

FREE
PUPIL
MAGAZINE

INSIDE

Female Safety: How Males Can Help
Partnership Degree Courses
Interview Tips

Wellbeing tips

Looking after yourself
as we exit lockdown

STUDENT COUNSELLOR SHANELLE MCINTYRE'S EASY TO USE TOP TIPS!

DISCOVER HOW TO MAKE THE MOST OF YOUR MONEY



WELCOME TO THE TENTH 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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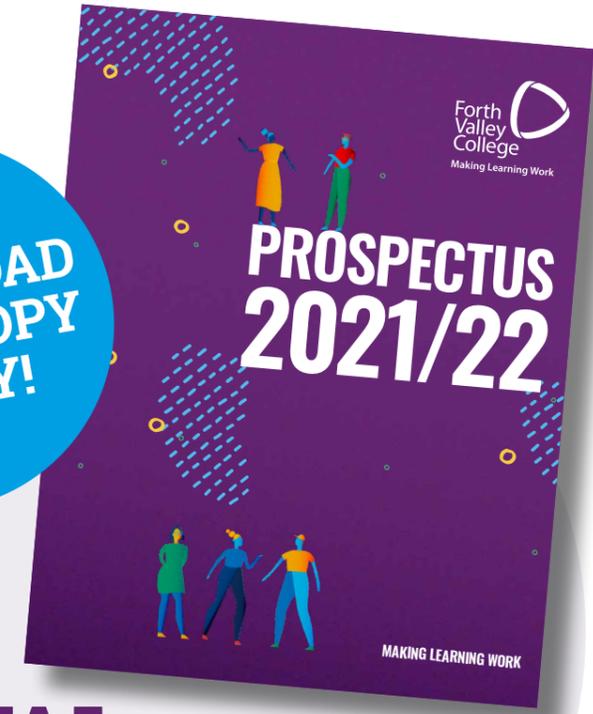
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ISSUE

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DOWNLOAD YOUR COPY TODAY!

OUR NEW



DIGITAL PROSPECTUS FOR SESSION 2021/22 IS OUT NOW!

https://issuu.com/forth_valley_college/docs/2021_22_prospectus_singlepage

COVID-19 UPDATE



For the latest information regarding our response to Covid-19, please visit our website, which will be updated regularly in line with any new announcements made by the Scottish Government.

<https://www.forthvalley.ac.uk/covid-19/>

If you're a school partnership student, please also keep an eye on your mailbox, as we will issue student e-zines with updated information and guidance, as and when required.

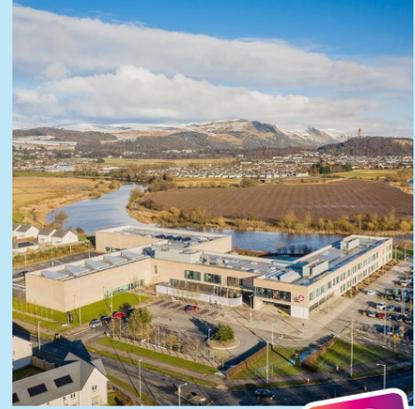
#FVCPICS



51 Likes
Blown away by this picture of snow on the #ochilhills a few weeks back.



27 Likes
Online Teams projects helped raise spirits for our #Media students.



75 Likes
We love the view of the area surrounding our #Stirling campus!



42 Likes
BA Art & Design student Louisa and Jacque are among eight artists who have been chosen to brighten up empty shops in the centre of #Stirling with their amazing artwork!

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

FEMALE SAFETY: HOW MALES CAN HELP

The tragic case of Sarah Everard has once again brought the topic of female safety into the spotlight. However this time discussions have not only focused on preventative steps that women can take to ensure their safety – but also the ways in which men can alter their behaviour to make women feel safe and more secure.

Many feel that too much focus on victim prevention can lead to victim blaming.

So as a young male – what can you do to help alleviate female anxiety about walking alone at night?

Here's some top tips.

1. Don't get too close

Make sure that you leave a clear space between you and slow down if you're getting too close. The closer you are, the more threatening you can appear.

