Case Study

Uni Connect partnership for Bristol and South Gloucestershire

Logical Levels workshops delivered in partnership with Future Quest



Project Overview

Many young people are asked to make important decisions about education, careers and their future before they have had opportunities to reflect on who they are, what matters to them and what kind of future they want. As a result, decisions can often be influenced by **external expectations**, **limited awareness of available opportunities** or a **lack of confidence** in their own abilities.

The Logical Levels workshops were designed to create space for students to explore their **aspirations, values, beliefs and strengths**, helping them develop **greater self-awareness** and **confidence** when thinking about **future pathways.**

Through facilitated discussion, activities and guided reflection, participants considered how these different elements influence future decisions and explored potential pathways that aligned with their aspirations and values.

Rather than focusing solely on specific jobs or career routes, **the workshops encouraged students to consider what a future career might mean for them personally and how it could align with what matters most to them.**

Workshops were delivered in person and typically lasted two hours.

Evaluation

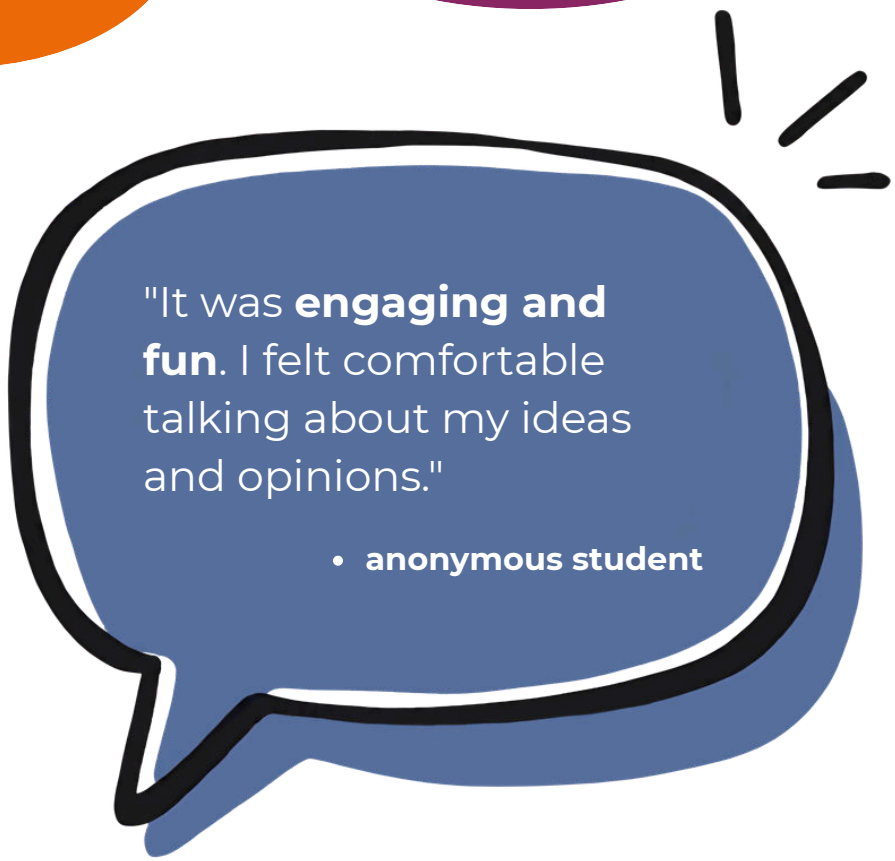
Key Statistics:

We supported **300 young people** on free school meals

83% of participants reported they could use what they had learned to **support future decisions**

17 Logical Levels **workshops delivered**

34 hours of **interactive workshop delivery.**



Key Findings:

- **One of the strongest outcomes** of the Logical Levels workshops was helping students **identify and reflect on their personal values**
- By considering future environments, aspirations, beliefs and priorities, students developed a more **personalised understanding of potential futures.**
- Many participants reported that **the workshop helped them think differently about future choices** and **provided practical tools for decision-making.**
- As students developed greater self-awareness and clarity, many also reported feeling **more confident about their future plans.**

