

## **The Sixth Form College Colchester**

### **Additional Studies and Extracurricular Activities**

The cover image shows three girls and a boy in sportswear, smiling, on a volleyball court  
Inside shows six female students with hands upraised and turning to their left in stylised pose, as part of dance routine

Please note:

The contents of this booklet were updated June 2023. The College maintains a serious commitment to the running of a full programme of extra activities, as described within, however factors such as changing patterns of students means that modifications sometimes have to be made to the programme offered by the College in any given year. If particular activities form a key part of your application, please do feel free to discuss this with your interviewer, personal tutor or a member of the admissions team on [admissions@colchsfc.ac.uk](mailto:admissions@colchsfc.ac.uk).

### **Introduction to the Additional Studies Programme**

At the Sixth Form College Colchester, we believe that education is about much more than just gaining grades and we are proud to say that we offer one of the largest programmes of additional studies and extra-curricular activities in the country.

Depending upon how you count it, we think that there must be well over a hundred different opportunities available and, in lots of ways, the range of activities is much more like that offered at a university. The additional studies courses are designed to work alongside your main programme of study. They are a key part of the College's commitment to preparing you for progression to higher education, further training or employment. Many of these activities will definitely enhance your C.V. or may even be counted as 'UCAS points'. Most of all, we hope that they will also offer you the chance to meet new people and have some fun.

IMAGE – young man playing piano

### **Frequently asked questions**

**How many additional studies or activities will I get involved in?**

At least one. All students will be required to participate in the following:

A full programme of academic study (i.e. A-Levels, Diplomas, GCSEs or other qualifications)

The College Tutorial Programme

One timetabled / registered Additional Studies course (indicated as a 'fourth' course in this booklet)

Alongside this, we hope that many students will also choose to get involved in other courses or activities on a more informal basis. These are referred to as a 'fifth' course in this booklet.

Broadly the 'rule' is:

You need to take a fourth course – but usually only one

You can then choose to add a 'fifth' – or even a number of 'fifths', if you wish

**Is there a limit to how many extra courses I can take?**

Within reason, no; there may be a number of students who wish, for example, to learn more about careers in law, but also play some sport. We have to be careful that you don't do too

much, but a carefully balanced programme, that reflects a range of interests and aspirations, can be discussed with your personal tutor.

#### **How do I sign up for a fourth course?**

These choices are made at interview or induction (June) or enrolment (Aug/Sept). All three discussions give you the opportunity to consider your final choice before your timetable is issued in September.

#### **How do I sign up for a 'fifth' course?**

Across the year, you should look out for the student bulletin notices regarding a range of opportunities, or, if in doubt, ask your personal tutor.

#### **Will I take an additional study in my second year as well?**

Yes, though it may not be the same choice as you made in your first year. A number of choices (such as EPQ) are only available to second years. Students usually sign up for these halfway through the first year and often make a start on them in the summer term.

#### **What if I've done well at GCSE and have opted to pursue a fourth A-Level?**

Then that A-Level is your extra course – no further extras are required, unless, of course, you still want to pick one up, but take care, you'll need time to complete your studies as well!

#### **When do these activities take place? How long do the sessions last?**

Most additional studies take place onsite in a timetabled session, during the day, for about an hour a week, whereas the time required for other extra-curricular activities can vary. Many activities will take place at only one time during the week and we will do our best to ensure that your timetable is designed in such a way as to allow you to take part, though we can't always absolutely guarantee this if other aspects of your programme don't allow it. A few courses take place in 'twilight' (usually 4:15pm – 5:30pm). These are also indicated in the course description and you will need to consider your travel arrangements when choosing such courses. A number of sporting activities take place offsite, so if you are keen to be involved in team sports then you should make this clear with your personal tutor as soon as possible during enrolment. This is so that, if possible, Wednesday afternoons (Blocks D and C) can be kept free for this on your timetable

#### **What if I feel that I made the wrong choices?**

For the timetabled 'fourth' courses you will be expected to commit yourself for the full duration of the year and attend regularly. If, after the first few weeks, you are unsure that your choice has been correct, please discuss this with your personal tutor, but please don't leave it too long as you will need time to consider alternative choices.

#### **Will I have to pay a contribution towards any costs?**

This is not usually the case, but some courses may ask you to contribute towards the cost of materials used or to contribute towards travel or other costs. These costs are indicated in the course description but, if you are concerned, ask your personal tutor or the course tutor about any likely expenditure. Please note that any prices mentioned are approximate and for information only.

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## Get Active

The College offers a wide variety of sport, whether you want to compete at a very high level or just have some fun with friends!

(IMAGE: Three female students wearing netball kit, standing in gym holding netball)

### Badminton Recreational (4<sup>th</sup>)

For a relaxing and fun time, why not choose badminton? The course caters for players of all abilities and the aim is to develop personal skills to the full in an enjoyable atmosphere. Whether you are looking to learn new skills, play for enjoyment or play competitive games, this course has something to offer everybody. Rackets and shuttlecocks will be provided – although you may wish to bring your own. Appropriate dress will be expected.

Badminton takes place on site

### Badminton Squad (4<sup>th</sup>)

Enjoy badminton? Want to improve your existing skills and learn new ones? Want to play competitively? If so, then this course is for you. The badminton sessions are open to both male and females. During the session, you will experience competitive game play and receive technical and tactical coaching. Higher-level performers have the chance to represent the College in the Association of Colleges national competition, culminating in a residential weekend of competitions at a University. Rackets and shuttlecocks (plastic and feather) will be provided.

### Basketball Recreational (4<sup>th</sup>)

If you want to come and play basketball in a relaxed and pressure free environment, then sign up to the basketball recreational session which will consist of shooting around for a warm up and then bibbing up and playing games.

### Basketball Squad (Men's and Women's Squads) (4<sup>th</sup>)

Basketball squad is for those students who currently play or have played competitive basketball. We train once/twice a week and compete in the Association of Colleges League and Cup competitions on Wednesday afternoons. In previous years we have qualified for the AoC National Finals, won the league and reached the semi-finals of the cup. We offer trials in the first two weeks of term and pick our squad of 15 for the season. It is essential that students wishing to play for the College have both Blocks C and D free on their timetable, so please ensure you request this with your tutor.

### **Bootcamp (4<sup>th</sup>)**

Want something different from a gym workout? Bootcamp is there for everyone in College who wants to get active, lose weight, get stronger or tone up. It is perfect for everyone and in this fun class you can really encourage each other as a team, while meeting new people and having fun whilst getting fit. You will feel the benefits straight away!

### **Boxing (4<sup>th</sup>)**

We are linked with a local boxing club with an experienced coach coming in to teach the basics of boxing and to develop more advanced techniques. Take part in boxing to learn a new sport, learn self-defence, for stress relief, or if you want to improve your boxing skills. Everyone is welcome.

### **Coaching (4<sup>th</sup>)**

The College offers a number of coaching qualifications – see “Get Qualified” for details.

### **Football Five-aside (Men’s and Women’s Squads) (4<sup>th</sup>)**

This popular course is open to both men and women (separate sessions) and provides a pleasing break from your academic studies. The atmosphere is fantastic every week and is open to all students whatever your ability level. Although the onus is on enjoyment, there is also a competitive element. Students will be expected to wear appropriate kit and training shoes suitable for the 3G surface area

### **Football Squad 11-aside (Men’s) (4<sup>th</sup>)**

The College has an excellent reputation for its football teams. We have been British College Champions, reached the Schools F.A. Cup Final and won the Essex Under 19 Cup numerous times. The College runs 2 teams in the Essex Schools and Colleges League and Cup competitions plus the AoC National Cup. Each team has a programme of regular Wednesday afternoon fixtures and training takes place on Tuesday lunchtime.

