

# CAREERS & UNIVERSITY NEWSLETTER

*Monthly newsletter from Mrs. Eleanor Nolan, Student Careers & University Advisor*

**University College London is University of the Year 2024 (The Times and Sunday Times Good University Guide 2024)**  
Founded in 1826 in the heart of London, UCL is London's leading multidisciplinary university, with more than 16,000 staff and 50,000 students from over 150 different countries.

Through a progressive approach to teaching and research, our world leading academics, curious students and outstanding staff continually pursue excellence, break boundaries and make an impact on real world problems.

**UCL: Disruptive thinking since 1826!**



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## UNIVERSITY OF THE MONTH

UCL, or University College London, stands as a beacon of academic excellence, renowned globally for its exceptional standards and pioneering research. Its distinguished faculty, including notable alumni such as Mahatma Gandhi, Alexander Graham Bell, and Christopher Nolan, alongside cutting-edge facilities, fosters an environment ripe for intellectual exploration and innovation. However, UCL's rigorous academic demands and fast-paced atmosphere may not suit everyone, requiring dedication and resilience from its students. Yet, for those who embrace its challenges, UCL offers unparalleled opportunities for personal and intellectual growth, shaping leaders and thinkers who contribute significantly to society and beyond.

Nestled within the bustling heart of London, UCL benefits from its prime location in a city campus. The advantages are manifold: students have access to a vast array of cultural, professional, and social opportunities right at their doorstep. From internships at renowned institutions to networking events with industry leaders, the city serves as an extended classroom, enriching the academic experience and broadening horizons. Moreover, the diverse and vibrant atmosphere of London cultivates a global perspective, preparing UCL graduates to thrive in an interconnected world.

Despite the challenges that come with studying in a bustling metropolis, the rewards of being part of UCL's dynamic community are immeasurable. The university's rich history and prestigious reputation open doors to a myriad of possibilities, from groundbreaking research collaborations to coveted career prospects. With a supportive network of peers and mentors, students navigate the complexities of academic life while forging lifelong connections and friendships. In essence, UCL offers not only a world-class education but also an unforgettable journey of discovery and growth amidst the vibrant tapestry of London life.



UCL



## To the Class of 2024

### May you go out into the world and enjoy the adventure



Graduation is always a little bitter sweet. This year's was no different. This utterly phenomenal diverse group of young people have left an indelible mark on Safa. They have been an extraordinary group of young people and working with them has been an utter pleasure, not always easy, they do like to keep us on our toes but none the less an utter pleasure.

Mr. Glackin summed it up so eloquently, we are slowly but surely sending a diaspora of Safa students out into the world in the knowledge that they will always take a little bit of Safa with them, that sense of community, that sense of belonging, the ability to create and foster environments where everyone belongs!

The class of 2024 is a very diverse group, a mixture of sport, music and art binds them together, it is their differences that unites them. As Shahad our Head Girl put it; "Disruption became the spark for innovation, and we emerged as lifelong learners. As the children of disruption, we are destined to be disruptors ourselves. We are the risk-takers. We are the innovators. We are the architects of change." I truly believe these young people have what it takes to take risks and make changes.

As Mr. Davies alluded to, they are a cohort of tricksters, a group of practical jokers with swag and attitude and yes of course they are but when you have our first ever sports scholarships to the States as part of your legacy, if you have written spectacular original pieces of music, been the first Safa students to take on the EPQ or a LAMDA exam, produced perfect scores in A Level exams or landed scholarships to UK universities, trail blaze in previously uncharted careers then why wouldn't you have a little edge of swag! The legacy of firsts will serve these young people well.

While we are sad to see them go, it is their time and for us it is time to turn our attention to the Class of 2025 and figure out what firsts are in store for them!





## ADVANCING COUNSELLING PRACTICES GLOBALLY: REFLECTIONS ON THE GLOBAL INTERNATIONAL FORUM AND WORKSHOP

Earlier this year, the Counsellor Accreditation Programme (CAP) launched by Times Higher Education embarked on its journey to elevate counselling standards worldwide. As a participant in the inaugural cohort of international counsellors, I recently had the privilege of engaging in the programme's Level Two training sessions. The culmination of this experience led me to the THE Global International Forum and Workshop at the end of April, where 84 counsellors from diverse corners of the globe were invited to converge to collaborate, engage with universities, and foster mutual understanding.

