

# Career and Wellbeing Tutorial Programme

2018-19



eastcoast  
COLLEGE

# Welcome to the 2018-19 Career and Wellbeing Programme

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## What will we do:

Our vision and mission are to unlock potential through learning, developing individual, local and regional prosperity and wellbeing.

## How will we do it:

Our values, agreed by our Governors, staff, students and community, are:

- Integrity
- Happiness
- Supportive
- Inclusive
- Inspiring

The principles that underpin the work of East Coast College are illustrated below. These are at the heart of what we do and supports us to achieve our strategic ambition for WINNING OUR MARKET; STUDENT SUCCESS, PROGRESSION & WELLBEING; LEARNING, DEVELOPMENT & WELLBEING and IMPROVING OUR BUSINESS:



Happy students are successful students and we make every effort to encourage all to self-nurture. This programme will help staff and students to identify where groups and individuals may need support and information to help them set and achieve personal targets and develop their happy balance.



# ACTION FOR HAPPINESS



East Coast College works with Action for Happiness to help you get the most from your time with us and develop skills for life. Science shows that when we really think about what happiness means for us – now and longer-term - and take actions that have been shown to help people be happier, it can also help us to achieve our goals, support each other and lead fulfilling lives.

Your actions will help to build our college's community too, making it a great place to be and to learn.

We hope you'll be inspired to take action for yourself and others!

- Your Happiness
- Action for Happiness' Ten Keys to Happier Living
- What do the 10 Keys mean for you?
- Taking Action – some practical ideas
- Daily mindfulness
- Three Good things
- Extra acts of kindness
- My Happiness Action Plan

## About Action for Happiness

Action for Happiness is a movement of people taking action in their personal lives, homes, colleges, workplaces and communities - to help create a happier society for everyone. It works with students, parents, teachers, managers, community leaders, volunteers, policy makers, health experts and more, providing inspiration and resources to help people make a difference, all based on the latest scientific evidence. Join the movement at [www.actionforhappiness.org](http://www.actionforhappiness.org). It's free and you'll find more information on the 10 Keys, lots more ideas for other happiness boosting actions and download our posters, and much more!

## Your Action for Happiness Pack

Electronic version available on Moodle to save in your own area to update.

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# Overview of the Programme

The Career and Wellbeing Programme brings together topics that help students develop a greater understanding of the link between wellbeing and career planning; how to be healthy, happy and make a positive contribution to their immediate and wider communities. The programme is designed to complement students vocational studies by focusing on wellbeing and careers progression.

The programme includes mandatory themes that promote positive wellbeing; self-esteem and building resilience; career progression and planning; employability skills; keeping safe; building positive communities and Action for Happiness. This is accompanied by "Pick and Mix" topics that can be covered across the year and delivered in a variety of methods, including: teacher led and bookable sessions, group visits from partner organisations and whole college events organised by curriculum areas and student services. These can be integrated into teaching across the whole study programme including the vocational curriculum and self-directed study. The tutorial element of the study programme allows group and individual 1:2:1 time for student and teacher to work together towards achievement and progression.

The programme brings together learning based in positive psychology and the Gatsby benchmarks, alongside key local themes, taken from our students, parent/ carer and community partner feedback. The College careers offer is designed to meet the requirements of the DfE Careers strategy: making the most of everyone's skills and talents Dec 2017 and the follow up statutory guidance published February 2018: *Careers Guidance – guidance for further education colleges and sixth form colleges*.

## The Gatsby Benchmarks


The benchmarks are a framework of 8 guidelines about what makes the best careers provision in schools and colleges. Each curriculum area will be required to evidence that their students have experience and intervention in all benchmarks. To help students and teachers record this, there is space in the Proportal My Career Plan area under the following titles:

- My career plan
- My labour market information research
- My employment/industry experience/ volunteering
- Careers events and activities record
- The careers guidance I have recieved

|   |  |   |
|---|--|---|
| 1 | A STABLE CAREERS PROGRAMME                         | Every school and college should have an embedded programme of career education and guidance that is known and understood by students, parents, teachers, governors and employers.   |
| 2 | LEARNING FROM CAREER AND LABOUR MARKET INFORMATION | Every student, and their parents, should have access to good quality information about future study options and labour market opportunities. They will need the support of an informed adviser to make best use of available information.   |
| 3 | ADDRESSING THE NEEDS OF EACH STUDENT               | Students have different career guidance needs at different stages. Opportunities for advice and support need to be tailored to the needs of each student. A school's careers programme should embed equality and diversity considerations throughout.   |
| 4 | LINKING CURRICULUM LEARNING TO CAREERS             | All teachers should link curriculum learning with careers. STEM subject teachers should highlight the relevance of STEM subjects for a wide range of future career paths.   |
| 5 | ENCOUNTERS WITH EMPLOYERS AND EMPLOYEES            | Every student should have multiple opportunities to learn from employers about work, employment and the skills that are valued in the workplace. This can be through a range of enrichment activities including visiting speakers, mentoring and enterprise schemes.  |
| 6 | EXPERIENCES OF WORKPLACES                          | Every student should have first-hand experiences of the workplace through work visits, work shadowing and/or work experience to help their exploration of career opportunities, and expand their networks.  |
| 7 | ENCOUNTERS WITH FURTHER AND HIGHER EDUCATION       | All students should understand the full range of learning opportunities that are available to them. This includes both academic and vocational routes and learning in schools, colleges, universities and in the workplace.   |
| 8 | PERSONAL GUIDANCE                                  | Every student should have opportunities for guidance interviews with a career adviser, who could be internal (a member of school staff) or external, provided they are trained to an appropriate level. These should be available whenever significant study or career choices are being made. They should be expected for all students but should be timed to meet their individual needs. |

## How to use the Careers and Wellbeing Calendar (see page 6)

- The calendar is split into 5 sections: Careers guidance and next steps; Employability skills; Higher Education; Additional events; 1:2:1 progress review tutorials; Wellbeing and across the months of the academic year.
- Each activity has dots next to it to indicate when in the year it will be covered, some are colour coded to help spot the mandatory and pick and mix sessions at a glance as below: Those with dots spanning across a few continuous months indicate where the activity can take place a minimum of once in that time period.

 Tutorial covered minimum of once during months listed

 Pick & Mix session - optional: booked via Student Wellbeing Co-ordinator

### Resources, Workshops and Support:

A large range of resources to support the programme is available on Moodle, corresponding to the Career and Wellbeing offer. Each topic will have a direct link to the resources so that teachers can select those that are most appropriate for the group, with the option of creating a bespoke session plan. Bookable sessions are booked between the teacher via the Student Wellbeing or Student Coaches (careers).

If there are any topics that are of interest, but not listed in the Programme, please let the Student Wellbeing Co-ordinators know. Each year subjects are added according to student and teacher feedback.

# Careers & Wellbeing Calendar 2018-19

| CAREERS GUIDANCE & NEXT STEPS   | Aug | Sep | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | Jun | Jul | Delivered By   |
|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|
| Careers Guidance interviews   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | Student coaches / external partner / HE Champions  |
| What next? Tutorial   |     | ●   | ●   | ●   | ●   | ●   | ●   |     |     |     |     |     | HE Champions / Student Coaches   |
| Next steps progression tutorial and 1:2:1                                 |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     | HE Champions / Student Coaches   |
| Career Plan reviews   |     |     |     | ●   |     |     | ●   |     |     | ●   |     |     | Curriculum / Student Coaches   |
| Choosing your career tutorial   |     | ●   | ●   | ●   | ●   |     |     |     |     |     |     |     | Student Coaches / External Partner   |
| Guest Speakers from industry  |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     | Curriculum / Student Coaches / HE Champions / NCOP Engagement Co-ordinator                     |
| Self-Employment Advice  |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     | Student Coaches / External Partner   |
| Understanding the Labour Market Level 2 & 3                               |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     | Curriculum / Student Coaches / HE Champions  |
| Understanding the Labour Market Foundation Skills/ Level 1                |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     | Curriculum / Student Coaches   |
| Career Events   |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     | HE Champions / Student Coaches / Curriculum / External Partners / NCOP Engagement Co-ordinator |
| Enrolment Information, Advice and Guidance                                | ●   | ●   |     |     |     |     |     |     |     |     |     |     | HE Champions / Student Coaches / Curriculum / External Partners                                |
| Careers Coach: e-platform supporting career planning & labour market info |     |     |     |     |     |     |     |     |     |     |     |     | Curriculum / Student Coaches / Self Service via Moodle   |
| Apprenticeship Fayre  |     |     |     |     |     |     |     | ●   |     |     |     |     | HE Champions / Student Coaches / Curriculum / External Partners                                |