Following team trials at the beginning of the year, you will be assigned to one of our two squads with the opportunity to move between squads as the season progresses.

The high levels of competition for places means that you will be required to commit fully to train and play each week and should consider whether this is possible before signing up for the trials. In order to do so it is essential that students wishing to play for the College have both Blocks C and D free on their timetable so please ensure you request this with your tutor. Shirts are provided for matches but shorts and socks need to be purchased from college.

### **Golf (5<sup>th</sup>)**

There are opportunities for any student already competent in the sport who wishes to represent the College in regional and national golf competitions such as the Essex Schools and the Association of Colleges. Students should therefore expect some ‘out of hours’ commitment.

### **Netball – Squad or Recreational (4<sup>th</sup>)**

This course is open to players of all abilities, and the aim is to develop both individual and team skills through coaching drills in an enjoyable environment. Regular fixtures are organised on Wednesday afternoons. Students wishing to join need to keep Wednesday afternoons free (Blocks D and C). Appropriate kit is expected. We also run a recreational netball course for those students who would like to remain involved in netball on a less competitive basis.

### **Pilates (4<sup>th</sup>)**

Fancy trying something new or are keen to add variety to your current fitness training? Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment, flexibility and mobility. Pilate moves tend to target your core, although the exercises work other areas of your body as well. Pilates also has a beneficial effect on mental health.

### **Rugby Squad (Men's and Women's) (4<sup>th</sup>)**

Rugby continually proves to be extremely popular at the College and caters for all levels of performance - from the complete beginner to the real enthusiast. Rugby offers a good chance to develop personal fitness and individual playing skills and the College team enjoys a strong fixture list. Many players have also represented both County and Eastern Counties at both schools and club level. There is a high standard of coaching and a good "club" atmosphere. Attending training once a week in addition to fixtures is a requirement for team players and both C&D block will need to be kept free

### **Table Tennis (4<sup>th</sup>)**

Students will have an opportunity to participate in Table Tennis on a recreational basis. There will be various sessions available during the week and will take place on the College site. Equipment will be provided but suitable kit needs to be worn. There will be an opportunity for students to represent the College in the prestigious Association of Colleges regional and national competitions.

### **Trampolining (4<sup>th</sup>)**

Have you ever felt like reaching new heights? Trampolining is a fun way to keep fit as well as developing your skills. Many skills will be taught, which can be put together to form routines in a safe environment. Students of all abilities are welcome on the course, even if you've never been on a trampoline before, don't worry because you won't be alone so come along.

### **Volleyball (mixed) – Squad or Recreational (4<sup>th</sup>)**

Students will have an opportunity to participate in volleyball on a recreational or competitive basis, taking place on the College site. Equipment will be provided. All abilities are welcome, as through training and practice, personal skill development should follow. There will be an opportunity for students to represent the College in the prestigious Association of Colleges regional competitions and national finals, for which both the Men's and Women's teams have qualified for the last two years. The recreational session is for beginners; the squad session after college is for those who wish to play for the College team and want to take their playing to the next level.

### **Weights and Fitness (5<sup>th</sup>)**

Do you want to improve or maintain your levels of personal fitness? If so, why not sign up to the College multi-gym. A short but compulsory induction will include instruction on warm-ups and appropriate weight-training techniques. You can then use the gym as much as you want during college hours on a 'drop-in' basis. Advice on the development of training programmes can be provided by a qualified coach upon request. Adherence to rules and regulations is required at all times and appropriate kit is necessary.

## Yoga (4<sup>th</sup>)

This additional study is suitable for a beginner and for students of mixed abilities who just enjoy doing Yoga or who want to explore techniques for stress relief and improved overall fitness. Informal weekly lunchtime yoga sessions will help you examine proper breathing (pranayama) helping to stimulate the energy reserves and revitalizing body and mind. The (asanas) postures rejuvenate the whole body. They work primarily on the spine and the central nervous system. The spine gains in strength and flexibility, and circulation is stimulated, bringing nutrients and oxygen to all the cells of the body. Why not give it a try?

(IMAGE – Female student in baseball cap, sitting on exercise equipment in gym)

## Get Involved

There is a wide variety of very active groups at college.

(IMAGE – Four female students working outside in forest on conservation activity)

## Amnesty International (5<sup>th</sup>)

Around the world many thousands of people are imprisoned, and sometimes tortured, because of their government which dislikes their beliefs - people of all ages, nationalities and political or religious views. Amnesty believes that no one, so long as they have not used or promoted violence, should be in prison for their views. Amnesty International also believes that all prisoners should be given a prompt and fair trial and that no prisoner should be put to death, tortured or ill-treated. What do we do in the College? We have regular meetings in which we write letters concerning particular cases where people have been wrongfully imprisoned or physically ill-treated. We also spend time planning our campaign of future events. But we do need more members! If you are interested, do come and join us.

## Board Games Club (5<sup>th</sup>)

This club is for anyone with an interest in games, whatever their level of experience. Board games, card games, dice games, roleplaying games – come along and try them out or bring your own. Whether you want to play traditional games like Scrabble and Monopoly, or newer titles like Settlers of Catan and Carcassonne, you are welcome to come along, on your own or with a group of friends. No knowledge of the rules is required and most of the games we will be playing are simple enough to get playing in a few minutes.

## Charities Group (5<sup>th</sup>)

The Charities Group offers the opportunity for students to get involved in the many charitable activities that take place in College throughout the year, including Christmas hamper collections, Easter egg collections and fund-raising events. We are always open to new ideas and welcome people who will help run things and get as many students as possible involved. We work closely with a number of local and national charitable organisations and the group is guided and supported by a member of staff. We will meet once a week to catch up with what everyone is doing and plan future activities. It is anticipated that some members of this group will go on to form the Student Charities Committee. Every year we raise thousands of pounds for good causes, so if you want to make a difference and have fun, then come along



### Chess Club (5<sup>th</sup>)

Beginners and masters alike will be welcome to form part of the college chess club. Chess helps to develop qualities of forensic analytical power, decision making and the ability to function under pressure. We meet once a week at lunch and play chess! If you have never played before, we will teach you. There will be a tournament at the end of the year with prizes.

### Christian Union (5<sup>th</sup>)

All welcome to come for a time of chat, friendship, Bible Study, discussion of the big issues of life, worship, hearing God, and hearing what God has been doing in people's lives...

### College Council (5<sup>th</sup>)

**This is your college. The college council enables you to have a say in what goes on and to contribute towards making sure college is a lively and enjoyable place in which to study.**

To get involved, a student usually firstly becomes a tutor group representative and will then attend the monthly College Council meetings. The elections for the College Council Executive take place in the autumn term. Any tutor group representative can stand for a variety of executive posts or can become chairperson of one of the committees.

### College Council Executive

This is the key co-ordinating body of the council and consists of the chairperson, vice-chairperson, secretary, treasurer as well as the chairpersons of each of the following committee's: -

#### Arts Committee

This committee organises trips and creative events for all the students. Each year the committee decides for themselves what they would like to do. Some recent favourites have been workshops in ceramic, paper and clay, a henna stall, and trips to "Harry Potter World". Students will be involved in The Arts and Culture Festival that takes place in the summer term.

#### Culture Committee

The Culture Committee is a safe space for people of all backgrounds. We mark international events such as Black History Month and Chinese New Year and work with other groups such as the Arts Committee and Storm Radio. The Culture Committee also contributes to tutorial material and College resources on issues such as racism awareness. We hold weekly discussions relating to news items and cultural trends and open these up to a larger audience as an informal debate called 'Culture Conversations'.

