

Forth Valley College
Making Learning Work

ISSUE 3

www.forthvalley.ac.uk

FREE PUPIL MAGAZINE

INSIDE
Foundation Apprenticeships
A day in the life of MAs
Festive Safety
The Word on Campus

INSPIRING...

Marcus is Student of the year 2017!

HEAR MARCUS'S STORY AND HIS ADVICE TO NEW STUDENTS

DISCOVER THE YEAR AHEAD IN OUR MONTHLY CALENDAR





WELCOME TO THE THIRD 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!

PAGE 2

- Prospectus Feedback

PAGE 3

- FYI Monthly Calendar

PAGE 4

- Look to Marcus for Inspiration

PAGE 5

- Is a Career in Childcare for You?

PAGE 6 & 7

- MA Days

PAGE 8

- Festive Safety

PAGE 9

- Looking After Your Mental Wellbeing
- FVC in Pictures

PAGE 10

- Foundation Apprenticeships

PAGE 11

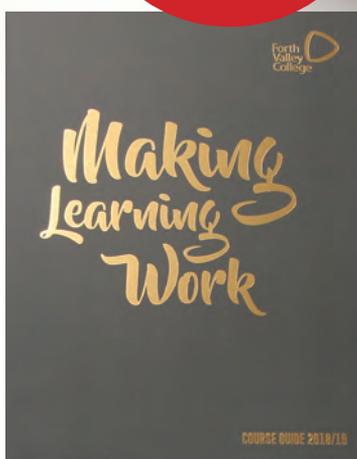
- The Word on Campus

PAGE 12

- Smart Phones Uncovered
- What's Hot? What's Not?



win £20 worth of Amazon vouchers!



PROSPECTUS OUT NOW

HAVE YOU PICKED UP YOUR COPY? WE'D LOVE TO HEAR WHAT YOU THOUGHT!

Head to www.surveymonkey.co.uk/r/fvcprospectus and fill out our short survey to be entered into a prize draw to win £20 worth of Amazon vouchers! (winner will be announced Wednesday 20 December)

FORTH VALLEY COLLEGE - FYI MONTHLY CALENDAR

Discover the year ahead!

DECEMBER

FYI, Forth Valley College's excellent senior school magazine catches your eye and you can't put it down, until you have at least read through this Monthly Calendar feature!



JANUARY

New year new starts begin their academic journey this month. It's also **UCAS deadline month** – did you know that FVC offers degree courses as well? Well you do now!



FEBRUARY

Re-Freshers' Fairs - (see August for info on what Freshers' is all about) but a great way for January starts to settle in.



MARCH

MA Week – Raising awareness of all you need to know and find out about Modern Apprenticeships.



APRIL

Funding applications for SAAS (Student Award Agency for Scotland) start... you can't afford not to if you are starting college in August!



MAY

Exam time! Yes - whether you're at school or college, you'll need to sit exams... but you'll be used to doing them by now!



JUNE

Creative Industries Degree and Diploma Art Exhibition – FVC's renowned end of year event shows off the students' best work. Pop along!



JULY

Prepare yourself for starting college. It may be holiday time, but we know you'll also be recharging the old grey matter to prepare for further education after the summer break.



AUGUST

New term begins and Clearing commences... pencils' sharpened, pens arranged in slightly obsessive order according to colour and articulation awaits. Don't worry if you don't have a place yet, calling Clearing can place you in a cracking course.



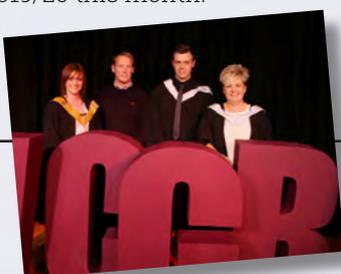
SEPTEMBER

Freshers' Fairs... what better way to make new friends, find out what's going on at your campus and meet the movers and shakers in the Student Association, than the annual Freshers' bash – ENJOY!



