

## ESIP @ Forest



## Our Journey – Part One

*Lighting the fire – increasing awareness,  
increasing skills*

## Year 8 Emerging Scholars of 2013/14

## Our Deepest Fear

"Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, Who am I to be brilliant, gorgeous,  
talented, fabulous?

Actually, who are you not to be?

Your playing small does not serve the world.

There is nothing enlightened about shrinking so that other  
people won't feel insecure around you.

We are all meant to shine, as children do.

It's not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously give  
other people permission to do the same.

As we are liberated from our own fear, our presence  
automatically liberates others."

(c) Marianne Williamson

# Session One: Ways of Seeing

*"I have learnt that speaking in front of people isn't as scary as it seems and learnt that I should believe in myself to be successful. I achieved reading my poem in front of others. It gave me more courage to do challenges I wouldn't normally do."*



As part of Induction we learned about our 'inner hedgehogs', ESIP as 'game space' and how to develop robust aspirations, a few additional learning skills and the role of resilience in success.



The main part of the day was the "Ways of Seeing Workshop" – challenging perspectives, seeing deeply and seeing differently. How are poetry and painting linked? What are our perspectives based on what we see? What is the point of a poem? What is the point of a painting? How do you read either?

*"I learnt about different ways of seeing and I learnt that to be successful you will fail sometimes but you need to try."*



*"In class I'm going to share my answers more often and I'm going to take part in extra-curricular activities."*



**TRY – What is your inner hedgehog? What are you passionate about, brilliant at and could earn a living from?**

# Session Two: Debating



*"I successfully met the target I set myself this morning as I am now much more confident and resilient and can stand up for my rights and opinion."*

In this session we had an introduction to British Parliamentary (BP) style debate including how to structure a speech (PEEL), rebuttal and points of information. We played games (where do you stand?) and did some exercises (balloon debate, alley debate) to try out these new concepts for ourselves.



*"I have spoken out loud in front of people. I didn't think I would be able to speak out and hear positive comments in return. This has boosted my confidence."*

We considered two motions: "Should alcohol be allowed to be drunk on TV" and "Legalising Euthanasia". All of us got involved in the debate and to push ourselves further we argued the case for points we didn't necessarily agree with. You will see the impact of the debates on stage later today...

## Game 3: the great balloon debate

There are 5 people in a hot air balloon when tragedy strikes. The balloon is going down quickly and the only way to avoid a crash is to throw someone out.



*"I have learnt how to speak confidently and debate."*



**TRY – How would you argue your case so you should not be thrown out of the hot air balloon?**

# Session Three: Aspirations and Stunt Factory



*"I am more confident now. I want to be the best I can and don't be afraid to try new things."*

Today was about starting to design our futures and learning how to stage fight.

The London Stunt School taught us stunts, the art of illusion and helped to grow our confidence.



*"Even when it got embarrassing I carried on and joined in all the activities. It was a new learning experience and I hope to keep it with me always."*

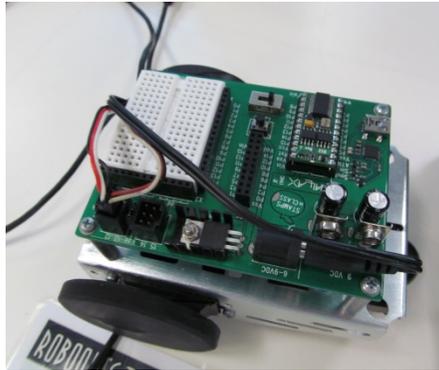


As part of the Aspirations session we listened to inspirational talks from Sasha (a genetic counsellor) and Sultana (a former Saturday School student). Sasha used 'luggage tags' to describe the step by step journey of life and career and discussed the importance of following your passion even when things don't go to plan and barriers get in the way.