#### Environment Committee

The Environment Committee encourages students to take an active part in enhancing the local environment – both in the College and across Colchester. Activities include promotion of environmental and sustainable initiatives within the College, organising and running of events to raise awareness of green issues. Over recent years, the committee have been instrumental in driving college-wide recycling programmes, fast fashion clothes swapping events and raising awareness of carbon literacy. Another successful activity, backed by the Marine Conservation Society, has been a campaign to raise awareness of the effect of single use plastic in the oceans and the threat to sea turtles around the world face.

In college, we recently launched the 'our space... our litter' campaign to encourage people to use bins. We also launched the 'save a cup, bring your mug' initiative and we are in the process of planting trees with significance to wildlife around college and reduce noise pollution.

The Environment Committee is fun to join, a great way to make friends and participation is a huge asset for your UCAS application.

### **Social Committee**

All the fun activities are organised by this committee such as student parties and the 'Knollfest'. As well as helping to organise these very popular events it is a great way of meeting people.

### **Sports Committee**

We promote sporting opportunities within the College and arrange a wide variety of sporting activities and competitions based around current worldwide competitions and other popular but less known sports such as dodgeball. If you are interested in event organising, think this will be beneficial on your CV, and love sport, the sports committee is perfect for you.

### **Conservation Group (weekends) (5<sup>th</sup>)**

The Sixth Form College conservation volunteers take part in practical conservation work on local nature reserves including Abberton Reservoir.

We assist Essex Wildlife Trust wardens and the conservation volunteers with habitat management tasks including tree-planting, coppicing, and constructing boardwalks. We have also helped with the construction of a low carbon building at Bradfield on Sea. Work parties take place on Sundays (approximately one a month) in the course of the year. It is suitable for students on all programmes of study and especially for anyone interested in wildlife and environmental issues. It can count towards the volunteering components of The Duke of Edinburgh Award.

### **Dungeons and Dragons (5<sup>th</sup>)**

Dungeons and Dragons is a collective storytelling game where a group of players take on the roles of characters in an ongoing fantasy story. This group uses the 5th edition rules and usually has multiple games running. Everyone is welcome, whether they are a new player or an experienced dungeon master. You don't need to know many rules to get started. Feel free to come along, see what it's all about and decide whether you want to join in.

### **Feminist Society (5<sup>th</sup>)**

Want to learn more about equality and feminism and fostering mutual respect regardless of gender? Then why not join The Inclusive Feminist Society. It's a safe space for everyone to have open discussions, take part in fundraising, community events and talk about how to influence change both in and out of College. Oh, and we have lots of laughs!

### **Friends Not Foes (5<sup>th</sup>)**

This group started life three years ago as "Welcome Refugees" but the students involved changed the name to reflect the group's wider concern with tackling discrimination in society. Friends Not Foes is very much student-run and has engaged in activities ranging from providing practical help for Colchester's refugee community (creating a Holocaust Memorial Installation for Firstsite, helping with the Syrian Café also at Firstsite, teaching driving theory, arranging a community picnic, a vintage clothes sale) to visits to relevant

lectures at the university. The group also contributes to the College tutorial programme. We meet once a week to discuss the current issues and to arrange volunteering activities. We are especially proud of our homework club which runs after College once a week to support children from refugee families and which reflects our continuing and positive relationship with those who have found refuge in Colchester and the wider community. Friends Not Foes have won a Colchester Youth Award and the Group of the Year Award at the Essex Teaching Awards. Everyone is welcome.

#### **Holocaust Memorial Programme (4<sup>th</sup> / Year 2)**

The Holocaust Memorial Programme is an additional study that encourages students to learn about and reflect on the Holocaust. It is not an overly historical approach and will include focus on literature, art, psychology etc. The programme includes a three-day trip to Poland and a visit to Auschwitz (cost to be paid by students and subject to numbers). This opportunity is open to all 2nd years, regardless of what you study. There is no examination at the end; it is however a way of showing universities that you have a deep interest in learning outside the classroom.

#### **LGBTQ (+) Student Club (5<sup>th</sup>)**

This is an informal social group for students who identify as lesbian, gay, bisexual, transgender, non-binary gendered or questioning, as well as for their friends. There will be discussions and debates as well as celebration of LGBT History Month and other awareness days. Mainly, the aim of the group is to provide a safe space to meet with others and to socialise. All welcome.

#### **Robotics (5<sup>th</sup>)**

Interested in design, electronics or just assembling things? We have a robotics kit available for a small group to use for a project. Watch the bulletin or contact any member of the physics team for further details

#### **Trips and Visits (5<sup>th</sup>)**

The College organises local fieldwork, day trips, national and international residential trips and many students will have opportunities to participate in residential field trips and day or part day visits; for example, there are annual field trips organized by the Biology, Environmental Science, Geography, Geology, Visual Arts, Music, Drama, Art History, Sociology and English Departments. The Modern Languages Department regularly offers exchange visits. In addition, there are many other field trips and visits open to all students. Recently, groups have visited Iceland, Paraguay, France, Peru, India, Sri Lanka, USA, Italy, Belgium and Germany. The Social committee has also arranged trips to Alton Towers, Harry Potter World and West End Musicals. All departments build visits into their programmes of study and there are many more general opportunities for theatre, sport, dance and music trips. Students should ensure they check the student bulletin and Moodle frequently. Departmental trips will usually be initially aimed at students within those curriculum areas but where there is space for other students to apply, they will be advertised in the student bulletin on a first come first served basis.

#### **Tutorial Programme**

Every student in the College is a member of a tutor group and participates in the College's tutorial programme, which takes place during timetabled tutorial lessons once a week. The tutorial programme has been developed to meet the needs of students in preparing

them for the worlds of higher education, employment and life beyond college. The programme involves some periods of essential administration as well as covering particular issues, which will be of value to the student in order to prepare them for playing a full and active part in society. Students are given specific advice and guidance on keeping themselves safe, and developing a wider understanding of key issues such as mental health awareness, the 'prevent strategy' and online safety. We hope students will play a full part in discussion of a wide range of relevant issues. A central part of the programme is the opportunity to review progress and conduct action planning on a 1 to 1 basis with a personal tutor. Students' contributions to the programme are very welcome, including comments on its success in covering topics which they feel are relevant to them.

#### **Understanding Mental Health (4<sup>th</sup>)**

Everyone has mental health. If you are interested in understanding more about mental health and how to improve emotional wellbeing, this course is for you. You will learn about common mental health difficulties and their impact. You will also learn some techniques to help deal with challenges, such as anxiety and exam stress.

#### **Neurodiversity (4<sup>th</sup>)**

Neurodiversity brings with it a range of challenges, but also some positive qualities, and you'll learn about both. This is the course for you if:

You have autism;

You don't have a diagnosis but you think you may have some autistic traits;

You want to know more, so you can better understand the neurodiverse people in your life, or you are intending to pursue a career in, for example, education, healthcare or social care, where you will need to understand neurodiversity.

#### **Writers of Colour Reading Group (5<sup>th</sup>)**

This is a student and staff group that meets once or twice a half-term to discuss books (all genres) by writers of colour. The group started partly inspired by Black Lives Matter but also to address a collective sense that at present, the curriculum does not adequately represent the work of writers of colour.

Our purpose is partly to extend our reading horizons but also to use what we discover to make recommendations to exam boards to diversify what is on offer on English courses. Last year students in the group created a very popular anthology of poetry, Voice, which was published in zine form and made available around College. Choice of books is driven by students.

