



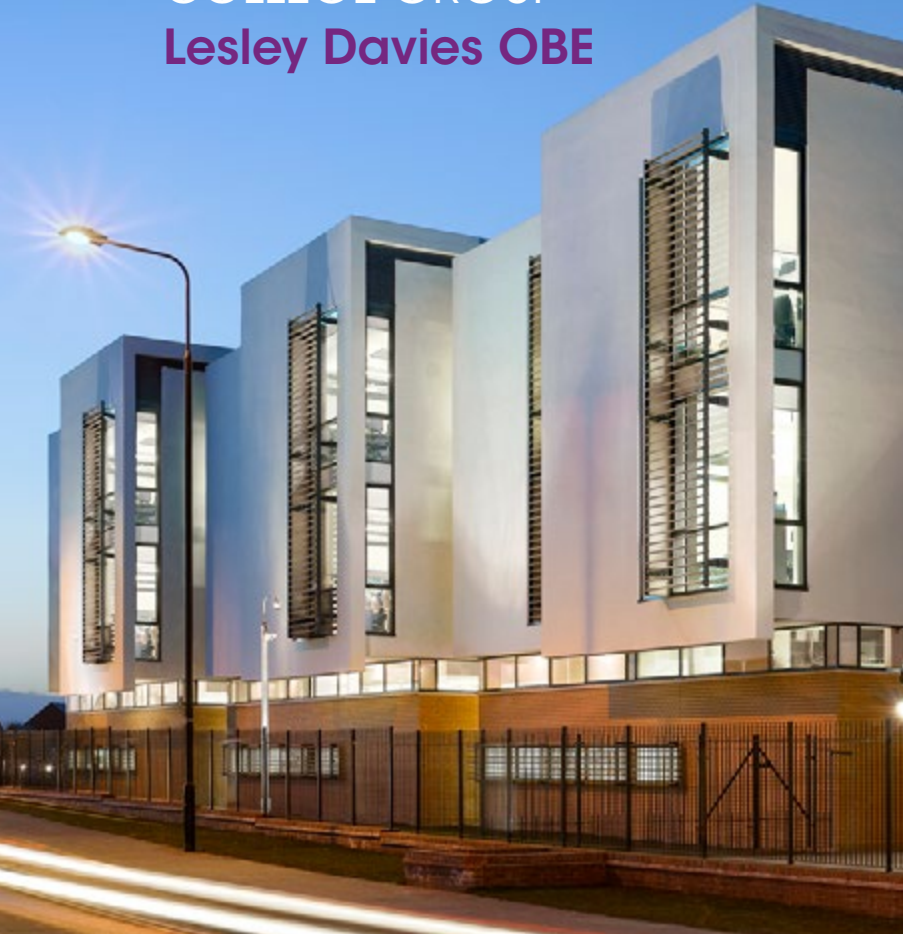
COLLEGE READY



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MESSAGE FROM
PRINCIPAL AND
CHIEF EXECUTIVE
THE TRAFFORD
COLLEGE GROUP
Lesley Davies OBE



Each year, thousands of students leave school to enjoy a much needed summer break before embarking on a career at college but there is no doubt that this year you are unique. With schools forced to close their doors and new ways of learning thrust upon you it has not been the best of times for your education.

While this situation has been unavoidable we have been working to ensure that you will be able to benefit from a safe and enjoyable learning experience when you join us after the summer.

Our 'College Ready' programme features a range of activities and a host of information to keep you engaged with education and this leaflet gives you lots of hints, tips and advice on what you can do over the summer to help you prepare for life at College.

We hope you find this information useful while you are at home over the next few weeks. In the meantime, can I wish you and your family the college's best wishes and I look forward to you joining the College in September!

Warm regards,

Lesley Davies OBE

Principal and Chief Executive,
The Trafford College Group

WHAT IS THE COLLEGE READY PROGRAMME ?



We are delighted to tell you about our 'College Ready' programme which has been designed to help you prepare for college over the summer break.

Your teachers have created some fantastic resources to help become familiar with your study programme so you feel confident and prepared for college from day one.

Simply go to www.trafford.ac.uk/collegeready to find subject specific information sheets and videos for you to have a look at as well as activities to try.

We've also included advice on your career programme at college, work experience and placements as well as hints, tips and advice around mental health and well-being. All of the ingredients for a successful start to college!

GET COLLEGE READY!

www.trafford.ac.uk/collegeready

THE DIFFERENCE BETWEEN SCHOOL AND COLLEGE

Class time and study time

When visiting schools we are often asked how college life might be different. Here are some examples.

