



Transition- Post 16

Activity Pack to Support Transitions.



For Students and Parents/Carers



Walsall Council



Passport to College

Transition Booklet

Advice and Tools to help you with moving from Secondary School to College



Contents

Memory Box

Achievements

Strengths & Skills

Up Skill

Coping with Change

Worry Jar V Positivity Jar

Friendships

Relaxation Techniques

Tips for success!

Question Time!

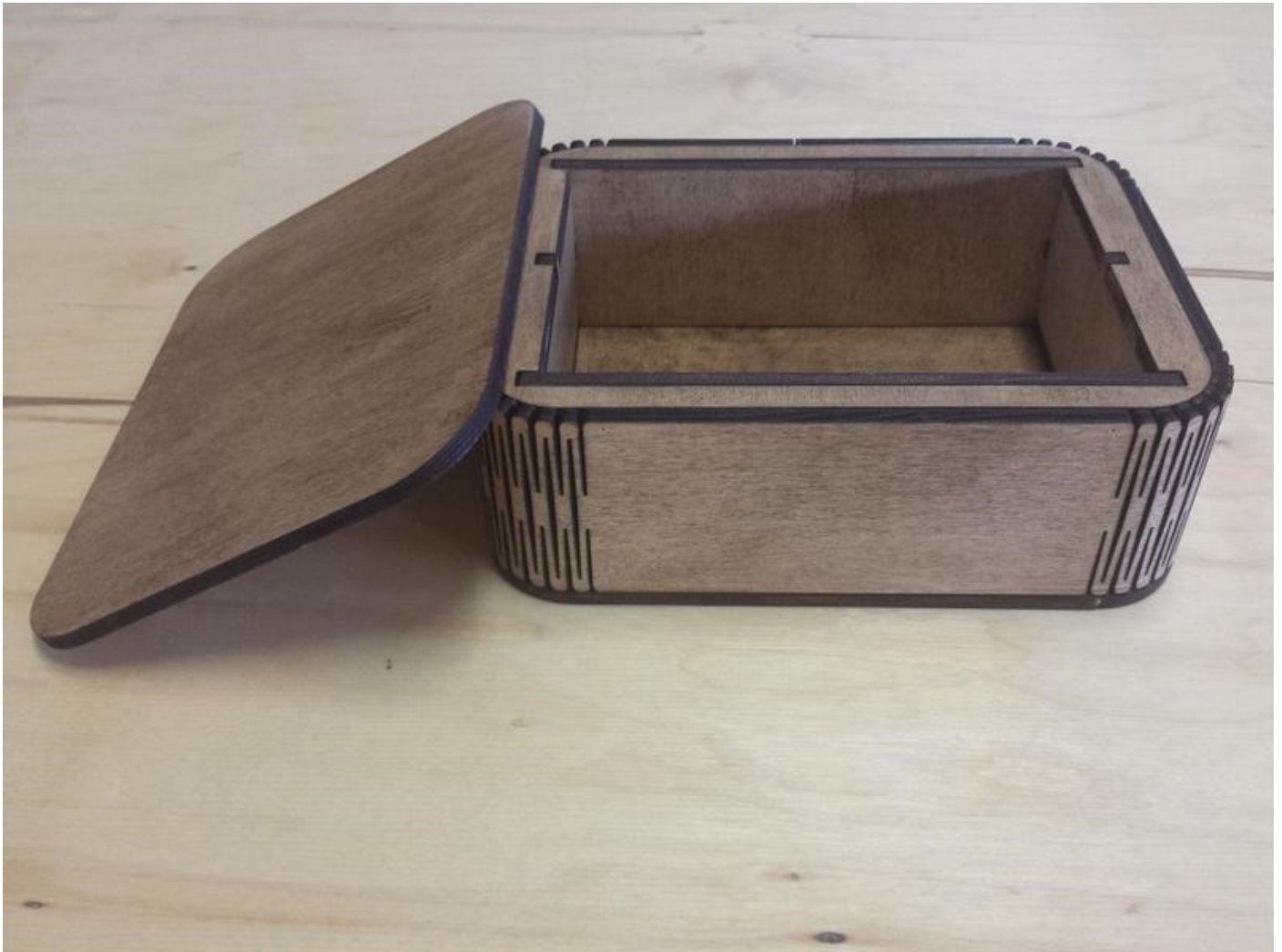
Quick re-cap

What's in your Backpack!