#### **Get Creative**

The College offers many opportunities to explore your creative interests, whatever your level of current skill.

(IMAGE – female student, sitting outside, making art using printing techniques)

#### **Gold Arts Award (4<sup>th</sup> / Year 2)**

See "get qualified"

#### **Band (Concert) (4<sup>th</sup>)**

Students who play band instruments at grade 5 standard can take part in this ensemble.

We rehearse music from a wide range of styles, from jazz and big band to classical, preparing for College concerts. The rehearsals are entirely practical and there are no costs involved in this course. The skills of ensemble playing as well as development of

instrumental and aural ability together with performing experience are sought after by employers and all establishments of higher education. Participation in a big band is a fun experience.

#### **Ceramics (4<sup>th</sup>)**

The course is aimed at two distinct groups:

Those with some experience of working in clay who wish to extend their skills and perhaps develop ideas in this medium;

Those with very little experience who wish to be shown the basic forming and decorative methods.

Both groups will cover the basic pottery techniques of modelling, slab building and coiling.

Those with some experience can work more independently if they prefer.

#### **Choir (4<sup>th</sup>)**

You are welcome at choir whether you are a serious singer, or a complete beginner. We sing a variety of music, both popular and classical and work towards a concert each term.

If you are interested in joining, please come along. You don't have to be able to read music, although if you can do, this will also be useful.

#### **Computer - 3D Modelling (4<sup>th</sup>)**

This is an introductory course in computer modelling, suitable for students who wish to learn how to produce computer-generated models. Students will learn how to model objects using an industry standard modelling application and make real-life physical versions of their designs using the College 3D printers.

3D modelling programs are used to produce 3D images used in product design and advertising, animations and computer game models (such as rooms, racing cars, characters, etc.). As part of the course, students will also learn how to apply materials and textures to a computer-generated 3D model to add realism, and how to set up lights and cameras. Students will be given the opportunity to demonstrate these skills by building and rendering a 3D model of their own choice.

#### **Creative Writing (4<sup>th</sup>)**

This course will enable you to develop all aspects of your writing. The course will inspire you through workshops and examples of good writing and you will have the opportunity to create your own collection of work. We will explore a variety of forms including prose, poetry, drama and non-fiction. You will have the freedom to express your own ideas, to experiment with different kinds of writing and to develop your own style. There will be opportunities to attend a residential weekend and to benefit from visiting writers. This course will give you a rich experience of writing and enable you to publish your work in the College magazine and other outlets. Sign up for a rewarding, constructive and inspirational experience! If you would like to continue this into Year 2, you will be able to do an Extended Project Qualification in Creative Writing

#### **Drawing and Collage (4<sup>th</sup>)**

A lively course suiting students of all abilities. The students will explore a variety of drawing and collage techniques. The emphasis will be on a loose approach to media

#### **Dance – Choreolab (4<sup>th</sup>)**

Student led session. Open class, students decide style of dance, type of work and what they do. If you don't want to do "mainstream" dance and want to do "your" thing - then

come work with us. Students of EPQ Dance look for dancers for their choreography here too.

#### **Dance Club (4<sup>th</sup>)**

Teacher-led contemporary dance class focusing on choreography, technique and performance. A good complementary class for A-Level Dance students and also for non-dance students looking to gain experience in contemporary dance.

#### **Dance Company (5<sup>th</sup>)**

A company class and performance opportunity for A-Level dancers. This opportunity is designed to complement the A-Level Dance course by providing further opportunities for technique/ choreography and performance. The company will be looking to take work into local schools for outreach opportunities and perform in national/regional platforms.

Delivered by a professional practitioner/choreographer.

#### **Drama Club (Contemporary) (4<sup>th</sup>)**

In this very practical course we will explore a range of performance styles through a range of plays and styles throughout theatre history. We will also focus on devising work and the range of techniques that can be used to create interesting and original pieces of theatre.

You will increase your knowledge and confidence of drama skills, while developing communication and collaboration skills by working in small groups as well as the whole group, on occasion. There will be opportunities to perform work in a range of contexts, e.g. lunchtime performances or as part of other student projects. All students welcome

#### **Electronic Music Performance (4<sup>th</sup>)**

Students will learn how to perform with Ableton Live, DJ and implement technology into live music, culminating in a live performance and broadcast on the College radio.

Hardware, including push controllers, synthesisers, samplers and DJ equipment will be explored. Students will gain confidence in trying out new ideas and sharing and collaborating with others. Topics covered will include looping, beat-matching, mixing effects, building a DJ set and recording a live performance.

#### **Fashion (4<sup>th</sup>)**

This additional study is an excellent addition to any art and design A-Level. If you are considering a career in fashion or costume design or would like to understand garment construction then this is the additional study for you. Throughout the year you will build a portfolio as you learn to use the sewing machines, create fabric patterns and garments. You will be required to make one final garment or costume to be showcased in a fashion show during the Art and Culture Festival mid-July.

#### **Instrumental Tuition (5<sup>th</sup>)**

Timetables for these lessons will be finalised once students have been given their academic subject timetables: they should be aware that notices, via the student bulletin, will announce when they are to meet the instrumental or vocal tutor to arrange lesson times. There is a cost for this individual tuition which is likely to be in the region of £150 for 12 half hour lessons (unless the student is taking A-Level Music). A student facing financial difficulties may apply to their senior tutor for further financial support. If there are any queries, please see the Head of Music.

### **Jazz Band (4<sup>th</sup>)**

Any student who plays a big band instrument is welcome to join this ensemble. We perform a variety of big band classics and more modern pieces with a big band twist. This is a new ensemble that has only been running since 2019. We perform in College concerts and hope to go out to perform in the local area too. You do, ideally, need to be able to read music or have a really good musical ear to be able to join. If you are interested in Jazz and play a suitable instrument, please come along.

### **Music Theory (4<sup>th</sup>)**

The college offers several music theory courses – see “get qualified”

### **Orchestra (4<sup>th</sup>)**

Students who play orchestral instruments at grade 5 standard can take part in this ensemble. We rehearse and perform a variety of pieces working towards College concerts as well as external events. The rehearsals are entirely practical and there are no costs involved in playing in the orchestra; any external concert costs are borne by the College. The skills provide not only ensemble and instrumental elements but touch on the context of works and musical history. The ability to work together, to develop aural skills and to perform is keenly sought after by employers and higher education establishments.

### **Printmaking (4<sup>th</sup>)**

The Printmaking additional study will allow students to learn and experiment with a variety of printmaking processes from monotypes to screen printing and everything in between. Throughout the year, we will cover a range of skills and processes, and we will work both on paper and fabric, showing how printmaking processes can be used across creative disciplines.

### **Rock Music Workshop (4<sup>th</sup>)**

A great opportunity to meet other students who play instruments and use a classroom as a rehearsal space. You could be already in a band or looking for like-minded students to form a band. We meet once a week and have amps, microphones and drum kits that you can borrow (you will need to bring your own guitars). We offer support to beginners in guitar, drums or setting up the sound equipment but many students are already experienced musicians. Most bands play cover songs but some write their own songs or just enjoy jamming together. Once a year there is a ‘Battle of the Bands’ competition at the Colchester Arts Centre and bands audition to take part. This is a professional, ticketed event and the winning band wins a recording session in a local music studio.

### **Shakespeare (Drama) Club (4<sup>th</sup>)**

Whether you are new to performing Shakespeare or have years of experience, this club offers a unique one-to-one learning experience. It all starts in College with a session a week of teaching, learning and workshopping Shakespeare or other dramatic pieces. Then students will perform their speeches to tutors who will then give feedback to develop your skills and inspire your acting skills. It costs nothing to join the course, but some students may have the opportunity at a later date to pay a fee to gain a formal award. These certificates are a great thing to have, but more importantly students participate in a creative working process, which can really develop confidence in an audition situation.

