesses and interesting spaces. From yoga studios to galleries, the Arches are quickly becoming a destination within the city in their own right.

12.30pm Dine at an independent eatery

Worcester attracts all the big brands of restaurants and bars but is also very well known for its independent scene. From by-the-slice pizza at Pizza Freakz to Japanese dishes at Maneki Ramen, you could go out to eat every day for a month and not visit the same restaurant twice in Worcester.

2pm Learn about the history of Worcester at the city's Art Gallery and Museum

From prehistoric fossils through to Worcestershire sauce, free entry to the museum means you can learn about what made Worcester the city it is today while looking at the selection of artworks which are on the walls of the stunning building. The museum is a stone's throw away from the University of Worcester's City Campus.

3pm Take a riverside walk

Walk along the banks of the River Severn on a footpath, which has been designated an award-winning park area in the city. One of the most popular ways to unwind in Worcester, you can take in the sights of the boats and the swans, and see the multi million-pound Diglis Fish Pass; a feat of environmental engineering which is helping native river life return to the way it was centuries ago.

5pm Stop for a drink at the King Charles House Pub

Housed in the very building Charles II escaped through after the Battle of Worcester, the King Charles House Pub is a beautiful black and white building with low ceilings and charming nooks to warm yourself and enjoy local food and drink. The eagle-eyed visitor will notice the old oubliette dungeon beneath a trapdoor in the main bar area. Go to page 12 to find out more about the history of this pub.

6.30pm Discover The Hive Library

The first public and University library in Europe, The Hive is a very special building to the University of Worcester and the people of the city alike. It is a central space for sharing ideas and learning, and is home to the county's Archive and Archaeology Service. Among the articles locked safely in the strong rooms is William Shakespeare's original bond of marriage. Open from 8.30am until 10pm every day of the week, this fantastic facility allows you to study at a time that best suits your individual learning styles.

8pm Listen to live music

If you're here into the evening, why not take in a live music show? Independent musicians are valued, nurtured and championed in Worcester. Local gig guide Slap (Supporting Local Arts and Performers) have a website where you can see who's playing and where.

Inside the magnificent Worcester Cathedral during our annual graduation ceremonies.

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The faithful city, the fleeing king, and a story in a pub...

The story of Worcester, like all good stories, is best told round the table of a decent pub. And this pub doesn't feature in the story by accident.

From the fireside in the King Charles House Pub on New Street, you get the feeling you're in a very old building with a story to tell. The charmingly uneven floors, the black and white beams and the breathtaking wood panelling, alongside the crackle of the fire and the chatter of the locals, provides the ambience.

But this building wasn't always the charming and relaxing pub that it is today.

Darren Yong, the landlord, knows the story well. He's incredibly proud of the business which now calls this historic building home.

The year was 1651 and the Battle of Worcester hadn't gone in the favour of Charles II. It was the final action of the English Civil War, and after fierce and bloody fighting, the Parliamentary forces, led by Oliver Cromwell, were able to seize the cannons of the city's Fort Royal, turning them on the Royalists and firing on Worcester.

Back at the King Charles House Pub, and it's said that the residents of the street this pub sits on held off Cromwell's army while Charles made his escape via a backdoor and out onto what is now the Cornmarket.

He'd eventually find his way to safety in Normandy, but the legacy of the King's connection to Worcester remains evident today, with the city still being called 'The Faithful City'. >>

The defences at Fort Royal are long gone. But the hill itself is now an award-winning and beautiful park named after the fortifications which once stood there. There are nods to its history, and the battle which put this relatively small open space on the international map, all around.

More than a century after the Parliamentarians took the hill, two men who went on to become Presidents of the United States of America visited the site. John Adams and Thomas Jefferson stood on Fort Royal Hill and Adams, provoked by the lack of excitement from the locals about the significance of the place, exclaimed: “And do Englishmen so soon forget the ground where liberty was fought for? Tell your neighbours and your children that this is

holy ground; much holier than that on which your churches stand.”

Adams was in awe of the place, seeing it as the birthplace of democracy. He was apparently just as in awe at how little the locals of the 18th century seemed to make of it all!

He said: “All England should come in pilgrimage to this hill once a year.”

Today, you’re less likely to find US Presidents at Fort Royal Hill and more likely to find friendly locals and breathtaking views of the city. As you spend time in Worcester, while you might not notice it, you’ll also pass by and interact with many people who are or who have been studying on courses at the University of Worcester.

As we sit in the King Charles House Pub, the landlord who tells the story of King Charles II’s escape is himself a graduate of the University of Worcester. Having completed his studies, Darren went on to make a difference in preserving the history of Worcester, serving the community, and keeping the spirit of the city alive.

And he’s not the only one. Today, one in ten residents of Worcester is a student.

Many of the city’s teachers, nurses, entrepreneurs and more learned vital skills at the University of Worcester.

The links between the University and the city of Worcester have people at their heart, and you don’t have to look far to find a graduate who decided to stay on here after their studies, or a lifelong resident who proudly took their degree at their local university.

When it comes to the city’s modern buildings, from The Hive library to the University Arena, it’s hard not to wonder about the stories of Worcester which will be told in the future, and how they are being written today. □



The view from Fort Royal Hill, just five minutes from the city centre.

“And do Englishmen so soon forget the ground where liberty was fought for? Tell your neighbours and your children that this is holy ground.”

John Adams,
Second American President



GREAT FRIENDS IN SHARED PLACES

DIARY OF A RESIDENTIAL LIFE AMBASSADOR

Jack Lambert has been elected as the Worcester Students' Union's Vice President for Student Activities. It's a role which places him at the heart of what goes on around campus. And he's well placed for this job; he has spent the last two years as a Residential Life Ambassador.

