

FORTH VALLEY COLLEGE

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Forth
Valley
College



Making Learning Work

ISSUE 4

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FREE
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MAGAZINE

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WELCOME TO THE FOURTH EDITION OF FYI...

FORTH VALLEY COLLEGE'S MAGAZINE FOR S4-S6 PUPILS ACROSS ALLOA, FALKIRK & STIRLING.

Find out more about the College, our courses and your options after leaving school. Hear what our students have to say and get advice for school and life beyond!



www.forthvalley.ac.uk/courses

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MY FOUNDATION APPRENTICESHIP EXPERIENCE
JACK DOUGAN

A Foundation Apprenticeship is paving the way for a career in the care industry for a Stirling teenager.

Jack Dougan (16), a pupil at St Modan's High School in Stirling, is studying for a Children and Young People Foundation Apprenticeship (FA) at Forth Valley College's Stirling Campus.

He currently attends the College one day a week and also takes part in a work placement. FYI chats to him about his experience so far..

Q. How did you hear about the course?

I heard about the Foundation Apprenticeships through doing the School/College Opportunities to Succeed (SCOTS) programme when I was in fourth year. Ernie Romer, FVC's School Partnership Coordinator, came and told me that the Children and Young People FA would be a great opportunity for me if I wanted a career in childcare.

Q. What's been your favourite part of the course so far?

I have just started my placement and it is the best bit for me so far. At the College Barbara Johnstone my lecturer is amazing and being here works better for me than being at school.

Q. Would you recommend the course to others?

I would definitely recommend the FA programme and I would advise all senior school pupils in Forth Valley to look at it and see what it has to offer.

Q. What are you planning to do once you've completed the course?

There are lots of options after I finish this course. I can go straight into working in a nursery, I can do a Modern Apprenticeship or I can continue on to get a degree. I'm thinking about social work or maybe going into teaching, but I still have time to decide.



Foundation Apprenticeships take two years to complete, and let pupils in S5 and S6 undertake college-style learning alongside a significant work placement with a local employer. At the end of the course, pupils receive a qualification similar to a Higher.

The hands-on nature of apprenticeships is hugely popular with employers, who say that practical skills are just as important as academics, and the Foundation Apprenticeship is playing a key role in preparing young people for the world of work. If you want to find out more about Foundation Apprenticeships, please visit:

WWW.FORTHVALLEY.AC.UK/FA



A MODERN APPRENTICE PERSPECTIVE: REBECCA WEIR

Rebecca Weir (18) from Alloa, a Modern Apprentice Coppersmith with Diageo Abercrombie, is going hammer and tongs to learn as much as she can in her chosen career.

Her daily duties include beating copper sheets to the desired shape to make them into a still to hold the alcohol. She heats the sheets, beats them into the shape required and then welds them together to the required shape. Rebecca also spends one day a week at Forth Valley College refining her skills and learning the theory side of her MA qualification.

She said: "At the college a National Certificate is our theory unit, to learn topics and complete assessments. PEO2 is our workshop unit, we do practical activities in the workshop and then follow the activities up by completing log books.

"I think my lecturers are extremely helpful and care a lot about how we do in our apprenticeships. The engineering facilities are also fantastic in the college, best I've seen.

"The best part about the MA so far has been the college. It has helped me to ease into the workplace as the majority of MAs are just away from school, therefore we aren't flung in at the deep end by going straight into a workplace.

"It really has helped me, because when I go into work I know more about certain things that are required of us at work.

"I highly recommend the MA Programme, as I know in my school, apprenticeships are something that wasn't really spoken about often, so not a lot of people got help to apply. It was all about university and college and these are good routes after school, but apprenticeships are also a great thing to be a part of. I know it was the right decision for me."

"I love my apprenticeship and am so grateful to have this opportunity, learning new things every day and proud to work for such a great company."

"We are given time to learn more about our jobs and ourselves and grow as individuals."