### Storm Records (5<sup>th</sup>)

Storm Records is the College record label which publishes music performed by College students and is open to students who specialise in different disciplines, including music and music technology, but also to students who want to pursue business, advertising, accountancy, video production and fashion in the context of a record label. The record label will meet once a week to discuss and undertake actions that will improve sales, promote artists and generally advance the label to even greater success

### Unplugged (and Plugged) on the Concourse (5<sup>th</sup>)

Another opportunity for students to showcase their musical talents. Groups and individuals are invited to take part in lunchtime concerts on the concourse in College. There is no audition process although the standard of individual performances is usually very high. Unplugged events take place every half term.

(IMAGE – Female student playing acoustic guitar)

### Get Qualified

These additional studies courses lead to nationally recognised qualifications. Clearly, achievement of the qualification is subject to satisfactory attendance, participation and assessment. Each course will have its own learning goals and specification and will be assessed and moderated by the relevant awarding body or exam board. The type of qualification and certification available for each course is clearly indicated in the course description.

(IMAGE – 2 male and 1 female student, standing in front of a display board in the Spanish department)

### Gold Arts Award (4<sup>th</sup> / Year 2)

The Gold Arts Award encourages in-depth research of any art form or arts practice, and how this can be influenced by exploring a new art form, genre or practice. You will develop your skills within an art form and reflect on this, through practical experience (workshops or work experience) in the creative industries. You will also plan and deliver a project to demonstrate your leadership skills. The Gold Award is designed for ages 16 and above and carries 16 UCAS points. The Award consists of two units:

For Unit 1 Personal Arts Development – You will:

Focus on your specialist art form and collaborate with someone else and their specialist art form; Involve yourselves in arts-based workshops and/ or work experience; Research a professional practitioner; Research opinions around an arts issue you feel strongly about, and formulate an argument

For Unit 2 Leadership of an Arts Project – You will:

Develop your leadership and management skills by planning and co-ordinating a team, working on a focused project that is presented to an audience. Examples can include a dance or music performance, an art, photography or design exhibition, or a video produced for charity fund- raising.

The course starts in June of your first year and will normally be completed in March of year 2. Students will have one timetabled session per week on the programme, and you will be expected to work independently on your projects, supported by an advisor. You will need to prepare a digital 'portfolio' of evidence to record your work against the assessment criteria



Students do not need to have completed the Bronze or Silver Arts Award prior to this  
**Theory of Music – Grade 5 – A-B-R-S-M (4<sup>th</sup>)**

The music theory class is designed to help students pass Grade 5 Theory and to progress to higher grades in Theory of Music. Students should have a good grasp of basic theory (Grade 3 standard) and be hoping to take Grade 6, 7 or 8 practical (A-B-R-S-M). Each element of the course is taken in a group situation and students will be expected to practise past exam papers in their own time.

**Theory of Music – Advanced A-B-R-S-M (4<sup>th</sup>)**

This class is for those students who have already taken grade 5 theory but who want to progress to grade 6, 7 or 8 Theory. These A-B-R-S-M Theory exams carry UCAS points and are especially useful to students wanting to go on to study music; but not exclusively so. Each element of the course is taken in a group situation and students will be expected to practise past exam papers outside of these sessions.

**Coaching Level 2 Certificate (1<sup>st</sup> 4 Sport) (4<sup>th</sup>)**

This qualification prepares learners for employment as a coach in sport or physical activity. Level 2 coaches are able to plan, deliver and review sport and physical activity coaching sessions, either working independently or as part of a larger coaching team. The qualification introduces learners to the practical and theoretical aspects of planning, delivering and evaluating linked and progressive coaching sessions in sport and physical activity. The qualification is directed at learners who have an interest in coaching sport and physical activity. You do not need to be a PE student or member of a sports team to participate. The course is especially useful for those who wish to become involved in coaching, and to have responsibility for the planning, delivery and evaluation of linked and progressive coaching sessions, it can also be used to develop skills around confidence, leadership and education, making it useful for those interested in teaching as a career. The qualification is recognised as the industry standard level 2 qualification for coaches by UK Coaching, the lead technical agency for the development of sports coaching in the UK. It has been aligned to the UKCC criteria and will allow progression onto a UKCC-endorsed qualification. Following successful completion of Level 2 in your first year, you could progress on to the Coaching Level 3 Sport & Physical Activity in year 2. The skills and knowledge developed through this qualification may also be used to progress to other industry-relevant qualifications in coaching sport, activity leadership, supporting PE in school sport or sports development. The course will form part of the Programme of Study for all BTEC Sport L3 students (although is not compulsory for A-Level P-E students). Students will participate in coaching sessions at a local primary school every other week, with a theory lesson at College in between.

**Coaching Level 3 Sport & Physical Activity (1<sup>st</sup> 4 Sport) (4<sup>th</sup>/Year 2)**

Those who have successfully completed Level 2 in their first year can choose to progress to Level 3 in their second year. The qualification is recognised as the industry standard Level 3 qualification for the coaching sport and physical activity by UK Coaching, the lead technical agency for the development of sports coaching in the UK. It has been aligned to the UKCC criteria and will allow progression onto a UKCC- endorsed qualification. This qualification may lead to employment, paid or voluntary, as a lead coach in a sport and

physical activity. Indeed, a number of our students have gone on to become paid coaches as a result of taking the Level 3 course at College.

Students will participate in coaching sessions at a local primary school every week.

### Core Maths (4<sup>th</sup>)

**Various option available – including critical risk or statistics (to be discussed further at enrolment)**

Level 3 Mathematical Studies (Core Maths) is a course which is intended for students who have achieved a grade 4 (or equivalent) and above at GCSE but aren't planning on taking Mathematics at A-Level. It helps to develop students' mathematical thinking and skills in preparation for the mathematical demands of study, work and life. The course builds on work that you have studied at GCSE. The course is quite applied in nature and seeks to teach students new concepts and techniques for solving a variety of both theoretical and "real world" problems. The course is also useful for those who may wish to study a number of degree courses with mathematical, statistical or numerate elements including politics or sociology degrees

Students taking the following A-Levels will find Core Maths a beneficial 4th Course:

accounting, biology, business, chemistry, computing, economics, electronics, environmental science, geography, geology, product design, psychology. However, Core Mathematics is open to any A-Level student who wishes to study the course and who has previously achieved grade 4 to 9 in GCSE Mathematics. Successful candidates gain a Level 3 qualification - which is equivalent to an A-S Level (half an A-level) at grade A to E. The qualification also carries UCAS points

### Duke of Edinburgh Gold Award (weekend) (5<sup>th</sup>)

The College's Gold Duke of Edinburgh's Award group welcomes interest from first year students, with or without previous experience. As numbers are limited, interested students need to attend meetings in September to formally apply and if there is exceptional interest, we will need to run a ballot. The College also offers its support to all students who wish to participate in local groups, who may wish to use another additional study to count towards achieving their Gold award.

There are 5 sections at Gold level. Within each category, participants have a wide choice of activities, approaches and time scales necessary to complete these. These sections are:

#### *Volunteering*

Helping someone, your community or the environment

#### *Physical*

Becoming fitter through sport, dance or fitness activities

#### *Skills*

Developing existing talents or trying something new

#### *Expedition*

Planning, training for and completing an adventurous journey. This eventually involves four days and three nights away in wild country in groups, unaccompanied but supervised. Prior to this, participants will have been trained in map reading skills, emergency procedures, first aid and other relevant matters

#### *Residential*

Staying and working away from home as part of a team. Students will undertake a purposeful enterprise involving voluntary service or training away from home, with people

unknown to them, over a period of at least five days. There are endless possibilities, e.g. canal clearing, an outward-bound course, helping with holidays for children with additional needs etcetera.

