

ISSUE 1

www.forthvalley.ac.uk

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What's your next step?

Degrees on your doorstep

Famous faces – what did they study?

The word on campus

FORTH VALLEY COLLEGE

FYI

FREE
PUPIL
MAGAZINE

MADE-UP make-up artist

THE WORD ON CAMPUS: School leaver Cerys speaks to FYI

Forth
Valley
College



Making Learning Work

DISCOVER TOP TIPS TO HELP YOU ACE YOUR PRELIMS



WELCOME TO THE FIRST EVER 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!

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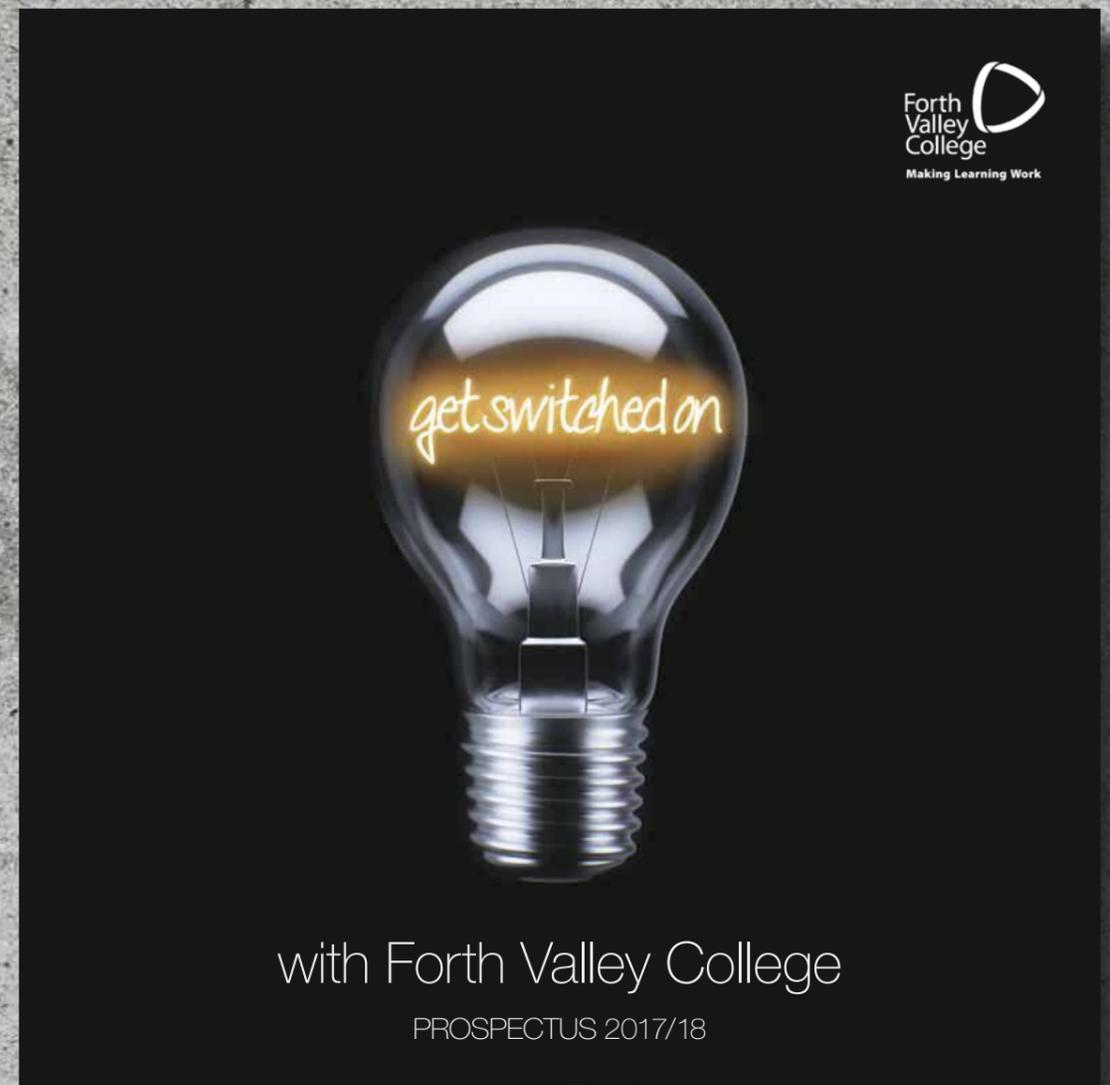
NEW PROSPECTUS OUT NOW! THINKING OF APPLYING?

