

FORTH VALLEY COLLEGE

FV

Forth  
Valley  
College



Making Learning Work

ISSUE 8

[www.forthvalley.ac.uk](http://www.forthvalley.ac.uk)

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'Somewhere over the rainbow'

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## WELCOME TO THE EIGHTH EDITION OF FYI...

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

This is our first online only edition, due to the current Coronavirus situation, but we hope it will provide you with some enjoyable reading.

You can 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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# OUR NEW FALKIRK CAMPUS

As you will all know, our new Falkirk Campus opened in January 2020. Unfortunately, we didn't have much time to show it off before we had to close! Therefore we thought we'd share some photos of the new building and talk to some students about their opinions, so that those of you thinking about coming to college can get a glimpse into what could be your future learning environment.

"THE DESIGN OF THE COLLEGE HAS BEEN WELL THOUGHT OUT AND THERE IS A NICE USE OF THE OPEN SPACE AND IT IS VERY DIFFERENT TO THE OLD BUILDING. I WOULD DEFINITELY RECOMMEND POTENTIAL STUDENTS TO COME AND STUDY HERE."

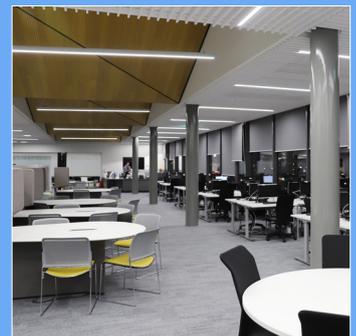
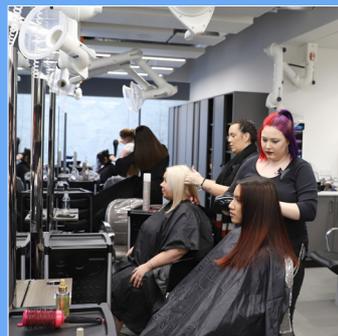
Louise Campbell, Polmont

"IT'S LOVELY. THERE IS PLENTY OF ROOM, A GOOD CAFETERIA AND THE FACILITIES ARE VERY NICE, MODERN AND EACH ROOM FEELS PROPERLY EQUIPPED. I AM LOOKING FORWARD TO CONTINUING MY STUDIES HERE."

Colin Webster, Bo'ness

"IT'S NICE, LOVELY AND MODERN. IT IS DAY AND NIGHT FROM THE OLD FALKIRK CAMPUS. SO FAR SO GOOD."

Bradley Donn, Falkirk



# MY FOUNDATION APPRENTICESHIP EXPERIENCE

by Naomi Cordiner

Naomi Cordiner (17) is a S6 pupil at Bo'ness Academy who was undertaking a Foundation Apprenticeship in Creative and Digital Media, in session 2019/2020. Her work placement was with the Communications and Marketing Team at Forth Valley College.

Naomi has taken the time to share some of her experiences . . . read on for an insight into some of the things she got up to.

I applied to the Foundation Apprenticeship in Creative and Digital Media as media and marketing has always been an interest of mine. I heard about it through my School Career Advisor. Here's some of my highlights:

## FIRST DAY

On my first day, I was made aware of all the exciting projects that I would be involved in over the course of the following few months. I met the team for the first time where I was greeted with an amazing, warm welcome. This allowed me to understand the different roles in the team and the types of activities that went on. This set me up for an amazing experience.

## RESEARCH PROJECT

The first task I was set was a research project, in which I had to gather information about the Communications and Marketing Team, as well as the College as a whole. I researched the courses and services that the College offers and its target audiences. I found out lots of information through interviewing various members of staff and students.

## GETTING TO GRIPS WITH SOCIAL

I came up with various sample posts for the College's social media platforms. The services that I chose to focus on were the salon, the gym, and the first aid courses on offer. I created graphics and photographs along with text. This allowed me to use Photoshop and Canva (a graphic design app) and I also took photographs on a Canon camera.