For more information on Modern Apprenticeships at Forth Valley College, visit www.forthvalley.ac.uk/MA

FVC IN PICTURES

1 Work Begins on New Falkirk Campus

Work has officially begun on Forth Valley College's new £78 million Falkirk Campus. The new campus - which is earmarked for completion in November 2019 - will focus heavily on training facilities designed for science and technology, engineering, sport and healthcare.

Will you be applying to college in 2019? Find out more at www.forthvalley.ac.uk/new-falkirk-campus



1

2 Robotics Challenge heat held at FVC

Forth Valley College hosted a heat of a UK wide technology competition which aims to uncover 'Tomorrow's Engineers'. A total of 140 youngsters ranging from 11-14 years old took part in the Robotics Challenge at Falkirk Campus on Tuesday 6 February.

Well done to McLaren High School who were crowned winners at the UK final!



2

3 SCOTS Celebrate Success

Over 50 high school pupils from the Stirling area who completed the School-College Opportunities to Succeed (SCOTS) programme, were presented with certificates on Monday 26 March at the Forth Valley College Stirling Campus to recognise their achievement and celebrate the successful programme.



3

4 Prudential quartet complete their Foundation Apprenticeships

Four Foundation Apprentices were praised recently at an event to celebrate them completing their Financial Services Foundation Apprenticeships. Logan Cameron (Stirling High), Nanayakkara Gunasinghe (Dunblane High), Joely Reid and Olivia Urquhart (Both Larbert High) have all completed the placement element at Prudential where they have attended one day a week since September 2017.

For more info on Foundation Apprenticeships, visit: www.forthvalley.ac.uk/FA



4

PERSONAL STATEMENT

DO'S & DON'TS

Applying to college or university soon?

Check out these pointers for your personal statement.

YOU ABSOLUTELY SHOULD:

- ✓ **Do your research**
Make sure you research your chosen colleges and universities as well as your selected course(s) in order to tailor your statement.
- ✓ **Give information on how your current studies relate to the course(s)**
You want to explain why your current studies are relevant to your selected course and what they have in common.
- ✓ **Talk about your relevant personal attributes**
Highlight some of your personal qualities that relate to what you are hoping to study and why you're suited to it.
- ✓ **Add in hobbies or activities**
Including your hobbies or activities such as volunteering can be very useful in demonstrating that you are interested in the subject and shows you are proactive.

THINGS TO AVOID:

- ✗ Mentioning a specific university could bias your application - this would only apply to UCAS
- ✗ Do not plagiarise
- ✗ Do not leave it until the last minute
- ✗ Stay away from generic lines
- ✗ Do not submit a personal statement without checking punctuation, grammar and spelling

You can find even more tips and advice at:
www.ucas.com

TOP TIPS FOR COLLEGE INTERVIEWS



We all know interviews can be a daunting experience so FYI caught up with Scott Harrison, one of Forth Valley College's Curriculum Managers in Access and Progression to see what his top tips were for people interviewing for college places.

What's the first thing you notice about someone attending an interview?

The first thing I notice is whether or not someone is on time or even a few minutes early, as it's always better to arrive slightly ahead of time. Personal presentation is the next thing, whether they've made an effort to look smart.

What makes someone really stand out in your mind after an interview?

The level of enthusiasm they show for the College and the course in particular makes all the difference and whether or not they've done any research into it before coming to interview.

Give me 3 words you would use to describe your ideal candidate?

Enthusiastic. Goal orientated. Mature.

Can you give me some examples of experience that pupils could use in interviews?

I'd urge them to think about times they've worked in a team or group to achieve something such as a fundraiser or group project. Also think about any work experience you've done while at school and draw on that alongside your qualifications. Think about a difficult challenge you've overcome or when you've had to juggle multiple bits of work at one time.

What preparation should an applicant do before attending a college interview?

Definitely research the College and the course you're looking to study! Everyone has different pathways as well, there is no set path to reaching a certain career or course so I would advise them to think about their goal and think about their pathway and how they'd like to get there.

If you could name one thing that someone should avoid in an interview what would it be?

