



# TEACHERS' GUIDE

Sutton Trust support for  
students and teachers



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# Who We Are



**The Sutton Trust** has been fighting for social mobility from birth to the workplace since 1997. We believe every young person – no matter who their parents are, what school they go to, or where they live – deserves the chance to succeed in life. Every aspect of our work is directly informed by research to ensure we are striking at the heart of the problems disadvantaged students face today.

- ✔ **Our student programmes** are completely free and have both in-person and online versions. We provide a choice of three different programme areas aimed at supporting less advantaged students into accessing universities, careers, or apprenticeships depending on their chosen next steps.
- ✔ **Our Teacher Champions programme** provides free training and skills workshops for teachers like you who want to learn more about how to support students as they progress into further study, work or training.
- ✔ **Our research and policy work** identifies the root causes of low social mobility and promotes effective policy solutions through education and employment.

**Teachers play a pivotal role** in improving outcomes for their students. We are therefore very keen to work in tandem with you. You can get involved with our work by:

- ✔ **Promoting** our free programmes to your students (pages 8-16)
- ✔ **Attending** our Teacher Champions sessions (page 17)
- ✔ **Engaging** with our latest research and recommendations for schools on best practice (page 18)

## **i** Social mobility in Britain is low:

- ✔ Disadvantaged students are twice as likely to leave formal education without GCSEs than their better-off classmates.
- ✔ Eight top schools send as many pupils to Oxbridge as three-quarters of all other schools in the country.
- ✔ Private school students are 4.5x more likely to become top earners than those from disadvantaged backgrounds.

### With our intervention:

**4x** more likely to get an offer from a top university after attending our Summer Schools Programme.

**92%**

of our graduates move from the lowest to the highest socio-economic groups after leaving university.