All the expedition training takes place outside College hours. The Skill, Volunteering, Physical and Residential sections are completed in the student's own time. The College Additional Studies programme helps students to complete these sections and we therefore recommend that students enrol on at least one other Additional Study. The total cost of expedition training over the two years is approximately £650. This includes two 6-day Wild Country expeditions as well as a local training weekend and is competitive with other providers and effectively 'covers' two years. As the fee is paid in instalments, it is often possible for students to save from their part time jobs, Christmas and birthday presents to meet much of this cost. Apart from being very rewarding and enjoyable in itself, the Duke of Edinburgh Gold Award is highly regarded by many employers and universities. For more information, visit the Duke of Edinburgh Award website ([www.dofe.org](http://www.dofe.org)) or see Graham Rayner, room 642

### Extended Project Qualification (EPQ) (4<sup>th</sup> / Year 2)

The AQA Extended Project Qualification (EPQ) is highly regarded by universities. The EPQ provides students with a choice regarding what they decide to produce, research and write about. Most students will start their project at some point during first year and complete it in the early part of their second year. Students will be expected to work in a highly independent and self-motivated way, with a significant amount of work taking place outside of the classroom.

The course assessment consists of:

A 'plan' or production log which records the stages of the project

A final product (a 5000-word essay; or an 'artefact' accompanied by a 1000-5000 words report detailing how the artefact was developed)

A presentation to a non-specialist audience about the project, and opportunities for questions

The qualification is regarded as carrying the same weight as half an A-Level, many universities do not formally award 'UCAS points' to EPQ's, but all recognise that it is a valuable qualification for university entrance and will often make an alternative (lower) offer including EPQ.

The following routes are available:

#### *General EPQ route*

Allows for any topic or task to be undertaken, subject to approval. Most students choose this route.

#### *Additional study EPQ route*

Builds upon skills / interests from Additional Studies, such as Creative Writing, 3D Modelling, or Work Experience.

#### *Extension EPQ route*

Allows for extension in areas closely related to the A-level curriculum in subjects such as Art, Dance, English, History, and STEMM.

### Financial Studies Certificate (4<sup>th</sup>)

Managing your money is an essential life skill. This qualification, offered through the London Institute of Banking & Finance (L-I-B-F), is divided into two units:

Unit 1: Financial capability for the immediate and short term

Unit 2: Financial capability for the medium and long term

There are no entry requirements for this course; students must simply be interested in effectively managing their finances at university, in their first job and beyond. You will learn about managing your money, how it will impact on your life and financial choices that you will have to make. Financial services products (such as credit cards, loans and mortgages) will be explained to you along with how they can help you meet your individual lifestyle needs. The certificate carries UCAS points, is equivalent to half an A-Level and graded A-star to E. The course is available on-line and taught in one period per week, although students can access the full course materials at any time

#### Financial Studies Diploma (4<sup>th</sup>)

Students who have successfully completed the Financial Studies Certificate in year 1 can progress to the Diploma in year 2. The Diploma has 2 units and is studied in one period a week. Assessment is the same format as for the Certificate.

Unit 3: Sustainability of an Individual's Finances

Unit 4: Sustainability of the Financial Services System

The diploma also carries UCAS points equivalent to an A-Level and is graded A-star to E

#### Lessons in Financial Education Certificate – Level 2 (L-I-B-F) AFP only (4<sup>th</sup>)

The Lessons in Financial Education certificate will give you a good understanding of money and finance and will provide valuable insight into a range of career opportunities within the financial services sector, while giving guidance on methods for enhancing your employability skills. This qualification equips you with the knowledge to cope confidently and effectively with basic financial encounters you are likely to meet. You will develop knowledge and understanding of spending and how to become competent at managing your own money. You will also explore various careers within the financial services industry. The qualification also provides a valuable insight into a range of career opportunities within the financial services sector, and gives guidance on methods for enhancing individual employability skills

The course will be a compulsory part of the Advanced Foundation Programme. The course is examined online and taught in two periods per week. Each unit will have both a multiple choice and a written answer element. Students who are successful in the certificate have the opportunity to progress to study the Level 3 Certificate in Financial Studies in their second year at College.

#### GCSE Spanish or Italian (4<sup>th</sup>)

A one-year accelerated course for complete or near beginners in the language who have significant interest and linguistic ability. This course is suitable for students with a proven aptitude and interest in languages and is particularly appropriate for students who have already gained a 6 or above at GCSE level in a foreign language or who have a strong alternative background in foreign language learning.

It may be possible for some students who have not had the opportunity to study a GCSE in a foreign language to do this course, but it must be emphasised that a very high degree of commitment is required as grammar and vocabulary will need to be learnt on a daily basis. The course is taught in six periods per week

## Mathematics – extension lessons in Advanced Mathematics (5<sup>th</sup> / Year 2)

Many universities now require an extra qualification in Mathematics for their degree courses. Other universities who do not require it see it as an advantage. The College will support you with your entry for the following nationally recognised qualifications.

### S-T-E-P –

Encouraged by many universities with a mathematical content. Required by University of Cambridge and University of Warwick for mathematics and combined mathematics degrees.

### M-A-T –

Required by University of Oxford (degrees in mathematics, combined mathematics and computer science), Imperial College (degrees in mathematics and combined mathematics) and University of Warwick (degrees in mathematics).

### T-M-U-A -

Most universities whose courses contain a significant mathematical content encourage this qualification (e.g. degrees in mathematics, physical and natural sciences, computer science, etc)

## Get Ahead

The College offers many opportunities to those who have ambitions to pursue a variety of career goals or academic interests.

(Image – two male students wearing t-shirts bearing the college logo, alongside a plastic replica of a human skeleton)

## Archaeology (4<sup>th</sup>)

Archaeology is ideal for anyone with an interest in the past and is fascinated by monuments like Stonehenge and the Pyramids. We will look at various methods archaeologists use to discover the past and find out what they can reveal from the origins of humans to why Stonehenge was built. We also look at other debates in the archaeological world like the return of the Elgin Marbles. No previous experience or knowledge required, only if you are keen, you will love archaeology. If you particularly enjoy Archaeology, you can progress to an EPQ in the subject in year 2.

## The Coffee shop – Critical Thinking (4<sup>th</sup>)

For centuries, thinkers have gathered in coffee shops to openly discuss the intellectual issues of the day. Our coffee shop aims to stimulate the same spirit of enquiry and debate. After a short course to sharpen up your thinking skills, we will let them loose upon a wide variety of topics and debates, with different guest speakers each week to introduce to a wide range of ideas. Some of these will link directly to A-level and university study, others will take your thinking where you never expected it to go. You will not be set homework, but speakers will often suggest further reading if you wish to pursue matters further. Come along on time and with an open mind and we will provide everything else, including (sometimes) the coffee!

## Consolidation Course (Improving Subject Performance) (4<sup>th</sup> / Year 2)

The College offers a wide range of course consolidation courses aimed at improving subject performance in a range of subject areas. These courses are provided for second year students as they approach their final assessments and examinations.