The essence of the CAP sessions at the forum underscored the significance of developing a Counselling MVP (Minimum Viable Product) tailored for the contemporary and future world. In an era of rapid societal evolution and technological advancement, the need for such a framework becomes increasingly apparent. From listening attentively to insights shared by colleagues hailing from Sao Paulo to Singapore, it became evident that building trust within our community is paramount. It's about creating an environment where all stakeholders feel acknowledged, valued, and respected.

However, fostering trust and rapport varies depending on our unique settings. Whether we operate within bustling urban centres or remote rural communities, the approach to building trust must be adaptive and inclusive. Moreover, the forum encouraged a deep dive into challenging our own biases and preconceived notions. As practitioners, it's imperative that we continually interrogate our assumptions and evolve alongside the ever-changing landscape of counselling.

Amidst the discourse on professional growth and development, the concept of co-creation emerged as a central theme. Collaboratively shaping the future of counselling entails embracing the art of the elevator pitch – succinctly articulating our vision and value proposition. In a world where innovation thrives on collective wisdom, co-creation offers a pathway towards meaningful transformation.

In essence, the THE Global International Forum and Workshop served as a nexus of ideas, insights, and inspiration. It reinforced the imperative of advancing counselling practices globally, not merely as a profession, but as a catalyst for positive societal change. As we navigate the complexities of the modern world, let us remain committed to cultivating trust, challenging our assumptions, and embracing the spirit of co-creation. After all, the journey towards excellence in counselling is not a solitary one but a collective endeavour propelled by collaboration and compassion.



## What exactly are Supercurriculars

"Supercurricular activities" refer to academic activities pursued by students outside of their formal curriculum, particularly in the context of UK university applications through UCAS (Universities and Colleges Admissions Service). These activities demonstrate a genuine academic interest and passion for a specific subject beyond the confines of the standard A-level or BTEC syllabus.

UK universities seek applicants who not only excel in their chosen subjects but also show intellectual curiosity and engagement beyond the classroom. Supercurricular activities provide applicants with opportunities to deepen their understanding, explore related topics, and develop relevant skills. These activities can include:

- 1. Independent Research:** Conducting research projects or extended essays on topics related to the subject of interest. This demonstrates initiative, critical thinking, and the ability to work independently.
- 2. Reading and Study Groups:** Engaging in reading groups, study circles, or online forums focused on academic subjects. Participating in discussions, sharing insights, and collaborating with peers showcase a proactive approach to learning.
- 3. Attending Lectures and Workshops:** Taking part in lectures, seminars, workshops, or conferences related to the subject. Attending events hosted by universities, research institutions, or professional bodies indicates a genuine interest in staying updated with the latest developments in the field.
- 4. Online Courses and MOOCs:** Enrolling in Massive Open Online Courses (MOOCs) or online courses offered by universities or reputable platforms. Completing such courses demonstrates dedication to academic enrichment and the acquisition of new knowledge and skills.
- 5. Work Experience or Internships:** Securing relevant work experience or internships in fields related to the subject. Practical exposure allows applicants to apply theoretical concepts in real-world contexts and gain insights into potential career paths.
- 6. Projects, Competitions, and Olympiads:** Participating in academic competitions, research projects, or subject-specific Olympiads. Achievements in such endeavors highlight intellectual curiosity, problem-solving abilities, and a commitment to academic excellence.
- 7. Writing and Publications:** Writing articles, essays, or blog posts on topics within the subject area. Publishing work in academic journals, magazines, or online platforms showcases writing skills, analytical prowess, and a passion for knowledge dissemination.
- 8. Tutoring or Mentoring:** Volunteering as a tutor or mentor to support peers or younger students in the subject. Sharing expertise, explaining concepts, and fostering learning in others demonstrate leadership, communication skills, and a commitment to academic community engagement.

When applying to UK universities through UCAS, demonstrating engagement in supercurricular activities can significantly strengthen an applicant's profile and enhance their chances of securing admission. Admissions tutors look for candidates who exhibit intellectual curiosity, a genuine passion for their chosen subject, and the motivation to pursue academic excellence both inside and outside the classroom. Therefore, investing time and effort in supercurricular pursuits can make a compelling case for applicants seeking to stand out in the competitive university admissions process.