## PHOTOSHOOTS AND BLOGGING

By January, I had completely finished my research project as well as the sample content. This meant that I had extra time to fully immerse myself in the Communications and Marketing Team. I went on a photoshoot for the New Falkirk Campus. I learnt how to complete an all rights release form. I then wrote a post for the student blog ([www.fvcfusion.com](http://www.fvcfusion.com)) about my first impressions of the new campus.

## WRITING FOR A MAGAZINE

I was given my next project; to create content for FYI magazine. This project involved writing content, sourcing images and creating a brief for the design team. I was thrilled to find out that I was going to be a part of creating a magazine as it felt like it would be an amazing achievement. I began by reviewing previous issues and asked others for their opinions and feedback on my ideas.

## MINISTERIAL VISIT

In February, I was involved in a visit from the Minister for Children and Young People, Maree Todd. The visit was filmed, photographed and kept on track by the Communications and Marketing Team and I was able to help out. I even got to shake her hand at the end!

## OVERALL

"My favourite part of the course so far has been applying the knowledge that I've learnt in class to my work placement. I also loved coming up with ideas and gathering information for designing the FYI Magazine. I would definitely recommend the course to others as it is really fun learning in a different environment from school. After I have completed the course, I am hoping to get a job in interior design where I can apply my knowledge of marketing to projects for clients."

Can you spot Naomi's work in the magazine?



Foundation Apprenticeships are courses that you can complete over one year or two years. They allow pupils in S5 and S6 to gain a qualification similar to a Higher while experiencing learning outside the classroom. Alongside classes with a lecturer, students have a work placement with a local employer. There are many different Foundation Apprenticeships available ranging from engineering to creative and digital media. Foundation Apprenticeships are widely acknowledged by employers due to the hands-on approach to learning.

We are currently accepting applications for Foundation Apprenticeships and candidates will be interviewed via telephone.

For more information please visit [www.forthvalley.ac.uk/FA](http://www.forthvalley.ac.uk/FA)

# FOUNDATION APPRENTICESHIPS

COULD A FOUNDATION APPRENTICESHIP KICK START YOUR CAREER?

## Are you in S5 or S6?

Then start your career with a Foundation Apprenticeship delivered locally by Forth Valley College.

What types of FA are on offer at Forth Valley College?

- Accounting
- Business
- Civil Engineering
- Engineering
- IT Hardware & System Support
- IT Software Development
- Media
- Scientific Technologies
- Social Services & Healthcare
- Social Services, Children & Young People

[www.forthvalley.ac.uk/FA](http://www.forthvalley.ac.uk/FA)



# Things to do during **LOCKDOWN**

We have now been in lockdown for a number of weeks and we understand you may be starting to feel a little bit bored, especially when the weekend hits and you're having a break from your studies. So, we wanted to share with you a list of things you could do during isolation to keep you busy and help the days pass a little quicker:



## Exercise

It's really important to try and stay active, whether that's going on a daily walk, run or trying out some of the great home workouts that are available online. Check out some suggested local walks on the next page. We've also been sharing workouts from our gym team on our Facebook and Instagram channels.



## Learn a new skill

There has never been a better time to learn a new skill, from cooking and baking to finally nailing that perfect smokey eye. There are loads of great resources online, such as Jamie Oliver's 'Keep cooking and carry on' recipes, Just Jess Food's Instagram page (her lemon drizzle cake looks delicious) or the MAC Cosmetics YouTube Channel which has every make-up tutorial you could think of.



## Spring clean

This may not be everyone's idea of fun, but it's the perfect time to get stuck into some spring cleaning. Cleaning and de-cluttering are also great ways to get rid of some negative energy, and we promise that you'll feel great after you've tackled that wardrobe you've been dreading to sort.