We've been speaking to Jack about life in Halls, making friends, and finding 'new family'.

"It's the best job you can have on campus," says Jack.

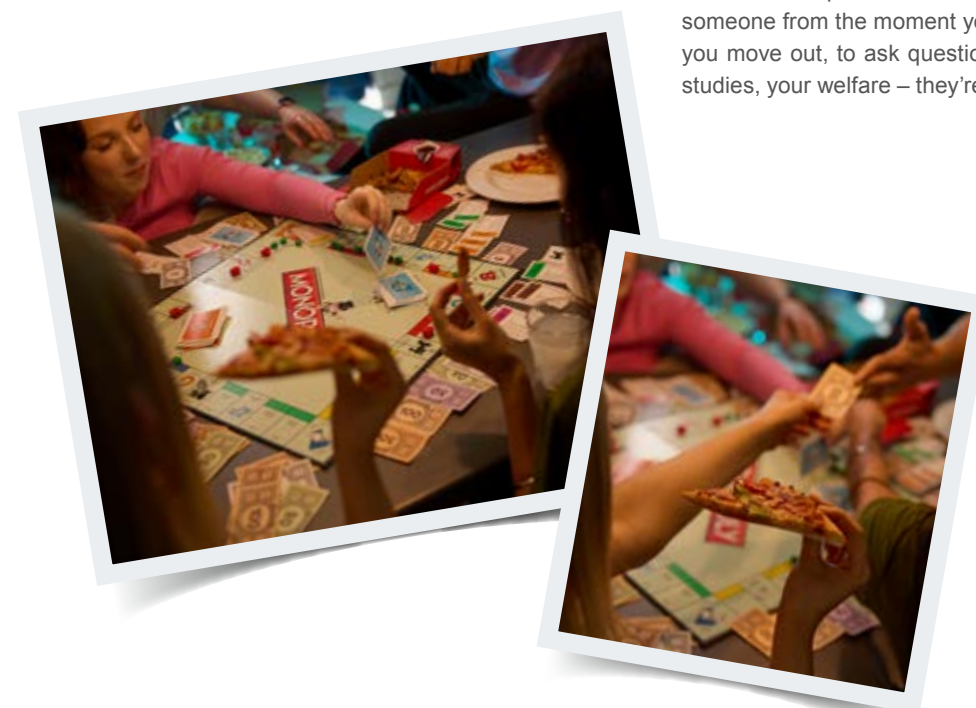
He's wrapping up his final year of study ahead of going into office in the Students' Union and has now got two years of being a Residential Life Ambassador under his belt. But what does that actually entail?

"Your kettle is broken? We'll sort it. Something wrong with your flat? We'll sort it...even if someone's just a bit lonely and wants a chat, we're here for them."

It's one of dozens of jobs that Worcester students can sign up for as part of the Earn As You Learn scheme.

"They generally give this job to people who've been in Halls themselves, because they know what it's like. Sometimes it's literally just something like, someone needs us to come up and show them how to work the oven, we'll do that."

The whole point of the Ambassadors is to have someone from the moment you arrive, to the moment you move out, to ask questions about your flat, your studies, your welfare – they're there for you. >>



"We're there on moving-in-day," says Jack. "We're there to help with everything, right down to where you park, how you get everything up to your room, and even supporting parents as well, as it's a massive deal for them."

Moving-in-day is huge on campus. It's exciting, it's a day of beginnings, new friendships, exploration, and the culmination of all of the hard work you did to get to university.

Jack looks back on the day he drove onto campus to move into Halls and remembers the nerves.

"I was absolutely terrified! I was thinking 'There's so many people, how am I going to do this?' In my head, it felt like everyone else was just like 'I'm so excited! I can't wait to meet people!' and that I was the only one who felt nervous...but you quickly realise that everyone is nervous, you're all in the same boat."

Not long after 'move-in-day' is Welcome Week, with events all over campus, places to go, people to meet, hobbies to indulge and new passions to discover.

But with so many connections being made, what if the friendships you develop are focused in another flat? Jack has experience of this.

"Sometimes, people might come to us and say, 'I've made some friends who are all in the same flat, and they've got an empty room, can I move?', and we just say yes. If it's possible, and you all agree, we just say 'do it!'"

"If there's anything I can do as a Residential Life Ambassador to make you have a better experience, then I will do it."

When Jack moved in, he clicked instantly with his flatmates.

"We cooked our meals together, or just sat around the dining table as a group. I feel very lucky to have made such good bonds."

It's not uncommon at all for people who live together in their first year to stay together as they progress through their university course and for Jack, he lived with most of his university accommodation flat mates well into his second and third year.

"Next year will be my fifth year in a row of living with one of my original flat mates – she's like my little sister!"

Guaranteed accommodation

You can choose from several types of accommodation, ranging from traditional Halls to large en-suite rooms. All rooms are fully furnished and you'll benefit from on-site maintenance and 24-hour security.

We guarantee University accommodation to all first-year students who apply by the deadline. See our website for details.

"We do bicker, but we know each other's routines. We know how the other one lives so it works out really well."

University accommodation, living in Halls, your uni flat... it has many names, but for a lot of people it's a stepping stone from the family home to fully independent living.

For Jack, he sees his job as being there for people when they need it, and the Residential Life Team like to take every chance they get to be there for the students in their first year.

"We do the regular 'Halls checks'. That's when we check things like fire safety equipment, and we do welfare checks too and that's a really good point of contact where we'll just have a chat with the students in accommodation. They tell us about their lives and we can help them if they need it."