OCTOBER

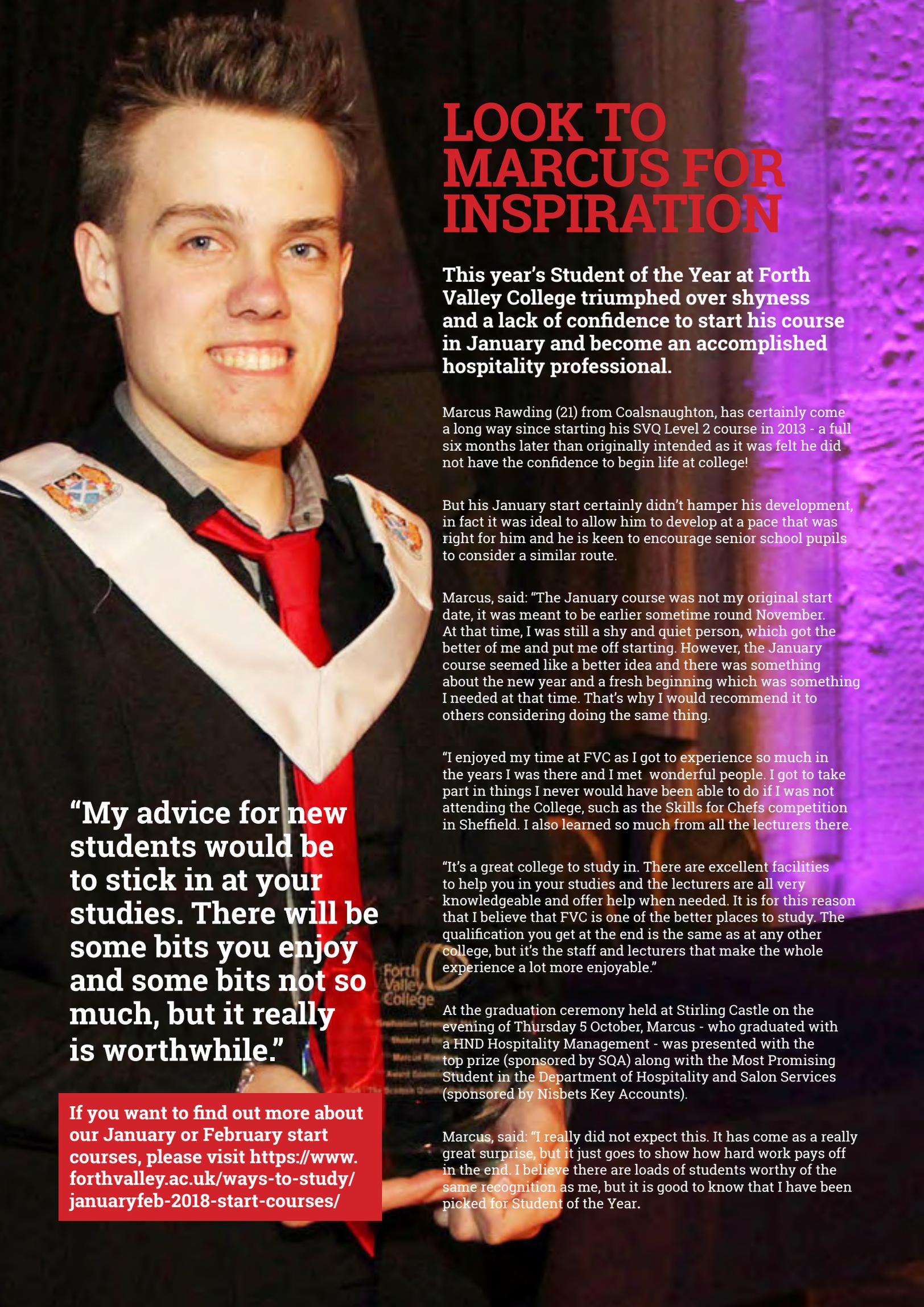
FVC Graduation... just think in a couple of years' time this could be you accepting your scroll. Online applications also go live for 2019/20 this month.



