

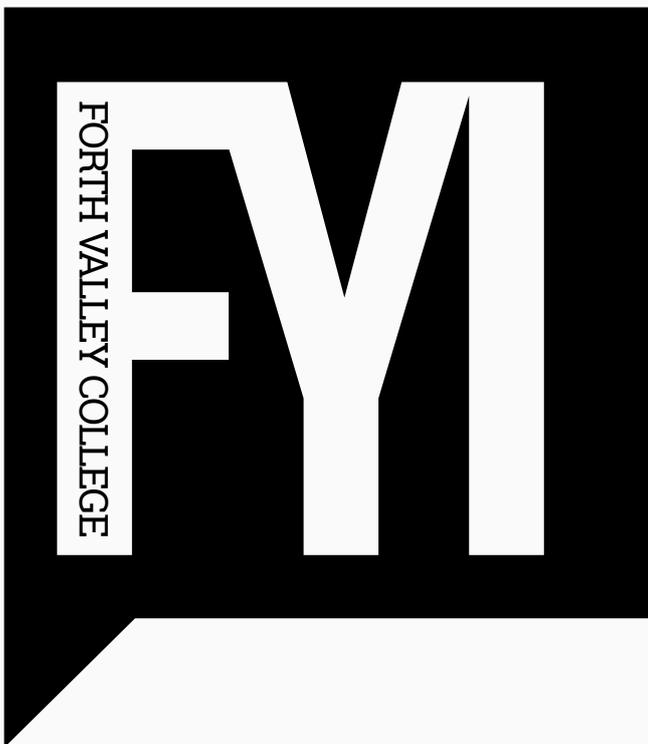


FREE
PUPIL
MAGAZINE

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- Tips to Improve your Sleep
- Beating the January Blues
- Discover if a Career in Hospitality is for you

GRADUATION 2018



WELCOME TO THE FIFTH 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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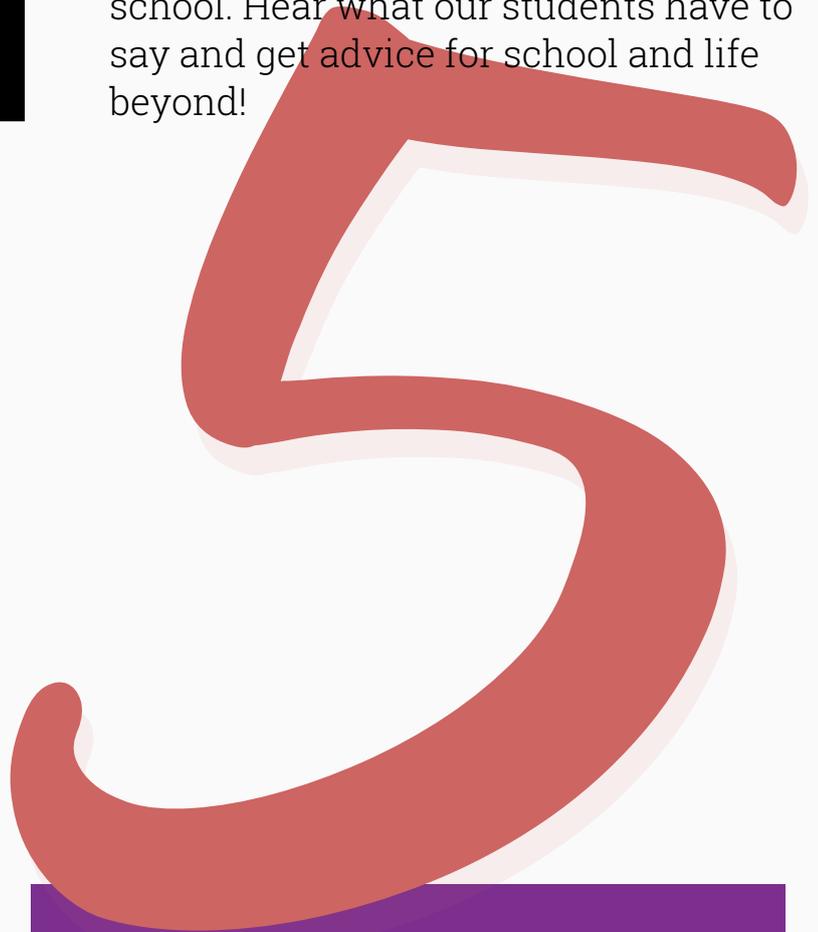
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Apply now!