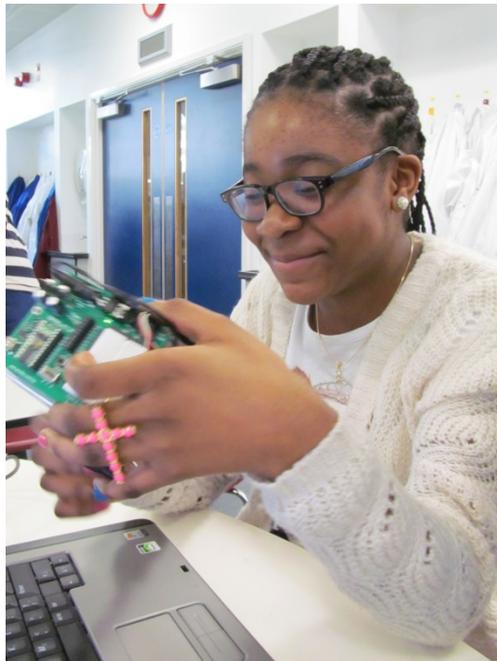
*"I've learnt more about my career. I thought I wanted to be an author and now that I have properly thought out the steps I might change my mind."*



# Session Four: Robotics at Imperial College



*"I have learned teamwork, creative thinking and logical thinking. My challenge is when solving a problem to look at all the different ways it can be solved, use common sense and logical thinking."*



The Emerging Scholars headed to South Kensington and one of the elite universities in Europe for a Robotics and Engineering workshop and a competition for the best team of Emerging Scholars.

*"My challenge is to work within my time limits as I was losing time. By setting this target I can work more efficiently and complete the job."*



Working as a team to complete a variety of engineering based challenges, we learned basic programming techniques, worked alongside undergraduate students to learn about university life, discovered how scientific methods and processes can be used in the real world, learned about what robots are and

experienced practical problem solving.

*"I usually don't like STEM subjects. I am good at them but I honestly prefer subjects such as English, Geography, History, Sociology... However, this course has partly changed my mind and led me to possibly entering a STEM based career."*

# Session Five: Languages and Linguistics

*"I used logic to crack the codes. It will help me because I will find doing puzzles easier and problems in school and life will be easier to figure out."*

Where does language come from? Why does Harry Potter matter to medical students? How does language help improve our deductive skills?

*"I've achieved more concentration and developed patience."*



*"My target is to engage more in my Spanish and German lessons and try to speak a language at home... FOLLOW UP In my Spanish lessons I have answered a lot of questions and got really good comments from my teachers."*



Today we learned some Swedish words and how to predict the right word endings through patterns. We learned Ancient Greek and Latin including the roots of many of our English words – we also learned more about the need for patience and persistence. Our final competition was to create our own codes for others to break. This taught us new strategies and problem solving.

*"I developed my problem solving, teamwork and communication skills and this has increased my confidence."*

# Session Six: Problem Solving at Cambridge

*"I've learned how to remain motivated and not give up, more about university, more about maths and remaining patient. I achieved how to cope with problem solving. Also this is really beneficial for me because before today's session I was really weak with maths. Today I've learned a new type of maths with which I can have fun solving. Today I learned a new skill! My challenge is to use my skills and never give up. To use my skills in maths as I have a test coming up too! Wish me luck!"*



We visited Cambridge University (Gonville and Caius College) to study mathematical thinking and problem solving.

*"I achieved the ability of thinking more quickly and logically, making our work easier for ourselves. My challenge is to think less about the question and think more logically. I will do this in my maths lessons at school."*

We started with a talk 'Thinking about University' by Dr Andrew Bell (the Admissions Tutor). Andrew put us at our ease and explained the nature of university study and life, how university differs from schools, the value of university education and the basics of finance and funding. We had a tour around campus including the library.



Charlie Gilderdale from NRICH ran the problem solving workshop that challenged us to think strategically. Charlie emphasized problem solving and how to reach elegant and efficient solutions. We reiterated the addition of 'yet' for any comments of "I can't do it!"

