

JOIN US AT OUR

YOU CAN PROJECT

Are you a Young Carer/Young Adult Carer in Years 9-13 or equivalent? Would you like some support to think about your future? Then this project is made for you! Join us for a series of free virtual workshops designed to help you plan your future and achieve your ambitions and goals.

LAUNCH EVENT

Knowing Me, Knowing You | Thurs 15 April | 6-7pm

An introduction to Study Higher and the supportive sessions made for you

SESSION 1

Discovery Workshop | Thurs 29 April | 6-7pm

Explore your passions and values, who your future possible self may be and what path you may like to follow.

SESSION 2

What Rights Do You Have? | Thurs 13 May | 6-7pm

Find out what you're entitled to and the support available as a young carer or young adult carer.

SESSION 3

Your Options at 16 | Tues 25 May | 6-7pm

Learn more about the options available for your next steps and hear from other young carers about the choices they made and why.

SESSION 4

Your Options at 18 | Thurs 27 May | 6-7pm

Learn more about the options available for your next steps and hear from other young carers about the choices they made and why.

SESSION 5

Confidence & Motivation | Thurs 10 June | 6-7pm

Explore what may motivate you (or not!) and learn tips and techniques.

SESSION 6

Time & (Stress!) Management | Thurs 24 June | 6-7pm

Discover techniques to help you prioritise and manage your time effectively and achieve your potential.

SESSION 7

What Can You Do Now? | Thurs 8 July | 6-7pm

A chance to celebrate and reflect on what you've learnt and how to use it to your advantage.

If you have any questions...



Scan here to
chat to Jess
Or alternatively,
[click here](#)



Scan here to
chat to Gabi
Or alternatively,
[click here](#)



CLICK HERE TO SIGN UP NOW!
Or go to: studyhigher.ac.uk/youngcarers

Make sure to sign up by
the deadline on 9th April