## Catch up with family/friends

Although we are now able to have limited contact with family and friends, it's still important that we abide by social distancing rules. Continue to check in on people to make sure they are OK or have a virtual cup of tea and a catch up where possible. There are loads of great ways to see your friends and family without face-to-face contact such as FaceTime, WhatsApp and Skype, and we suggest you continue to make the most of these, especially if you know anyone who is in the high risk or shielding category.



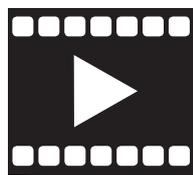


## Take some time for yourself

This is a challenging period, so it is essential to try to take some time out for yourself and look after your mental health and wellbeing. We know this may be difficult depending on your circumstances, but even just taking 30 minutes to read a book, go a nice walk, have a relaxing bath or why not take a break from social media, which can cause information overload.

## Gardening

Now that the sunshine is out and the lighter nights are here, gardening could be a great way to spend some of your free time. As well as being outdoors for some fresh air, you'll be burning off some calories too, so why not help out in the garden?



## TV show or films

Now is the time to catch up on that TV series or movie you've always been meaning to watch. There are lots of options on popular streaming apps such as Amazon Prime, Netflix and NOW TV. Netflix has even launched 'Netflix Party', which lets you watch films simultaneously with your friends. So you can start, stop or pause a film you're watching together and there's even a side chat bar where you can all discuss what's going on in the film.



## Top 10 walks in the Forth Valley area

Written by Naomi Cordiner

Summer is here! And with many of us enjoying daily walks recently, it's the perfect time to explore your local area. Getting out and walking in nature is beneficial to your health as not only can it burn calories; it can create a sense of calm and reduce stress and anxiety. Here are our top 10 scenic walks in and around the Forth Valley Area.

Give them a try:

1. Callendar House
2. The Falkirk Wheel
3. Falls of Falloch
4. Cambus Pools Nature Reserve
5. Darn Walk, Bridge of Allan
6. Plean Country Park
7. Bo'ness Harbour
8. Alva Glen
9. Garshellach Forest
10. Wallace Monument/Abbey Craig

**WE HOPE THIS HAS GIVEN YOU SOME IDEAS FOR THINGS TO DO DURING LOCKDOWN!**

# YOU CAN STILL APPLY FOR AUGUST 2020

We're looking to the future amid the lockdown and are currently recruiting new students for our full-time courses starting in August 2020.

Despite the current campus closures, the College is still accepting and processing applications and is encouraging potential students to start considering their options as soon as possible.

Interviews will be done by phone or via skype/zoom, so that offers can be made ahead of the new session. Be sure to check out our top tips for online interviews on page 9!

## New beginnings

You can apply for courses across all four of our departments: Business and Communities; Care, Sport and Construction; Creative Industries, Hospitality and Tourism; and Engineering and Science.

We welcome 13,300 students per academic session, ranging from school leavers and adult returners to career changers. 94% of learners

progress to further studies or employment upon completion of their course – proof that completing a course at Forth Valley College is an excellent starting point for a successful career.

The economy is going to need qualified professionals to help the economy recover in the months and years ahead, so now is a good time to acquire a NC, HNC, HND or degree.

## Degree courses

We also offer a range of nine degree courses – covering Art and Design, Heritage and Tourism, Digital Media, Software Development and Cyber Security, Applied Biological Sciences, and various Engineering degrees – in partnership with three of Scotland's leading universities.

With this integrated degree approach to learning you would spend two years at FVC and then two years at university. This could be a great option if you don't feel quite ready to go to university.

## Help and support

School leavers may well be uncertain at this moment as to what their eventual grades will be. If you have any queries around suitable courses, you can contact our FVC Learner Advisors or Skills Development Advisors, who will be able to offer you the best advice possible.

The College can also offer comprehensive funding and wellbeing support on request, which will be invaluable, especially for new students.