Applications for our 2017/18 courses are now open! Apply online now by visiting...

www.forthvalley.ac.uk

To guide you through applying online, here are our top tips for submitting an application:

1. Before applying, ensure you have/or will have the qualifications required for your chosen course
2. Use your own personal email address when creating your online account
3. Provide detailed information in the personal statement section – include why you are applying for this course, future career plans, previous employment, relevant experience, hobbies and interests
4. Applying for a Modern Apprenticeship? We recommend submitting a separate application for a mainstream course as a back-up
5. Interviews normally take place from late February each year for full-time courses



EXAM STRESS? DON'T PANIC

With Prelim exams just around the corner, here are some of our top tips to help you study:

1. GIVE YOURSELF ENOUGH TIME TO STUDY

An obvious one – but don't leave it all until the last minute!

2. PREPARE A STUDY TIMETABLE

This will help you keep on track with your studies

3. KEEP A TIDY, ORGANISED STUDY SPACE

Tidy desk, tidy mind!

4. CREATE FLASHCARDS FROM YOUR NOTES

Write important subject information onto index cards and use these to test yourself

(FYI – just by writing on these cards, you've already started studying!)

5. TAKE REGULAR BREAKS

For every hour you study, take a 15 minute break

6. GET ENOUGH SLEEP

Make sure you get a full 8 hours sleep to ensure your brain is at its best

FYI ADVICE

Dear FYI,
I've just recently started fifth year but I'm really struggling. I've never really enjoyed school and I feel I waste most of the day staring at the clock and waiting for home time. I've also been getting into a bit of trouble recently for mucking about in class, but it's really just because I'm bored. Not sure I'm quite ready for a job yet either though – help!

Matthew (16)

If you feel like you've outgrown school and you're classified as a winter leaver, you may want to consider applying to some of the January start programmes available at Forth Valley College. You'll be able to continue with your studies but in a college environment. There will be new challenges and lots of opportunities to meet new people. There are even courses available which will introduce you to a range of subjects if you're not quite yet sure which career is for you. Of course it will be up to you to prove you're mature enough to cope with studying in an adult environment. But if you're successful, these courses can provide a solid foundation for further study, apprenticeships or progressing to the workplace. **Visit www.forthvalley.ac.uk to find out more on courses available.**

COLLEGE HELPS CAIRY GET ON TRACK



A former law, politics and philosophy student from Alloa is flourishing in her new career working with children – demonstrating that university is not always the best place to study for qualifications necessary to pursue your dream career.

Cairy McNeil (21) from Alloa recently completed an HNC Early Years Education and Child Care at Forth Valley College and has just started her career as an Early Years Educator with Clackmannan Primary School

Cairy said: "I originally left school to study law, politics and philosophy at Aberdeen University. Whilst in Aberdeen I started working with a charity (PLUS) who worked with children and adults with disabilities. Through the year I realised that I was more motivated and excited about my job rather than my studies and wanted to pursue a career in this field instead. I began a Higher Psychology night course at Forth Valley College and my lecturer supported me and guided me to the HNC course.

"I had and still continue to have a great relationship with my lecturers. I provide them with setting updates and information and they inform me of changes and updates in the college. The college facilities are great and the staff are so helpful and will support you in anything you need.