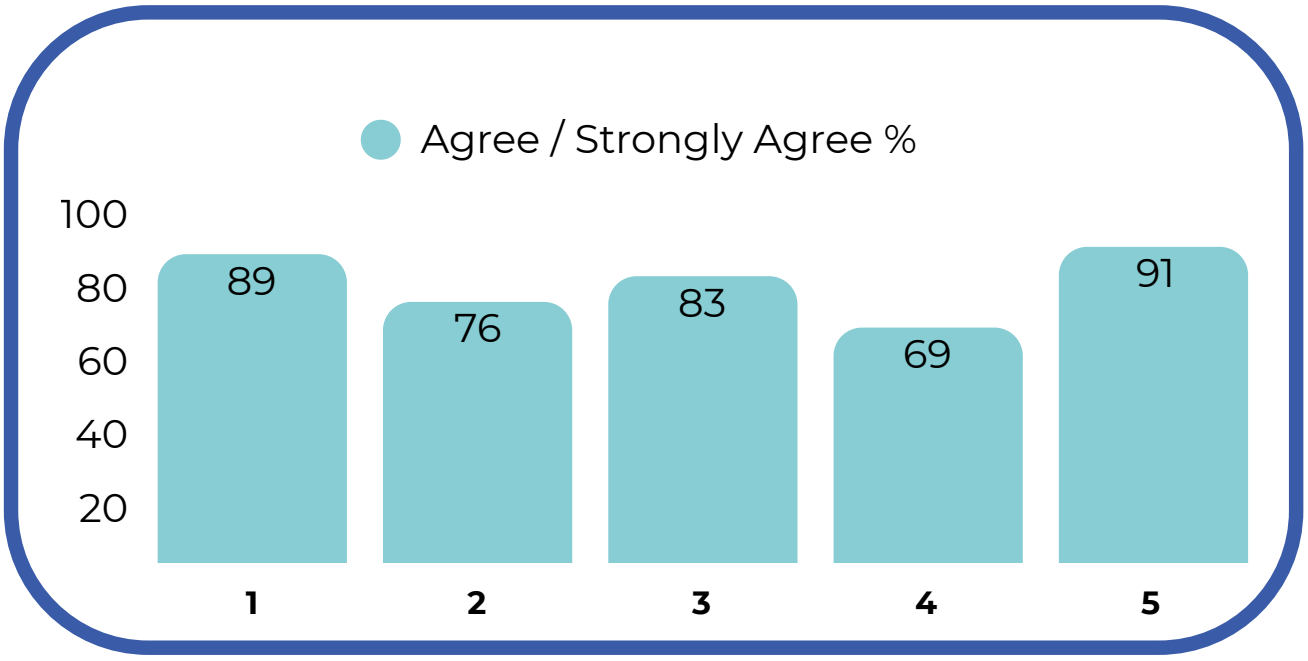
The Data

Evaluation data for the Logical Levels workshops was gathered through **participant feedback surveys** completed at the end of each session. Students were asked to reflect on the extent to which the workshop had helped them:

- Understand their values (1)
- Understand careers aligned to their values (2)
- Feel more confident about future career decisions (3)
- Apply learning to future decisions (4)
- Engage with the workshop experience (5)

Alongside this quantitative feedback, students provided written comments providing feedback. A total of **262 students completed the feedback survey,** representing **87% of the 300** young people who participated in the workshops across the two-year project. This **high response rate** provides confidence that the findings reflect the experiences of the vast majority of participants.

Facilitator reflections also provided additional insight into how students experienced the workshops. Across multiple sessions, facilitators observed students becoming **increasingly confident** in discussing values, identity and future aspirations. While many students initially approached these topics cautiously, they often **progressed to rich discussions about future possibilities, personal values and career pathways**. Facilitators also noted that the workshop structure created opportunities for meaningful **peer conversations** and that accompanying teachers frequently commented on the **high levels of student engagement and reflection.**



What did the students say?

"It made me think a lot about the future and whether the career I want to go down aligns with my beliefs"

"It gave me an opportunity to discuss my thoughts on future careers one-on-one and gave me an idea of how to figure it out on my own."

"I liked how they made it easier for me to clearly point out my values and how they linked with careers I want to do"

“(What I liked most about the workshop was) learning my own values, as I never really stop to think about them. Really helpful."

"I know more of what to do when leaving sixth form and school"

Future Implications

The Logical Levels workshops demonstrate **the value of creating dedicated time and space for young people to reflect on who they are and what matters to them before making decisions about their future.**

While careers education often focuses on pathways, qualifications and opportunities, this project highlights the importance of **self-awareness, values and personal reflection** in supporting effective decision-making.

The workshops also demonstrate how **coaching-based approaches** can be adapted for larger groups, enabling young people to **explore future possibilities, challenge limiting beliefs** and develop greater **confidence in navigating transitions.**