



**FREE**  
PUPIL  
MAGAZINE

**INSIDE**

- Results Day Survival Guide
- Staying Safe Online
- Summer Fun
- The Word on Campus

# SUCCESS... it's music to our ears

HEAR SOUND PRODUCTION STUDENT MELISSA'S STORY

## WELCOME TO THE SECOND 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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## **EDF-ER BURNHEAD MOSS EDUCATION & TRAINING FUND**

Students living in **Avonbridge, Standburn, Limerigg, Slamannan or Blackridge** could be eligible for financial support from the EDF-ER Burnhead Moss Education and Training Fund. Financial support is available for both long and short term courses.

Find out more at the link below.

<https://www.foundationscotland.org.uk/programmes/edf-burnhead-moss-education-and-training-fund/>



# PROSPECTUS 2018/19

COMING SOON!

WATCH THIS SPACE...



## INTERVIEWS **FYI** TOP TIPS

ARE YOU HOPING TO HEAD OUT INTO THE WORLD OF WORK POST-SCHOOL, SEARCHING FOR A PART-TIME JOB FOR SOME EXTRA CASH OR APPLYING FOR A COURSE AT COLLEGE OR UNIVERSITY? CHANCES ARE YOU'LL HAVE TO UNDERGO AN INTERVIEW TO BAG THE JOB OR A PLACE ON THE COURSE YOU'RE AFTER.

But before you let nerves get the better of you and turn into a quivering wreck (and consign yourself to failure) – check out our top tips for interviews:



### PREPARE

Practice interview questions with your family or friends. Think about the course or job and the types of questions that might come up.

### RESEARCH

This shows a real interest in the course or potential employer

### BE ON TIME

Or even better be early.

### BE

### YOURSELF

### DON'T MEMORISE A SCRIPT

Try to have a conversation with your interviewer.

### CHOOSE YOUR INTERVIEW OUTFIT

Choose something neat, tidy and appropriate for the job or course you are applying to.

### TRY TO STAY CALM.

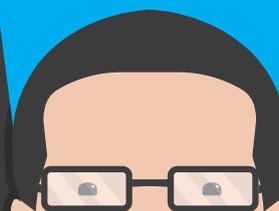
No-one enjoys interviews but it's important to be as relaxed as possible. Prepare ahead and you'll feel less stressed.



## CHOOSE ME!

### ASK SOME QUESTIONS

This is also your chance to find out if the course or job is right for you.



# RESULTS DAY SURVIVAL GUIDE

Results day can be exciting if you are confident of doing well – but also daunting, worrying and stressful if you aren't so sure. But with a little preparation you can ease some of the pressure on yourself and be ready to make the most of your results whatever they are – good or not so good!

## TOP TIPS

- In the days before, try to relax and do what you can to take your mind off your results – worrying is no good to anyone.
- Have an early night before results day, so you have energy for the day ahead – whatever the outcome.
- Do some research and think about your options in case you don't get the results you want.
- Make sure you have any useful contact details to hand. If you've applied for a course at college or university, ensure you have all your application info too.
- Ensure your mobile phone is charged – so you can tell everyone your good news or speak to people who could help turn disappointment into a positive move.
- Wake up early, get everything ready, have a good breakfast and face the day with confidence no matter what...

# FYI

# ADVICE

Dear FYI,  
I've always dreamt of going to university but I'm now nearly at the end of sixth year and still don't feel ready. I've got three Highers so could apply if I wanted to – however university seems such a leap from school and the thought of moving away from home puts the fear in me. Do you have any suggestions?

**Chloe (17)**

You may be interested in one of the six integrated degrees available at Forth Valley College. You'll be recognised as a university undergraduate student throughout the course; however you'll spend your first two years studying at one of the College's campuses in either Falkirk or Stirling before progressing to university to complete your qualification.

By studying locally, you'll be able to reduce your living and travel costs. Our integrated degrees are also designed to make graduates highly employable, with a unique blend of academic and practical skills. You'll also benefit from smaller class sizes and more 1:1 support during your time at college.