"The college gives students the whole experience of being in the class learning theory and going out in the field and gaining practical experience. This is valuable as it allows you to put your learning into practice as you go along. Studying at college enriched and added to natural skills I already had and gave me the confidence to use these skills in a professional setting.

"Forth Valley College also gave us the opportunity to meet with employers and ask them on a one to one basis what they would be looking for, what we should be putting in our application forms and how we should present ourselves at interviews.

"I would recommend the college to other potential early years' students as the college provides different levels of study that suit peoples' abilities and aids them in building up their qualifications step by step. The college is much more personal than university with the same standard of study. This can provide a much more relaxing environment to study and may suit peoples' individual needs a lot better."



Summing up her FVC college experience in three words Cairy said: **"UNIQUE... HILARIOUS... TOUGH"**



FOR MORE INFORMATION ON CHILDCARE COURSES AT FORTH VALLEY COLLEGE, Please visit www.forthvalley.ac.uk

DO YOU HAVE A BURNING QUESTION THAT YOU NEED HELP WITH? Email marketing@forthvalley.ac.uk and we'll respond in the next issue.

DO YOU STAY OR DO YOU GO?

IF YOU GO, WHAT SHOULD YOU DO? WHEN YOU REACH THE SENIOR YEARS OF HIGH SCHOOL, THESE ARE THE QUESTIONS THAT WILL BE BUZZING AROUND YOUR HEAD.

Take our short quiz to find out what may be the right choice for you.

1. How do you feel when the alarm goes off for school on a Monday morning?

- A Yes! Love, love, love school.
- B When can I book a plane ticket out of here..?
- C Depressed. You're fed up being stuck in a classroom and want to get on the career ladder, like, yesterday.
- D Ok, but you feel like you've outgrown school a bit now and need a new challenge.
- E If only there was an option to continue studying and work – now that would be perfect.

2. What's your thoughts on meeting new people?

- A I'm quite happy hanging out with my school friends every day for now thanks.
- B I'd love to learn more about different nationalities and cultures.
- C Sounds great – and even better if I can get paid to do it.
- D I like the idea of meeting people with similar interests and passions.
- E The more, the better.

3. Work – what's your thoughts?

- A Maybe in the distant future.
- B I'm not quite ready but I feel I need a break from education.
- C Can't wait!
- D Looking forward to it eventually, just need to get the right qualification under my belt.
- E I really want a job but don't want to miss out on getting a qualification.

Mostly As SCHOOL

You're clearly quite happy at school so our advice would be to stay put for now and get all the qualifications you'll need to progress in the future.



Mostly Bs GAP YEAR

You're looking for adventure and like the idea of meeting people from across the world. A gap year could be the perfect solution. You could work abroad, volunteer or simply explore different countries. You could develop new skills and gain valuable life experience – both of which will be beneficial when you do return and decide to pursue further study or apply for jobs. **The website prospects.ac.uk has some really helpful advice on gap years and opportunities available.**



Mostly Cs EMPLOYMENT

All signs point towards you being ready to enter the world of work. Studying's maybe not right for you just now and you're desperate to get on the career ladder and make your mark in the world. **For advice on finding the right job for you, speak to a careers advisor at your school or at a Skills Development Scotland Office.**



Mostly Ds FURTHER STUDY

You enjoy studying but feel like you need a new challenge. You also know that the right qualifications will be handy for that job you're after. Applying to college or university will allow you to focus on a subject that you're really interested in and you'll get to meet like-minded people. A chat with your careers advisor will be helpful in the first instance – however it might also be worth speaking to a Learner Advisor based at Forth Valley College. We offer lots of great courses (including degrees) right on your doorstep. **Call 01324 403000 for a chat or to make an appointment. Or have a look on our website at www.forthvalley.ac.uk**



Mostly Es MODERN APPRENTICESHIPS

You want the best of both worlds – and why not? With a Modern Apprenticeship, you can study for a recognised qualification and earn a wage. It's also a great option for those who enjoy hands-on learning and you'll get the support of both the college and your employer. Modern Apprenticeships are available across a wide range of industries and sectors. **For more information on programmes available through Forth Valley College visit www.forthvalley.ac.uk/industry-training/modern-apprenticeships/**



"IN THE FIRST INSTANCE, PLEASE TALK TO A CAREER ADVISOR OR PARENT"

What's your next step?