**SAT (Scholastic Assessment Test):** A standardized test widely used for college admissions in the United States. It assesses students' readiness for college and is typically taken during high school.

**ACT (American College Testing):** Another standardized test used for college admissions in the United States. It evaluates students' academic readiness for college and is also commonly taken during high school.

**GPA (Grade Point Average):** A numerical representation of a student's academic performance, typically calculated on a scale of 0 to 4.0, where higher numbers indicate better performance.

**Common App (Common Application):** An online college application platform used by hundreds of colleges and universities in the United States. It allows students to apply to multiple institutions using one application.

**Early Decision (ED):** A college admissions process in which students apply to a single institution early in their senior year and, if admitted, are required to attend that institution. It is binding and students can only apply to one college under Early Decision.

**Early Action (EA):** Similar to Early Decision, Early Action allows students to apply to colleges early in their senior year and receive an admissions decision earlier than the regular decision deadline. However, it is non-binding, meaning students are not obligated to attend if admitted.

**Regular Decision:** The standard college admissions process in which students apply by a specified deadline and receive admissions decisions at a later date, typically in the spring.

**Deferred:** When a student's application is neither accepted nor denied during the early application process, but is instead postponed for reconsideration during the regular decision round.

**Waitlist:** A list of applicants who are not initially admitted to a college but may be offered admission at a later time if spots become available.

**Financial Aid:** Monetary assistance provided to students to help cover the cost of their education. This can include scholarships, grants, loans, and work-study programs.

**FAFSA (Free Application for Federal Student Aid):** A form completed by students in the United States to determine their eligibility for federal financial aid, including grants, loans, and work-study programs.

**CSS Profile:** An additional financial aid application required by some colleges and universities to determine eligibility for institutional aid and scholarships.

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**Merit Aid:** Financial aid awarded to students based on their academic, athletic, or artistic achievements, rather than financial need.

**Holistic Admissions:** An admissions process that takes into account various aspects of a student's application, including academic performance, extracurricular activities, essays, letters of recommendation, and personal background

**Major:** The primary field of study chosen by a student, which determines the majority of their coursework and academic focus.

**Minor:** A secondary field of study chosen by a student, which requires fewer courses than a major but provides additional depth in a particular subject area.

**Core Curriculum (General Education):** A set of required courses covering a broad range of subjects, including English, mathematics, natural sciences, social sciences, and humanities, designed to provide students with a well-rounded education.

**Electives:** Courses that students can choose to take based on their personal interests or to fulfill degree requirements outside of their major or core curriculum.

**Credits (Credit Hours):** Units of measurement representing the amount of time and effort required to complete a course. Most courses are worth a certain number of credits, and students must earn a specified number of credits to graduate.

**Undergraduate:** A student pursuing a bachelor's degree, typically in their first four years of post-secondary education.

**Graduate School:** Advanced academic programs beyond the bachelor's degree level, including master's degrees, doctoral degrees (Ph.D. or Ed.D.), and professional degrees (such as M.D. or J.D.).

**Master's Degree:** An advanced degree typically requiring one to two years of additional study beyond the bachelor's degree, focusing on a specific area of specialization.

**Doctoral Degree (Ph.D. or Ed.D.):** The highest academic degree awarded by universities, typically requiring several years of advanced study and original research in a specific field.

**Professional Degree:** A specialized degree preparing students for specific careers, such as medicine (M.D.), law (J.D.), business (MBA), or education (Ed.D.).

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# A Guide to the language of University of California

**UC Campuses:** The individual campuses of the University of California system, including UC Berkeley, UC Los Angeles (UCLA), UC San Diego, UC Davis, UC Irvine, UC Santa Barbara, UC Santa Cruz, UC Riverside, UC Merced, and the associated professional schools.

**UC Regents:** The governing body of the University of California system, responsible for overseeing the operation and administration of the entire system.

**UC Application:** The online application system used for undergraduate admissions to all UC campuses. Students can apply to multiple UC campuses using one application.

**UC Personal Insight Questions (PIQs):** Short-answer essay questions included in the UC application, allowing students to provide additional information about themselves, their achievements, and their experiences.

**UC Transfer Admission Guarantee (TAG):** A program that allows eligible California community college students to secure guaranteed admission to one of the UC campuses, provided they meet specific academic requirements.

**UC Regents Scholarship:** A prestigious merit-based scholarship awarded to incoming UC freshmen based on academic achievement, leadership, and other criteria.