NOVEMBER

Open evenings are organised at each campus during this month, so bring your maw, paw, aunt and uncle along to see what's on offer and pick up a prospectus.





LOOK TO MARCUS FOR INSPIRATION

This year's Student of the Year at Forth Valley College triumphed over shyness and a lack of confidence to start his course in January and become an accomplished hospitality professional.

Marcus Rawding (21) from Coalsnaughton, has certainly come a long way since starting his SVQ Level 2 course in 2013 - a full six months later than originally intended as it was felt he did not have the confidence to begin life at college!

But his January start certainly didn't hamper his development, in fact it was ideal to allow him to develop at a pace that was right for him and he is keen to encourage senior school pupils to consider a similar route.

Marcus, said: "The January course was not my original start date, it was meant to be earlier sometime round November. At that time, I was still a shy and quiet person, which got the better of me and put me off starting. However, the January course seemed like a better idea and there was something about the new year and a fresh beginning which was something I needed at that time. That's why I would recommend it to others considering doing the same thing.

"I enjoyed my time at FVC as I got to experience so much in the years I was there and I met wonderful people. I got to take part in things I never would have been able to do if I was not attending the College, such as the Skills for Chefs competition in Sheffield. I also learned so much from all the lecturers there.

"It's a great college to study in. There are excellent facilities to help you in your studies and the lecturers are all very knowledgeable and offer help when needed. It is for this reason that I believe that FVC is one of the better places to study. The qualification you get at the end is the same as at any other college, but it's the staff and lecturers that make the whole experience a lot more enjoyable."

At the graduation ceremony held at Stirling Castle on the evening of Thursday 5 October, Marcus - who graduated with a HND Hospitality Management - was presented with the top prize (sponsored by SQA) along with the Most Promising Student in the Department of Hospitality and Salon Services (sponsored by Nisbets Key Accounts).

Marcus, said: "I really did not expect this. It has come as a really great surprise, but it just goes to show how hard work pays off in the end. I believe there are loads of students worthy of the same recognition as me, but it is good to know that I have been picked for Student of the Year.

"My advice for new students would be to stick in at your studies. There will be some bits you enjoy and some bits not so much, but it really is worthwhile."

If you want to find out more about our January or February start courses, please visit <https://www.forthvalley.ac.uk/ways-to-study/januaryfeb-2018-start-courses/>



IS A CAREER IN CHILDCARE FOR YOU?

The Scottish Government has announced plans to expand free early education and childcare provision in Scotland by 2020 – nearly doubling entitlement for 3 & 4 year olds and eligible 2 year olds from 600 funded hours per year to 1140.

This means lots of job opportunities for young people leaving school over the next few years – as this increase in provision will result in a need to recruit up to 11,000 early learning and childcare professionals to work in early years settings across the country.

In Forth Valley alone, they will be looking to recruit around 1000 new members of staff.

HOW MANY DID YOU TICK OFF THE LIST?

If you had quite a few, you might want to check out our early learning and childcare courses available at Forth Valley College. Visit www.forthvalley.ac.uk/early-learning-and-childcare for more info.

Could you fit the bill? Tick the qualities below which apply to you:

- You like children – a must have, obviously
- You want to make a real difference in lives of young children
- You're interested to learn more about just how much of an impact you can have on the brain development of young children
- You want there to be lots of job opportunities when you finish studying
- You want a job where no day is the same
- You like being active and don't want to sit behind a desk all day
- You want a career that's rewarding and worthwhile
- You're a caring person and like looking after others
- You're creative and love using your imagination

MA DAYS ROBBIE SNEDDON

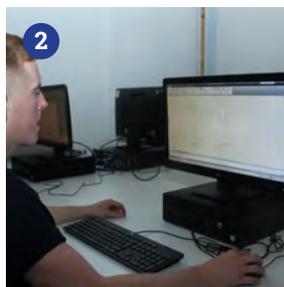
Robbie Sneddon (19) from Stirling is an Automotive Engineer Modern Apprentice (MA) who works for Alexander Dennis Ltd (ADL) – one of the world's leading bus builders – based in Camelon, Falkirk. He also attends Forth Valley College Falkirk Campus to study for his MA qualification one day a week.