Forth Valley College



Remember you can also contact the Learner Advisory Team at Forth Valley College for advice – **call 01324 403000 for a chat or to book an appointment.**

ONLINE CAREER APTITUDE TESTS

Not sure which career is for you? Some of these free online career aptitude tests could point you in the right direction.

www.myworldofwork.co.uk

The 'About Me' tool on the [myworldofwork.co.uk](http://www.myworldofwork.co.uk) website will help you explore your career options and will suggest jobs, industries and suitable Modern Apprenticeships based on your likes and interests.

www.sokanu.com

As well as exploring your interests and preference, this popular test will also determine your key personality traits to match to you over 700 careers.

www.truity.com

Whilst you're unlikely to want to fork out for the 'Career Surveyor' test on [truity.com](http://www.truity.com) – you could give the photo career test a bash.

Simply click on the images that appeal to you most for a super easy way to find out where your interests lie.

FLYING HIGH

FORMER BRAES HIGH SCHOOL PUPIL CRAIG SINCLAIR (17) FROM FALKIRK, IS STUDYING FOR A **BA HERITAGE AND TOURISM DEGREE** AT FORTH VALLEY COLLEGE'S STIRLING CAMPUS. HE SPOKE TO FYI ABOUT HIS TRANSITION FROM HIGH SCHOOL TO FURTHER EDUCATION.



Why did you choose to study at Forth Valley College?

I chose to study at FVC because I felt that the qualifications that were required for the courses were achievable and the college offers courses that were not available anywhere else.

What about the facilities and the lecturers?

The campus in Stirling is very nice. The food served in the cafeteria is good and it's not too expensive. The lecturers that I have are all very friendly and approachable and they are very good at what they do.

How has your experience of studying at the college benefited you?

Studying at the college is much different to studying at high school. I feel that I have become more independent. This is because I am given deadlines for most of my work and I am able to go off and work on it on my own, rather than having a teacher guide me. I also feel that I am gaining confidence because my course involves talking to members of the public and taking their opinions on certain subjects.

What advice would you give to other school pupils interested in applying to college?

I feel that if there is a course at the college that you are interested in, you should apply because there are people of all walks of life at the college and the variety of different subjects is incredible.

Why would you recommend your course?

I would recommend my course because it is something completely different to the usual courses at colleges and it offers a wide range of job opportunities at the end.

What is the best bit for you studying at FVC?

For me, the best thing about studying at the college is meeting new friends and getting to know them.

INTEGRATED DEGREES: THE BENEFITS

The Advantage Of Studying Locally At Falkirk, Stirling Or Alloa

If you have just left school, travelling to study in Edinburgh or Glasgow can be a daunting prospect and expensive. FVC offers quality degrees in the Central Scotland area to allow students to ease into 'higher education', while still staying close to home. It also means you will be able to save money during the first year at least.

Smaller Class Sizes Mean More One-To-One Time With Lecturers

Smaller class sizes mean the College's expert and experienced lecturers can spend more time with individual students to guide them through the theory and make sure they understand the core elements of their subjects.

Focus On Practical Lab And Technical Skills

The first year or two of an integrated degree has a strong focus on hands-on skills meaning FVC degree students will leave for university with a high level of practical lab and technical skills. This will stand you in good stead as you progress and will also prove valuable when you enter the workplace.

An Opportunity To Build Confidence Before Going To University.

Integrated degree programmes at FVC are the ideal way for both school leavers and mature students to find their feet in 'higher education' and build confidence that will be valuable as they progress on to university.

Honing Skills To Become More Employable And Industry Ready.