| EMPLOYABILITY SKILLS  | Aug | Sep | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | Jun | Jul | Delivered By   |
|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|
| Maths & English for Employment sessions (excluding access groups)                       |     | ●   | ●   | ●   | ●   |     |     |     |     |     |     |     | Maths and English team led                               |
| Personal Development tutorial   |     | ●   | ●   |     |     |     |     |     |     |     |     |     | Curriculum / Student Coaches                             |
| Industry Experience   |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     | Curriculum / Student Coaches                             |
| Volunteering & Social Action opportunities  |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | Wellbeing Co-ordinators / Curriculum / External Partner  |
| National Citizenship Service L1 students  |     |     | ●   |     |     |     |     |     |     |     |     |     | Curriculum / Student Coaches                             |
| CV and Employment Application tutorials   |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     | Student Coaches / Curriculum / External Partners         |
| Presenting a positive image online - e-safety: your digital footprint                   |     |     | ●   | ●   | ●   | ●   |     |     |     |     |     |     | Wellbeing Co-ordinators                                  |
| Money Skills  |     | ●   | ●   | ●   | ●   |     |     |     |     |     |     |     | Wellbeing Co-ordinators / Curriculum / External Partners |
| Skills for Employment tutorial  |     |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     | Curriculum / Student Coaches / External Partners         |
| Student Voice and Involvement (Inc. Student union, Ambassadors & Course Rep Activities) |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | Wellbeing Co-ordinators / Curriculum                     |
| Mock Interview Practice   |     |     |     |     |     | ●   | ●   | ●   |     |     |     |     | HE Champion / Student Coaches / External Partners        |

### Additional Dates

Freshers' Week - 19th & 20th September 2018

UCAS Deadline - 15th January 2019

Safer Internet Day - 12th February 2019

National Careers Week - 4th-9th March 2019

National Apprenticeship Week - Tbc

#iWill Social Action Pledge - Tbc

 Tutorial covered minimum of once during months listed

 Pick & Mix session - optional: booked via Student Wellbeing Co-ordinator

| HIGHER EDUCATION   | Aug | Sep | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | Jun | Jul | Delivered By  |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|---|
| Higher Education Options & Finance Tutorial: Aim Higher (Level 3)                            |     | ●   | ●   | ●   | ●   | ●   |     |     |     |     |     |     | Student Coaches / Curriculum / HE Champions / Engagement Co-ordinator |
| UCAS Clearing advice and support: drop-in, appointments, 1:2:1, telephone or email (Level 3) | ●   | ●   | ●   |     |     |     |     |     |     |     |     |     | Student Coaches / Curriculum / HE Champions                           |
| UCAS Application Sessions (Level 3)  |     | ●   | ●   | ●   | ●   | ●   |     |     |     |     |     |     | Student Coaches / Curriculum / HE Champions                           |
| Effective Personal Statement Sessions  |     | ●   | ●   | ●   | ●   | ●   |     |     |     |     |     |     | HE Champion / Student Coaches / Curriculum / External Partners        |
| Higher Education Fayre   |     |     | ●   |     |     |     |     |     |     |     |     |     | HE Champions / Student Coaches / Curriculum / External Partners       |
| Student Finance Talks  |     |     |     | ●   | ●   | ●   | ●   |     |     |     |     |     | HE Champions / Student Coaches / Curriculum / External Partners       |
| Student Finance 1:2:1 support available  |     |     |     |     |     |     |     | ●   | ●   | ●   | ●   | ●   | Student Coaches / Curriculum / External Partners                      |
| Budgeting Skills   |     |     |     |     |     |     |     |     | ●   | ●   |     |     | Student Coaches / Curriculum / External Partners                      |
| Higher Education Trips   |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | HE Champions / Student Coaches / Curriculum                           |
| Advice and Guidance: drop-in, appointments, 1:2:1, telephone or email                        | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | HE Champions / Student Coaches / External Partners                    |
| HE Information Sessions Parents / Carers   |     |     | ●   |     |     |     |     |     |     |     |     |     | HE Champions / Student Coaches / External Partners                    |