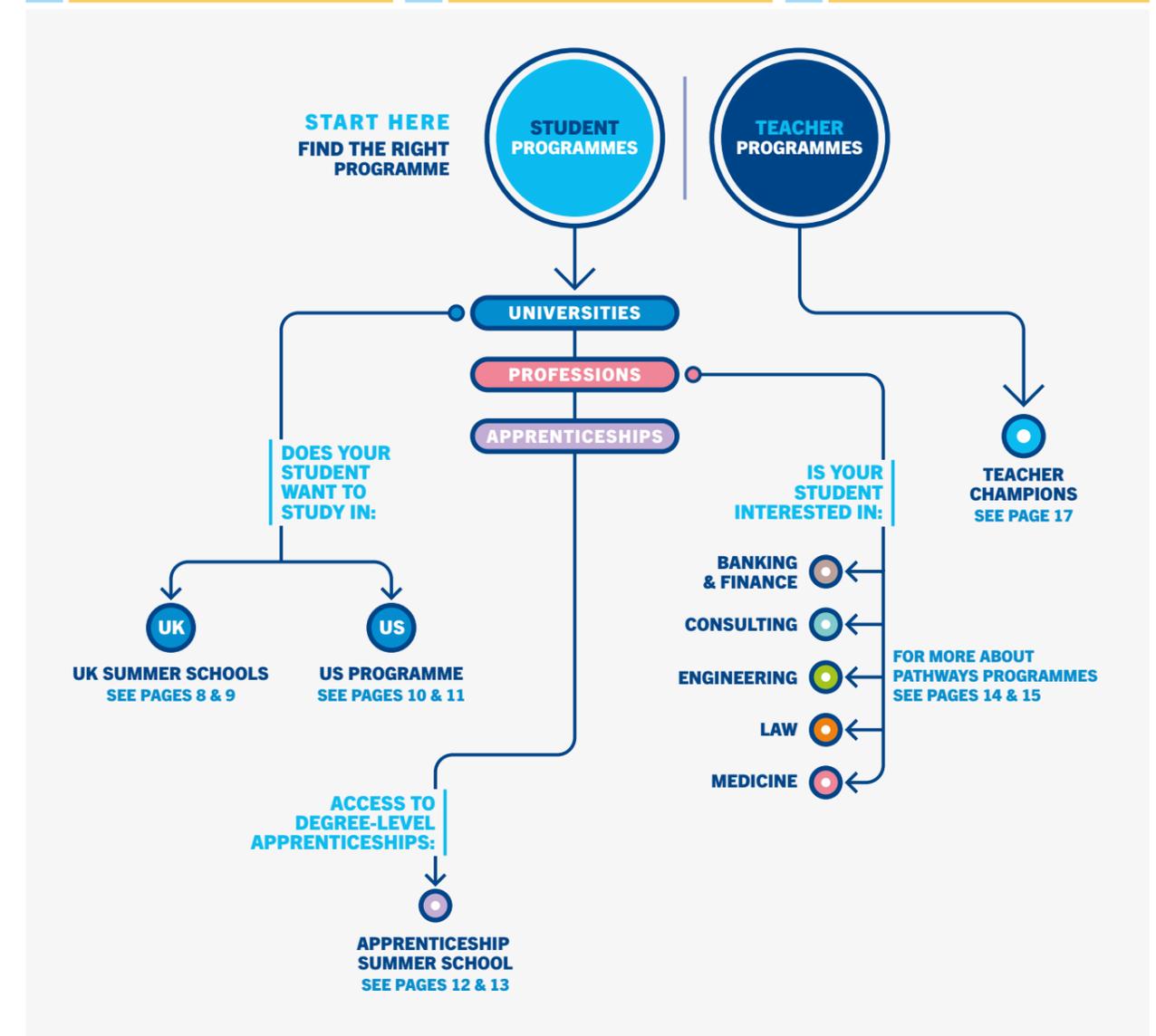
**30**

of our social mobility policies are being adopted on a national scale.

# Our Programmes

Our programmes aim to provide students with:

- 1** increased confidence
- 2** the ability to make an informed post-18 choices
- 3** the skills to navigate post-18 options



Any students who meet our grades threshold and one of our other criteria, and all those who receive a place on a programme, will be offered a place on our digital platform Sutton Trust Online which will provide them with information, advice and insights on an 18 month journey to their dream university (page 16).

# Who We Target

**Our programmes are designed** to support students from low socioeconomic backgrounds to access leading universities, apprenticeships, and careers.

To support those aims, our eligibility criteria is targeted to ensure we are supporting those students who would most benefit from our intervention. **Therefore students must:**

- ✓ Have always attended a state (*non-fee paying*) school
- ✓ Be in Year 12 (*England*)  
Y13 (*Northern Ireland*)  
S5 (*Scotland*)



We also look at social mobility criteria and prior academic achievement. The more criteria an applicant meets, the more likely they are to be accepted. **The average successful applicant will meet at least 3 of these:**

-  Have achieved a minimum of five grades 6-9 (A\*-B) at GCSE.
-  Have been eligible for Free School Meals during secondary school.
-  Be the first in their family to attend university.
-  Attend a school or college with below-average A-Level or Highers points score and/or a low rate of progression to higher education.
-  Live in an area of socio-economic deprivation or a low rate of progression to higher education.
-  Have been looked after or in care – If so, they only need to meet the mandatory and academic requirements.

# Application Process

**The application process for students is very quick and easy. All students need to do is:**

- ✓ Check they meet eligibility criteria.
- ✓ Choose a specific programme and look at deadlines.
- ✓ Fill out an application form.
- ✓ Nominate a teacher to verify the application details supplied are correct (*yourself or a colleague close to the student*).

**All you need to do is:**

- ✓ Promote our programmes to any eligible students.
- ✓ Fill out a short form to confirm students' eligibility and application information (*no reference required*).



**“My student returned to us buzzing about his time – telling stories of the friends he made, places he visited and new experiences he enjoyed. This is a fantastic opportunity which has really opened his eyes to the opportunities out there and made him think about his future.”**

**Head of Year**  
Brinsworth Academy

# Resources to Promote Our Programmes

**Research has shown** that gifted and talented interventions far too often miss out high attaining students from low-income backgrounds. We need your help in promoting our programmes as widely as possible to your students.

We have put together a variety of supporting documents to make this as easy as possible for you. These include email templates, an assembly presentation, videos and a poster.



For more information, scan here.

# UK Summer Schools



## OVERVIEW

**The Sutton Trust Summer School Programme** offers school-age students the opportunity to immerse themselves in university life. This programme provides students with the confidence

and skills needed to: choose where to apply and what to study, be competitive applicants wherever that is, and find support with a network of like-minded peers.

**Students will apply to one of our 14 top-tier UK university partners where they will take part in:**

- ✔ **Social activities**
- ✔ **Taster academic sessions**
- ✔ **Application skills workshops**

Alongside the in-person programme, every student will have access to long-term support with university applications via our online portal STO (page 16).