## GOOD LUCK!

To find out more about courses available, please visit <https://www.forthvalley.ac.uk/ways-to-study/integrated-degrees/>

There's still time to apply for courses starting August 2017. Good luck!

Do you have a burning question that you need help with?  
Email [marketing@forthvalley.ac.uk](mailto:marketing@forthvalley.ac.uk) and we'll respond in the next issue.

### Useful Sources of Information:

**Forth Valley College**

01324 403000

**Skills Development Scotland**

0808 917 8000

**SQA Advice Line**

0345 279 1000

**My World of Work**

[www.myworldofwork.co.uk/](http://www.myworldofwork.co.uk/)



# STAYING SAFE ONLINE

**KEEPING YOURSELF SAFE ONLINE IS AN ABSOLUTE MUST FOR EVERYONE THESE DAYS – ESPECIALLY FOR YOUNG PEOPLE.**

FYI has asked Forth Valley College Computing Lecturer and cyber security expert, Susan Gardner to pass on some handy tips and advice to make sure your internet and social media use is as safe as it can be.

## PRIVACY SETTINGS

- You should make sure that the information you share online can only be seen by the people you want to see it. Use the privacy tools provided by different social media platforms to protect your information.
- You should never share your passwords with anyone. Allowing friends access to your passwords means those passwords are no longer safe. If you fall out with your friends this information may fall into the wrong hands and you could become a victim of cybercrime.
- Passwords should be made up of a minimum of 8 characters. These should include symbols, numbers, upper and lowercase characters (Example - ImS4fe!. But please don't use this one!)

**Use the privacy tools provided by different social media platforms**

## ONLINE FRIENDSHIPS

Making friendships with people online that you don't know can be a risk. You should only add people you know and have had interaction with (but I am sure you already knew that didn't you?)

Online there is no way to be certain that a person is who they say they are. All you need is a fake email address and you can pretend to be anyone you want to be.

Social networks are full of fake profiles, if you have more than 200 friends on social media you probably have a few fake ones in there.

Some indications of a fake profile to look out for would be:

- asking too many details about your personal life
- wanting your mobile number
- asking where you go and who you meet up with
- pretending to be friends with your friends and asking for the conversations to be kept private.

If someone asks you to keep things secret that's a sign that something is not quite right. Oh and if anyone asks for pictures, never do that, EVER!

Remember once your information is out there you can never get it back.

## LOCATION INFORMATION

If an online friend wants to meet in the real world, make sure that you keep yourself safe.

Never go alone, make sure people know where you are going and what your plans are and keep in contact with people you trust when you are there.

If there is any doubt in your head then don't go, both in the real world and online.

Remember if your device/phone has geolocation active installed or you tag yourself in locations or check in, it is easy to track your movements. If you have said no to meeting someone they can track you on social media and you are putting yourself at risk.

**There is a growing need for cyber security professionals and expertly trained computer graduates will be highly sought after in the coming years. That's why cyber security and ethical hacking now form a key part of computing courses at Forth Valley College.**

**For more information on courses available, please visit <https://www.forthvalley.ac.uk/courses/computing>**

# SUMMER FUN

SCHOOLS OUT...SO WHAT TO GET UP TO FOR THE NEXT SIX WEEKS?! CHECK OUT SOME IDEAS BELOW.

## TRNSMT FESTIVAL (7 – 9 JULY)

Glasgow Green, Glasgow

TRNSMT is Scotland's newest and biggest festival with headliners including Radiohead, Kasabian and Biffy Clyro. With something for everyone, it's not to be missed.

<http://trnsmtfest.com/>

## SCOTTISH OPEN (12 – 16 JULY)

Dundonald Links, North Ayrshire

If sports your thing, then what better than tickets to this annual international golf tournament which is being held in North Ayrshire this year, for the first time ever.

<https://www.aamscottishopen.com/>

## BELLADRUM TARTAN HEART FESTIVAL (3 – 5 AUGUST)

Belladrum Estate, Beaulieu

A festival for all ages, the theme for this year's event is 'Summer of Love'. You can look forward to acts such as Franz Ferdinand, The Pretenders, Sister Sledge & KT Tunstall.