2. Ensure they can see you

Make sure that you can be seen if they turn around or look over their shoulder. If they can sense you but can't see you, this can feel intimidating.

3. Be mindful of how you overtake them

If you need to overtake them, then try and cross the road if it's safe and possible to do so. If it isn't possible, then let them know that you're passing them by so they're not alarmed.

4. Make some noise

Silence can be frightening if you are a female walking alone. Try and make some noise if you can e.g. make a call on your mobile.

5. Keep your hands and face visible

Ensure that your face can be clearly seen – a concealed face can be perceived as threatening. And keep your hands visible i.e. not in your pockets, so they will know that you're not concealing any weapons.

6. Don't stare

Staring can be unsettling, particularly for females on their own. Try and focus your attention elsewhere.

7. Keep your friends in line

Call your friends out on any behaviour that could make a female feel uncomfortable. Even if you're not directly responsible, if you don't speak out then you're part of the issue.

8. Don't make it personal

Females are taught from an early age to be wary of strangers, so don't be offended if they seem scared. If you try to speak to them and they don't respond – respect that.

REAP THE BENEFITS OF FURTHER EDUCATION WHILE STILL AT SCHOOL

If you are a senior school pupil reading this, we want you to think about taking advantage of studying at college while still at high school.

We offer an extensive range of school partnership courses at varying levels of study across a range of subject areas, which include:

- **Foundation Apprenticeships (FAs)**
- **Higher National Certificates (HNCs)**
- **National Progression Awards (NPAs)**
- **SCOTS Programme**
- **Skills for Work**

These courses are for school pupils moving into S4, S5 and S6 in August 2021, who can sign up for our vocational courses as one of their subject options, alongside their school-based National and Higher qualifications.

They are all a real win, win option as they give pupils a taste of what to expect in further or higher education, and it takes the anxiety away from them when they eventually leave school and make their next step in education. Our school partnership courses encourage more independence, responsibility and maturity and allow pupils to experience a whole range of leisure activities and social networks. They are also a great way to help pupils progress onto their next course, such as an HND or a university degree.

Pupils interested in these courses should talk to their pupil support teacher or visit:

<https://www.forthvalley.ac.uk/schools/>



Fiona Dick (21) was a pupil at Dunblane High School when she joined the School-College Opportunities to Succeed (SCOTS) programme and then progressed to a National Progression Award (NPA), eventually leading to a full-time college course.

Fiona, said: "I chose to do this because I was not sure what I wanted to study when I left school and so this route was a good way to get a taster of what the college offered and which course I enjoyed most. It was also a good way to help me to get into a full-time Sound Production course.

"I think the facilities are great as you're using new top of the range equipment, which gives you a good understanding of what you will be using when you graduate and get a job in the field. The lecturers were also really good as they were always willing to help with any problems that came up.

"My experience of a school partnership course helped me as it helped me realise what I wanted to study when I left

school. It also helped me get accepted into a full-time course, because the College knew me through the school partnership courses and I had worked with most of the lecturers already.

"Before lockdown I was working with Rollerbeats as a roller disco DJ. But I am currently not working due to the company I was working with being temporarily closed. When restrictions are eased, I will be heading off to Miami for a job as a sound engineer on board a cruise ship for seven months.

"I would recommend the school partnership courses to anyone interested as they are a great way to find out what you want to study and if College is the right step for you in the future. My advice to future students would be to tell them to go for it and give it everything, because it could be the thing that helps them to get a job in the future."

Well done, Fiona and good luck with your job in Miami!

SCOTS TO HND SOUND PRODUCTION



We are proud to be supporting the new national **#ChooseCollege** campaign, which highlights the importance of Scotland's 26 colleges and how they can play a vital role in your next steps – whether that's continuing in education or kick-starting your career.