The former Wallace High School pupil, said: "A typical day starts with me getting my working gear on. This includes overalls, protective boots and my Personal Protective Equipment (PPE). My PPE can include ear protectors, gloves and safety glasses depending on what jobs I will be doing. Health and safety is very important for every MA, especially in the engineering industry. Every morning when I start, I report to the section on the line that I have been assigned to and speak with the supervisor to see what I will be working on that day. At the moment I am working on a section dealing with electrics on the vehicles."

"I really enjoy what I do and the great thing is I am getting paid to learn. Modern Apprenticeships are a great career route. I myself had the chance to go to university to study PE and I am glad I chose my MA instead. I would recommend it as it is more relaxed than being at school and you are treated like an adult in the workplace and at college where you can access more one on one tuition when you need it. FVC has everything we need and the lecturers have all worked in the industry and are very experienced. The best bit for me is that I am really happy to wake up and get in to my workplace and am happy to learn new things and make new friends at college. It is a very positive experience all round."



1 Robbie just about to start his day at FVC's Falkirk Campus.



2 Computer Aided Design is just one of the lessons Robbie enjoys at FVC.



3 Precision engineering skills are honed at the college.



4 A simulated bus workshop at the Falkirk Campus to practice workplace techniques.



5 Robbie can't wait to start the day at Alexander Dennis Ltd.



6 Computer skills come in handy at ADL.



7 Robbie is currently spending six weeks in the Electrical Sub-Assembly section.



8 Stop the bus... another day done.

MA DAYS EVE MURPHY

Eve Murphy (19) is a Laboratory Technician at Diageo near Menstrie and at the moment works in the Analytical Science Department analyzing samples of the alcohol products made at the plant.

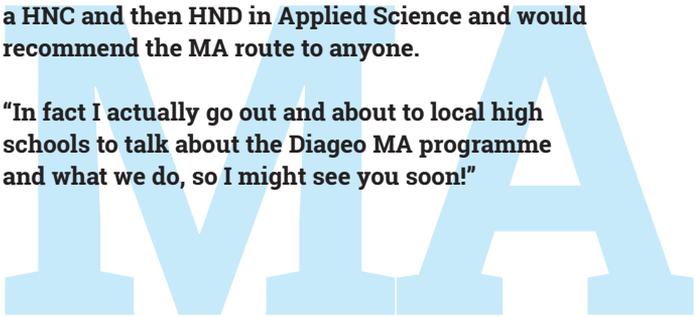
Find out more about our MA vacancies and application tips at www.forthvalley.ac.uk/ways-to-study/modern-apprenticeships

Eve from Stirling and also a former Wallace High School pupil outlined a typical working day and what she covers at Forth Valley College. She, said: "Health and safety is very important in our industry – both at work and in the College - and when I come into work I will put on a lab coat, safety shoes, glasses and gloves. Then I will calibrate the equipment and we will have a meeting to talk about what we need to do that day.

"I really enjoy what I do. I thought at one stage that I would be going to university, until I did some work experience at Diageo and found out about the four-year MA programme. I applied and secured a place and I am 100% sure it was the right decision.

"I come to Forth Valley College one day a week and we work on theory in the classroom in the morning and then in the laboratories in the afternoon. The facilities are great and the lecturers are really good. I am work towards a HNC and then HND in Applied Science and would recommend the MA route to anyone.

"In fact I actually go out and about to local high schools to talk about the Diageo MA programme and what we do, so I might see you soon!"



1 Eve arrives at FVC to continue her studies.



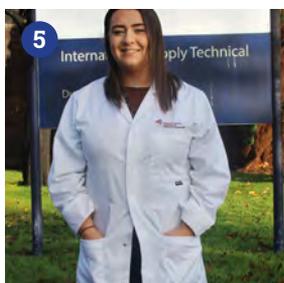
2 College work is a mixture of theory and lab skills.