SCHOOL

5 Days of learning per week

Only attended by students aged between 11-16 (year 7-11)

Quite formal (calling teachers by surname)

Wear school uniform

Additional time for homework, revision and assignments

Study large range of subjects (between 5-10)

COLLEGE

3-4 days of learning per week

Attended by any students aged 16+, including adults

More informal (call staff by first name)

No uniform/wear college ID badge (depending on your curriculum area you may be required to wear a particular type of clothing for example chef whites)

16+ hours independent study time per week Up to 50 days of work experience
Time for a part-time job

Most students study one vocational or technical qualification which is more career focused

TOP TIPS FOR PREPARING FOR COLLEGE LIFE

- > Over the summer break make sure you take advantage of our 'College Ready' programme.
- > Don't be afraid to ask for help with anything. You can still get in contact with us over the summer through our online chat on the website as well as college email addresses and phone numbers in this leaflet.
- > It's best to sort out all the equipment you will need before you start on your journey with us. Check the 'College Ready' activity sheets and course information factsheets on the website to find out what you need.
- > Manage your money: Having more freedom at college will mean that you are likely to spend more than you normally would. So remember, make a budget for each month or term and stick to it!
- > Make sure your attendance and punctuality is excellent. Attend all lessons and tutorials on time and make use of your independent learning time by using the college library.
- > Get involved with the extra-curricular activities on offer. Universities and employers love to see that you have done something in addition to your main study programme.
- > And, most important of all... just be yourself! Relax, enjoy your new learning experience, make new friends and meet new people.

It's what college is all about 😊

YEAR 11 NEXT STEPS



Complete your College Ready programme on our website.

July



Get your letter inviting you into enrolment.

w/c 10th August



Come into the college to enrol .

w/c 20th August



College Induction week .

w/c 7th September



College Term starts .

w/c 14th September

THE GUIDE TO A HEALTHY MIND QUESTIONS

HOW HAS YOUR MOOD BEEN OVER THE LAST TWO WEEKS?




CALENDAR


- A** I have been feeling mostly happy
- B** My mood has been a bit up and down
- C** I've often been anxious and my mood has mostly been low
- D** I have been anxious and/or depressed I feel overwhelmed with the distress

HOW SOCIABLE ARE YOU WITH YOUR FRIENDS?


A
I am usually sociable




B
I sometimes feel uncomfortable in social situations / I don't feel like socialising



C
I often avoid being around others or meeting up with friends



D
I avoid / I prefer to be alone




HOW COMFORTABLE DO YOU FEEL TALKING TO YOUR FAMILY?

A I can talk to my family about most things

B I find it hard to discuss some things with my family

C I keep a lot of things to myself

D I can't tell them anything



DO YOU PERFORM TO THE BEST OF YOUR ABILITY AT COLLEGE?

A
I usually perform to the best of my ability and stay focussed in lessons

C
I often struggle to perform to the best of my abilities and can quickly lose focus

B
I sometimes perform to the best of my ability and can focus most of the time

D
I always struggle to perform to the best of my abilities and can't focus on the majority of tasks

HOW WOULD YOU DESCRIBE YOUR SLEEP PATTERN?



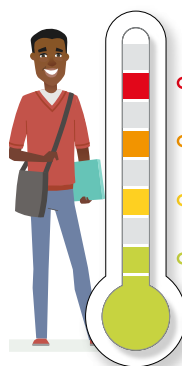
A Normal sleep pattern

C I often have restless or disturbed sleep

B I sometimes have trouble sleeping

D I never sleep well

HOW ABLE ARE YOU TO CONTROL YOUR MOOD?



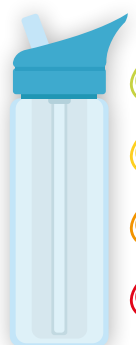
D I am unable to control my mood

C I've felt anxious and/or depressed but have been able to get on with my life

B I am able to manage my mood but often find it difficult

A I am able to manage my mood in various ways

HOW ENERGISED DO YOU USUALLY FEEL?



A Energetic / I feel mostly well

B My energy levels depend on what I've got on / I feel mostly ok

C I have low energy levels / I often feel unwell

D Exhausted / I feel regularly ill

THE GUIDE TO A HEALTHY MIND ANSWERS



Mostly A's

Your mental health is good; you feel well in yourself and you're feeling on top of things at home and in college. Nevertheless, it's important to be aware of useful strategies that can help you to maintain this high level of wellbeing.

Self Help Ideas:

- Regular exercise
- Eating a variety of healthy foods and drinking plenty of water
- Having approximately 9 hours of sleep
- Spending time with family and friends
- Having a balanced lifestyle with school-based and enjoyable activities

Services Available in College:

- If your feelings ever change, or if you feel overwhelmed by any sort of stress, here are some support services available:
- Extra-Curricular Clubs
- Consultation with your Course Tutor or Pastoral Support Mentor
- Pastoral Support Moodle page
- College Counsellor (you can self-refer in Learner Services)



Mostly B's

Most of the time you are feeling ok about many aspects of your life. However, like everyone, there are times when you experience ups and downs. Sometimes there are clear reasons for the changes in your mental health, but at other times, the reasons are less obvious. You will probably find that any experiences of low mood pass quite quickly and you soon feel yourself again.