Turn off your mobile phone and put it away!

Do you have any bits of advice for initial applications?

My biggest piece of advice for initial applications is to encourage students that have any learning support needs or difficult circumstances to disclose them on their application because it helps us to better support them to be successful.

PITCH TO AN EMPLOYER

Thinking of job hunting soon? We have an exciting opportunity for you!

Send us a 100 word pitch about why an employer should hire you, and the type of job you're looking for, and we'll include it in the next issue of 'In Touch' - Forth Valley College's magazine for the business community.

Drop us an email at: marketing@forthvalley.ac.uk



GET SUMMER READY... AT HOME

With summer approaching (we hope!) we've all started to think about getting our summer body ready and improving our overall wellbeing. With this in mind, we visited one of the College's personal trainers, Lauren, at our Stirling Campus gym to find out what we could be doing at home to help us get those six pack abs underway*!

This quick full body circuit can be done anywhere, just repeat each exercise for 30 seconds back to back and complete the circuit 3 times. You can increase the duration to 45 seconds or even 60 seconds per exercise the fitter you get.



*WE CAN'T PROMISE YOU'LL ACTUALLY GET A SIX PACK – SORRY!



DIGITAL DETOX

Whether it's our computer at work or school, binge watching a Netflix series, talking to friends 24/7 on WhatsApp or even stalking your ex on Instagram, from the moment we wake up to the moment we hit the pillow, we're online.

Both children and adults are now spending record amounts of time on their digital devices and we all know the feeling of that instant panic and irrational FOMO that sets in when you think for a minute you've left your phone in the house.

Now more than ever studies are linking excessive usage of digital devices to poor mental health - so maybe it's time we all take a break - enter the digital detox.

Ideally a digital detox would mean no technology, but that might be a little off the deep end for you so here are a few suggestions to ease you in:

-  Charge your phone away from your bed to stop it disrupting your sleep and also prevent you from checking it during the night
-  Ban phones at the dinner table - after you take that all important shot of your food for the 'gram put it away and focus on your family or friends
-  Download the iOS app 'Moment' which tracks how long you've been on your device and prompts you when you've been online too long
-  During your holiday try and keep away from your phone as much as possible and be present in the moment
-  Put your phone onto airplane mode while you're in the gym or working out, that way you can still listen to your favourite tunes without keeping an eye out for notifications

5 HEALTH HACKS

1. **Eat brekkie** - Fuel your body properly in the morning with whole grains, proteins and fruits to up your energy levels and brain function.
2. **Drink more water** - Your body needs water to function properly. If you don't like water try adding flavour using fresh fruit like lemons or strawberries.
3. **Pack your lunch** - We all know it's far too easy to give in to that mac and cheese when you reach the counter. Pack your lunch to keep it healthy.
4. **Catch more Zzz's** - Think of yourself as a phone, you don't work well on a low battery.
5. **Take the stairs** - Try taking the stairs instead of the lift, you'll burn more calories and it gives your body a break from sitting all day.

INTEGRATED DEGREES...

WHAT OUR STUDENTS SAY

Ellie Barton, 19, Masters (MEng) Chemical Engineering

"When you leave school it is a bit scary thinking about university, but at college you get more one-on-one tuition that you would not get at university and you get great support at Forth Valley College."

Mark Wilson, 20, BA (Hons) Digital Media

"The mix of work between practical at the College and theoretical at the University made it a very unique course. This gave me a benefit over other media courses who don't get any practical work until later in their course."

Emma Divers, 25, BSc Applied Biological Sciences

"If anyone wanted to do a degree in science, I can't see anything better anywhere else. There are so many more benefits in this course that I couldn't find elsewhere. I think people will be more sought after once qualifying after gaining the amount of experience the College and University integrated degree offers to them."

Enija Zelmene, 20, BA Digital Media

"The biggest reason an integrated degree programme attracted me was the perfect balance between the practical and theory side of things. For two years I have had a chance to obtain hands on experience with equipment and editing programmes as much as create and lead my own industry standard projects. After that, with acquired knowledge, I get to move on to university to improve my skills with theory based teaching."