## CASE STUDY

I feel so much more confident about going to university. Coming to the Sutton Trust summer school has helped me immensely and I now know that university isn't a big scary place that I should be afraid of.

**Student**  
UK Summer School alum

**Programme length:**  
1 week

**Recruitment area:**  
Nationwide

**Application window:**  
January – March

# 2X

**STUDENTS** are two times more likely to attend a Russell Group university after attending our summer school programme.

# 8%

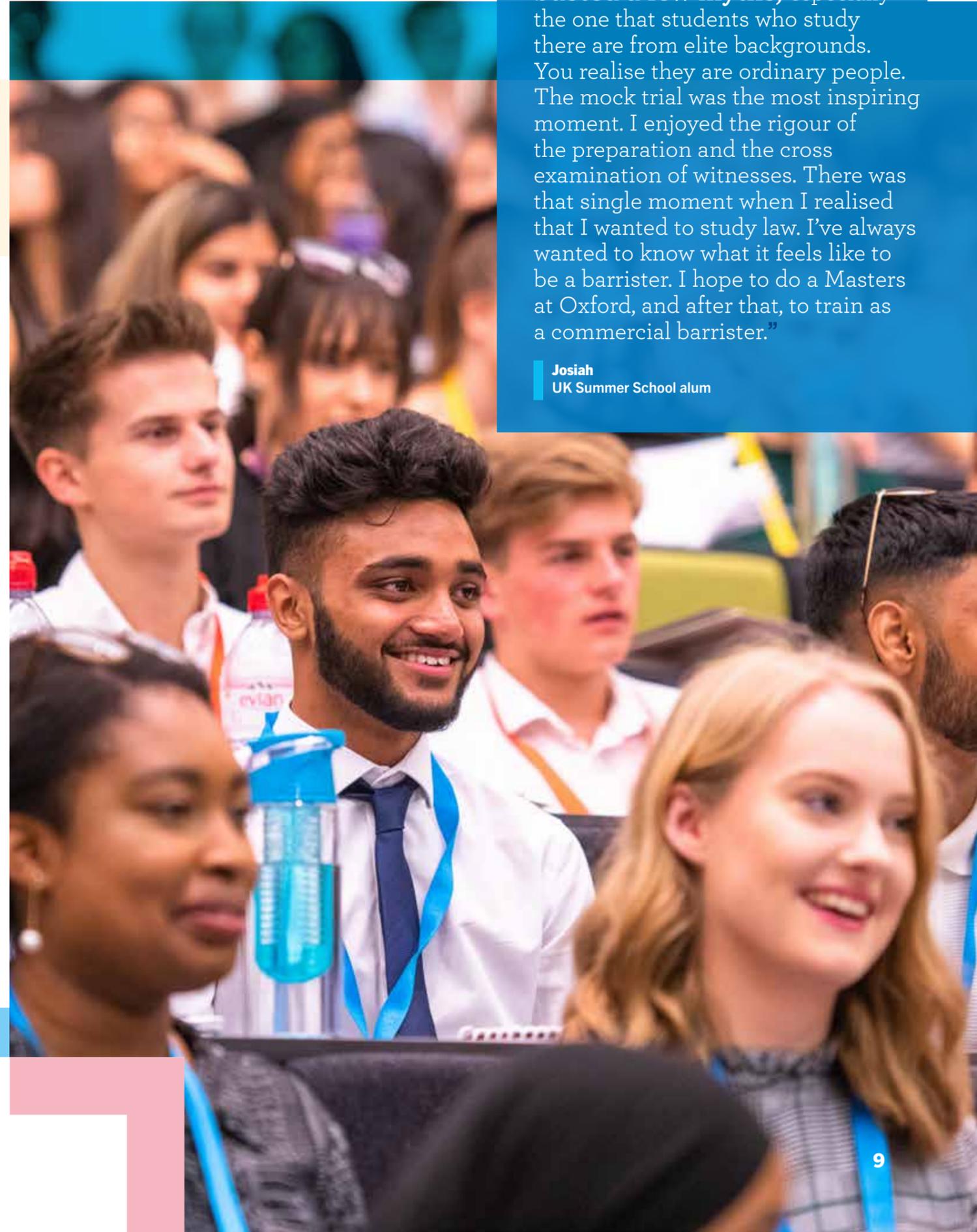
**OF STUDENTS** go on to Oxbridge.