Jack has gone from being, in his own words, 'terrified of meeting new people', to being at the very heart of life on campus. □

Batch cooking is a great way to keep costs down, save time and bring the social aspect into the kitchen. **Why not try our student go-to chilli recipe below? You can prepare it together and eat it as a group, or freeze any leftovers.** It's easy to get the ingredients, with supermarkets close to our Halls, including Lidl, Aldi, Tesco and Asda, as well as local farmers' markets. We even sometimes have a fruit and veg stall right on campus!

Social CHILLI

The recipe makes 8 portions and costs under £1 per portion.

Throw the following into a large pan on a low heat.

Butter beans x1 Tin
Chickpeas x1 Tin

Open the tins a little way and strain out the liquid. Pour the rest into the pan.

Green and Yellow Pepper x1 of each

Chop these into slices (remove the middle bit) and then chop again into small cubes.

Garlic x2 Cloves

You'll need to crush these. Peel the outer dry leaf and then use the back of a spoon to crush the clove.

Celery x2 sticks
Courgette x1
Red Onion x1

Cherry Tomatoes x1 handful

You can chop these as finely or chunky as you like and simply throw them in the pan.

Chilli Sauce x2 jars

Kidney Beans in Chilli Sauce x1 Tin

Easy bit, just pour it over your ingredients and stir it in.

For a bit more spice

add in a spoonful of harissa paste or a dash of our favourite Worcester sauce.

Add in vegan mince, turkey mince or beef mince if you like. Accompany with a jacket potato, baguette, rice or nachos – it's very versatile!

EARN AS YOU



There are plenty of paid employment opportunities available through our Earn as You Learn scheme making it a great option to earn some extra money alongside your studies and gain professional experience. We've listed just some of the jobs opposite...

Supporting events
such as Open Days
and Graduation

Campus tours

Airport meet and greet
for international
students

Digital content creator

Library customer
service advisor

Residential life
ambassador in Halls
of residence

IT service desk
and registration
helpline support

Sport centre and sport
event assistant

Campus reception
assistant

Academic research
and project support
assistant

“EVERYONE AROUND ME SEEMED TO HAVE THEIR STUFF TOGETHER.”

Kiran Sahota was the first person in her family to come to university. Now she has a degree, a King's Voluntary Award and an award given to her by the Prime Minister.

She has been looking back on her memories of studying at the University of Worcester and a lifetime of achievements since then, asking why many people might say ‘university isn't for people like me’?

“They all called me ‘Educating Kiran’, from school to college and into university,” says Kiran. “I have always been curious and asking lots of questions. Even in my lectures I was putting my hand up and people were like ‘Put your hand down, Kiran, we need to leave!’”

Kiran loved the nickname. It came from *Educating Rita*, the Willy Russell play about a woman who breaks out of the social box she was expected to live in and gets an education despite the challenges and obstacles she faced.

But when nobody in your immediate family has a direct experience of university, coming into higher education can seem like a step into the unknown.

Kiran says: “All my friends already knew their career path. One wanted to be a film maker, so he was going to a university to do that, others were going to be accountants, or dentists.”

Like many people, Kiran looked at her peers at college when she was 17 and 18 and just felt academically like she was different.

“Everyone around me seemed to have their stuff together. I was an average student, I'd get a C, not an A. When I'd see results day and people were saying ‘who got an A-star?!’ I'd feel like I wasn't the one to watch out for.”

“It was as if I had already missed the mark, but everybody else had got it, so when I started the whole process of going to university, it seemed scary and overwhelming as I did not have a life plan.”

Kiran is now an award-winning social historian and founder of a company that empowers young people and women from marginalised communities through education. It's difficult to imagine someone who has achieved so much ever struggled with grades.

While she was surrounded by other 18-year-olds, Kiran didn't feel like she was the same age as her peers in every sense. She was a carer from a very young age and says that added years onto her experience of life.

“I felt like I was already 30 years old despite being 18. I'd been a carer since I was 9 so I always felt like a little adult.

“My grandparents came over in the 60s,” says Kiran. “There was a work voucher that Britain was offering, and I was their translator as they couldn't read or write and I think that's where the need for education came from for me.”

Kiran grew up in Birmingham in the 90s and saw her offer to study at the University of Worcester as a way out of a life which she didn't want.

“I grew up in an area which had issues with crime. My focus was to get the grades so I could get out. Sometimes that felt like a lonely experience.”

“My nan used to tell me, ‘The bank can take away your house and they can take your car, but they can't take away your education.’”

Kiran was encouraged by her family and was loved and supported, but it was a conversation with a college tutor that put the University of Worcester on Kiran's mind. Before this, not only had she never considered the University of Worcester; she hadn't actually heard of it.

“We'd never been to Worcester before, so when I said I was going to study there, people were laughing! We had to look on a map at where it was!

“We're from Birmingham!’ they said. ‘Don't you want to stay here or go to London?!’ And I did go and see universities in those cities, but I felt like I was drowning when I was there. It was so overwhelming.”

“When I came to Worcester, I loved it. I don't know if it was the smaller campus, but for the first time I felt like I was somewhere that was home.”

Like many people who are the first in their family to go to university, Kiran had to look outside her normal circle of support to find out more about life in higher education, and not having a parent or sibling with that direct experience of the ins and outs of how university works was challenging at times.

Having completed her studies, Kiran has gone on to have a huge impact on other people and their education. She visits universities around the country where she talks about her experiences. Her charity helps others overcome the barriers she faced to education and demonstrates the merits of investing time and resources in your own development.

“University does shape you. You're there for three years and you learn so much that you probably wouldn't learn elsewhere.”

“Whether I'm at Oxford, or whether I'm at Cambridge, anywhere I go, I say to people, university gives you a different perspective.”

Sometimes, Kiran will meet a younger version of herself. Someone who wants the benefits of higher education but thinks there are obstacles in the way. How does she encourage someone to look beyond the barriers?