 Tutorial covered minimum of once during months listed

 Pick & Mix session - optional: booked via Student Wellbeing Co-ordinator



| <b>ADDITIONAL EVENTS</b>   | <b>Aug</b> | <b>Sep</b> | <b>Oct</b> | <b>Nov</b> | <b>Dec</b> | <b>Jan</b> | <b>Feb</b> | <b>Mar</b> | <b>Apr</b> | <b>May</b> | <b>Jun</b> | <b>Jul</b> | <b>Delivered By</b>   |
|--|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|---|
| Focus groups for parents and carers  | ●          |            |            |            | ●          |            |            | ●          |            |            |            |            | Wellbeing Co-ordinator / Assistant Principals / Student Wellbeing |
| Parent & Carer Progress Updates  |            |            | ●          |            | ●          |            |            | ●          |            |            | ●          |            | Curriculum / Student Services / HE Champions / External Partners  |
| Open Events  |            |            | ●          |            | ●          |            |            |            |            |            |            |            | Curriculum / Student Services / HE Champions / External Partners  |
| Parent & Carer Welcome   |            | ●          |            |            |            |            |            |            |            |            |            |            | Curriculum / Student Services / HE Champions                      |
| Preparation for College Days   |            |            |            |            |            |            |            |            |            |            | ●          | ●          | Curriculum / Student Services / HE Champions / External Partners  |
| Local, National and Global events advertised around college / through Moodle |            | ●          | ●          | ●          | ●          | ●          | ●          | ●          | ●          | ●          | ●          | ●          | Curriculum / Student Services / HE Champions / External Partners  |
| Motivational Speaker   |            |            | ●          |            |            |            |            |            |            |            |            |            | HE Champion   |
| Wellbeing and Career Guest Speakers  |            | ●          | ●          | ●          | ●          | ●          | ●          | ●          | ●          | ●          | ●          | ●          | HE Champions / Student Services                                   |
| Parent & Carer Wellbeing Information Sessions                                |            |            |            | ●          |            |            | ●          |            |            |            |            |            | Wellbeing Co-ordinators   |
| <b>1:2:1 PROGRESS REVIEW TUTORIALS</b>                                       | <b>Aug</b> | <b>Sep</b> | <b>Oct</b> | <b>Nov</b> | <b>Dec</b> | <b>Jan</b> | <b>Feb</b> | <b>Mar</b> | <b>Apr</b> | <b>May</b> | <b>Jun</b> | <b>Jul</b> | <b>Delivered By</b>   |
| Setting targets: your starting point   |            | ●          |            |            |            |            |            |            |            |            |            |            |   |
| First 6 weeks review: are you on target?                                     |            |            | ●          |            |            |            |            |            |            |            |            |            |   |
| End of term progress review  |            |            |            |            | ●          |            |            |            |            |            |            |            |   |
| Term 2 targets: linked to progression  |            |            |            |            |            | ●          | ●          | ●          |            |            |            |            |   |
| End of year review   |            |            |            |            |            |            |            |            |            | ●          |            |            |   |