For more information,  
scan here.

**“The Sutton Trust Cambridge Summer School busted a few myths,** especially the one that students who study there are from elite backgrounds. You realise they are ordinary people. The mock trial was the most inspiring moment. I enjoyed the rigour of the preparation and the cross examination of witnesses. There was that single moment when I realised that I wanted to study law. I’ve always wanted to know what it feels like to be a barrister. I hope to do a Masters at Oxford, and after that, to train as a commercial barrister.”

**Josiah**  
UK Summer School alum



# US Programme



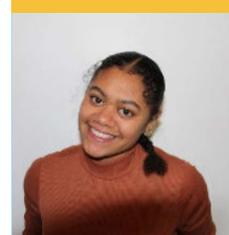
## OVERVIEW

**Our US Programme** is designed to support students in exploring the American university experience, financial aid options, and application process. From the UK residentials to a trip to the US to visit different American colleges, students get an in-depth look into what it's like to study in the USA.

### The programme provides students with:

- ✓ **A week-long trip** to explore US universities (*COVID restrictions dependent*).
- ✓ **Two residentials** which cover the US admissions process.
- ✓ **Expert advice** throughout the application process via the Fulbright Commission.
- ✓ **In-depth** admissions test preparation.
- ✓ **Training and guidance** for teachers about supporting students applying to the US.

All costs including travel, residential events and accommodation are paid for by The Sutton Trust and run in partnership with the Fulbright Commission.



## CASE STUDY

I feel so privileged to have experienced such unwavering support from programme staff, access to professionals in the field of university admissions, tuition in core areas of the application process, and transformative mentorship which I realise students even from the most elite schools in Britain may not have such access to.

**Nabrisa Badu**  
US Programme alum

**Programme length:**  
2 years  
**Recruitment area:**  
Nationwide  
**Application window:**  
November – January

# 66%

**OF STUDENTS**  
that applied, secured places across...

# 84

**...US COLLEGES,**  
accessing over...

# \$155M

**...OF FINANCIAL AID.**



For more information,  
scan here.



“The Sutton Trust US Programme is a fantastic opportunity for students to engage in truly amazing university chances. The support that the staff offer is incredible, and our students have received help from the programme that is genuinely life-changing. I would recommend them to all state schools without hesitation.”

**Jeremy Dudman Jones**  
Greenford High School

# Apprenticeship Summer School



## OVERVIEW

**High-quality apprenticeships** not only offer young people the opportunity to earn while they learn but also ensure they gain valuable skills and get a foot on the career ladder. The Sutton Trust

Apprenticeship Summer School is a three-day residential where students can meet leading employers and like-minded peers and learn more about how to access top apprenticeships.

### At the end of the programme, students will walk away with:

- ✓ **An in depth understanding** of apprenticeships and whether it could be the right route for them.
- ✓ **Networking** opportunities for future career opportunities.
- ✓ **Access to our online portal STO** for ongoing application support and career advice (page 16).
- ✓ **Application guidance**, including learning where to find current apprenticeships and understanding different application processes.



## CASE STUDY

The Sutton Trust Apprenticeship Summer School itself was fantastic. The people were friendly and kind, and they always engaged with us. It helped being able to hear from other apprentices and hear from

the companies too. All three companies I ended up applying to were at the Summer School which provided me with lots of information. I think that every young person deserves the opportunity to feel what it's like to achieve something they once thought was impossible, and I have, thanks to the Sutton Trust.

**Suzi**  
Apprenticeship Summer School alum

**Programme length:**  
3 day residential

**Recruitment area:**  
Nationwide

**Application window:**  
January – March

# 300

## STUDENTS

have attended the Apprenticeship Summer School.

# 15

## EMPLOYERS

from a range of sectors have delivered session on the Summer School.



For more information, scan here.



## “Where should I start?”

The programme has really helped me gain skills from interview techniques to answering my general apprenticeship questions and worries. I would recommend it to everyone and I'm looking forward to seeing where I end up in a year's time!”

**Student**  
Apprenticeship Summer School alum

# Pathways Programmes



## OVERVIEW

The Sutton Trust Pathways programmes support students in their last two years of school to explore career opportunities in Banking & Finance, Consulting, Engineering, Law, and Medicine.