<http://www.tartanheartfestival.co.uk/>

## EDINBURGH ART FESTIVAL (27 JULY - 27 AUGUST 2017)

Various locations, Edinburgh

Did you miss out on Forth Valley College's annual degree & diploma exhibition? Never mind, there's always next year. In the meantime, head along to this celebration of the capital's visual art community.

<https://edinburghartfestival.com/>

## FOODIES FESTIVAL (5 – 7 AUGUST)

Inverleith Park, Edinburgh

Love your grub? You don't want to miss this festival dedicated to food. With lots of culinary delights, appearances from top chefs and food-related fun, you're guaranteed to have a great day out.

<http://foodiesfestival.com/edinburgh-food-festival/>

AND IF YOU HAVE THE CHANCE...TAKE FIVE TO THINK ABOUT YOUR FUTURE CAREER OPTIONS! VISIT [WWW.FORTHVALLEY.AC.UK](http://WWW.FORTHVALLEY.AC.UK) FOR INFO ON COURSES AVAILABLE.



**PLACES STILL AVAILABLE FOR COURSES COMMENCING AUGUST 2017**  
**SECURE YOUR SPOT TODAY.**

To find out more visit [www.forthvalley.ac.uk/2017](http://www.forthvalley.ac.uk/2017)



# SET YOUR SIGHTS ON A STUDIO CAREER?

Consider **SOUND PRODUCTION** at Forth Valley College

That's definitely the opinion of sound production student Melissa Brisbane who is making big noises about how much she likes studying this subject at Forth Valley College.

Melissa (18) from Falkirk and a former pupil of Braes High School, said: "When I was still in school and looking for courses to apply for, I asked my music teacher what colleges would provide the best education for the sound production course. He told me that Forth Valley College would be a great place to study, so I came into the college and had a look at the facilities, and really liked what they had to offer.

"The facilities at the college for sound production are fairly new and are of a very high standard. The lecturers are also all very helpful and as passionate about this course as I am.

"I've met lots of new people who I share interests with and have learned to do things - such as recording and mixing tracks - that I never thought I'd be able to do on my own. It has also built my confidence in performing musically.

"My advice to other potential students would be to make sure it's a course that you really want to do. There are a lot of things that you need to pick up quickly and pay attention to, so you need to make sure that this course is something you want to put 100% effort into.

"I would recommend Forth Valley College for someone looking to do Sound Production because the lecturers really want you to succeed and push you to be the best you can be. With this course you are also able to do a lot of things on your own, which means that you can get the full studio experience, and not just watching someone else do it.

"One of my favourite things about studying at Forth Valley College is that I am able to book studio time outside of my college hours, which means that I am able to practice recording and learn new techniques so I can get better. The social aspects of the course have also allowed me to gain confidence by introducing me to people who have helped improve my musical performance skills."

Summing up her FVC experience in three words Melissa, said:

**"Enjoyable... Informative...Independent"**

For more information on courses available, please visit [www.forthvalley.ac.uk/courses/creative-industries](http://www.forthvalley.ac.uk/courses/creative-industries)

# Course Spotlight: HND Industrial Biotechnology

## What is Industrial Biotechnology?

Industrial Biotechnology involves working with nature to transform how we manufacture products in the chemical, biofuel, environmental, pharmaceutical, food and agriculture production industries.

It is undergoing significant growth in Scotland and is one of the most promising new approaches to pollution prevention, reducing costs and conserving natural resources.

## OUR COURSE

Our HND is an exciting new course which covers biology, chemistry and process engineering.

Forth Valley College are one of the first colleges in Scotland to offer this innovative new course, where you will develop a wide range of practical lab skills, which companies are looking for.

## WHAT WILL I STUDY?

- Lab Skills
- Microbiology
- Chemical Engineering Principles
- Chemistry
- Biotechnology: An Introduction
- Animal and Plant cell culture
- Immunology
- Animal Biology
- Organic Chemistry
- Process operations

## WHAT KINDS OF CAREERS ARE AVAILABLE?

With our HND you could become a:

- Laboratory Technician
- Process Operator
- Research Scientist

You could even further your studies by completing a degree or even a Masters at the University of Strathclyde.