You can find out more about courses available and further information by visiting:

[www.forthvalley.ac.uk](http://www.forthvalley.ac.uk)



ART & DESIGN



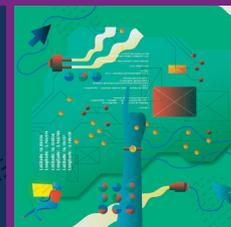
BAKERY



BUSINESS



CARE



COMPUTING



CONSTRUCTION



CREATIVE INDUSTRIES & MEDIA



ENGINEERING



EVENTS MANAGEMENT



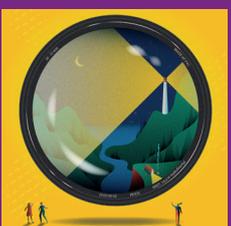
HAIR & BEAUTY



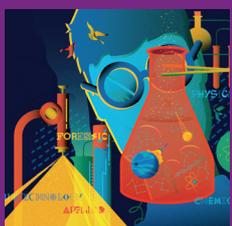
HOSPITALITY & COOKERY



LANGUAGES



PHOTOGRAPHY



SCIENCE



SPORT



SOUND PRODUCTION



SUPPORTED LEARNING



TOURISM



# INTERVIEWS TIPS

## FOR ONLINE AND PHONE INTERVIEWS

### Great, you've got an interview!

The catch is, that whilst we're in lockdown, your interview can't be face to face. So, you need to think about how you can still make a good impression via a video call or on a phone interview.

Well don't worry, we've put together our top tips to help you prepare.

#### DRESS APPROPRIATELY

Just because we're all working or studying from home, this does not mean that the rules regarding dress code don't apply when you're interviewing or calling using video. Be sure to dress just as smartly as you would in person, not only does it make a better impression but it also will increase your confidence. We also suggest wearing solid colours and not getting too crazy with patterns when using video as you never know how it might look on another person's display.

#### AVOID DISTRACTION

Try to create a distraction free environment for your interview and eliminate as much excess noise as possible. Turn your phone off or put it on silent, close the windows and

doors and be sure to turn the TV off. You want to give the interviewer your full attention.

#### PETS AND FAMILY

Following on from trying to minimise distractions, this could include pets and family members. Ask your family to stay in another room while you have your interview and try to prevent having your pets around as they can be very distracting.

#### NEUTRAL BACKGROUND

This one is simple, try to find a neutral background in your home if you're using video. Pick a white or beige wall or something similar. Don't sit directly up against a wall, leaving a bit of space behind you and this is not the time to use a virtual

background. The last thing your interviewer will want to see is your unmade bed, kitchen table or the contents of your living room when they are supposed to be focused on you.

#### PRACTICE

Just as you would prepare for a face to face interview, practice some answers for questions you think you may be asked and jot down a few notes. You may also find it difficult to be chatty after we've been stuck indoors for so long so try getting your energy up before your call. Your interviewer will be able to tell if you're tired and lacking enthusiasm so don't forget this.

**We hope these tips come in useful. We're sure you'll do great! Good luck!**

# Looking after your mental health

## at home

With the government guidelines telling us all to stay at home for the foreseeable future and to socially distance ourselves as much as possible, it's important we look at ways to manage our mental wellbeing going forward as many of our regular social activities are not currently available to us.

This means adjusting to a different way of life for many people, so we've been looking at a few things you can do to minimise the impact this may have on your mental health.

### Plan your day

While we're working or studying from home, it is important that we all try to maintain some kind of structure to our days. The advice is to plan your day as normal and try to follow your routine as much as possible.

- **Set an alarm**
- **Eat breakfast**
- **Get ready**
- **Plan how you'll spend your time (writing it down might help)**
- **Plan activities to do on different days such as workouts**
- **Start or keep up with good habits**

### Keep a sleeping pattern

Trying to maintain a good sleeping pattern is essential as this can have a huge impact on our health. As tempting as it is to spend a few extra hours in bed at the moment, try sticking to your morning alarm and go to bed at your usual time.