 Tutorial covered minimum of once during months listed

 Pick & Mix session - optional: booked via Student Wellbeing Co-ordinator

| WELLBEING  | Aug | Sep | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | Jun | Jul | Delivered By                                |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|---|
| Building positive communities: College and British Values & Prevent tutorial |     | ●   | ●   | ●   | ●   |     |     |     |     |     |     |     | Wellbeing Co-ordinators                     |
| What Makes a Community tutorial - making a difference                        |     |     |     |     |     | ●   | ●   | ●   | ●   |     |     |     | Curriculum / Wellbeing Co-ordinators        |
| Celebrating Diversity tutorial: unconscious bias                             |     |     |     |     |     |     |     | ●   | ●   | ●   | ●   |     | Wellbeing Co-ordinators                     |
| ECC Respect Campaign   |     | ●   |     |     |     |     |     |     |     |     |     |     | Curriculum                                  |
| Rude vs Mean vs Bullying vs Hate Crime tutorial                              |     |     | ●   | ●   | ●   |     |     |     |     |     |     |     | Wellbeing Co-ordinators                     |
| Reviewing Respect (L3 Yr 2) tutorial   |     | ●   |     |     |     |     |     |     |     |     |     |     | Curriculum / Wellbeing Co-ordinators        |
| Mental Health - What is Mental Health Tutorial                               |     | ●   | ●   | ●   |     |     |     |     |     |     |     |     | Wellbeing Co-ordinators                     |
| Mental Health - Healthy Relationships tutorial                               |     |     |     |     | ●   |     |     |     | ●   |     |     |     | Wellbeing Co-ordinators                     |
| Mental Health - Self-esteem and resilience                                   |     |     |     |     | ●   |     |     | ●   |     |     |     |     | Wellbeing Co-ordinators                     |
| Sexual Health Awareness  |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     | Wellbeing Co-ordinators / External Partners |
| Drugs, alcohol and substance awareness                                       |     |     |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     | Wellbeing Co-ordinators / External Partners |
| Driving Awareness  |     |     |     | ●   | ●   | ●   | ●   | ●   |     |     |     |     | Wellbeing Co-ordinators / External Partners |
| Healthy Living and Keeping Fit   |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     | Wellbeing Co-ordinators / External Partners |
| Personal Safety  |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     | Wellbeing Co-ordinators / External Partners |
| Conflict and Resorative Approach   |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     | Wellbeing Co-ordinators / External Partners |
| Hate Crime   |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   |     | Wellbeing Co-ordinators / External Partners |
| Give it a Go enrichment activities   |     | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | ●   | Wellbeing Co-ordinators / External Partners |

 Tutorial covered minimum of once during months listed

 Pick & Mix session - optional: booked via Student Wellbeing Co-ordinator

# Offer Grid - Content and Outcomes

Level 3 year 2 students should review the mandatory topics where they have been delivered previously, the Wellbeing Co-ordinator and Student Coach team can work with each teacher to plan what is best for individual groups. These groups will be focussed on their career and progression planning.

| TOPIC   | Content & Outcomes  |
|---|---|
| <b>CAREERS GUIDANCE &amp; NEXT STEPS</b>  |   |
| Careers guidance interviews available by appointment 1:2:1/ by phone/email                                  | Students will have the opportunity to discuss options. Contact details and an enquiry form are available in the Careers & Progression section.  |
| What Next? Tutorial (Apprenticeships, Higher Education, Employment and Volunteering)                        | Students will be introduced to their next steps.  |
| Next steps and progression tutorial and 1:2:1   | Students are made aware of their next step options including Higher Education, apprenticeships and employment.  |
| Career Plan reviews (proportal)   | Career plans completed in the Career Plan area of proportal minimum of termly.  |
| Choosing Your Career Tutorial   | Students will understand how to choose a career that is right for them and how to find the resources and help they need to make their decision.   |
| Guest Speakers from Industry  | All groups will benefit from industry contact to facilitate greater understanding of the sector and opportunities.  |
| Self-Employment Advice  | Students will gain a great knowledge of self-employment, resources are available via Moodle > Careers and Progression.  |
| Understanding the Labour Market Level 2 & 3   | Bespoke to curriculum areas this session will support students understanding if the labour market relates to their subject.   |
| Understanding the Labour Marketing Foundation Skills/ Level 1   | Bespoke curriculum areas this session will support students understanding if the labour market is related to their subject.   |
| Career events   | These can be internal or external and support the unbiased information, advice and guidance offer that each student must have the opportunity to access.  |
| Enrolment information, advice and guidance  | Advisors will be available during enrolment to support questions and guide students.  |
| Careers Coach: e-platform supporting students with individual career planning and labour market information | The e-platform facilitates students to research career options, get their CV up to date and understand the labour marketing information relevant to their career ideas. Link is available via Moodle > Careers and Progression. |
| Apprenticeship Fayre  | This can be internal or external and support the unbiased information, advice and guidance offer that each student must have the opportunity to access.   |