**UC Research Centers and Institutes:** Specialized research facilities and organisations affiliated with UC campuses, conducting cutting-edge research in various academic disciplines.

**UC Faculty:** The professors and academic staff employed by the UC system to teach courses, conduct research, and provide academic guidance to students.

**UC Alumni Association:** An organisation representing graduates of UC campuses, providing networking opportunities, career resources, and support for current students and alumni



## UK Home Fee Status: A Guide

Applying to UK universities for Home Fee Status from overseas can seem a daunting exercise with many myths around what is required. This leaflet has been put together to help British families navigate the system.

Please note that each university has its own criteria for offering Home Fee Status on a case by case basis, therefore the information in this leaflet does not guarantee it.

### **To Note:**

*Whether students qualify for 'home' or 'overseas' fees depends purely on whether they meet certain criteria set out by individual universities.*

*When applying for student finance students need to put 02 for funding and finance or 01 if they are happy to fund themselves.*

*Being awarded Home Fee Status by a university does mean lower fees (Home Fees) but does not necessarily mean that Student Finances will automatically be given.*

*Students may get Home Fee Status awarded by some of their 5 universities choices and International Status from others.*

*For support with a difficult case please feel free to contact Kate Raison from Study Options UK [kr@studyoptions.com](mailto:kr@studyoptions.com)*

Universities in the UK Normally charge two levels of fees: a lower "home" fee and a higher "overseas" fees.

Whether students qualify for "home" or "overseas" fees depends on whether they meet certain criteria set out by **INDIVIDUAL** universities. When initially applying to universities on UCAS, students need to have their permanent home address as their UK address (or family member's home) and their "Area of Permanent Residence" will be the county that their home is in. They should select nationality as "UK National" and if they are applying for student finance then they need to put 02 for funding and finance **or** 01 if they are happy to fund themselves.

Being awarded Home Fee Status by a university does mean lower fees (Home Fees) but does not necessarily mean that Student Finance will automatically be given.

Each university has its own criteria for offering Home Fee Status. To assess eligibility, universities use their own Fee Assessment forms, and they can vary in length from 2 pages to 12 pages long. Often the universities require the form and any supporting documents to be sent back within a 2-week period so it is recommended to collect the documentation in advance. Families applying for Home Fee Status will need to prove that they have been temporarily resident overseas, whilst being Ordinarily Resident in the UK

### Top tips!

DON'T send children back to boarding school for the last two years of their schooling, as this can go against their application.

If someone is absent from the UK for more than three years this would normally indicate that they would be classed an international student with UK universities. HOWEVER, because expats can never be permanent residents in the UAE and can only be temporarily resident - the three-year rule should not apply. Expats residing in the UAE are classes as Ordinarily Resident in the UK and Temporarily Resident in the UAE.

Keep all documents of trips back to the UK including flight information, doctors appointments, dentist visits etc for a minimum of three years!

### PLEASE NOTE

Some universities may require 3, 5 or even 10 years of evidence



## Supporting Documents!

- Employer letter stating that the contract is temporary and if it were not renewed the family would all be required to return to the UK.
- Evidence of property ownership or of regular visits to a close family member's home. If using a family's home as home address, it must be the same address on UK bank accounts/council tax bills/doctor registered with etc.
- Keep evidence of partial or full salary being paid directly into a UK bank account, participation in a UK pension scheme and/or payment of income tax.
- Proof of Council Tax/household bills payment and of any maintenance work done on property ie. invoices for window replacement, new boiler etc.
- Proof of UK bank accounts. Copies of statements from UK banks accounts evidencing time spent in the UK on holiday or visiting family, to show that time has been spent in the area where the family home is located.
- Students should apply for their Provisional Driving license in the UK and their National Insurance number when they turn 16.
- Evidence of membership of UK societies, libraries, churches, doctor, etc to show links with the UK and the local community. This can also include membership and regular (yearly) visits to golf clubs, tennis clubs and even regular holidays with the same hotel or rented apartment.
- Evidence of regular travel to the UK as a family. Keep records of boarding passes; booking details, emails, e-tickets, proof form airline loyalty programmes etc. The Universities understand that it was almost impossible between March 2020 and October 2021 so regular trips before and after these dates should be noted (this will only matter for universities requiring more than three years of evidence)
- If families have other children who have been given Home Fee Status previously, they can use this in their application as evidence.
- If the other universities who have made offers have awarded Home Fee Status - this can be mentioned in an appeal, without naming the universities.