FULL-TIME COURSES 2019

www.forthvalley.ac.uk

Making Learning Work

FVC IN PICTURES

1. Record Number of Female Engineering MAs

A total of 19 female Modern Apprentices – covering areas such as welding and fabrication, instrumentation, power distribution and mechanical engineering – have begun their apprenticeships at the FVC Falkirk Campus. They will all spend their first year at college, while being employed by various companies such as TechnipFMC, Petrofac, Scotrail, GlaxoSmithKline (GSK), Aker Solutions, WorleyParsons, Ineos and PetroIneos, Dupont and Scottish Power.



2. Hospitality, Food and Tourism Takeover Day

More than 180 high school pupils from ten schools across Stirling and Clackmannanshire attended an innovative Hospitality, Food and Tourism Takeover Day event at Forth Valley College's Stirling Campus in September. Scotland's Minister for Rural Affairs and Natural Environment, Mairi Gougeon, also attended the event, organised by Springboard UK, aimed at providing pupils with a taste of the hospitality industry through various workshops.



3. FVC marks World Mental Health Day

Forth Valley College marked International Mental Health Day on Wednesday 10 October with events at all three of their campuses. Local employers attended the event to provide information and advice to students about how suffering from mental health issues should in no way hinder their job search and employment prospects.



4. Hospitality French Connection

Students and staff from Forth Valley College headed off for a taste of French hospitality on Tuesday 2 October when they travelled for an educational trip to Rabelais Catering High School in Caen, Normandy. A total of five students and two lecturers from FVC's Department of Creative Industries, Hospitality and Tourism spent 10 days savouring the way they teach hospitality subjects in France.

5. FVC Freshers' Fair

Students at Forth Valley College's three campuses in Falkirk, Stirling and Alloa had all the fun of the fair as they immersed themselves in a Carnival themed Freshers' Fair in September. Packed with information and advice stalls, freebies, entertainment and fun, the events were organised by the Forth Valley Student Association (FVSA) and had something to offer for students of all tastes and interests.

GRADUATION

Forth Valley College's 2018 Graduation events recently took place at Falkirk Town Hall (Tuesday 9 October) and Stirling Castle (Thursday 11 October).

More than 1000 students were eligible to graduate this year from a variety of courses. Students collected their scrolls at the events, with family and friends there to cheer them on, alongside Forth Valley College staff members.

Barry Fisher, Director of the Duke of Edinburgh's Award Scotland was the guest speaker at the Falkirk graduation

and was delighted to be able to award students their scrolls, while Scotland's Minister for Further Education, Higher Education and Science, Richard Lochhead MSP was the guest speaker at the Stirling ceremony.

There were also 10 special awards given out across both ceremonies to students who had been nominated by departments as showing the most promise in their field of study.

2018





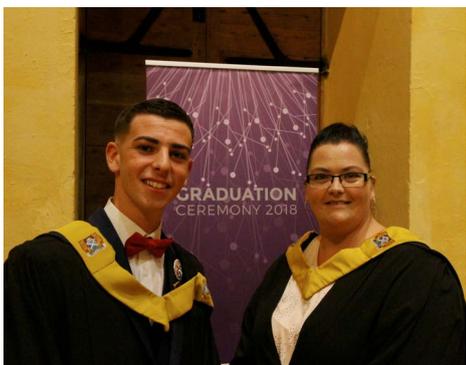
Zuzana Wins Student of the Year 2018

The Student of the Year for 2018 won the award for her work helping to develop her classmates and youngsters interested in Science, Technology, Engineering and Maths (STEM) subjects.

Zuzana Paleckova (20), who is originally from Prague, but who now lives in Stirling, was presented with her award at the graduation ceremony held at Falkirk Town Hall on the evening of Tuesday 9 October.