| <b>EMPLOYABILITY SKILLS</b>   |  |
|---|--|
| Maths and English for Employment Sessions   | Incorporate the importance of English and maths in to visitor speaker sessions and embedded into employability throughout the year.  |
| Personal Development tutorial   | Students will understand and develop confidence, participating effectively in social situations and dealing with stress. Students will set targets on Proportal during induction, based on these themes and review them. |
| Industry Experience   | All students take part in relevant work experience.  |
| Volunteering and Social Action opportunities  | Wellbeing Co-ordinators will update groups around how they can get involved in volunteering and social action projects - check out the ECC Social Action Market Place on Moodle.   |
| National Citizenship Service Level 1 Students   | Students will gain additional employability skills and develop friendships during NCS sessions.  |
| CV and employment application tutorials   | Support for students to gain employment and demonstrate their skills.  |
| Presenting a positive image online - e-safety: your digital footprint                   | Delivered by Wellbeing Co-ordinators this session will cover the mark individuals make whilst online. It includes responsibilities and consequences, catfishing, online dating and how to get help.                      |
| Money Skills  | Develop skills to become financially independent and make informed choices.  |
| Skills for Employment tutorial  | Students will be able to identify their own skills and create actions to develop further.  |
| Student Voice and Involvement (Inc. Student Union, Ambassadors & Course Rep activities) | Voting for Student Union, identifying ambassadors and course reps.   |
| Mock interview practice   | Support for students to develop interview skills.  |

| <b>HIGHER EDUCATION</b>  |  |
|--|--|
| Higher Education options & finance tutorial: Aim Higher (Level 3)                            | Students will increase understanding of Higher Education options available, how to research, apply and organise their finance. |
| UCAS Clearing advice and support: drop-in, appointments, 1:2:1, telephone or email (Level 3) | Support is available for students to speak to an adviser and gain advice.  |
| UCAS Application sessions (Level 3)  | Application sessions will help students at any stage of their application process.   |
| Effective Personal Statement Sessions  | Students can gain advice on completing their statements.   |
| Higher Education Fayre   | Meet providers of Higher Education to support researching options.   |
| Student Finance Talks  | Students can gain advice on applying for finance.  |
| Student Finance 1:2:1 support available  | Students can gain advice on applying for finance.  |
| Budgeting skills   | Advice on budgeting skills for independent living and support available for adult students with concerns about money.          |

