

# VIBE

## Session Title: Barriers To Education

Duration: 3 x 45 minute sessions

### Resources:

- Whiteboard/flipchart & pens
- '6 Ps' & 'My Goals' resources
- Post-it notes
- Pens

### Aims:

- To help learners identify barriers to education & training
- To help learners identify motivations
- To help learners develop personal plans to overcome barriers

### Outcomes:

- Learners will produce their own personal plans to overcome barriers identified in the session
- Learners will have worked as part of a group exploring personal motivation

### At a Glance:

- Session 1 : Sharing Experiences Of Education  
(pair and group discussion)
- Session 2 : Motivations  
(different types of discussion - discussion and worksheet)
- Session 3 : Overcoming Barriers  
(applying motivation to barriers & goal setting)



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## Session Title: Barriers To Education

Timings: 45 minutes

Subject: Sharing Experiences Of Education

### Resources:

- Whiteboard/flipchart & pens

### Activity:

- Write questions on whiteboard/flipchart:

- What is your experience of school/college?
- What are the best and worst things? What do you like/dislike?
- What is stopping you from being in mainstream education? Exclusion / attendance / bullying / family / health?
- What would you change about school if you could?

#### Pairs Activity

- Split group into pairs.

Ask each pair to discuss the questions. Explain confidentiality. Anything shared in the pair does not need to be shared in the group if they don't want to and confidentiality should be maintained either within the pair or group as applicable if anyone is sharing personal information.

- Bring the group back together.

Ask the group to shout out as many descriptions of school (single words/short sentences) as possible. Do this for the good and bad and record on the white

Ask each group to share one (the biggest/main) barrier to education that they discussed that they are happy to share.

Go round group and list the things they would change about school.

Continue to discuss answers for as long as time permits.

# VIBE

## Session Title: Barriers To Education

Timings: 45 minutes

Subject: Motivations

### Resources:

- Flipchart paper/large sheets of paper
- '6 Ps' resource
- Post-it notes
- Pens

### Activity:

Definition of motivation for the purpose of this section:

- A reason for taking action
- An inspiration for accomplishing something

Individual Activity

- Ask each learner to write things that motivate them on separate post-it notes (try to get minimum of 3 but aim for as many as possible).

Discussion:

What are their general motivations for day-to-day activity? E.g. Why do they get out of bed in the morning? Why would they go to the shop for a parent?

Group Activity:

- Draw an outline of a person on a sheet of flip chart paper.
- Look at the motivations you have written down. Are they self-motivation, e.g. Doing something because you enjoy it? Or external motivation, e.g. Doing something because you are being paid/getting a reward for it.
- Put your post its inside the outline of the girl for internal or outside for external motivations.

Discussion:

Do we have more internal or external motivations?

What do we think the effect of this is? E.g. If you have an external motivation to do something because your dad nags you to do it, would you still be able to motivate yourself if your dad stopped nagging?

Additional activity (time permitting)

Explain to the group that another way of looking at motivation is by using the 6 Ps (see handout)

Individual activity:

Rearrange the post-its from the board into one of the 6 categories. Emphasise that there are no right or wrong answers.

Discussion:

Which categories do your motivations fall in to? What are the benefits of thinking about and knowing what motivates us? How might this affect school or college?

# VIBE

Session Title: Barriers To Education

Timings: 45 minutes

Subject: Overcoming Barriers

## Resources:

- 'My Goal' resource
- Pens

## Activity:

- Ask the learners to think for one minute of a time that they overcame a challenge and how they did it.

### Group Activity

- Ask group if they are happy to share but there is no obligation.

Look again at the main barriers to education discussed in first session.

Ask group to choose one of the barriers. Thinking about how they have overcome other personal challenges and what motivates them, what could they do to overcome the barrier?

Time permitting: repeat for other barriers.

### Individual Activity

Complete the My Goal worksheet. Write one thing you want to achieve, three reasons why you want to do it and three things you can do to help achieve your goal