### Move your body

Being active can be known to reduce stress, increase energy levels, make us more alert and improve our sleep.

Whilst at home, make sure you take some time every day to get your body moving. This will help to combat the stress and anxiety you may be feeling about this situation and will also mean that you will find it easier to sleep at night.

### Eat well and hydrate

This could be the ideal time to think properly about your diet and any healthy changes you might want to make. Eating and drinking regularly can help your mood and energy levels. Try to use your additional time to cook healthier, more satisfying meals and stay away from the snacks.

Drinking water is vital for your mental and physical health. Changing your routine might affect when you drink or what fluids you drink. Set an alarm to remind yourself as it's all too easy to end up dehydrated.

### Relaxation

Learning to relax and focusing on the present can help improve your mental health and decrease negative feelings.

Try some different meditation or breathing exercises to see what works for you.

There are several wellbeing platforms that can help such as Headspace and Calm.

### Connect with others

Although the lockdown restrictions have been eased slightly, many of us could still become quite lonely during this time, especially for people who are living alone. Potentially the most important point is to make sure you stay connected with others. Whilst we are now allowed limited contact with others, continue to make sure you reach out to everyone you would normally be in contact with. Whether this is via telephone, social media or text/e-mail messages – check in on people and keep talking.

If you have concerns around your mental health, please speak to a trusted family member or friend or perhaps reach out to a teacher from your school. There's lots of help available, so please ask!

#### Other sources of help:

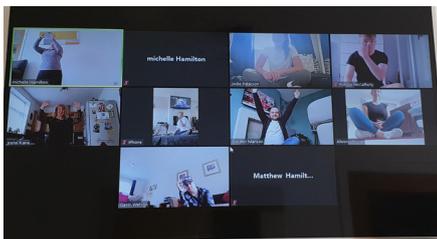
<https://youngminds.org.uk>

<https://youngminds.org.uk>

<https://www.mind.org.uk>



# Student Lockdown Stories



## Sporty students encourage exercise with fitness live streaming

Health, Fitness and Exercise students have used their knowledge from college and are creating virtual exercise classes that staff and students can link into live, to help people keep active at home during the epidemic.

A group of first year HNDs from across the Forth Valley area have been filming everything from gentle stretching exercises to HIIT sessions - either without equipment or using household items to act as weights.

## Students help community spirit shine through during outbreak

Caring 'Working with Communities' students have set up a Community Hub to collect and distribute 'isolation packages' for vulnerable people in the Forth Valley area affected by the Coronavirus outbreak.

The magnificent seven strong HNC group have gone above and beyond their coursework by setting up the Facebook page to collect in essential donations of food and toiletries, to deliver packs out to people who are self-isolating due to the ongoing health crisis.



## Somewhere over the rainbow

One of our first year HND Art and Design students has used a spirit raising activity used by people enduring the current lockdown, to help her progress through her course at home.

Ellie Rodenburg-Abro from Clackmannan, was working on the 'Community Project' section of her course, hoping to do some workshops at either her local primary school, high school or Girl Guides, when the current regulations set in.

But she was fascinated by a Facebook community group 'Believe in Rainbows' who were helping to inspire some positivity across the UK.

## Sara captures lockdown through her lens

A first year HND Photography student has captured lockdown through a lens perfectly as part of her graded unit end of term project.

Sara Amelia, who is based at our Stirling Campus, even created her own sepia toned black and white preset with editing software to edit her images, snapped photos of her everyday life, at their Stenhousemuir home over the last seven weeks.

The truly striking captioned photos - entitled Home School - have framed what it has been like for people experiencing the 'new normal'.

To read the full news stories, visit [www.forthvalley.ac.uk/news-events](http://www.forthvalley.ac.uk/news-events)





# TRY ONE OF OUR SCHOOL PARTNERSHIP COURSES

For those in fourth year, not already signed up for our popular vocational courses – why not consider our exciting SCOTS (School-College Opportunities to Succeed) Programme? It offers a taste of different subject areas from Engineering to Art and Design and from Childcare to Sport and Fitness. By the time you've completed the programme, we are confident you will have a better idea of what career path you would like to take.