|  |  |
|--|--|
| Higher Education trips   | Opportunities for students to visit Higher Education providers.  |
| Advice and guidance: drop in, appointments, 1:2:1, telephone or email        | Advice available for all students.   |
| HE Information Session Parents/ Carers                                       | Sessions designed to support parents and carer information.  |
| <b>ADDITIONAL EVENTS</b>   |  |
| Focus Groups for parents and carers  | ECC working with parents and carers as stakeholders in our community.  |
| Parent & Carer Progress updates  | Parents/carers reports and opportunity for communication with college staff, updating on progress and targets.   |
| Open Events  | Open events enable our community and potential students to visit us and plan their future.   |
| Parent and Carer Welcome   | An open event welcoming parents and carers to our college community. Parents and carers will find out more about expectations of students and how to seek advice and support if required.          |
| Preparation for College Days   | Taster sessions for new students' pre-enrolment to experience college life. Students have the chance to speak to other subject areas and change course options if they are unsure.                 |
| Local, National and Global events advertised around college/ through moodle  | Students are given the opportunity to get involved in events that promote community values and citizenship.  |
| Motivational Speaker   | NCOP organised session to inspire students   |
| Wellbeing and Career Guest Speakers  | Guests speaking to students on a range of topics to support covering the Careers and Wellbeing Programme.  |
| Parent & Carer Wellbeing Information Sessions                                | Sessions aimed at parents and carers covering topics relating to supporting young people.  |
| <b>WELLBEING</b>   |  |
| Building Positive Communities: College and British Values & Prevent tutorial | Help students become valuable and well-rounded members of society, who treat others with respect and tolerance.  |
| What Makes a Community tutorial - making a difference                        | Help students understand what makes a community and understanding the importance of mutual respect.  |
| Celebrating Diversity tutorial: unconscious bias                             | Celebrate difference and promote diversity.  |
| ECC Respect Campaign   | Respecting the college, studies, community and others.   |
| Rude vs Mean vs Bullying vs Hate Crime tutorial                              | Understanding the impact and consequences of negative behaviour towards others.  |
| Reviewing Respect (L3 Yr2) tutorial  |  |
| Mental Health - What is Mental Health Tutorial                               | Develop a greater understanding of the types of mental health, promoting an end to stigma and discrimination and strategies to seek help and support.  |
| Mental Health - Healthy Relationships Tutorial                               | Identifying indicators of healthy and unhealthy relationships. Understanding of domestic abuse, female genital mutilation and forced marriage. Where to find information when support is required. |

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| Mental Health - self-esteem and resilience tutorial | Recognising positive self-esteem and resilience and how to build in self and others.   |
| Sexual Health Awareness                             | Up to date knowledge and information about sexual health, the dangers and where to get support.  |
| Drugs, alcohol and substance awareness              | Updated knowledge of the impact of misuse of substances, consequences and the law surrounding it. Where to find support if needed.   |
| Driving Awareness                                   | Awareness of how to be a safer driver and passenger and the impact on self and others.   |
| Healthy Living and Keeping Fit                      | Promote increased awareness of how to keep fit and healthy to enable individuals to make informed choices. This will include sessions targeted at specific topics e.g "Stress Less at Exam Time" run by the internal team and external partners. |
| Personal Safety                                     | Develop practical advice and tips on how to keep safe. To include safety at festivals and events.  |
| Conflict and Restorative Approach                   | Identifying personal and interpersonal conflict, behaviours, emotions and impact of conflict. Problem solving when conflict occurs and the restorative approach.   |
| Hate Crime  | Understanding what hate crime is, how to report, impact on victims, perpetrators and community.  |
| Give it a Go Enrichment Activities                  | Sport, debates, quiet room and volunteering.   |

# Extra Information

## Student Coaches (Information, Advice and Guidance)

Coaches offer free and impartial advice to enable individuals to make well informed choices about their future plans. Coaches can help with a range of topics including:

- Course information, applications and enrolment
- Job seeking techniques, applications and CV's
- Finance for college and University Study
- Progression options and careers advice
- Referrals to other agencies, training and education providers
- Transport information

## Bursary Funds (financial support for students)

Various types of bursaries are available for students who think they might struggle with the costs for full-time education or training. Bursaries include the 16-19 Bursary and the Discretionary Bursary. They help to cover costs for things such as:

- Childcare costs
- Travel Costs
- Course related costs
- Emergencies and exceptional hardship

See the Student Finance Team for additional information.



## Student Wellbeing and Safeguarding Team

Here to advise and support students of all ages on a wide range of areas such as:

- Your safety
- Bullying and respect
- Housing
- Healthy Living
- Sexual Health
- Relationships
- Mental Health

## Student Voice Team/Student Involvement/Ambassadors

Here for you to have your say on a range of topics, voice your opinion and suggestions to create a happier and more effective learning environment. Look out for the Have Your Say Icons, pop up surveys and Feedback opportunities.

## Library and Learning Services team

The Library and Learning Services team offer support with resources and study skills and how to use Moodle effectively.

## Inclusion and Additional Learning Support

The team offer support with any additional learning needs, ongoing attendance concerns and developing your strengths.

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