True to our mission statement of 'Making Learning Work' we pride ourselves on preparing our students for what life will be like when they enter the workplace and developing the skills that future employers are looking for. Our industry partners recognise this and are great supporters of the training, standards and practical skills that our students develop during their time at Forth Valley College.

For information on degrees available at Forth Valley College, please visit www.forthvalley.ac.uk

With the average person now spending over **TWO HOURS EACH DAY** on their smart phones, it's safe to say our mobiles can offer a fascinating insight into our lives.

SMART PHONES UNCOVERED

WE CAUGHT UP WITH ALAN BUCHAN, PRESIDENT OF THE STUDENT ASSOCIATION AT FORTH VALLEY COLLEGE, TO HAVE A NOSEY ON HIS PHONE.

WHAT WAS THE LAST PHOTO YOU LIKED ON INSTAGRAM?

It was a picture from a site visit to Orkney that I took part in last year while I was studying (I don't use Instagram very often).

WHAT'S THE MOST RECENT PHOTO ON YOUR PHONE?

A picture of my Gran dressed as a witch from Halloween, she dressed up for us coming to visit.

WHAT WAS YOUR LAST TWEET?

I retweeted a night time picture of Stirling Castle yesterday.

WHAT'S YOUR LAST SNAPCHAT?

I don't use Snapchat...although the rest of the Student Association team do so I am in a lot of Snapchat pictures! Happy not to see them though as they are all obsessed with Snapchat filters...

WHAT WAS THE LAST COMPLETELY RANDOM THING YOU SCREEN-GRABBED?

A meme about the new season of the Walking Dead.

THE LAST SONG YOU PLAYED ON SPOTIFY?

Blackbird by Martyn Bennett.

WHAT WAS THE LAST THING YOU GOOGLE SEARCHED?

Secret Santa gift ideas...we are doing a Secret Santa between the Student Association team and I am terrible at choosing presents!

WHAT DO YOU HAVE FILED AWAY IN NOTES?

I use my phone a lot for taking notes during work meetings, and for ideas... I tend to fill it with lots of random thoughts while I am out and about.

WHAT'S YOUR PHONE'S LOCK SCREEN PHOTO?

My wife with our dog - he is a Westie called Angus.

WHAT'S THE LAST APP YOU DOWNLOADED?

I downloaded the Nextbike app, which is a great hire bike service that is available in Stirling...our students get the first 30 minutes of hire for free and it can be handy for getting around Stirling.

WHAT'S THE LAST EMOJI YOU USED?

The laughing/crying face... I prefer using gif's to emoji's.



WHAT'S HOT? WHAT'S NOT?

Hot!

Our pamper packages will have you looking glam for your Christmas parties in no time and won't make too much of a dent in your allowance.

Our new prospectus for 2017/18 of course.

Cosy nights in with hot chocolate and a Netflix binge. We'll do our homework later, promise.

The potential for snow days, enough said.

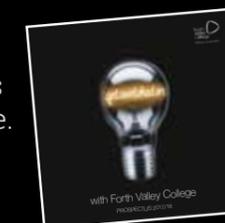
Not!

Winter weather though. No, we don't enjoy waiting for the school bus in the freezing cold.

Christmas music in every shop. Stop. Already.

Panic (ranging from mild to full blown) about what to do once you finish school. So many choices, your brain actually hurts thinking about it.

Prelim stress already. Because January is just around the corner!! (Check out our exam tips on page 4)



WHAT'S ON?



NOVEMBER '16

Saturday
26

Girls' Day Out
Forth Valley College's
Raploch Campus
(www.forthvalley.ac.uk/news-events)

Tuesday
29

Festive Menus Launched
The Gallery Restaurant,
Forth Valley College's
Stirling Campus
(www.forthvalley.ac.uk)

Tuesday
29

Biffy Clyro,
The SSE Hydro,
Glasgow



DECEMBER '16

Tuesday
13

TWIN ATLANTIC
Barrowland,
Glasgow



Friday
16

STAR WARS
Rogue One
in cinemas

Monday
19

THE 1975
The SSE Hydro,
Glasgow

Sunday
25

MERRY CHRISTMAS



JANUARY '17

Sunday
1

HAPPY NEW YEAR!