Save the Date

Choose College Showcase Event
Wednesday 26 May 2021

Come along to our first-ever nationwide virtual event, where you will get the chance to:

- Explore opportunities from colleges across Scotland
- Get advice and support about coming to College
- Attend sessions on college life
- Find out about the funding options available

Registrations will be opening soon, so keep an eye on our social media channels for more information:

[@Forthvalleycollege](#)

[@FVCollege](#)

[@fvcollege](#)



There's a variety of courses on offer across Scotland's colleges, but here at Forth Valley College, our courses range from access to degree level and include:

- **Apprenticeships**
- **Business training courses**
- **Evening classes**
- **Flexible and online learning**
- **Full-time courses**
- **Part-time courses**
- **School partnership courses**
- **Vocational qualifications**

We truly believe there's something to suit everyone, from partnership degrees to modern apprenticeships.

Here's why some of our alumni students chose college.

Callum Bonner

Painting and Decorating
Modern Apprentice

"I would recommend anyone to Choose College because it is a great environment to be in and you get to do the subject of your choice. It can lead onto further education or even better, full-time employment. Then if you are lucky and work hard, you could even go onto do competitions like I did and represent your country. It is well worthwhile.

"It is a great feeling going through the four years of a MA and now having a trade behind me for my whole life. I am mega proud of my achievements. I have won every award ceremony I have been to and it has been a great couple of years."

Kirsty Robb

HND Applied
Biological Sciences

"I began my remarkable professional journey at Forth Valley College's Falkirk Campus with an NQ in Applied Biological Studies.

"I was one of TES' Scotland's People of the Year for 2019, but it was Forth Valley College that gave me the foundation to get to where I am today. When I went to university, my practical skills were way better than my classmates in their third year at uni. The lecturing staff at FVC were fantastic and were all very encouraging. They nurtured something that was inside me. If I had to do it all again, I would do it exactly the same way 100%."

Bradley Pow

HND Visual
Communication

"Forth Valley College had the perfect course for what I was looking for. All of the equipment was up to date and industry standard. It was great having iMacs available and working with the Adobe Creative Suite.

"The lecturers had great advice based on their own careers and time working within the industry. This was a great insight into the job and helped my learning.

"I would recommend the College to other people as it gave me a great start to my career."



Interested in finding out more about why you should **#ChooseCollege**?

Visit our website today:
<https://www.forthvalley.ac.uk/ways-to-study/choose-forth-valley-college/>

Join the conversation
#ChooseCollege

Partnership Degrees Courses

We offer a range of degree courses in partnership with four of Scotland's leading universities. This approach to learning meets the needs of future employers by creating 'work ready' graduates.

We're still accepting applications for session 2021/22 via UCAS and our website for all programmes - even though the UCAS deadline has passed.

University of Stirling

- BA Art & Design – Year 1 & 3
- BSC (Hons) Applied Biological Sciences
- BSC (Hons) Software Development with Cyber Security
- BA (Hons) Digital Media
- BA (Hons) Heritage and Tourism

University of Strathclyde

- BEng (Hons) Chemical Engineering

Heriot-Watt University

- MEng (Hons) Chemical Engineering
- MEng Electrical Engineering
- MEng Mechanical Engineering

Edinburgh Napier University

- HND Cyber Security – progress onto the BEng (Hons) Computer Security and Forensics
- HND Electrical Engineering – progress onto the BEng (Hons) Electrical Engineering
- HND Mechanical Engineering – progress onto the BEng (Hons) Mechanical Engineering or BEng (Hons) Energy and Environmental Engineering

Benefits of studying our partnership degrees include:

- Study locally, reducing living and travel costs
- Develop the skills to become industry ready
- Full university status from day one
- Integrated programme of employer and industry involvement
- An opportunity to build confidences before going to university, with smaller class sizes and more one-to-one time with lecturers

Spaces are limited, so you if are interested apply now via [UCAS](https://www.forthvalley.ac.uk/ways-to-study/degrees/) or our [website](https://www.forthvalley.ac.uk/ways-to-study/degrees/).



Contact degrees@forthvalley.ac.uk if you have any questions.

<https://www.forthvalley.ac.uk/ways-to-study/degrees/>

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

Tips for online or telephone interviews

Due to the current circumstances, your college, university, or job interview will most likely occur via video call or over the phone. Even though you won't be meeting anyone face-to-face, it's still crucial to make a great first impression. So, here are our top tips for making sure you do exactly that:

• GET ORGANISED

Get set up and make sure everything is working in advance. You don't want to run into any technical issues right before your interview.

