

ESIP @ Forest



Our Journey – Part One

*Lighting the fire – increasing awareness,
increasing skills*

Year 8 Emerging Scholars of 2012/13

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

"Today has made me think more deeply and especially about the connection between art and poetry."

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 have met a lot of new people and I've stepped outside my comfort zone. For the future I know that it's OK to find something difficult and that it's OK to ask questions."



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

Session Two: Debating

"I have learned to speak clearly and confidently. If I don't agree with a statement I will sensibly debate with the person."



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 and did some exercises (balloon debate, alley debate) to try out these new concepts for ourselves.

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 results on stage later today...

"I can now have a fight but in a sophisticated way without violence."

"My challenge is don't ever back down from my beliefs if I feel really strongly in something."

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.



"There are always two sides to a story. I should think about how my decisions can affect me and other people around me."

"Just from this lesson I have learned not to shy away but actually give my ideas a try."

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

“Performing stunts has made me much more confident and less self-conscious. I have learned how to overcome hurdles that occur in everyday life.”

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



“I’ve learned that it’s Ok to not know everything and to ask questions. I let myself go and relaxed even with people I don’t know well which will allow me to work with new people, whether I like them or not, in the future.”

As part of the Aspirations session we listened to inspirational talks from Sasha (a genetic counsellor) and Patricia (an engineer). 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.



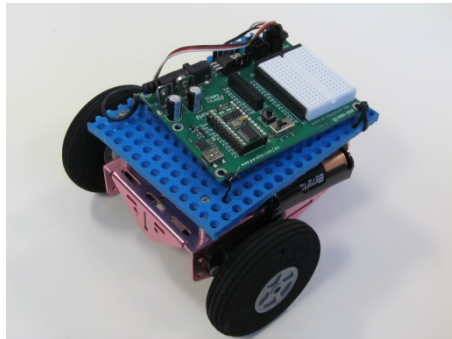
“The most important challenge I am setting myself is to stand on my own two feet and not always rely on my peers or parents. I need to fight my own battles!”



“I should really take more risks because they can lead to something really great.”

Session Four: Robotics at Imperial College

"I now know how to use different skills to solve problems, by combining all my skills together. I will be able to use what I know to complete challenges."



29 of our 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 do the laundry at home because I know nothing about washing machines." (in response to a discussion about washing machines as robots)



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 will try harder in science so I can get into a good university."



"I will not give up when a problem seems difficult but stay focused and solve it."

Session Five: Languages and Linguistics

"I put my hand up to volunteer my opinion and all the time it was the right answer so it proves that I didn't need to be afraid after all."

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



"I contributed more and wasn't afraid to talk in front of different people in the risk of being ignored or wrong. I relaxed and enjoyed myself instead of worrying."



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 and the relevance of Harry Potter spells. Our final competition was to create our own codes for others to break. This taught us new strategies and problem solving.

"I think I met my challenge (not to be afraid and to gain a better understanding of the topic) and I am really proud at myself by giving it a go and it turned out that I understood a lot."

"I've learned to figure things out you need to be very open minded. I've also learned that there are quite a lot of relations between different languages and that different languages aren't completely different."

Session Six: Problem Solving at Cambridge

"I have learnt how to think strategically and to explore and notice structure. I actually understood Math. I solved many problems. I realized that if you look a little deeper the problem can become simpler."

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



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 re-iterated the addition of 'yet' for any comments of "I can't do it!"

"My challenge is to work things out whether it is in life or in puzzles because there is always an answer, all you or I have to do is take our time to figure out an answer and a way to complete the puzzle."



"I can now think of how to solve problems and think of easy solutions logically."

Session Seven: Philosophy and Critical Thinking

"I have learnt not to be judgemental over people, also to think about my choices more. I will think more about the decisions and choices I make at school and at home."



"Where was God when...?" We considered whether some people were born evil and the issue of personal responsibility, examining the Derby fire and murder of a homeless man in Liverpool.

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!

"I have learnt how to gather information to justify my answers and can use this skill in all subjects."



"Today I want to stop being scared and to stop dreading things because I know I'll always end up enjoying it! To try even harder in what we're doing... I tried hard instead of getting lazy when I'm struggling and managed to do all the tasks thoroughly and properly. I tried to open up a bit more and kept telling myself I was enjoying it and there is nothing to worry about."

Session Eight: Crafty Listening

"I want to use my crafty listening skill in subjects like maths and history. I think it would make me think twice before I jump to a conclusion."



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.



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.



"My challenge is to think about change and think before I speak, think more in a system two way and to think about the impact my decisions have on the people around me."

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



"I have learnt how to think more logically, ask more questions and ask for more of a detailed answer. I have set myself a challenge of being more curious and asking deeper questions."

Session Nine: Thames Network Challenge

"I understood how to use the skills of my previous ESIP sessions to put the team together and to work together."



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

"I learned how to work really comfortably and effectively in a group."



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.

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 have learnt to be more confident about my ideas and to be able to take on a role and achieve it."

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!



"I have learned how to think of alternative ideas if the main idea did not go to plan."

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



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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??"