“I say, ‘what is it that you want?’ and then we can figure the rest out but never say no to an option. You might go back to university later on in life. It opens your mind and takes you to places you've never seen before.” □



SOCIAL HISTORIAN
Kiran Sahota

Facilitator

Chair

Scribe

First-year Medical students studying in the Anatomy Suite.

Problem Based Learning at the University of Worcester

**KNOWING WHAT
TO DO WHEN YOU
DON'T KNOW
WHAT TO DO. >>**

Bill is 75. He was digging in the garden yesterday and he accidentally put his fork through his foot. He ran it under the cold tap but, despite the insistence of his family, he didn't go to hospital. He woke up this morning to find a nasty infection. In a room at the University of Worcester, a group of medical students are trying to figure out what to do next. If they can't, Bill could lose his foot.

Now, the nice thing is that Bill is, in this instance, fictitious.

This story is being used to teach the students a range of skills about not only anatomy and physiology, but also working in teams, oral and written communication, self-awareness, evaluation, working independently, thinking critically and talking confidently.

This is 'problem-based learning' in action.

Professor Kay Mohanna is from the University's Three Counties Medical School. "Problem-based learning happens in groups of up to 8," says Kay. "There's the facilitator, whose job is to keep the process on track and ensure the rules are followed. The group has a chair; their job is to make sure everyone participates by calling in the quieter ones and calming down the more exuberant members. Then there's the scribe, who keeps notes."

The practice looks different in various settings, but the same principles are applied whether you're studying medicine, sport and exercise science, or teaching.

In medicine, the process mimics the clinical decision-making skills process.

"When a doctor sees a patient with a problem they've never seen before, they can't just look in a book and say: 'That's it'," says Kay. "Doctors need empathy and the ability to research the literature. They need to have teamworking skills, negotiating skills, communication skills, a give and take of discussion, making sure they listen to person A, making sure person B has their say, and being curious."

These are all skills the doctors will need in real life if Bill is to have any chance of keeping his foot and returning it to good use.

Kay says: "Patients generally come to you with a story, and they'll either start now and go backwards, and say 'My foot is really infected and in a lot of pain because yesterday I was digging in the garden'

or they start at the beginning and say 'It all started when I was advised to get more time outside so I started doing more gardening...'"

The story of how the patient ended up in hospital is a trigger for the learning.

"The triggers are what make you think about what you're supposed to be learning about, or the 'intended learning outcomes' from this case, and that case is carefully crafted to trigger the learning for the week. Then, students are given all the reading they need, the podcasts they need to listen to, the communication skills sessions for talking to patients and the anatomy skills sessions as well."

In the Anatomy Suite, different stations are set up and the students rotate around, learning more and more so that at the end of the week, they can assess Bill's problem using those different skills.

It's a similar process for students on the Integrated Working with Children and Families course, who are given a fictional family to support with updates on them throughout the semester; it simulates the way a case would unfold in real life.

Like the trainee doctors treating Bill's foot, they're getting a broad understanding and the skills that they'll need as working professionals.

For sports students, they don't need to memorise the names of every bone, joint and muscle in the body.

"Learning is a social process; it's not about knowing everything. It's about knowing where to get information," says Richard Pepperell.

He's a Senior Lecturer and Course Leader from the School of Sport and Exercise Science at the University and has devised a way to use problem-based learning to help prepare students for their independent study projects in their third year.

"We create groups of students and ask them to create a plan for preparing a certain demographic group for exercise. We might give them examples of types of physical, mental or biomechanical warmups they can do."

The method uses teamwork, but each student will produce their own project based on the work.

"It's designed to mirror their final year independent study where they'll need to know where to go for information. We support them, but we stand back and allow them to work together."

Back at the Three Counties Medical School, it's looking good for Bill's foot.

Kay Mohanna says: "There are millions of ways of teaching but getting students to safely know what to do when they're unsure is vital; it's no good having them paralysed with fear saying 'Oh god, I should know what to do, but I don't! If I ask, I'll look stupid.' We want them to feel comfortable asking questions because that's how they learned in medical school."

For the fictitious Bill, the students have thankfully solved the issue and he's on his way with a course of medication, advice on how to look after his wound and a follow up appointment booked for eight weeks from now, but even if the students never see another garden fork through a foot injury again, they've dedicated their time to learning what they need to do when they don't know what to do. □

Our innovative, high-quality teaching is one of the reasons why University of Worcester graduates are first in the UK for sustained employment and/or further study, 5 years after graduation, excluding specialist institutions.

(Longitudinal Educational Outcomes Survey 2024)

Your University Years

FINDING OUT WHO YOU ARE, AND WHAT YOU REALLY WANT FROM LIFE.

Sir Nicholas Coleridge is a Fellow of the University of Worcester. He is a renowned figure in the world of publishing, having been Managing Director of British Condé Nast and President of Condé Nast International, the publisher behind 130 magazines around the world including Vanity Fair, Vogue and GQ.

He started his journalistic career in newspapers, and has since been an editor, magazine executive, author, environmental campaigner and the Chairman of the V&A Museum and the British Fashion Council.

In his highly successful career in business and the arts, he has shown himself to be an outstanding leader of creative people. He has been speaking to the University of Worcester about education and the balance between knowledge and experience.



Sir Nicholas Coleridge

Sir Nicholas has held some of the highest positions possible in the world of publishing and the arts since he graduated from university, but he has advice for anybody who finds themselves at the start of that journey.

“It’s a funny time, when you’re 18, 19, 20. You’re away from home, and you’re discovering a new life for yourself. They’re sort of ‘freedom years’, to use the old slogan of Cosmopolitan magazine.”