UK Study Options

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# Exploring pathways in Psychology

On Wednesday May 8th, I had the wonderful opportunity to visit and attend a few evening lectures, held by Dr Jihene Mrabet at the Amity University Dubai Campus. There, I listened and took part in two Master's degree courses in Psychology about couples and relationship counselling (the importance of verbal and non-verbal communication in marriage) and brain and neuropsychology (circadian rhythms and cognitive neuroscience) as well. Also, I saw what some of their written exams, as well as internal projects, look like and how these are assessed/how feedback is given, with the trend of students begging and arguing for marks still continuing in this upper education as well.

What surprised me the most was how the structure of these lectures strongly differs from our current secondary education at school. Certainly the intensity of listening to Dr Mrabet sharing her knowledge with all the students and myself, for up to three hours without an extended break in between, and not being told explicitly what to write down and highlight as important really gave me a good taste of what the independence aspect of university life is like. Despite this sounding quite daunting, this self-sufficiency and increased freedom also meant that students could pull their phones out in the middle of lectures, have a few snacks and also have more in depth discussions all together about these topics that we are all passionate about without being scared of giving the 'wrong answer'. This is something that further increased my excitement about going to university, since picking a course that you love and enjoy and being surrounded by like-minded people who share these same interests while living within a massive, futuristic university campus sounds like a drastic change from our current daily routines in the best of ways.

Even though this experience surely made me appreciate the more structured curriculum, lessons and subject specifications we have at the moment, it also massively peaked my interest for what is to come and the increased autonomy and privileges that lie ahead. If you have the opportunity to experience something similar about potential courses that you may be interested in, do go and take part in them as they may make you more aware of things that you had not considered or even thought could be possible beforehand. It could lead to you wanting to go into a completely different career pathway, you never know.

**By Ziza Stojanov**



**AMITY**  
**UNIVERSITY**  
DUBAI





# University offers continue.....



**University Offers**



We are proud to announce that Zayed has already received an offer from the following university:

**Regent's University London**  
Business and Sustainability

*Zayed*

**University Offers**



We are proud to announce that Zayed has already received an offer from the following university:

**University of Surrey**  
Environmental Sustainability

*Zayed*

**University Offers**



We are proud to announce that Uzayr has already received an offer from the following university:

**Newcastle University**  
Computer Science

*Uzayr*

**University Offers**



We are proud to announce that Pete has already received an offer from the following university:

**University of Bristol**  
Business and Management

*Pete*

**University Offers**



We are proud to announce that Ikshu has already received an offer from the following university:

**California State University, Sacramento**  
Mechanical Engineering

*Ikshu*

**University Offers**



We are proud to announce that Nell has already received an offer from the following university:

**University of Leeds**  
International Business and Marketing

*Nell*



**University Offers**



We are proud to announce that Pete has already received an offer from the following university:

**University of Exeter**  
Business and Management

*Pete*

*Congratulations!*

**University Offers**



We are proud to announce that Ikshu has already received an offer from the following university:

**Arizona State University**  
Mechanical Engineering

*Ikshu*

**University Offers**



We are proud to announce that Zayed has already received an offer from the following university:

**Oxford Brookes University**  
Paramedic Science

*Zayed*



**University Offers**



We are proud to announce that Naem has already received an offer from the following university:

**University of Westminster, London**  
Psychology

*Naem*

**University Offers**



We are proud to announce that Zico has already received an offer from the following university:

**University of Bath**  
Politics and International Relations

*Zico*



**University Offers**



We are proud to announce that Saai has already received an offer from the following university:

**University of Bristol**  
Biomedical Sciences

*Saai*

**University Offers**



We are proud to announce that Ikshu has already received an offer from the following university:

**University of Surrey**  
Mechanical Engineering

*Ikshu*

**University Offers**



We are proud to announce that Ramla has already received an offer from the following university:

**University of Bath**  
Computer Science and Mathematics

*Ramla*

**University Offers**



We are proud to announce that Ikshu has already received an offer from the following university:

**University of Illinois Chicago**  
Mechanical Engineering

*Ikshu*

Congratulations!

Congratulations!

Congratulations!