Too often these careers require professional connections, the ability to take on unpaid internships, or soft skills which aren't taught at schools in order to break in.

### Students will walk away with:

- ✓ **Work experience** within their chosen field where they can learn practical skills, increase their professional connections, and gain a greater knowledge of the day-to-day workings of the sector.
- ✓ **Employability** skill sessions and workshops with valuable insight into how to find, apply, and succeed in their chosen careers. Sessions will cover everything from personal statements to CVs and interview skills to public speaking.
- ✓ **Access to our online portal STO** for ongoing application support and career advice (page 16).

We have expanded our offering to include a fully online strand of the Banking and Finance, Consulting, and Law programmes, making this offer accessible to students across the country.



## CASE STUDY

The Pathways to Law programme supplied so much. On the intellectual front, masterclasses and residentials meant I was regularly meeting with passionate academics. On the practical front, networking events and work placements meant I had the opportunity to meet a wide range of industry professionals. Six years on, I still use many of the lessons taught on the programme on a day-to-day basis.

**Muzammil Malamji**  
Pathways to Law alum

**Programme length:**  
2 years

**Recruitment area:**  
Local and nationwide

**Application window:**  
September – December

# 4x

**PATHWAYS** to Law students are 4 times more likely to accept an offer from a leading university and...

# 3.5x

**MORE LIKELY** to apply to a top university.



For more information, scan here.



“Throughout the programme, the mentoring has been amazing. They answered all of my questions and have supported me not only in applying to university, but also in how to go about pursuing a career in finance”

**Umut**  
Pathways to Banking and Finance alum

# Sutton Trust Online (STO)



## OVERVIEW

**Sutton Trust Online** is our digital platform providing support to students on their journey to university. Over 18 months, students will be guided through all the information, skills and advice they need as they explore their options, apply to, prepare for and succeed at university.

Sutton Trust Online has been designed utilising our 25 years of experience running programmes supporting students into leading universities, helping students access all the information they need.

### Over this 18-month programme, participants will be able to:

- ✓ **Gain** the knowledge and skills to get into their dream university.
- ✓ **Access** exclusive events and webinars.
- ✓ **Get** insights from current students and Sutton Trust alumni.
- ✓ **Receive** personal statement and UCAS support including the opportunity for a mentor.
- ✓ **Browse** university and course specific content.
- ✓ **Use** interactive resources to set and achieve goals.



**Programme length:**  
18 months

**Recruitment area:**  
Nationwide

**Application window:**  
September – March

**i** Students gain access to STO after applying to any of our other programmes.

“Sutton Trust Online has been the confidence and motivation boost that I needed. I felt rather discouraged and isolated, but being surrounded by like-minded individuals completely changed my outlook.”

**Indie**  
Sutton Trust Online alum

74%

of students said STO helped them make their decisions about university and courses.

# Teacher Champions

**Should you want any support** in advising students on university applications, we provide in-depth webinars and workshops in partnership with Causeway Education. From structuring your programme of support for students, to writing UCAS references to interview skills, experienced former teachers will walk you through step-by-step how to support your students in submitting successful university applications.

Webinars for 2022-2023 will include:

- ✓ **Personal statements**
- ✓ **UCAS deadlines**
- ✓ **Apprenticeship options**
- ✓ **Writing student references**

[See the calendar for more details.](#)



For more information, scan here.

# Supporting Student Progression

100%

of the students who used OSCAR were made an offer by a Russell Group University compared to less than ¼ of students who didn't.



**We know that as a teacher** you are always advising and guiding your students to ensure they get the best out of life. However, sometimes it can be difficult to fit it all in amongst everything else.

The Sutton Trust has partnered with Causeway Education to give teachers access to free and easy to use tools including OSCAR (*Online System for Completing Applications & References*).

OSCAR allows students to input a variety of different experiences, interests, and accomplishments to effectively build a powerful personal statement and provides unique insights for teachers into what universities are looking for in a teacher recommendation.

“With OSCAR, our subject references are a million times better – the programme has significantly up-skilled our staff.”

**Katie**  
Director of Sixth Form



For more information, scan here.

# Research Recommendations for Your School

As one of the leading voices for education reform, our agenda-setting research identifies the root causes of low social mobility and promotes effective solutions through education and employment. Since 1997 we've published over 250 reports, many of which have gone on to influence national policy.

As a teacher, you see first-hand how often disadvantaged students are left behind.