Sir Nicholas Coleridge speaks from authority when it comes to magazines. He was awarded the Marcus Morris Lifetime Achievement Award for publishing

by the Professional Publishers Association and was inducted into its Hall of Fame.

He was recently awarded an Honorary Doctorate and Fellowship by the University of Worcester, and he has been reflecting on his own time at university while considering what a degree can do for someone today.

“University is a very unusual time of your life because you’re leaving home and coming to a new place,” says Sir Nicholas. “You’re surrounded by a lot of people who are broadly your own age, but you haven’t met them before so you can reinvent yourself to some extent. You’re this new, unknown quantity who has arrived.”

For most students, going to university is the first step out of the door on your own, so to speak, and while you’ll be studying a particular course, you’ll learn a lot about yourself while you’re doing it.

“You’re able to test different ways of doing things and discover what you really think, what you really like, who you really are as a person,” says Sir Nicholas.

“Your character, of course, develops from the moment you’re born but at university, you have this chance to recalibrate, and find interests you never thought you had before, to meet people you never would have met before, to hear views you’ve never heard before.”

Alongside lectures and seminars, the experience of university gives you the opportunity to discover a new passion for a sport, attend events, join social clubs and much more and, as well as being something you enjoy, it can be something you grow from.

“University is the most perfect time to be exposed to different views, and that is one of the reasons that I think getting out and absorbing yourself in university life, going to things you might not have gone to, just to see if you like them, just to see if they mean anything to you, it’s important,” he adds. “The debating societies, the media societies, sport, art – you must go and get involved.”

As well as discovering a love of a new sport, or a passion for debate, perhaps a new favourite kind of art, many graduates who are successful in their careers found their placements were a way to test the waters and see what meant the most to them when it came to their long-term careers.

Going to university can open doors, with placements and work experience modules where you’ll meet people already established in the industry you’re preparing to go into.

As someone who has interviewed countless people, Sir Nicholas has developed a keen eye for people who stand out from the crowd.

“When you’ve got a pile of fifteen CVs, and you’re looking through to see which five you’ll prioritise, your eye is definitely caught by the one which says, ‘Three weeks at BBC Norwich,’ or, ‘I worked for a month at Country Life magazine.’”

Find out more about placements and work experience opportunities at Worcester on our course webpages: worchester.ac.uk

Placements, whether helping in a classroom, being on a hospital ward, working in a finance office or in a creative department of any firm, will give you some key skills in a very short time.

“It shows someone has got the initiative to get the placement,” says Sir Nicholas. “They had to have written a good letter to get the internship in the first place, so I’m already thinking ‘well done! You’ve found a job doing something!’”

The placements you take won’t just complement your course – they’ll also help you learn to work with people from a diverse range of backgrounds. You’ll meet people who you might come across later in your career, you’ll see how people really work, and it’s experiences like that which make your university education an all-encompassing time of your life.

Sir Nicholas says: “At university, you’re able to grow in your head beyond your course. You’ll speak to people from all over the world, which is important because we’re all quite siloed in the way we grow up. We have our family bubble, and the outlook of our parents and our wider families but when you come to university and meet people, it very often changes your view of what you think about things.

“Whatever university you go to, if you’ve got around the place, it’s surprising how the cast of characters you meet during your degree often reoccur in your life. Just knowing people that you first met in a pub by Worcester Cathedral, who later, to your amazement, turn out to be a member of parliament, or someone on the local council.

“Perhaps a great professor, or thinker, or change maker, perhaps a climate expert, and how you become known to them, your life is enriched by this. And I don’t mean in terms of money, but enriched in thought, having a more interesting time than you would have done.” □



“If I made a list of ten universities, I would unquestionably have Worcester right up there. In some courses it would be my first or second choice.”

PLACEMENTS AND TIME SPENT GAINING EXPERIENCE IN YOUR CHOSEN FIELD CAN SHOW AN EMPLOYER HOW SERIOUS YOU ARE ABOUT DEVELOPING YOUR OWN SKILLSET AND INVESTING IN YOURSELF.

Here, two of our current students talk about their placements and how they secured them...

DELOITTE

Jack Woodward-Spalding

“I’m really excited about the opportunity to go to my placement – Deloitte was my number one choice and I’m thrilled to have landed it!”

“Getting the placement was a five stage process. There was the initial application, followed by three online assessment activities and then finally an assessment centre.

While I have previous finance experience, this has so far been with smaller companies. Working in a larger scale professional environment and seeing how people in that place operate is going to be a fantastic learning opportunity.

I’ll be exposed to the reality of working in audit, which is my preferred position when I graduate, and first hand experience of this will help me find out more about it.

Deloitte has an excellent track record for converting placement opportunities into graduate job offers, and the Birmingham office has especially strong internal progression statistics. It portrays itself as a company willing to invest in its employees to help them grow in their careers, as well as having a good track record for charitable initiatives and giving back to the community, which is important to my own beliefs and charitable background.” □

Jack Woodward-Spalding

“After a lot of work, I finally got an invitation to interview with Rolls Royce Motor Cars.”

“I was so excited to have an interview with a real person, as I felt I could let my personality shine through. I was offered the placement on the phone the next day and I couldn’t contain my excitement; I accepted the offer straight away and rang my family to let them know!

I’m feeling a real mixture of nerves and elation. I’m really looking forward to gaining experience in the profession I see myself going into with such a well-respected luxury brand. I definitely have some imposter syndrome coming through, but I’m trying to calm myself down by telling myself they have chosen me for a reason and that I possess all of the skills and qualities I need to show them I will make a great intern.

I’m hoping to gain an insight into the world of project management. Being part of such a high performing team will mean I can observe and pick up on tools and techniques, which I can carry over into my own work.