• CHOSE A QUIET PLACE

If possible, pick a place in your home where distractions are limited. This will help you focus on the interview without being interrupted.

• DRESS APPROPRIATELY

Just because everyone is at home, it doesn't mean wearing your favourite joggers and hoody is appropriate for an interview. So make sure you dress the same way you would attending a face-to-face interview.

• TURN OFF YOUR PHONE

There's nothing worse than getting interrupted during an interview with a phone call because you forgot to put your phone on silent. To be extra cautious, we'd suggest turning it off. This will stop you from getting distracted by any notifications too.

• RESEARCH AND PRACTICE

It's important to do some background research on the course or job you're applying for, as this will show initiative and demonstrate how interested you are in the course/role. You can also google some of the most commonly asked interview questions, to give you some practice beforehand.

Good luck with your interview!

One of our Student Counsellors, **Shanelle McIntyre** has shared her tips below for looking after your wellbeing as we start to come out of lockdown.



WELLBEING TIPS AS LOCKDOWN EASES

Acknowledge your feelings!

You may be feeling happy or excited or perhaps nervous, scared or unsure as lockdown restrictions ease. It's normal to feel any of these emotions after being in lockdown and staying at home! It can be helpful to notice your feelings and accept them. You are valid to be feeling any and many emotions during this time, remember they are a natural response to the uncertainty we've been through recently.

Take it slow

Take it slow and do what feels right and safe for you. It takes time to adjust back to socialising or moving towards your daily routine, so be kind to yourself as lockdown eases. There is no 'right' way to adjust to life after lockdown, so listen to your needs and be gentle with yourself. Allow yourself time to gradually adjust by setting small goals, and notice your positive steps too!

Focus on the present

If you're feeling overwhelmed or anxious about what the future will bring, try to slow it down – all you can do is take it day by day. Try to focus on the present day – mindfulness meditation can be useful to help bring you back to the present. Have you ever tried any mindfulness for self-care? Have a look on the Headspace app, or explore on Youtube.

Staying connected

Use your support network, talk to your family or friends about how you're feeling. Try not to ignore your emotions or be too hard on yourself – your loved ones may be feeling similar too. They may also be that supportive ear to listen to you and acknowledge your feelings.

Be kind to yourself

It's just as important to care for your mental health as it is to care for your

physical health. As lockdown eases – make sure to take time for yourself each day to do something you love. Perhaps a hobby, or something you've lost touch with for a while, drawing or reading. Or perhaps something relaxing for you, some breathing exercises, a bath, or cosying up with a hot chocolate.

Don't struggle alone

Remember, help and support is out there. If you need further support – please reach out to talk to someone: a trusted family member, friend, teacher or the counselling service for emotional support. You are not alone!

We hope you find these tips useful, but always remember support is available if you need it, so please don't delay seeking help.

School partnership students can email wellbeing@forthvalley.ac.uk for more information.

Pathways Web App

The new pathways web app allows students and school leavers to look up further and higher education pathways all in one place, without contacting numerous institutions.

The app will help you:

- Identify progression routes from college to university
- Highlight articulation routes between colleges in Falkirk, Stirling, Fife, Edinburgh, Lothian, and Borders
- Choose a degree course that can be studied at your local college in the first or second year
- Pick a college course that leads on to a degree course at university that you can join in second or third year



For more information and to use the web app, visit www.pathways.ac.uk



MAKE THE MOST OF YOUR MONEY



A recent survey* discovered that **85%** of young adults aged **16-25** wish they'd been taught about money management at school. With this in mind, we've pulled together some top tips for getting to grips with your finances.

*www.fincap.org.uk

1 Budget, budget, budget

Budgeting is key to keeping track of your money. It's important that you don't spend more than you have! Find out the method that's right for you; some people prefer different accounts for different things; some like apps; and others make use of technology such as chatbots that send you messages and updates to help you keep on top of things. There's no right or wrong way, just find the way that works for you best.