Fifth years will then have further options and our school-link courses will help you to learn more about the many different careers available to you and discover which one is right for you. These include the Higher National Certificates and our new improved range of Foundation Apprenticeships. You can look forward to lots of hands-on learning and get your first taste of life after school.

As you know, things are a bit different at the moment and during the College closure if you're offered an interview for one of our courses this will be conducted via telephone or video call.

Visit our website for more details

[www.forthvalley.ac.uk/ways-to-study/school-partnership/](http://www.forthvalley.ac.uk/ways-to-study/school-partnership/)

# #FVCPICS



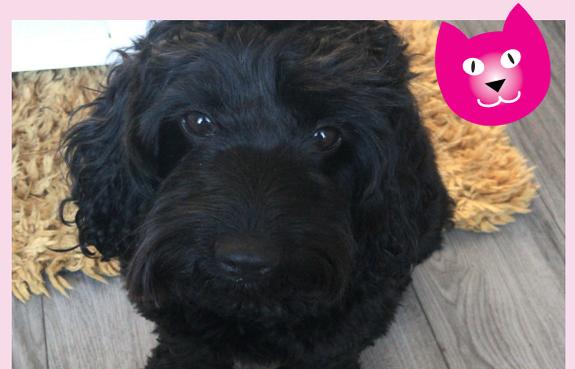
74 Likes

Today we are celebrating #InternationalNursesDay We are super proud of our former HNC students, Joanne, Beth and Julie who are helping in the fight against the #coronavirus epidemic #ScotNurses2020



33 Likes

#ProjectSearch interns have helped boost the morale of #keyworkers @nhsforthvalley by sending them positive messages - what a lovely gesture #clapforcarers #stayhome #stayhomestaysafe #clapforkeyworkers



62 Likes

Is your co-worker behaving? We're loving these FVC staff members #workingfromhome buddies!



75 Likes

Some of our staff members clapping for our fabulous key workers. Thank you to everyone working on the front-line #ClapForKeyWorkers #StayHome

**FOLLOW US ON INSTAGRAM @FVCOLLEGE TO KEEP UP-TO-DATE WITH ALL THINGS CAMPUS LIFE!**

# FIND THE BEST STUDENT DEALS

As a student, you may struggle more with keeping your funds intact. In order to help you, we have listed some of the best student deal apps/websites available!

## Student Beans

Deals from EE, Domino's, Pandora, Oh Polly and Apple

Student Beans is available from the App Store and online -

[www.studentbeans.com/uk](http://www.studentbeans.com/uk)

## UNiDAYS

Deals on MissPap, Missguided, Nike, Deliveroo and Pizza Express

UNiDAYS is available from the App Store and online -

[www.myunidays.com/GB/en-GB](http://www.myunidays.com/GB/en-GB)

## Student Money Saver

Deals on Ted Baker, Forever 21, NOW TV, Argos and Benefit

Student Money Saver is available online at [www.studentmoneysaver.co.uk](http://www.studentmoneysaver.co.uk)

## Save The Student

Deals on Paperchase, Ryman, Bella Italia, KFC and Vodafone

Save The Student is available online at [www.savethestudent.org](http://www.savethestudent.org)

Written by  
Naomi Cordiner



For more information:

**Call: 01324 403000** or

**Email: [marketing@forthvalley.ac.uk](mailto:marketing@forthvalley.ac.uk)**

Be sure to follow us on social media to stay up-to-date with college news!

# WHAT'S HOT? WHAT'S NOT?

## Hot!

Summer holidays

Good weather - finally

Disney +

The NHS - and all our key workers



## Not!

Lockdown

No Festivals

No holidays abroad (yet)

Worrying about your next step



We have lots of options, visit our website for info