## INTERESTED?

Apply now for August 2017!  
Start at [www.forthvalley.ac.uk](http://www.forthvalley.ac.uk)

## FAST FACTS - LRC

**Over 36K  
Visits**

to our Alloa & Falkirk  
Campus Learning  
Resource Centres  
during session  
2016/17

Hours spent on  
the LRC computers  
during session 16/17  
**= 181,410**  
**That's over  
20 years!**

**THREE**

– The number  
of **3D printers**  
being installed  
in our LRCs over  
the summer

# EMMA HAS HER CAKE AND GETS TO EAT IT!

A future pastry chef who studies at Forth Valley College has risen to the top of the recruitment list of one of the world's most exclusive hotel chains.

Former Bannockburn High School pupil, Emma Hair (19) – who is just about to complete an HNC Professional Cookery at the College's Stirling Campus - has just secured a six month internship with the Jumeriah International Group in Dubai, which will start in July this year.

With more than 500 kitchen staff – around 68 of them pastry chefs – and at least 60 restaurants in Jumeriah group in Dubai alone, the former Bannockburn High School pupil will definitely be having her cake and eating it during the half year experience, which could lead to a full-time job in the future.



## FYI CAUGHT UP WITH EMMA BEFORE SHE LEFT FOR DUBAI:

### How do you feel about securing your internship?

"It is amazing. I never thought I would ever get the chance to do something like this. I never had much luck at school with exams, but I have absolutely loved it here at Forth Valley College and couldn't have asked for anything better than here.

"I was encouraged to apply for the internship through the college and had to undergo two interviews over the phone, before I got confirmation that I had been successful."

### What will your role be in Dubai?

"I will be based in the pastry department at the Jumeriah Group and within that I will be in the cake section. I can't wait."

### What advice would you give to high school pupils thinking about a career in hospitality?

"I would really recommend Forth Valley College for hospitality qualifications as you get opportunities here that you just wouldn't get anywhere else. I would advise any new students to work hard and just enjoy it. It was better than I ever imagined."

.....  
For more information on the HNC Professional Cookery programme, please visit [www.forthvalley.ac.uk/courses/hospitality](http://www.forthvalley.ac.uk/courses/hospitality)  
.....

## FVC IN PICTURES...



Hospitality students had the opportunity to work with **Gary MacLean – the winner of Masterchef Professionals 2016** – recently at the A'Challtainn Fish Restaurant & Bar at Barras Art and Design (BAad).



**STUDENTS ASSEMBLE!** Learners studying art & design, make-up artistry and photography put on a 'super' exhibition in April.



NQ Sports Coaching student, Billie Denholm, is the **UK No.2 in the Female Youth Fly Weight category (51kg)** after winning a silver medal at the annual GB Tri-nations Boxing Championships recently.



Students on the Falkirk SCOTS programme celebrated completing their course recently. Pictured is Liam Wells from Falkirk High School who won the Inspire Award and Ashley Bell from Bo'ness Academy who won the Learner of the Year 2017 award.

