The Marginal Gains Programme

COSMOS

This programme is based on the concept of Marginal Gains, making small improvements in a number of areas of your education and life, to achieve an overall goal.

These are highly impactful and interactive workshops that help reinforce learning and engage students.

Programme Overview |

- 3 x 2 hour interactive workshops
- Maximum 20 male students per cohort
- Pre & Post 16 students (Y9+) - same year group for each cohort
- Fully evaluated – pre & post

✓ Learner data shows **significant positive impact** across all objectives

Our Programme meets |
Gatsby Benchmarks: **1 – 3 – 8**
Evaluation NERUPI Themes: **C – D**

Background |
Why we run the programme…

- Gap in attainment between male and female students
- Disadvantaged males less likely to apply to HE and are less likely to gain a place in HE
- We have a team of staff who are relatable role models

"Massively successful, really engaging, inspirational and it's inspired me to want to do more stuff like that."

"Really, really good. Great concept for all students. The kids really enjoyed it"

"It was very successful, all the pupils engaged, I wouldn't hesitate to recommend it."

*"Disadvantaged boys have **benefited from the Marginal Gains session**. Some boys on this programme have difficult home backgrounds and it has been really positive to have a **young, male role model inspire them and get them to consider their potential and help raise their aspirations.**"*

*"The practical drainpipe activity was a highlight. **The kids were incredibly competitive and were willing to go back to the start, reset and think about what they'd done well and make changes**, which is exactly what the programme is trying to get them to do."*

| The Workshops, Feedback & Evaluation

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Workshop One | 2-hour interactive workshop | Introduction to Marginal Gains

- Inspire through relatable role models
- Introduce the theory of **Marginal Gains** – setting **small goals** and making **small improvements** to help achieve a **bigger goal**
- Individual **Marginal Gains Wheel** – students to identify areas they **can improve** – focused on **paying attention, sticking to task** and **active listening** in education

*"A lot of things are presented to them in school as 'you must achieve this' without actually showing how to get there but **Marginal Gains is good at breaking things down. The students seemed to interact really well with that idea.**"*

Workshop Two | 2-hour interactive workshop | Achieving Goals

- Process of **achieving goals** delivered in a practical way – how to **apply principles** to **school, higher education** and **career**
- Develop **strategies** on how to deal with and **overcome setbacks** to stay on task

*"Practical tasks in a large room to express themselves – they like that, it's different. **They don't think it's learning but it is**, it's just learning in a different way."*

*"When I went in to see the practical session, some students who are quite quiet were stepping up and **coming out of their comfort zones** which is nice."*

Workshop Three | 2-hour interactive workshop | Growth Mindset & Resilience

- Importance of **building resilience** and how to apply this to **education** and **life**
- Develop **strategies** to **self-direct** and **stay motivated**, in the context of education & progression
- Students to **identify & understand** their **strengths**, incorporating the use of **growth mindset** models

***"The boys loved it**, putting these boys all together in one group – **they're not the easiest - and they were completely engaged** and that was lovely to see. **They were all genuinely gutted at the final workshop.**"*

Consistent male role models

*"Some of the boys are quite resistant at times and some of them are quite tough kids. **The boys seemed to warm to Danny, they were on his side straight away; he presented really well.**"*

"Sean made it clear that he wasn't a teacher and that he hadn't had a traditional upbringing and yet he was successful, so that resonated with a lot of the boys…they respected him, they listened, they engaged really well, I thought. He was fantastic."

What we need |

Workshop 1 & 3
Classroom / space with table and chairs. Computer or laptop (our own) connection to an interactive whiteboard with sound.

Workshop 2
1st hour – same as above
2nd hour – outdoor space or large room for bigger interactive activities

We provide all resources needed for the workshops!

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*"They were **on a level** with the kids. The kids paid attention to them and **appreciated them**"*

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