Zuzana - who graduated with a HND Applied Biological Sciences - was presented with the top prize (sponsored by SQA) along with the Most Promising Student in the Department of Applied Science, Maths and Mechanical Engineering (sponsored by Falkirk Council).

There to see her all the way from Prague were her father Petr, her grandfather Jiri and her boyfriend Jakub Hovorka (all pictured).



How to Improve your Sleep

We spend a third of our lives asleep – according to the Mental Health Foundation. Sleep is essential in maintaining both mental and physical health and it is estimated that two thirds of adults around the world aren't getting enough sleep. That's no surprise these days given the amount of binge-worthy box sets on Netflix!

We've put together these top sleep tips to help you to get a better night's rest.

Technology and Social Media

Unsurprisingly this was the number one reason that teens weren't sleeping enough in a survey by The Sleep Council. Today's lifestyles are fast-paced and we're surrounded by constant stimulation. The recommendation is that you put down the gadgets an hour before you go to bed and if you sleep with your smartphone next to you, at the very least put it face down and on silent so as not to be disturbed by notifications while you get some shut eye.

Regular Hours

This might sound like common sense but a large number of us don't have a regular bedtime. Getting your body into a habit of going to bed at the same time and getting up at the same time, improves its performance and also helps you to sleep better.

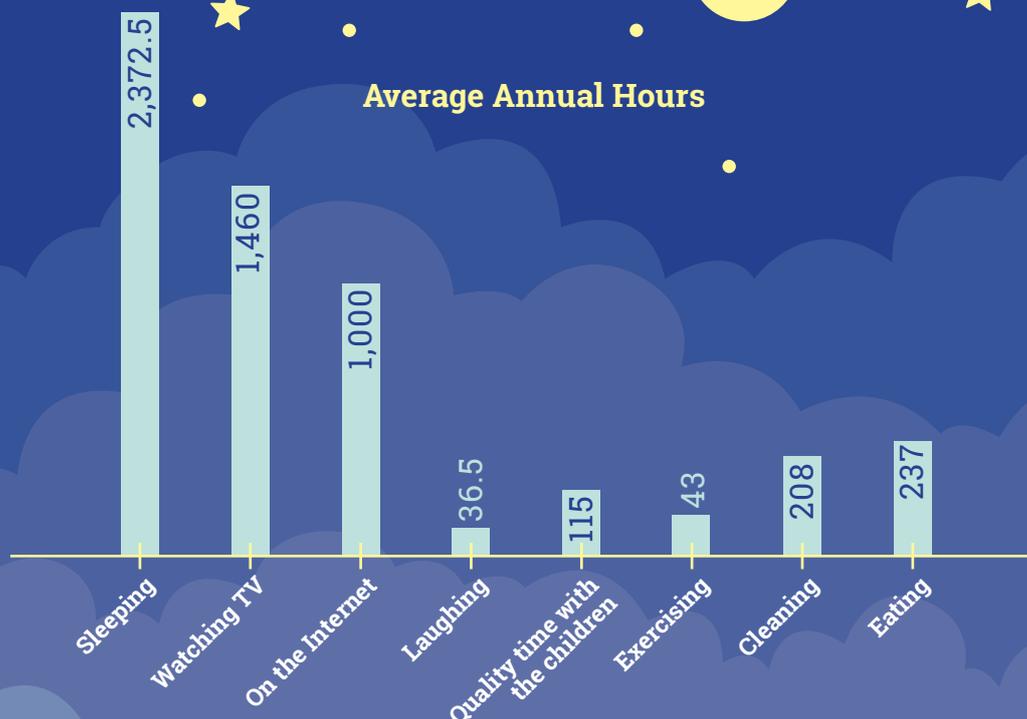
Create a Restful Environment

Your bedroom should be cool, quiet and dark when it comes to going to sleep. This means no electronics as well – even your TV - this keeps your brain stimulated and the light given off suppresses the sleep hormone, melatonin, meaning it will take you longer to fall asleep.

Breathe and Relax

Don't worry too much about not sleeping. We all know the 'if I fall asleep now I'll only have 5 hours sleep' countdown. If you're struggling to slow down your thoughts, try some mindful breathing – breathe in for four seconds, then hold for four, then breathe out for four.