3 Eve's MA is a formula for success.



4 Measuring up in the lab.



5 Just about to start her day at Diageo.



6 Testing the distilled drinks is an important part of her work.



7 Maintaining and cleaning equipment is another.



8 Eve writes up her results.

Festive Safety

Most of us look forward to the festive season every year...however as well as enjoying all the fun, parties and tasty food, it's important to be aware of risks to your safety. Here's our top tips for keeping safe this festive season and ensuring nothing spoils your celebrations.

Parties

- Always ensure a responsible adult, such as a parent or guardian, knows where you are going and when you expect to be home.
- Ensure your mobile phone is fully charged and take it with you.
- Always stay with your friends at a party and don't go wandering off on your own or with strangers.
- Plan your transport home in advance – arrange to get a lift from a family member or friend, book a licensed taxi or take public transport with friends.
- Ensure you have enough money left at the end of the night to pay any fares.
- Double-check timetables to ensure you don't miss the last bus/train and end up stranded.
- Never accept a lift from a stranger.
- Don't leave your drinks unattended.
- If you're under 18, it's illegal for you to drink alcohol.
- If you are over 18, and you're drinking alcohol – drink in moderation, have some water between drinks to stay hydrated and have something to eat before you start drinking. And never drink and drive.

Shopping

- When shopping online, make sure your web browser and internet security is up to date. Check the website payment page is secure and look for the padlock in the address line before you enter any card details.
- Look out for counterfeit goods when buying online – there might be a reason it's a bargain!
- Keep a close eye on your shopping bags when out and about.
- Keep handbags close to you and zipped and purses/wallets out of sight when not in use.
- Use cash machines in well lit, non-secluded areas and stay alert. Check the machine hasn't been tampered with, hide your PIN, be aware of who's behind you and keep your cash out of view.

Road Safety

- If you can drive – and you're also old enough to drink alcohol – NEVER drink and drive.
- Ensure your vehicle is winter ready – check tyres, windscreens, windows, window wipers, and brakes and keep an emergency kit in your car.
- Consider whether you need to travel if the weather is bad, or if you could wait until the road conditions improve.
- If you do still need to travel in poor weather conditions - allow extra time for journeys and consider the safest route.



**HAVE A GREAT
FESTIVE SEASON
EVERYONE!**



LOOKING AFTER YOUR MENTAL WELLBEING



1. EAT WELL

Eating a well-balanced diet will ensure your body is getting the right nutrients to function correctly and could help improve your mental health. A good diet includes eating a mix of fruit and vegetables, so why not try and aim to eat your five a day!

2. KEEP ACTIVE

Evidence shows that exercise could help improve your mental health. Whether you go for a 30-minute walk or join your local gym, physical activity will help you relieve stress, get a better sleep, improve your concentration and positively change your mood.

3. GET ENOUGH SLEEP

A good night's sleep is important to ensure your body is getting enough time to repair. Try to aim to get around 6-8 hours of sleep each night.

4. TALK ABOUT YOUR FEELINGS

It's ok to open up about your feelings! Talking and being listened to may help you cope with any troubles you have been facing.

5. WRITE IT DOWN

Sometimes it can be hard to explain how you feel, writing it down may help you and others to understand your feelings. It could also help to identify what triggers these emotions and allow you to learn how to control them.

6. KEEP IN TOUCH

This doesn't need to be face to face, you can drop them a text or a phone call, but keeping in touch with your family or friends could help you deal with the stresses of mental health.

7. DO SOMETHING YOU ENJOY

What do you love doing? Drawing? Listening to music? Reading? Doing an activity you enjoy can help boost self-esteem, so why not make time in your week to do something you love!

8. TAKE TIME TO RELAX

Relaxation has many health benefits and can help improve mental health. This can be a simple 10-minute break from a studying session or reading a book to give your mind and body time to switch off and de-stress. Yoga has also been proven as a great way to relax!