IS A CAREER IN THE BEAUTY INDUSTRY FOR YOU?

The growing interest in health and wellness across the globe could mean that a career in the beauty industry could be just the right avenue for you to pursue.

The UK beauty industry alone currently employs over a million people and is worth £17billion. With the industry predicted to grow by another 21% over the next four years, this could mean lots of job opportunities for young people.

An average earning of roughly £20,000 a year can be made working in a more traditional setting such as a salon or spa, with higher earnings being possible with specialist training or running your own business.

Could a career in beauty therapy be for you? Tick the qualities below that apply to you:

- You're a people person
- You have a strong interest in beauty and wellness
- You enjoy continuing to develop new skills
- You're interested in the possibility of being self-employed
- You like hands on work as opposed to sitting at a desk

If you like the sound of a career in the beauty industry, you might want to have a look at beauty therapy courses available at Forth Valley College. Visit: www.forthvalley.ac.uk/courses/hair-beauty for more info.

*Source: PRNewswire and Direct Line for Business



THE WORD ON CAMPUS

WE ASKED SOME CURRENT STUDENTS AT OUR STIRLING CAMPUS FOR THEIR IDEAS FOR NEW COURSES... WATCH THIS SPACE!



CHIANA MARQUARDT, 16, DUNBLANE

"I think Tattoo Artistry would be a great one, combining art and drawing with the practical skills you would need."



STEPHEN LAWSON, 16, TULLIBODY

"A course specific to Music Production as there's already a Sound Production course but one tailored to the music industry."



JADE GALLAGHER, 22, ALLOA

"International Politics would be a really interesting course to have at the college; that's one of the modules I plan to go on to do at university after my course."



IAN BANKS, 17, TULLIBODY

"I think a course similar to Performing Arts but specific to performing gigs and how to interact on stage and entertain an audience."



JANINE MACDONALD, 36, GERMANY

"There's already an Event Management course but I think one that is more based out in industry would be great and I would apply for that."



LOOK OUT FOR OUR NEXT ISSUE DUE OCTOBER 2018!

SMART PHONES UNCOVERED



WE CAUGHT UP WITH JADE GALLAGHER, ONE OF OUR BA IN HERITAGE & TOURISM STUDENTS AT FORTH VALLEY COLLEGE'S STIRLING CAMPUS, TO HAVE A PEEK ON HER PHONE!

What was the last photo you liked on Instagram?

A photo of Sebastian Stan.



What was your last tweet?

Went to get my set of injections for Thailand and accidentally got stabbed by the nurse!



What's your last Snapchat?

A selfie to my niece.

The last song you played on Spotify?

Alexander Hamilton from Hamilton - the musical.

What was the last thing you Google searched?

SIMS cheats.



What do you have filed away in Notes?

My passport number and travel details - nothing exciting!

What's your phone's lock screen photo?

A crescent moon.

What's the last App you downloaded?

The last app I downloaded was ASOS.

What's the last emoji you used?

The crying laughing face.



For more information on our degree programmes please visit:
www.forthvalley.ac.uk/degrees

For more information:

Call: 01324 403000 or

Email: marketing@forthvalley.ac.uk

Information contained within this document was correct at time of publishing but may be subject to change.
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WHAT'S HOT? WHAT'S NOT?

Hot!

Beyonce & Jay-Z OTR II tour - sold out in minutes so they had to add extra dates. **Shock!**



ASOS stocking MAC make up - another reason to spend all of our money each month.



A Superhero Summer is on the way with the release of the new **Avengers: Infinity Wars** movie and **Deadpool 2**.



McDonald's Monopoly returned - as if we needed an excuse to order more fries.



Wave goodbye to any summer 'beach body' goals!*

Not!

The new Snapchat update - enough said.



Study stresses with exams approaching - meh.



What felt like the longest winter since time began!



*If you can't resist the fries, at least check out our summer ready feature on page 8.