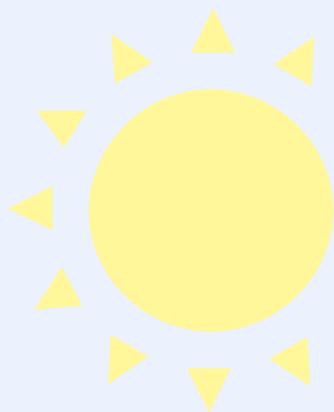
Average Annual Hours



Beating the January Blues

With the festive season fast approaching and Christmas on the horizon, we've been thinking about the year ahead. We're all too familiar with the blues that come with the month of January – where it seems like a huge effort just to crawl out from under your duvet!

The third Monday in January is officially the most depressing day of the year, it has been coined 'Blue Monday' and it's not hard to figure out why – your bank balance has taken a hit from the Christmas presents and celebrations, the holidays are over, you've already broken all of your New Year resolutions and the weather is just downright grim.



We have a few pointers for trying to keep the January blues at bay:

Get some daylight

Sunlight affects the amount of serotonin you produce and this is lower in winter months often causing low moods in people, so get outside when you can.

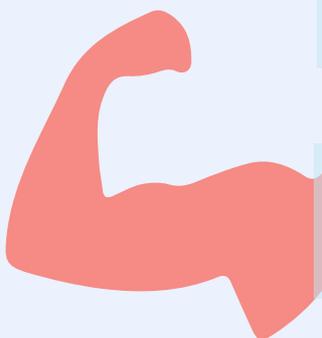
Beware of the New Year resolution

Most of us focus on negative resolutions such as losing weight or stopping certain habits – but try focusing on adding positives instead of punishment (you're more likely to keep them this way).



Exercise

Although getting out of bed may be hard, you'll benefit hugely from getting some regular exercise in January. Get those feel good endorphins on the go.



Get excited for the year ahead

Try planning some exciting things for the year ahead to get you geared up!



Rest and Recharge

Since you're more than likely penniless anyway, use January to rest and recharge, most people are exhausted physically and socially after December.



Time4Me Mentoring

Time4Me is a new Forth Valley College mentoring scheme, made possible by funding from The Robertson Trust and is aimed at helping 15-25 year olds. It is hoped that through the project, staff mentors will help the mentees with goal setting, problem solving and communication and the young people taking part will gain confidence and develop skills which will help them with their studies, career and life goals.

Mentors will work with young people who face additional challenges in making a successful transition into their first year at FVC.



What is Mentoring?

Mentoring is one to one support that you get from someone who has volunteered their time to help you develop as a person. It is about trust and respect. It is not about someone telling you what to do. It is about someone guiding and supporting you to realise your true potential.

Mentoring isn't.... counselling, and it's not about the Mentor doing things for you. Your Mentor won't solve all your problems for you – instead, they will help you to find ways to solve them for yourself, through listening, guidance and support.



FOUNDATION APPRENTICESHIP

STAND OUT FROM THE CROWD

What are Foundation Apprenticeships?

- New qualifications to study alongside National 5s and Highers
- Designed for S5 & S6 pupils staying on a school
- Equivalent to a Higher
- Includes work experience with a local employer
- Delivered locally by Forth Valley College
- Great way to start a career journey
- Possible progression route to a related course at FVC on completion



GET A JOB



COLLEGE



UNIVERSITY



MODERN APPRENTICESHIPS

Degrees

The brilliant thing about college is that paths don't have to follow traditional routes.

Forth Valley College partners with three of Scotland's leading universities to offer six degree courses. The idea is to produce work ready graduates with both the theoretical and practical knowledge for industry.

Why choose a degree at FVC?

Students will spend between one and two years, depending on the course, at Forth Valley College, whilst gaining industry experience.

Upon successful completion of these initial years, students will then automatically progress to their partner university.