Rolls Royce was definitely my top choice. They’ve got a long-standing reputation for producing high quality and luxurious vehicles, and they have this pursuit of perfection. My Sixth Form College’s motto was ‘In Pursuit of Excellence’, which is possibly why I found Rolls Royce so attractive of an employer. The values show that the firm is dedicated to providing and maintaining the brand’s legacy by encouraging a collaborative and dynamic work environment that I’m delighted to be a part of.” □

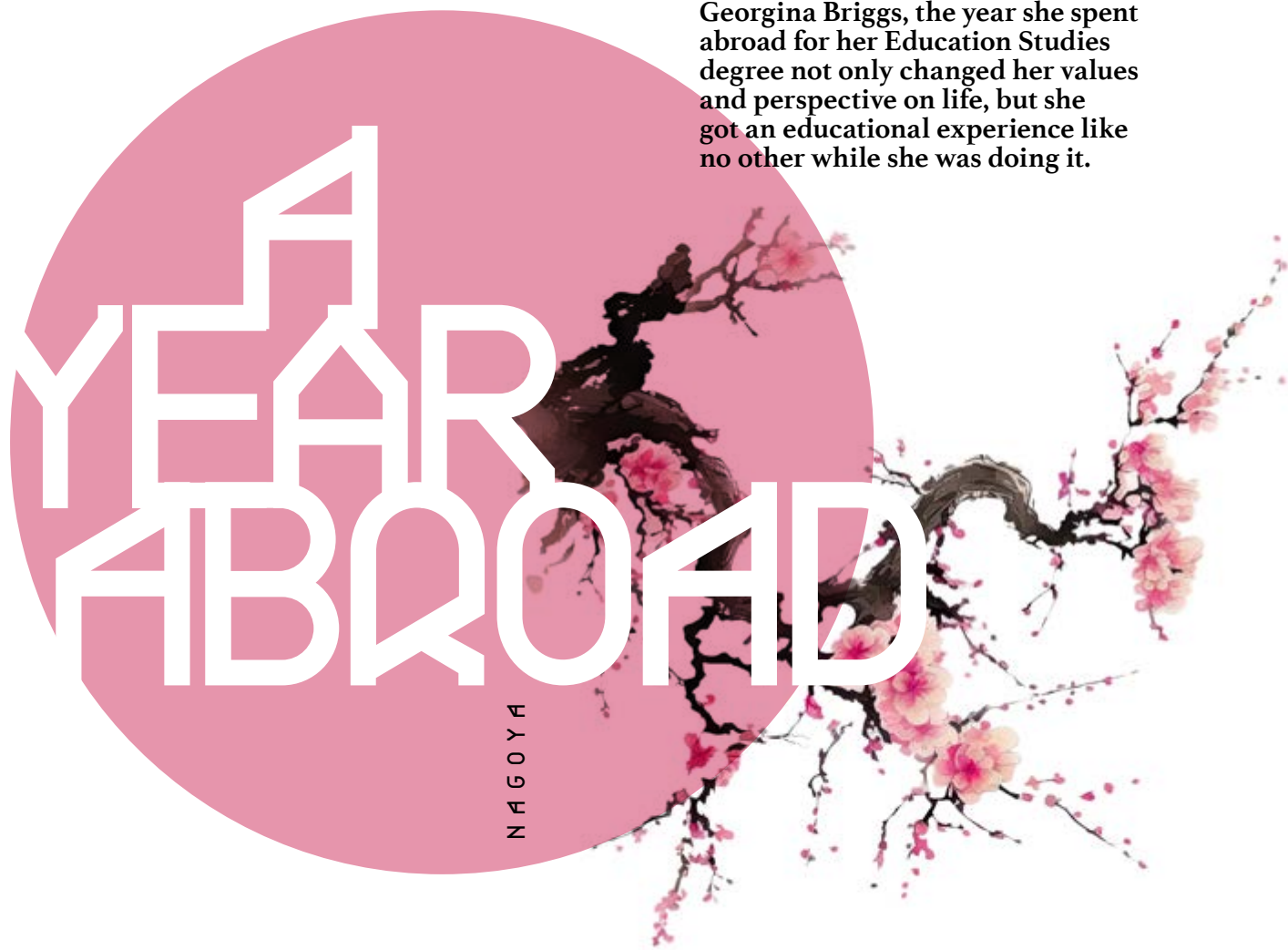
Hollie Biggerstaff

Make use of the University’s network and connections – we can help you with your CV, interview practice, writing workshops and much more.

ROLLS ROYCE

Hollie Biggerstaff

When it comes to experiencing the world, you can't get a story to tell without going on a journey. For Georgina Briggs, the year she spent abroad for her Education Studies degree not only changed her values and perspective on life, but she got an educational experience like no other while she was doing it.



"I was living in Nagoya," says Georgina, who spent a year in the city on Japan's pacific coast, about two hours away from Tokyo by train.

One of the largest economic centres in Japan with beautiful architecture, ornate gardens and 2.3 million people calling it home, it's a world away from Worcester where Georgina grew up. In Worcester, she spoke the language, she knew the best spots for a cup of coffee and she could navigate public transport with ease.