Friday
13

Applications for Modern Apprenticeships CLOSE



Sunday
15

UCAS deadline for the majority of undergraduate courses (Missed this? You can still apply for degrees commencing August 2017 at Forth Valley College)

Thursday
26

DRAKE
The SSE Hydro,
Glasgow



THE WORD ON CAMPUS

WE ASKED STUDENTS WHO LEFT SCHOOL RECENTLY WHY THEY LIKE STUDYING AT FORTH VALLEY COLLEGE?



CERYS WILLIAMS (17)

An HND Make-up Artistry student from Falkirk – a former pupil at Graeme High School, said: "I enjoy being at college, especially as I am on the course I have always wanted to do. College makes me feel more grown up."



CHLOE URE (18)

An HND Make-up Artistry student from Tullibody – a former Lornhill Academy pupil, said: "I like the fact that I have met new people on my course and that we all have similar interests. It is great to learn new skills and gain knowledge and it is great to go to college each day to do what I love."



ALEXANDER MURPHY (17)

From London – a former pupil at Bexley Heath Academy – and now a FES FM Modern Apprentice, said: "I think it is brilliant being here. Any question I ask is answered to the fullest and you are treated like an adult and encouraged to express yourself. It is certainly a learning curve, but one I am enjoying."



CONNOR THOMSON (19)

An NC Measurement & Control student from Grangemouth, said: "It's fun and interesting, while also presenting a bit of a challenge."



HANNAH DOCHERTY (19)

An HND Fitness, Health & Exercise student from Denny, said: "I like how my course is really enjoyable and rewarding."



LOOK OUT FOR OUR NEXT ISSUE DUE SPRING 2017!

FUN FACTS! FVC FITNESS SUITES

2,4761 miles

Within a six month period,

users of Forth Valley College's three gyms - at Falkirk, Stirling and Alloa Campuses - ran, cycled, rowed and stepped (accumulatively) to go the 24761 miles around the world!

What a cardio-vascular achievement that was!

2 Students

each lifted the weight of London's Big Ben (13,500kg) during a one hour class!



36,000 metres

Ten students at the Stirling Campus took it in turns to row the equivalent of the **English Channel** (36,000 metres) in an impressive **2 hours and 55 minutes!**

225,000 kgs

One class collectively lifted **225,000kg** over a 3 week period - the equivalent of lifting the weight of **the statue of liberty.**



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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THEY STUDIED WHAT?*

WE TAKE A SNEAK PEEK AT WHICH COURSES SOME OF TV AND FILM'S MOST FAMOUS CHARACTERS MIGHT HAVE STUDIED AT FORTH VALLEY COLLEGE.

BRIDGET JONES – BRIDGET JONES'S BABY

Bridget may have studied the BA in Digital Media at Forth Valley College before netting her dream job as a TV news producer.

TONY STARK – IRON MAN

It's rumoured that Tony Stark completed a Modern Apprenticeship in Electrical Engineering before becoming the invincible Iron Man.

SHELDON COOPER – THE BIG BANG THEORY

We think this TV 'whiz' could have developed a taste for science through our evening STEM club.

MONICA GELLER – FRIENDS

As one of TV's most famous chefs, Monica is thought to have learnt her trade by studying the City & Guilds Professional Cookery - Level 3 programme at Forth Valley College.

ALBUS DUMBLEDORE – HARRY POTTER

It's been suggested that the headmaster of Hogwarts kick-started his career in education by undertaking Forth Valley College's HNC in Childhood Practice.

Do you have any other suggestions? Check out courses available at www.forthvalley.ac.uk and then send your ideas to marketing@forthvalley.ac.uk along with your name, age and school. We'll publish the best ones in the next edition of the magazine and select a winner to receive a £20 gift voucher.



***THIS IS JUST FOR FUN!**

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