### Digital Skills Academy (4<sup>th</sup>)

As a Digital Skills Academy learner, you will be part of a community where you will be supported to complete online courses and join online training events. On programme completion, you will receive mini course completion certificates and gain industry-recognised awards that will help you stand out from the crowd. This is an online programme, with face-to-face support, open to all students. Sign up now to develop the skills required to be successful on your College course, at university and gain the digital skillset local employers are looking for!

### Enterprise (4<sup>th</sup>)

Enterprise is a course which develops the skills and mindset needed to make the most of life's opportunities and challenges. Students will take part in a number of activities to prepare them for the Young Enterprise 10X Challenge. This is a national competition where the participants have four weeks to research, create, plan and run their own business with a £10 pledge. This additional course would suit anyone who is considering starting their own business in the future or if they are studying a Business, Accounting or Economics A-Level. Enthusiasm and team work are essential!

### Lawyers (4<sup>th</sup>)

Lawyers is a programme of learning and activities designed for students who are interested in a career in law. It is mainly aimed at student's who are not studying A-level Law or B-TEC Applied Law. The course will cover the basics of the English legal system and looks at how the law is made and used!

Core skills such as debating and public speaking will be covered via activities such as mock trials and presentations. Career paths will be considered including looking at the variety of legal professions and the availability of alternative training paths such as apprenticeships. Guidance will be given on personal statements, interviews and, where appropriate, the L-NAT examination. A range of speakers will be invited, many of whom are former college students, to talk about their jobs and routes to their careers. Meetings will take place once a week

### Library Champions (5<sup>th</sup>)

The College library runs a volunteering scheme for students who have a passion for books, information skills and giving back to the College community. You will have the opportunity to learn the role of a librarian and complete a number of our everyday tasks such as shelving, displays, stock selection and customer service. The library champions are invited to volunteer in the library around their timetable with no set hours for the role.

Champions contribute ideas and enthusiasm into the library team, and help to ensure that the College library meets the needs of its student body. Previous experience is not necessary, and volunteering can be tailored to suit each student's interests and strengths. This is a great opportunity to gain valuable employability and study skills for progression after College.

### Medics (Year 1 – 5<sup>th</sup> /Year 2 – 4<sup>th</sup>)

The Medics group helps students prepare for entry to University to study medicine, dentistry or veterinary science. These meetings are a vital part of the preparation for course application, interview and for the courses themselves. The meetings will provide help with UCAT and B-MAT, advice and guidance on personal statements and University

choices. Each student will experience a mock individual and multi mini interview, they will have plenty of practice in the medics meetings where we will prepare and discuss interview questions, ethical scenarios and current news. Additionally, students will benefit from meeting and listening to the experiences of qualified ex-students and guest speakers. All students hoping to apply for these courses must attend Medics additional study. Medics meetings take place on a weekly basis in both Year 1 and Year 2.

### The Youth STEM Award (YSA) (4<sup>th</sup>)

The Youth STEM Award (YSA) is an achievement-based award for students in Years 1 and 2 and is designed to support and inspire the next generation of STEM professionals. This award enables students to further their passion, knowledge and skills in STEM (science, technology, engineering, mathematics, and medicine). Each student, supported by the STEM coordinator, sets personal goals and monitors their progress through to the completion of the award. Students are encouraged to regularly articulate and share their personal journey at the weekly meeting. Students initially embark on a Bronze Award and progress onto Silver and Gold Awards. To be eligible for this additional study, students must be enrolled on a minimum of two STEM-related subjects.

#### *Why should you do the Youth STEM Award?*

The YSA is an excellent way to enrich your CV when applying to university to study a STEM-related discipline. The STEM Award boosts confidence and encourages students to identify areas in which they need further development, such as skills related to engaging the public, which requires students to demonstrate the use of social media or technology and deliver events to connect with the broader community.

This award expands STEM skills and provides evidence of experience developed in and beyond the curriculum, which can be used to secure work experience and to support university and apprenticeship applications. Students exercise and develop communication and collaborative skills by working with their peers and acting as STEM role models at College and in the wider community

#### *What does it involve?*

Participants log STEM-related activities across four core strands:

Inspiring the next generation;

Engaging the public;

Developing skills and knowledge;

Shaping your future.

Many of these activities can be covered by work undertaken for STEM-related courses and by researching and applying to university courses. In addition, you will have the opportunity to engage with scientists and learn first-hand what is required to become a successful STEM professional. Furthermore, you will have the chance to interact with students inside and outside of the College in the role of mentors and by running/ assisting in STEM related activities. You will underpin your core subject knowledge and understanding by completing independent research projects like an EPQ. There is also the opportunity to attend a conference at the UEA showcasing the work of STEM professionals and your own research projects (if desired), giving you the chance to develop your presentation skills and network with professionals. The award is assessed by logging activities to the YSA website, which will then be verified by your assessor at College. Once completed, the portfolio of activities is then moderated by the team at YSA,

and, if successful, you will be invited to the annual awards ceremony, where you will receive your medal and certificate. Please note, there is a cost of £12 to cover external administration. Time table commitment: one lunch time per week.

### **Mock Trial Competition (5<sup>th</sup> / Year 2)**

Mock trials are an excellent way to boost skills for future legal careers. Opportunities to get involved with this group will be advertised at the end of Year 1, when the law department hosts its annual in house “law in action” week. This then leads on to the opportunity to apply to be part of the team for the national “Young Citizens” bar mock trial competition. The team meet weekly to rehearse and prepare for the regional heat, where students play the parts of barristers, witnesses, jurors, clerk and usher in real Crown courts. If successful in the regional heat there is a further competition for the national final.

### **Oxbridge Application support (5<sup>th</sup> / Year 2)**

An extensive support programme is provided for students who are potentially interested in applying for degree courses at either the University of Oxford or University of Cambridge. The programme commences during the induction and enrolment periods for students wishing to receive specialist coursing advice. Throughout the first year of study a specialist team of staff provide briefings and general information, organise support from former students currently studying at Oxford and Cambridge, provide one to one support, guidance and advice, including helping students apply for conferences and study days. Subject support is also provided including support in preparation for the extra tests Oxford and Cambridge set for a number of chosen degree courses (taken in November). A visit to Cambridge during the Spring Term including Emmanuel College is organised. Students receive support throughout the application stage, as well as preparing them for the interviews in December. A Moodle Oxbridge facility is provided – and up to date and useful materials are regularly posted. All arts subject Oxbridge applicants are advised to undertake an Extended Project Qualification (EPQ) towards the end of Year 1. Some Science applicants will also be advised to complete an EPQ. Any students wishing more details should speak to Ian MacNaughton (Principal) or Adam Bantick (regarding Arts applications) or Dan Stebbings (regarding STEM applications).

### **Pre-foundation Art (4<sup>th</sup> / Year 2)**

This course is intended for A-Level Art and Design students who are planning to progress to Art and Design degree courses, through a Foundation course or direct entry. It will help prepare yourself and your art portfolio for entry to competitive courses either at foundation diploma level or degree level. We look at the careers and courses available in Art and Design and entry requirements. You will be given assistance with your foundation and degree applications alongside guidance on how to answer questions at interview about yourself and your art portfolio. We will also help you write your personal statement. Outside speakers include the current course leader for Foundation Diploma at Colchester Institute and ex-students who show their work and discuss their experiences. The course runs in parallel with the Art EPQ but you do not have to do the Art EPQ and Pre-Foundation together. It is solely aimed at those students who do Fine Art, Photography, Graphics or Textiles A-Levels. No special equipment or materials are needed.