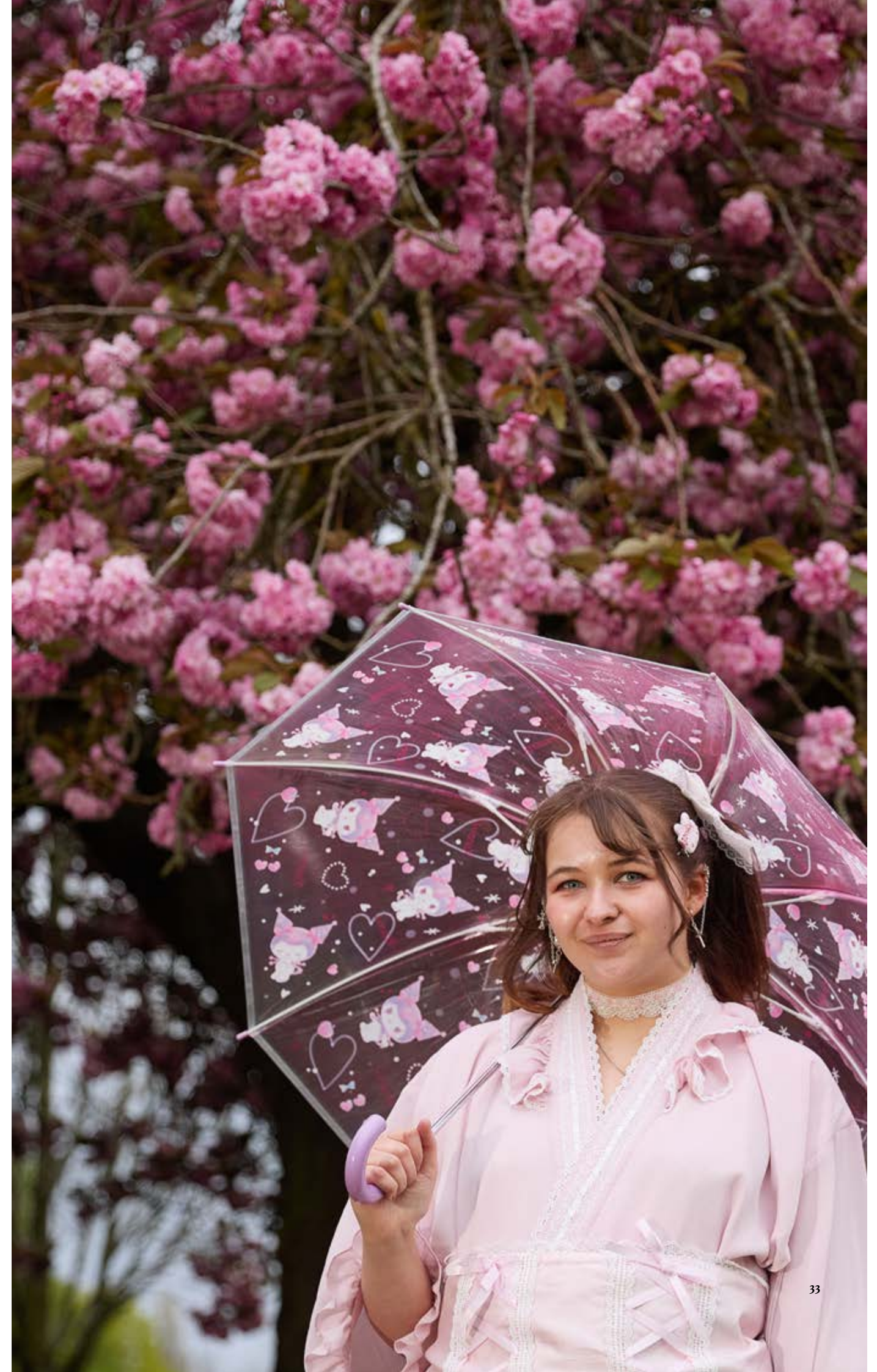
"I considered travelling in a gap year," says Georgina. "I had a mini gap year after sixth form before I came to Uni. I was going to travel to Europe, but I got frightened at the thought of travelling alone when I didn't really know how to do anything by myself.

"Before Japan, I hadn't even caught a bus so the idea of flying alone seemed terrifying and that's why I wanted to study abroad because I knew I'd have the support of both universities helping me."

It was a totally different culture to move into, but Georgina was ready for the change.

"I wanted to try and push myself and go to a country that didn't speak English. We were told about things like culture shock in advance," she says. "The University put on sessions in the run up to the exchange where they helped with things like my budget, so I could manage finances. They also explained what I could expect from my host country.

"The only thing I had to sort out was when I went to London to get my visa, but little things in the planning process made a big difference. Having a two-day window for me to arrange my flight made it a lot >>





less stressful, and the support didn't stop there. When I was in Japan, the team at the University of Worcester emailed me almost weekly, and if there were any questions, they were there for me."

"Each semester we picked 7 modules of our choice. We had the option to study the Japanese language, but it wasn't mandatory, and all the classes were taught in English. I'd say half of the teachers were Japanese, but their English was perfect, so I never struggled to understand any of my classes."

Still, Georgina had the experience of navigating life in a country which was totally different to what she was used to: "Sometimes it was tricky to translate menus in restaurants, or train timetables, but there's always a way around things like this. I'd ask a friend or there's always Google Translate!"

"I studied some really cool subjects," says Georgina. "Japanese anime and pop culture, the Japanese education system and the country's traditional fashion and dance. We even got to learn to play traditional Japanese instruments and study the nation's literature. It made me fall in love with learning because it was modules that were all really closely linked to my hobbies."



Travelling is a way to see the world, and studying abroad meant that Georgina was able to take in everything Japan had to offer: "I travelled around Japan. I saw shrines in Osaka, I shopped in Tokyo, I saw castles, I made sure I did something every single day, even if it was just trying a new food."

Wherever you travel for learning, the experiences you gain and the things you learn about will be at the heart of the journey. Students travelling from the University of Worcester talk about watching ice hockey in Canada, learning leadership skills in Minnesota, making friends in Germany and learning about international co-operation in Finland.

Georgina says: "I made a lot of friends while I was over there, two of whom I still speak to daily, and we're always meeting up. In one of my classes, there were three British girls including me, and a girl from Japan. We were put into a group together and we called ourselves "Team Wetherspoons" because we were missing home!