Our research aims to find practical solutions to the advantage gap that can be implemented at the classroom, school, and national levels. Recent recommendations have included:

## IN THE CLASSROOM

- ✔ **Providing extra support** or accelerated learning opportunities for students from less well-off backgrounds with high potential with an emphasis on inclusion. *Potential for Success (2019).*
- ✔ **Encouraging 'stretch' choices**, including highly selective universities, to disadvantaged students. *Rules of the Game (2017).*
- ✔ **Working with employers** and other organisations to highlight apprenticeship opportunities to young people, particularly those at higher and degree level. *Apprenticeship Outreach (2021).*
- ✔ **Encouraging the development** of non-academic 'life skills', such as motivation and confidence, through both extra-curricular activities and classroom teaching. *Life Lessons (2017).*
- ✔ **Using evidence** where possible to inform teaching strategies, e.g. one to one or small group tutoring can be incredibly effective. *What Makes Great Teaching (2014)* and *The Sutton Trust/EEF Teaching and Learning Toolkit.*



We're always keen to hear from teachers about their experiences with disadvantaged learners, narrowing attainment gaps and promoting social mobility in schools. Please get in touch at [research@suttontrust.com](mailto:research@suttontrust.com).



The Education Endowment Foundation and the Sutton Trust have put together a teaching and learning toolkit bringing together the evidence on how to use your school's resources most effectively to increase the attainment of disadvantaged pupils. Search teaching and learning toolkit to learn more.

## SCHOOL LEADERSHIP

- ✔ **For oversubscribed schools and sixth forms**, considering the prioritisation of disadvantaged pupils in admissions, including through contextualising GCSE grades for post-16 entry. *Fairer School Admissions (2020).*
- ✔ **Improving careers education** in schools, including better integration with classroom teaching, incorporating careers education into post-pandemic catch-up plans and ensuring clear responsibility for careers within school leadership. *Paving the Way (2022).*



For more information, scan here.

# Alumni Support

Our support doesn't stop once our students graduate. Following the programme's end, students will gain access to a range of exclusive ongoing support via our 50,000 strong alumni platform.

## This includes opportunities to:

- ✔ **Networking opportunities** with highly successful alumni.
- ✔ **Take part** in our alumni leadership board.
- ✔ **Receive ongoing career support** from the Sutton Trust (*including permanent jobs roles via our partners*).
- ✔ **Take part** in an internship at one of our partner companies.
- ✔ **Attend exclusive alumni-only events** (*both careers focused and social*).
- ✔ **Access online resources** to support career planning and success.
- ✔ **Access mental health support**
- ✔ **Apply for bursaries** of up to £5,000 towards projects or programmes which will increase their employability.

# Our Partners

## University Partners

University of Bristol  
University of Cambridge  
Cardiff University  
Durham University  
The University of Edinburgh  
University of Exeter  
University of Glasgow  
Hull York Medical School  
Imperial College London  
King's College London  
University of Leeds  
University of Leicester  
University of Liverpool  
London School of Economics  
University of Manchester

Newcastle University  
University of Nottingham  
University of Oxford  
Queen Mary  
University of London  
Royal Veterinary College  
University of Sheffield  
University of St Andrews  
University College London  
University of Warwick

## Corporate Partners

3VB  
abrdn  
Antin  
Bain & Company  
Barclays  
BCG  
Bloomberg  
BNY Mellon  
Boult Wade Tennant  
Brick Court Chambers  
Canyon Partners  
Capital One  
Citi

Cooley  
Deutsche Bank  
Devonshires  
efinancial careers  
Enterprise  
Eversheds Sutherland  
Hogan Lovells  
Huron  
Infrastructure Industry Foundation  
JP Morgan  
Livingbridge  
M&G Investments  
McKinsey & Company  
Memery Crystal  
Mercedes  
Mishcon de Reya  
NatWest  
Oliver Wyman  
Orbis Investments  
PWC  
The Law Society  
Victoria BID  
Wilberforce  
XTX Markets



**“I can’t decide on a single highlight of my experience, it’s a tie between the people I met and what I learned.**

It was so diverse, and I felt at home. And I learned so much stuff. Taking part in the programme has helped me gain confidence. I feel like I’m a competitive applicant now, while before I just thought it would be lucky if I was offered a university place from any institution.”

**Samira**  
UK Summer Schools alum

**The Sutton Trust**

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