### Pre-teaching for Primary Schools (5<sup>th</sup>)

Pre-teaching is for students intending to study primary education at university. Students are encouraged to find a work placement in a local primary school in order to gain experience which will be helpful for their University interviews. This is not a taught course, but students will be given guidance on how to source a work placement. Students hoping to become primary school teachers must be intending to study at least one, preferably two, subjects taught in primary schools at A-level. Students will be advised to complete placements either during breaks in their College timetable or over a 2-week period during the summer term. A maximum of five college days will be missed with the summer term option. A DBS check may be required for each student at a personal cost to be confirmed

### Study skills (5<sup>th</sup>)

Throughout the year the Learning Hub hosts a number of courses aimed at supporting your studies. We cover, revision skills, managing your time in an exam, essay writing, organisation, supported homework, preparing for exams, improving your handwriting and more!

Keep your eye on the student bulletin for courses on offer or pay us a visit and see what we have to offer.

### Work experience (4<sup>th</sup>)

Employers, universities and other colleges are often looking for candidates who can demonstrate that they have done more than pass their exams! Employers, in particular, value relevant and current experience of 'the world of work'. So, if you fancy your chances in the business world or want to work with animals, children or "people", work experience may be just what you need. This course will initially be undertaken as a structured work preparation programme with the opportunity for students to develop their experience by applying for actual or virtual work experiences. A proactive approach is a must as students will take the lead in researching and applying for their own work experience opportunities

### UCAS Application support (5<sup>th</sup> / Year 2)

All students who are making higher education applications will be fully supported by a range of experienced college staff. In the summer term of the first year, the 'Progression Event', includes advice from experts in applying for higher education courses and sessions on topics such as 'writing a personal statement' and an induction to the UCAS website. During the UCAS application process, extensive support is available from personal tutors, senior tutors, the careers team and our dedicated UCAS administration staff to ensure that students make a highly effective application. There are higher education briefing meetings for parents in the spring of the first year and May of the second year which are advertised in our newsletter.

### Get Communicating

Whether it's in a different language, on the radio, or in a formal debate, the college offers plenty of opportunities to sharpen up your communication skills.

(IMAGE – 2 female students using microphones mounted on stands)

### College Magazine (4<sup>th</sup>)

This course is an opportunity for students who enjoy writing about local, national and international stories to develop their journalistic skills and to get their work out to the

public. As well as working towards a bi-termly, in-house magazine, students have the option of joining our Young Reporter scheme run by Newsquest Media. This exciting scheme provides the chance for students to work as real journalists for eight months and all of their articles are uploaded onto the Colchester Gazette website. Have a look to see the wide range of stories published. <https://www.gazette-news.co.uk/news/young-reporter/>

As well as having your stories published on the Gazette website, those of you who complete the scheme receive a letter of recognition from the regional editor and the chance to compete against hundreds of students to win prizes and attend a media award ceremony. There are also frequent opportunities to apply for the chance to interview a celebrity or bid for free tickets to shows that you can review. You also have mentoring sessions (via Teams) run by the scheme organiser which offer practical advice from someone within the industry itself. This work experience is great for using on CVs, UCAS applications and is obviously very useful if you want to go into journalism.

#### **Debating Society (4<sup>th</sup>)**

The Debating Society offers you the chance to discuss the issues that matter to you. Each week, a team of up to six students debates an issue and tries to persuade the audience to vote for their side. The topics are yours to choose, from moral dilemmas to international affairs and social issues. No one has to take part in public speaking but we welcome people who are keen to debate and every year we hope to enter teams in local and national competitions including the Model United Nations. Anyone considering a career in law, politics, acting or teaching has a lot to gain by taking part in debating. It is a challenging and exciting way to develop your confidence and fluency.

#### **ESOL (English for Speakers of Other Languages) General support (4<sup>th</sup>)**

Mainly for ESOL students who need to learn:

Punctuation & word terminology and rules

Figures of speech

Language features

Writing techniques for emphasis

Basic sentence structure

Basic paragraph structure

Especially useful for those who are studying for English GCSE/basic A-Level requirements

#### **ESOL (English for Speakers of Other Languages) Higher Level support (4<sup>th</sup>)**

For ESOL students who already have English GCSE 4 or above. Mainly for students who need to learn:

Higher level sentence structure

Essay planning techniques

Paragraph structure

Analysing questions

Higher level reading essay comprehension

Summarising / expanding information techniques

Proof reading techniques etcetera...

#### **ESOL (English for Speakers of Other Languages) Short Term support (5<sup>th</sup>)**

For short term ESOL support (1 ~ 4 weeks).

Seen through referral from the student/tutor/teacher, in discussion with the ESOL teacher (David P) and Learning Support (Alison D).

Mainly for students who need support with one or two specific issues to do with their language.

Times arranged according to timetable free periods.

### **GCSE Spanish or Italian (4<sup>th</sup>)**

See "get qualified"

### **Holiday Italian (4<sup>th</sup>)**

Would you like to learn another language without having to worry about taking an exam? Hoping to go to Europe travelling or on holiday to Italy? Want to look more impressive when ordering food in your favourite Italian restaurant? This is the additional study for you. No experience of Italian is necessary, although some previous study of a foreign language would be helpful.

### **Introduction to Japanese (4<sup>th</sup>)**

Anime? Would you like to speak Japanese? Japan for a gap year? If you are thinking about learning Japanese then this course is for you! There's lots of fun while you are learning.

Topics to be covered include, introducing yourself, speaking, listening and writing, shopping, origami, how fun & mindful an activity it is, writing calligraphy in Japanese, and learning Japanese culture & history.

Do you know there was an African Samurai in the 16th century and English Samurai in the 17th century in Japan?

For those who really enjoy the course there will be an opportunity to continue their studies into their second year.

### **Latin for beginners (4<sup>th</sup>)**

This is a one-year course, one lesson per week. You need no previous knowledge of Latin or of the ancient world, although a general knowledge of the world of ancient Greece and Rome would be useful. If you are studying another language or History, English or Classical Civilisation, Latin would be a useful complement to your studies. Apart from enjoyment, there are many benefits of learning basic Latin. It will make you think about your own language, e.g. what is the origin of words like television, fax, birth by caesarean section, habeas corpus, Colchester? Where do expressions like e.g., i.e., NB, PS come from? It will also help you improve your knowledge of English grammar. You will learn something about an ancient culture and the way they lived. You will be able to put it on your UCAS form and the subject is particularly relevant for students considering applying to Oxbridge.

### **Mandarin Chinese for beginners (4<sup>th</sup>)**

Are you interested in Chinese culture and language? Are you thinking of travelling or taking a gap year? Are you fascinated by Chinese characters? The course will enable you to greet people, introduce yourself and your family, buy things and identify objects. The focus is on spoken & listening skills, but will also cover basic character recognition. No previous knowledge of Chinese is needed.

### **Introduction to British Sign Language (4<sup>th</sup>)**

Our Introduction to British Sign Language (BSL) is the perfect first step on your British Sign Language BSL journey. The Introduction to British Sign Language course is designed for students who want to gain a foundation in BSL and learn about the deaf community. This

is ideal for anyone who is curious to learn the basics of British Sign Language. Sessions are fun, practical and designed for all students. Do you want to know how to sign your name? Learn the BSL alphabet and key signs in various topics such as weather, food and drink and hobbies and interests. This course will give you the key skills in sign language, teaching you all the fundamental signs that form the basis of British Sign Language

### **Storm Radio (5<sup>th</sup>)**

Storm Radio is the sound of The Sixth Form College. Student volunteers present three shows a day, guided by experienced second year producers. You will gain presenting skills, confidence and experience with broadcast equipment. As well as playing music, we record podcasts, review new releases and organise live DJing events using a Numark Omni controller. Several volunteers have gone on to senior positions at university radio stations across the country.