**Online guides**

* [Personal Statement Writing Guide](https://www.essex.ac.uk/-/media/documents/outreach/personal-statement-writing-guide.pdf?la=en)
* [Higher Education Guide](https://www.essex.ac.uk/-/media/documents/outreach/guide-to-higher-education.pdf?la=en)
* [Reference Writing Guide](https://www.essex.ac.uk/-/media/documents/outreach/reference-writing-guide.pdf?la=en)
* [Online videos](https://www.essex.ac.uk/schools-and-colleges/talks-and-visits) of all our general ‘bread and butter’ talks for on-demand access (Scroll down to School and College talks)

**Our Podcast**

* Understanding University: The Ultimate University Podcast
	+ [Webpage](https://www.essex.ac.uk/schools-and-colleges/events/understanding-university-podcast#:~:text=This%20podcast%20is%20brought%20to,%2C%20carers%2C%20guardians%20and%20teachers.) with episode summaries and links to Spotify, Google and Apple Podcasts

**Our Online Preparation Programmes**

* The [University Preparation Programme](https://open.essex.ac.uk/course/view.php?id=256&section=1) (for Years 12 & 13)
* The [Further Studies Preparation Programme](https://open.essex.ac.uk/course/view.php?id=255&section=1) (for Years 10 & 11)

Please note that as these were originally created to be completed entirely independently by students, to view the modules you will need to sign up as a student to the course yourself.

However, please do not worry about the answers you give to sign up – just fill in the basic questionnaire and then you’ll be able to see the course material in its entirety. Given the interest shown by teachers, we are working on a work-around option so you will be eventually be able to access the material without that initial sign-up step!

**Our Study Skills sessions (for Pre- and Post-16 students)**

* For Pre-16 materials, please go [here](https://www.essex.ac.uk/schools-and-colleges/secondary) – then in the Resources Section, select the ‘Study Skills and Time Management workshops’ dropdown
* For Post-16 materials, please go [here](https://www.essex.ac.uk/schools-and-colleges/sixth-form) – then in the Resources Section, select the ‘Study Skills and Time Management workshops’ dropdown
* A reminder that there are materials for both students to complete these independently, or for you to deliver in class with a workbook and lesson plan
* If you would like these to be delivered by us in person, you can also request this via our [online enquiry form](https://essex.eu.qualtrics.com/jfe/form/SV_d0YeekXVqtzxkpf)

**Our EPQ and Revisions skills sessions**

* You can find all the materials for these sessions [here](https://www.essex.ac.uk/schools-and-colleges/sixth-form) in the Resources Section: ‘Supporting an EPQ or Research Project’ dropdown
* Again we can deliver these in person; please use the [online enquiry form](https://essex.eu.qualtrics.com/jfe/form/SV_d0YeekXVqtzxkpf) to request a visit

**Our Teacher CPD Series**

* [Information and booking for Teach to The Top (Monday 16 May)](https://www.essex.ac.uk/events/2022/05/16/teachers-and-advisers-cpd-teach-to-the-top)
* [Information and booking for Behaviour Management Masterclass (Monday 13 June)](https://www.essex.ac.uk/events/2022/06/13/teachers-and-advisers-cpd-behaviour-management-masterclass)
* [Information and booking for Managing Difficult Conversations with Parents (Monday 11 July)](https://www.essex.ac.uk/events/2022/07/11/teachers-and-advisers-cpd-managing-difficult-conversations-with-parents)

If you have any questions about any of the above, or would like any further information, please email outreach@essex.ac.uk.