Self Help Ideas:

- Regular exercise
- Eating a variety of healthy foods and drinking plenty of water
- Having approximately 9 hours of sleep
- Spending time with family and friends
- Having a balanced lifestyle with school-based and enjoyable activities
- Mindfulness

Services Available in College:

- If your feelings ever worsen, or if you feel overwhelmed by more severe forms of stress, here are some support services available:
- Consultation with your Course Tutor or Pastoral Support Mentor
 - Pastoral Support Moodle page
 - College Counsellor (you can self-refer in Learner Services)
 - Mental Health and Wellbeing Workshops – see your Pastoral Support Mentor for Further details



Mostly C's

Currently, it seems as if you might be experiencing low mood and heightened anxiety. You're probably finding it hard to concentrate on college work or other areas of your life because of the stress you are experiencing.

Furthermore, your lack of sleep and low energy levels will be making the anxiety a lot worse and you are finding it hard to share your thoughts and feelings with friends and family.

Please remember that what you are experiencing isn't 'abnormal' or 'unnatural'; everyone experiences stress at some point in their life and 1 in 4 people have a mental health disorder. Although it may seem really difficult to ask for help, research has found that people start to feel better when they share their feelings with someone else.

Self Help Ideas:

- Regular exercise
- Eating a variety of healthy foods and drinking plenty of water
- Having approximately 9 hours of sleep
- Spending time with family and friends
- Having a balanced lifestyle with school-based and enjoyable activities
- Mindfulness
- Discussing your feelings with close friends or family members

Services Available in College:

- Consultation with your Course Tutor or Pastoral Support Mentor
- Pastoral Support Moodle page
- College Counsellor (you can self-refer in Learner Services)
- Mental Health and Wellbeing Workshops – see your Pastoral Support Mentor for Further details
- External Counselling Service (referral can be made via your GP)
- Websites such as "The Mix" and "Kooth" offer support outside of college



Mostly D's

Based on your responses, it is important that you speak to somebody about how you're feeling. Although it may seem really difficult to ask for help, perhaps as you fear that others won't be able to understand how you're feeling or you are convinced that the hopeless feelings you carry cannot be changed, mental health professionals will be able to provide you with the tools you need to recover and manage anxiety.

Self Help Ideas:

- Regular exercise
- Eating a variety of healthy foods and drinking plenty of water
- Having approximately 9 hours of sleep
- Spending time with family and friends
- Having a balanced lifestyle with school-based and enjoyable activities
- Mindfulness
- Discussing your feelings with close friends or family members

Services Available in College:

- Consultation with your Course Tutor or Pastoral Support Mentor
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DEALING WITH STRESS



Exercise

It's essential to get some exercise each day, to not just to keep in shape but also to keep your mind healthy. There are thousands of at home workout routines you can follow – there is at least one for everyone! Here are some of our favourites:

- > Adidas' 10-Minute Full-Body Home Workout
- > 20-Minute Dance Cardio Workout
- > 20-Minute Full-Body Workout



Friends

It's important to stay connected by keeping in touch with others, which you can easily do through messages, calls and video chats. Some of our favourite video chats include:

- > Google Hangouts,
- > Zoom and
- > House party



Anxiety

Many of us are anxious during the current crisis, whether it's over fear of illness or exam uncertainty. Here are our top 3 tips to dealing with anxiety:

- 1 Talk – Talking to a friend, family or trusted individual is one of the best things you can do to relieve anxiety.
- 2 Routines – Following the same daily activities is a great way to bring normality back to your life.
- 3 Less News – The current headlines can be worrying, so it's important to take a break from time to time.



Relaxing

One of the most important parts of college life is learning how to relax as well as work. Here are some of the things like to we do:

- > Switch off the screens – Have a break from your devices
- > Get a hobby – Find an activity aside from work to switch off
- > Yoga and Tai Chi – Perfect exercises for calming down at home
- > Run a warm bath – Relax with candles, scented bubble bath and music
- > Mindfulness – Download a mindfulness app, such as Headspace
- > Eat Well – Avoid junk food and unhealthy drinks for a positive impact

ENJOY YOUR SUMMER

We look forward to seeing you safe, healthy and ready for college in September and wish you a fantastic summer break.

And if you've still not made an application to join us this academic year, do not worry.

This year has been unique and so we are still accepting applications throughout the summer and during enrolment.

Keep connected with us through our social media pages and give us a follow to keep up to date with everything we are up to.

Facebook: **TraffordCollege**

Instagram: **@traffordcollege**

Twitter: **@TraffordCollege**

Tag us in your next post and let us know your lock down tips!
We look forward to seeing you once everything returns to normal.

STAY SAFE!