"A month after we came home, the Japanese member of "Team Wetherspoons" came to visit England and we finally managed to take her to see what a Wetherspoons actually is! It was very funny for us, especially after she had taken us to her favourite restaurants in Japan!

"Honestly, if you want to experience another country and studying abroad is an option to you, then just do it. The time I spent in Japan has changed my goals and the way I look at life. The University of Worcester will support you one hundred percent, it's basically a year to live your best life and explore a new country."

On the day Georgina arrived in Japan, her dorm held a fireworks party as a welcome, and a chance to mix with her new friends. Then, on the day she departed the country, they held another fireworks party as a farewell.

From each of those parties, Georgina has a photo of herself in the same pose, holding a sparkler in her right hand.

"When I look at the two photos from the two fireworks parties, it always makes me remember how much I grew over that year. I became a lot more confident, and I spent my final day in Japan surrounded by all of the friends I'd made over that year there."

Georgina's time abroad has also inspired her plans for the future once she has finished her studies.

"I'm currently writing my dissertation on the benefits of studying abroad. The experience has also given me the confidence to apply to workplaces that hire people from all over the world. I'm hoping to one day become fluent in Japanese so I can work in a multi-language environment." □

The University of Worcester has a dedicated International Office to help students plan their Study Abroad, with options for a full year abroad or a semester abroad. Whatever you're studying, combining it with travel adds to your educational experience. It can be an enriching way to see the world, having something to contribute to the country you're seeing when you're there, while making friends and learning skills you'll keep for the rest of your life.



"Honestly, if you want to experience another country and studying abroad is an option to you, then just do it."

Georgina Briggs

A wide-angle photograph of the University of Worcester campus. In the background, a large red brick building with a central tower and arched windows. A paved path curves through a green lawn in the foreground, with several people walking. Lush green trees are on the right side of the path.

Take the Campus tour

The University of Worcester is
**a beautiful, campus-
based University located
in the heart of Worcester.**

The three main sites are all located within walking
distance of each other and the city centre.

Join us for a virtual tour over the next few pages. Study
spaces, teaching facilities, accommodation, and social
areas...**come and see what awaits you.**



Study spaces

Whether you need to study in perfect silence, or you like the hustle and bustle of a shared space...or if you want to find a happy medium, Worcester will suit you. There are a range of study spaces across all our sites, including options that are open 24 hours a day and places that can be booked in advance.



Living on campus

Your home, your zone, your life. Your room in your flat will become your own sanctuary, but the communal areas are where you'll build friendships, share meals and tell stories about yourself while writing a few new ones. For many students, The Hangar in the Students' Union becomes like a second living room, **where lunches are eaten, where coffees are sipped, where nights out are enjoyed and where memories are made.**





Green spaces

Greenery, scenery, serenity and atmosphere. In Worcester, we like to take the scenic route. So, our walkways and paths are flanked by wildflower verges, birdwatching spots, lawns for sitting in the sun, trees for sitting in the shade and outdoor seating areas for you to reflect, relax and enjoy. *If you're very lucky, and if he's looking for company, Toby the Campus Cat will join you for a while.*



Sports facilities

Home to leading sports teams, the University of Worcester Arena is a world class sporting venue. Bursting with local pride and sporting prowess, it's the perfect place to indulge your sporting passions as a spectator, competitor or even as a member of our student events team. Our dedicated gym and fitness suite is located right next door.





The Hive has won awards for everything from its architecture to its sustainability, and from its contribution to the local community to the dedicated team of staff running its services. The building must be experienced in person to fully appreciate the breathtaking architecture.



The Library

The Hive: home to the University of Worcester's academic library and centrepiece of Worcestershire County Council's libraries. This shared asset gives outstanding access to resources as well as unique paid and voluntary work experience opportunities.



Specialist academic facilities

Whatever you're studying, you're preparing for a career. At Worcester, you'll learn from professional experts in true-to-life simulated environments.



See for yourself!

The best way to experience the campus is to see it for yourself. Come and visit us at an Open Day. Book now at worcester.ac.uk/opendays. If you can't get here in person, you can take a look at our online tours at worcester.ac.uk.





Book an Open Day

The best way to experience the campus and the beautiful city of Worcester is to visit us.

Come and experience the University of Worcester at an Open Day to tour the campus, see the accommodation, meet staff and students, and learn more about our courses. Find out dates and book your place at worchester.ac.uk/opendays

Visit worchester.ac.uk to find out more about your subject.

Discover what you'll learn on your course, how you'll learn it and how you'll be assessed, while finding out more about the teaching staff, facilities and future career prospects.

You can also register your interest in your course and get access to lots of extra resources, including updates, webinars and priority booking for events.



Explore our courses

Head to worchester.ac.uk to search for a course. You can also order a copy of our printed guide, which shows you our complete course listing, entry requirements and placement options at a glance. Email us at study@worc.ac.uk to request your copy or scan the QR code at the bottom of this page

Stay in touch

Join us on our social communities for the latest updates, tips and access to content that will help you get ready for university. Pick up links to all our channels at worchester.ac.uk/follow-us

Ask us, we're here for you

If you have any questions about studying, facilities, accommodation, finance or anything else, contact us directly and we'll help you.

Call 01905 855141 or email study@worc.ac.uk





At Worcester, we've been awarded First Class Honours in the People and Planet Green League and were recently awarded Sustainability Institution of the Year.

We promote environmental sustainability through teaching, research and a range of eco initiatives - from our student-led Go Green week to our biodiverse wildflower meadows.

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This magazine is printed on FSC certified and traceable pulp sources using vegetable based inks. The carbon emissions related to the paper and printing are balanced with the World Land Trust through forest protection and restoration projects.



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