2. It's never too early to save

Whether you're saving for a new computer game or a long term goal such as a car, it's important to start saving as early as possible. Put some money into a savings pot regularly whilst still allowing yourself enough spending money to live comfortably and treat yourself once in a while.

3. Track your spending

Once you've set a budget, don't forget about it. Regularly check your bank accounts to keep an eye on your spending. Again, have a look online for apps which can help prevent you from getting a shock when you check your bank balance at the end of the month!

4. Shop around

Seems obvious but when you're making a purchase, have a look for the best possible price. Whether it's clothes or a new phone, different retailers might have different offers. It's also worth doing a google search to see if there are any discount codes available before you click 'submit order'.

5. Make the most of student discount

Young adults have access to lots of different discount schemes whilst studying such as TOTUM, Unidays and the Young Persons Railcard – plus much more.

Have a look to see what's out there, and if you're eligible, start saving today!

6. Cancel subscriptions you don't use

Went a bit crazy with subscriptions over lockdown? Have a review of what you have – keep the ones you actually use and ditch the ones you don't. This is a quick and easy way to save some money which you can use for other things or put into your savings.

7. Check what funding you're entitled to

If you're thinking of applying to college or university in the future, it's good to plan ahead. Have a look on our website at www.forthvalley.ac.uk/funding to check the funding you could be eligible for depending on your circumstances and the type of course you're applying for.

FUEL CHANGE

FUEL CHANGE Challenge

Recruiting for Next Cohort

After the success of the programme's first year, organisers are looking for apprentices and employers across Scotland, from any sector not only construction and engineering, to sign up for the next cohort.

The project's main aim is to hit the target of a low carbon Scotland and create real, practical solutions that can not only be implemented by the partner companies, but potentially be implemented across the world and make a real difference to climate change.

If you're studying a Foundation Apprenticeship and would like to be involved in the Fuel Change Challenge, find out more and register your interest here - www.fuelchange.co.uk

Pre-Apprenticeship course leads to Modern Apprenticeship for Alicia

WELL DONE

Former Falkirk High School pupil Alicia is the second apprentice Viridis has taken on from Forth Valley College.

The company which has an office base in Falkirk are committed to training and educating the next generation of net-zero design engineers to create a greener, more sustainable future and help bridge the skills gap.

Alicia (18) - having always had a passion for science, technology, engineering, and maths (STEM) subjects - completed a pre-apprenticeship engineering course at Forth Valley College, which earned her a Higher National Certificate (HNC) prior to joining Viridis.

Alicia said: "I first became interested in pursuing a career in engineering after one of my teachers suggested that I look into apprenticeships. Personally, I like the fact that the various engineering disciplines strive to make the world a better place – whether that be building more sustainably or finding new and innovative ways to do things.

"I was immediately attracted to Viridis when I found out about the company's commitment to discovering green solutions that can be implemented to create a more environmentally-friendly future."

Congratulations, Alicia!



For more information on FVC's Pre-Apprenticeship courses click here <https://bit.ly/2Qahw8q>

VIRTUAL EVENTS

Scotland's Virtual Kiltwalk

23 - 25 April 2021

www.thekiltwalk.co.uk/scotlandsvirtual

Choose College Showcase Event

Wednesday 26 May

(More details can be found on page 7)

Traverse Theatre Workshop –

Anyone can write a play
with Meghan Tyler

Online until March 2022

<https://www.traverse.co.uk/whats-on/anyone-can-write-a-play-with-meghan-tyler>

For more information:

Call: 01324 403000 or

Email: marketing@forthvalley.ac.uk



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

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Information contained within this document was correct at time of publishing but may be subject to change.

WHAT'S HOT? WHAT'S NOT?

Hot!

Spring time -
the lighter nights
remind us that
summer is coming.



Lockdown restrictions
starting to ease –
remember to follow
the guidance!



Line of Duty being
back on our screens.

Not!

Little moons being
sold out everywhere!



KUWTK ending –
what are we going
to watch now?

Easter chocolate
disappearing off
the shelves for
another year.



Forth
Valley
College

Making Learning Work