*"I've learned patience and a variety of approaches to solving problems. Usually I will give up if I can't get anything done but now I am determined to carry on."*



*"I have developed my skills to find elegant solutions and strategies in order to solve problems. It also was an enjoyable way to understand and discover quick methods to solve problems. I think today was a really good experience because when solving problems at school I didn't really think of how to find quick solutions."*

# Session Seven: Philosophy and Critical Thinking

*"I have learned how to question things confidently. I have made my brain able to delve deeper into things and question everything I see. I am going to think more deeply about things that I see (e.g. why are they there and how did they get there)."*



Building on elegant solutions, we had a whole day of philosophy and critical thinking to address some challenging and personal topics including "Where was God when...?" We considered whether some people were born evil and the issue of personal responsibility.

*"I learned to think from a different perspective, improve my debating skills and how religion can have an impact on politics."*



The session really challenged the perspectives of what the girls were 'allowed' to think and pushing the boundaries of their ideas. They responded well and challenged us hard!

*"My challenge, in English and other subjects at school, I will analyse things more deeply and will think in multiple ways to widen my knowledge."*

# Session Eight: Crafty Listening



*"I've learnt how to understand myself like my feelings. In the future I'll be able to understand the way I feel better and this could help with some of my relationships needing trust."*

Michael Mallows came to visit to talk about Crafty Listening. We learned how we make meaning in the world, how we delete/distort/generalise when we speak and listen and the impact this has on how we experience events.

*"I achieved how to be a really good listener and these skills will help me become a better person as I'm not really good at listening."*

We heard how our belief in our capability makes us more likely to move towards something and the impact of the drama triangle (and the roles of victim, rescuer and persecutor) on our behaviour. We learned about System 1 and System 2 thinking and used the 'bat and ball sum' to illustrate it.



*"Today has made a difference to me by growing self-awareness about how I am with my surroundings, how I behave and the impact it has on other people. I am setting myself a target to focus more in school and apply the systems (1 and 2 thinking) in everyday life (listen to other people's ideas and understand if I am wrong)."*

We shared personal insights through developing metaphors, and creating anchors and practiced mindful walking.

*"I learned that listening is a SERIOUSLY important skill."*

*"I feel more confident and how to think before I talk. My challenge is to be brave."*

# Session Nine: Thames Network Challenge

*"I have learnt how to overcome problems beforehand so they won't be something big when the time comes."*



We welcomed Liz and her team of volunteers from Thames Water and played the Thames Network Challenge.

Today was about planning, problem solving, communication and teamwork. We assigned ourselves roles from project manager to Head of Communications so we were clear who was responsible for what.

*"I learnt how to make a route for the Thames Water, communication skills, my teamwork skills have really improved. I have gained more confidence today through teamwork and motivation. It has made me a better*

*person because now I've learned to have patience which is like a miracle for me and I've learnt to be tolerant when doing problem solving and am challenged – also a miracle. My challenge – to actually use my skills e.g. being tolerant, confident etc a lot more."*



We had to plan where our networks would go and what the costs and challenges would be. We then built the networks with the kit and ended up with a network of plastic pipes, reservoir and

customer tanks. We presented our designs and then had to justify our 'most important customer' in a three minute presentation.

*"I learnt what engineering really is and problem solving, teamwork etc. In our group we all had a say and it helped me with my self confidence. Next time I do group work and have to work as group I will talk more and get my opinions across."*

We had to argue persuasively, consider other opinions and keep an open mind and learned there were often no right or wrong answers – just different ones!

# Session Ten: You're Here - Whatever You Make It



Keep up to date at [www.esipforest.org.uk](http://www.esipforest.org.uk)

Life may be like a roller coaster, you know it has its ups and downs, and it could end in a split second...the only difference is you can't get another ticket and try it again.

If you keep your eyes open and look ahead, it could be the best ride you ever tried. But if you close your eyes, then you can really miss out on the great things.

So, who are you going to be?

The person in the front trying to enjoy it all, the person with their eyes closed missing the great stuff about it or the person on the ground too scared to try it at all?

**MAKE UP YOUR MIND!**

Do you really want to get on this rollercoaster or do you want to watch while people are going through their ups and downs??"