Degrees on offer:

UNIVERSITY of
STIRLING 

BSc (Hons) Applied Biological Sciences

BSc (Hons) Applied Computing

BA (Hons) Digital Media

BA (Hons) Heritage and Tourism


University of
Strathclyde
Glasgow

BEng (Hons) Chemical Engineering

HERIOT
WATT
UNIVERSITY 

MEng Chemical Engineering

MEng/BEng (Hons) Mechanical
Engineering

MEng/BEng (Hons) Electrical and
Electronic Engineering

“We are Forth Valley College students and University of Stirling students and it is possible to become part of both communities.”

Zuzana Paleckova (BSc Applied Biological Sciences)

“One of the things I really enjoy about being here is that staff are always seeking new opportunities outside the College that could help students improve their skills and obtain industry based experience.”

Enija Zelmene (BA Hons Digital Media)

“I enjoyed the course. When you leave school it is a bit scary thinking about university, but at college you get more one-on-one tuition which you would not get at university and you get great support here.”

Ellie Barton (MEng Chemical Engineering)

“I like the transition aspect of the course. Going straight to university would have been a big step for me.”

Glen Kelly (BA Hons Heritage and Tourism)

Qualifications explained

National Progression Awards (NPA)

NPAs are aimed at assessing a defined set of skills and knowledge in specialist vocational areas. They also link to National Occupational Standards, which are the basis of SVQs. NPAs are at SCQF Levels 2 - 6 and are successfully delivered in partnership between schools, colleges and employers.

Foundation Apprenticeship (FA)

An FA is a qualification which senior phase school pupils can now choose as one of their subject choices, alongside other National 5s or Highers, while still at school. They are equivalent to a Higher but without an exam.

Modern Apprenticeship (MA)

An MA is a nationally recognised qualification gained in the workplace. MAs vary in levels, but a typical MA framework will consist of an SVQ, Core Skills and either an NC, HNC or HND or a combination of these. These qualifications are designed by industry to meet their requirements.

Scottish Vocational Qualification (SVQ)

An SVQ is a nationally recognised qualification gained in the workplace. These qualifications are designed by industry to meet their requirements.

Advanced Diploma

An Advanced Diploma is a post HND qualification that is gained after successfully completing an additional one year of full-time study.



National Qualification (NQ/NC)

National Qualifications include the national courses that school pupils now undertake in their senior phase, including Highers and Advanced Highers. They also include National Certificates which develop skills and knowledge relating to a specific subject or occupational area.

Pre-Apprenticeship

A Pre-Apprenticeship programme allows students to follow a similar route to the Year 1 of a Modern Apprenticeship. Candidates will gain two qualifications; Performing Engineering Operations SVQ Level 2 and a National Certificate in an engineering discipline.

Higher National Certificate (HNC)

An HNC is an advanced programme of study that can be studied over one year of full-time study or in some cases 2-3 years with part-time study.

Higher National Diploma (HND)

An HND is an advanced qualification, which takes up to two years to complete on a full-time basis or in some cases up to five years with part-time study.

Degree

An ordinary/honours degree can be achieved after three or four years of successful full-time study.



Is a career in hospitality for you?

The income from UK hospitality businesses will exceed £100 billion this year according to 'The Drinks Business' (<https://thedrinksbusiness.com/2018>) and with the industry steadily growing at around 6% each year, this could mean lots of opportunities for young people leaving education in the coming years.

Around 330,000 workers currently working in the hospitality industry

are considering leaving the UK due to Brexit in a poll carried out by YouGov, meaning there will be a large gap to fill and it is understood almost 1 in 5 hospitality managers are already struggling to fill their vacancies.

This could be an ideal opportunity for young people with an interest in the hospitality sector to get a head start and build a career.

Are you suited to work in hospitality?

- You like working with people – the very nature of hospitality is to provide great customer service
- You're enthusiastic and want to provide the best experience to people
- You want there to be lots of job opportunities when you finish studying
- You enjoy being active
- You're a problem solver
- You have good communication skills – it's essential, with teammates and customers
- You're willing to work flexible hours

THINKING ABOUT A

Modern Apprenticeship?

www.forthvalley.ac.uk

Making Learning Work

Forth Valley College 

NEW PROSPECTUS



Out
now!