9. ASK FOR HELP

We all need to ask for help at some stages in our life. So don't worry, if you feel like things are getting too much it's ok to ask for help. This may be from a family member, a friend, a member of staff at your school or a local service such as your GP.

10. HELP OTHERS

This may help boost your self-esteem as you will be using your skills to help someone in need. Why not look up volunteering roles at a local charity or even offer to help at any school events taking place.

Here at the College we have a mental health and wellbeing support officer, so if you are considering coming to college you will always have someone you can turn to.



FVC IN PICTURES...



AILSA ONE OF FVC'S YOUNGEST GRADUATION PRIZEWINNERS

Eighteen-year-old Ailsa Dermidy – a former Bannockburn High School pupil - won the Department of Construction Prize at a graduation ceremony on Tuesday 5 October at Falkirk Town Hall, after completing an HNC in Civil Engineering while still at school!



TRADITIONAL SKILLS ON DISPLAY IN STIRLING

A traditional skills event involving FVC staff and MA students was held in Stirling recently. Secondary School pupils – such as St Modan's pupils Nina Ksiazczyk (13) and Alexis Freck (13) pictured here - were shown how to get into the groove of stonemasonry by Danny Garrity an Outreach Officer and Stonemason from Historic Environment Scotland.



FALKIRK CAMPUS EVENT TO ENCOURAGE MORE WOMEN INTO ENGINEERING

A recent joint initiative between FVC, Developing the Young Workforce Forth Valley and Scottish Power Energy Networks, aimed to challenge the stereotype that women don't aspire to a career in engineering. Held at FVC's Falkirk Campus the 'Challenging the Stereotype' event saw secondary school pupils tour the Science, Technology, Engineering and Maths (STEM) workshops and facilities, gain experience outside from an overhead power lines maintenance demonstration (pictured) and take part in mock interviews.



PUPILS EXPERIENCE HOSPITALITY AND TOURISM TAKEOVER DAY

FVC's Stirling Campus hosted an innovative Hospitality and Tourism Takeover day – organised by Spingboard UK with help from Developing the Young Workforce Forth Valley - for Stirling and Clackmannanshire school pupils in September. Aimed at encouraging S2 and S3 secondary school pupils to consider thinking about a career in the industry, the event offered activities and workshops such as omelette making (pictured).

EVERYTHING YOU NEED TO KNOW ABOUT...



FOUNDATION APPRENTICESHIP

STAND OUT FROM THE CROWD



Foundation Apprenticeships are new qualifications which you can undertake whilst still at school. They're available in a wide variety of subjects and take two years to complete, usually starting in S5. **If you're wondering if they're for you - here's what you need to know:**

They're not based in school

With a Foundation Apprenticeship, you'll spend time away from school for part of the school week. You'll study at college as well as undertaking work placements with relevant employers.

They can be studied alongside other qualifications

A Foundation Apprenticeship counts as just one subject choice at school. You can still work towards Highers and National 5 awards at the same time.

They're at the same level as a Higher

A Foundation Apprenticeship is at SCQF Level 6, the same level as a Scottish Higher. They are also being accepted as an entry requirement at most Scottish universities.

They offer you increased choice

Foundation Apprenticeships are available in subjects that might not be available at your school.

They have a vocational focus

Foundation Apprenticeships are a great option if you've never really enjoyed academic study. They will develop your practical skills and offer real, hands-on experience. It's a totally different way of learning and a chance to get involved in real projects.

They can lead to many different career paths

A Foundation Apprenticeship can lead you to many different career paths including direct to employment, a Modern Apprenticeship, a graduate level apprenticeship or college/university.

They're backed by major employers

Some of Scotland's biggest employers are involved in offering placements including the NHS, Barclays and Network Rail.

They can help you stand out from the crowd

Foundation Apprenticeships offer you the chance to develop hands-on skills and experience real projects - both of which are attractive to your future employers.

They offer a taster of a career

Foundation Apprenticeships offer you the chance to try out a career before committing to a job or further study.