# WHAT'S ON?



## JUNE '17

Friday  
**23**

**Transformers:**  
The Last Knight  
in Cinemas

Friday  
**30**

**LAST  
DAY OF  
TERM!**

Friday  
**30**

**LITTLE MIX  
IN CONCERT**  
Royal Highland  
Centre,  
Edinburgh



## JULY '17

Monday  
**3**

STEM  
Summer  
School  
**LAUNCHES**

Friday  
**7**

**Spider-Man:**  
Homecoming  
in Cinemas



Monday  
**24**

**Junior  
Chef Summer  
School  
Launches**

## AUGUST '17

Thursday  
**17**

**EVENING  
COURSE  
ENROLMENTS**  
(HNC/HND/NPA/PDA)

Tuesday  
**22**

**EVENING  
COURSE  
ENROLMENTS**  
(HIGHERS/SHORT  
COURSES/LEISURE  
COURSES)

Monday  
**28**

**FULL-TIME  
COURSES BEGIN  
APPLY NOW!**  
[www.forthvalley.ac.uk](http://www.forthvalley.ac.uk)



Thursday  
**31**

**UCAS  
Exhibition,**  
the University  
of Stirling

# THE WORD ON CAMPUS



**WE ASKED STUDENTS WHAT THEY'VE ENJOYED THE MOST ABOUT THEIR COURSE THIS SESSION?**

**HANNAH DEVONSHIRE, 23, DUNBLANE  
HND HOSPITALITY MANAGEMENT**

"I really enjoyed my course because of the excellent hands on experience and it has opened up great opportunities for me."



**HOLLY DOABRY, 19, CLACKMANNAN  
HND ART & DESIGN**

"My course really helped me to learn different techniques and expand my knowledge"



**MICHAEL KEARNEY, 18, FALKIRK  
HND PHOTOGRAPHY**

"The best part of my course has been learning new things about photography and enhancing my skillset."



**KYLE BURGESS, 29, STIRLING  
HND PHOTOGRAPHY**

"I have enjoyed working with the people on my course and learning more about my chosen field. The lecturers have been great too!"



**HAYLEY PEBERDY, 19, STIRLING  
HND PHOTOGRAPHY**

"I have enjoyed everything! I started the course with no experience and the lecturers have been so supportive, I have learned so much."



## COMPETITION TIME

**We would love to know what you think of FYI!**

Drop us a text at **88020\*** – starting your message with FYI then either:

**A for 'I like it!' / B for 'It's not for me'**

We'll then select 2 lucky winners to win a £20 Love to Shop Voucher.

Get in touch by Friday 30 June 2017 to be in with a chance of winning.

\*Network charges may vary. Check with your provider if you're unsure.

LOOK OUT FOR OUR NEXT ISSUE DUE AUTUMN 2017!



# SMART PHONES UNCOVERED

WE CAUGHT UP WITH **DAVID GENTLES**, A LEARNING RESOURCE ASSISTANT AT FORTH VALLEY COLLEGE AND FORMER STUDENT, TO HAVE A PEEK ON HIS PHONE.

**What was the last photo you liked on Instagram?**

A picture of a chocolate cake (yummmm!)



**What was your last tweet?**

# upcycle # fabric flowers



**What's your last Snapchat?**

Paper roses, made by college students (they are amazing).

**The last song you played on Spotify?**

Ed Sheeran - Castle On The Hill

**What was the last thing you Google searched?**

Textile upcycling projects (I like a project)



**What do you have filed away in Notes?**

My to-do list (which increases everyday)

**What's your phone's lock screen photo?**

Blobs of coloured paint (a photo taken when I was an art student at the college).



**What's the last App you downloaded?**

Ebay (I love a bargain).

**What's the last emoji you used?**

Laughing faces



**Find out more about our Learning Resource Centres at [www.forthvalley.ac.uk/student-info/learning-resources](http://www.forthvalley.ac.uk/student-info/learning-resources)**

# WHAT'S HOT? WHAT'S NOT?

## Hot!

Six weeks off school... need we say more?

Foundation Apprenticeships – new qualifications for school pupils which offer hands-on learning plus work experience.

Find out more at [www.forthvalley.ac.uk/ways-to-study/schoolcollege-partnership/](http://www.forthvalley.ac.uk/ways-to-study/schoolcollege-partnership/)

# 6 WKS OFF!



Buying all your new stationery for the new school year – funky notepads and **highlighters in every colour imaginable are a must!**



## HELLO WELLIES... IT'S FESTIVAL SEASON!

Find out about some events happening near you on page 6.



## Not!

Boredom setting in after **day 4** of the summer holidays.



Reports of the **'hottest ever summer'** never actually coming true.

Having to get to grips with a **new timetable** when you've literally just started to get the hang of your old one.



For more information:  
**Call: 01324 403000** or  
**Email: [marketing@forthvalley.ac.uk](mailto:marketing@forthvalley.ac.uk)**

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