Foundation Apprenticeships commencing August 2018 include:

- ACCOUNTANCY
- BUSINESS SKILLS
- CIVIL ENGINEERING
- CREATIVE AND DIGITAL MEDIA
- ENGINEERING
- FOOD AND DRINK OPERATIONS
- IT HARDWARE SYSTEM SUPPORT
- SCIENTIFIC TECHNOLOGIES (LABORATORY SKILLS)
- SOCIAL SERVICES AND HEALTHCARE
- SOCIAL SERVICES CHILDREN AND YOUNG PEOPLE



Forth Valley College has a variety of Foundation Apprenticeships commencing August 2018.

For more information on how to apply, please email schools.coordinator@forthvalley.ac.uk or call 01324 403211

Seasons Greetings and Happy New Year
from all at Forth Valley College



THE WORD ON CAMPUS



THE CONSTRUCTION OF OUR NEW FALKIRK CAMPUS HAS JUST BEGUN, SO WE ASKED OUR CURRENT STUDENTS WHAT THEY THINK THE NEW CAMPUS WILL MEAN FOR OUR FUTURE STUDENTS.



JACK ARMSTRONG, 20, HELENSBURGH

"It will be a new environment with brand new equipment and this will help motivate future students to learn."



GRANT WATSON, 18, BO'NESS

"From an engineering point of view, the new campus will mean brand new tools so equipment will be up to date for new students."



RUAIRIDH LITTLE, 18, BROXBURN

"Better learning facilities and will be a great opportunity for future students to learn in a state-of-the-art campus."



NIAMH BLANKSKI, 17, DUNFERMLINE

"Brand new equipment and more opportunities to learn for our future generation."



AMY HAY, 21, GRANGEMOUTH

"Loads of new facilities for future students and will be a great place for school kids to continue their learning journey."

SHANNON MCALLISTER, 16, IRVINE

"New campus will be really up to date and will attract future students"



**OPENING
2019**

**LOOK OUT
FOR OUR
NEXT ISSUE
DUE SPRING
2018!**

SMART PHONES UNCOVERED



WE CAUGHT UP WITH ALICE PEZZANI, MARKETING AND DIGITAL MEDIA ASSISTANT AND FORMER BUSINESS ADMINISTRATION MODERN APPRENTICE AT FORTH VALLEY COLLEGE, TO HAVE A PEEK ON HER PHONE!

What was the last photo you liked on Instagram?

Philip Schofield with some life sized minions.



What was your last tweet?

I hate when Dustin doesn't get enough airtime in #StrangerThings2 he's the best.



What's your last Snapchat?

A picture of my dog looking cute whilst she sleeps.

The last song you played on Spotify?

Nelly – Dilemma, I was listening to a Throwback Thursday playlist that I found this morning.

What was the last thing you Google searched?

'How to clean a burnt pot' – there was a hot chocolate incident.



What do you have filed away in Notes?

A shopping list – nothing exciting!

What's your phone's lock screen photo?

A picture of the sunset at Café Mambos in Ibiza.



What's the last App you downloaded?

Birchbox.



What's the last emoji you used?

Angry faces.

Find out more about our Modern Apprenticeship vacancies in Engineering and Life Sciences at www.forthvalley.ac.uk/ways-to-study/modern-apprenticeships/

WHAT'S HOT? WHAT'S NOT?

Hot!

The debate over who has the best Christmas advert – everyone has a fave.



Blue Planet II. LOVE David Attenborough. And the animals are pretty amazing too.



Online applications for FVC courses are now live at www.forthvalley.ac.uk

ONLINE APPLICATIONS LIVE

Not!

Brain freeze trying to think of Christmas gift ideas*



Binge-watching the entire season of 'Stranger Things 2' then feeling sad that you've finished it so quickly.



THE ENTIRE MONTH OF JANUARY!

*Why not treat your mum to a luxury beauty treatment or your grandparents to an a la carte dining experience with gift vouchers available from FVC?



Visit www.forthvalley.ac.uk/the-place/

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.
© Forth Valley College Communications and Marketing Department December 2017. Registered Charity Number: SC021191.