Memory Box

Leaving School can be hard, but keeping links with the people from your school life may help...so with this in mind start to look at making a **'Memory Box'**.

Fill it with all the things that you have known from school, this could be a school shirt, signed book/certificates/ things that remind you of your freindships with teachers and peers. Have fun with it..... these are your memories.....



Achievements

List your achievements so far in and out of school!

Also list what you would like to achieve whilst studying – this can be to look as starting a new hobby/
interest.....



Achieved so far!

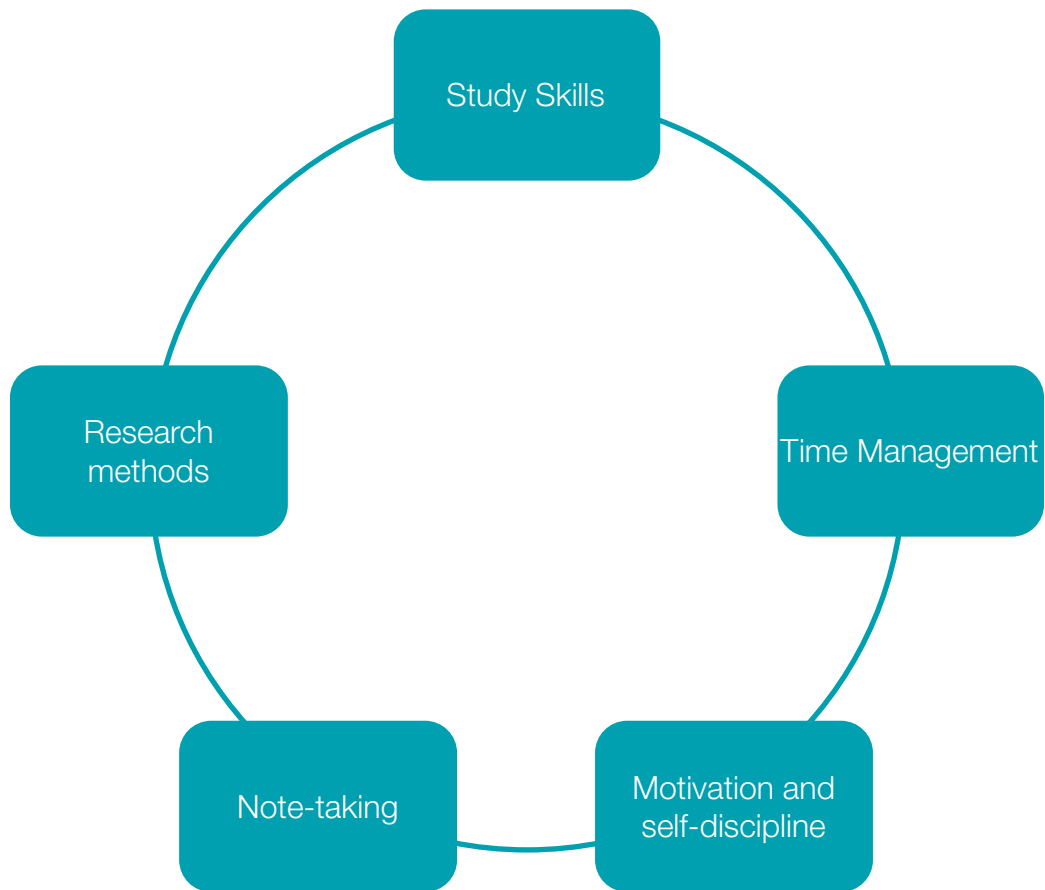


What you want to Achieve!

Strengths & Skills

You already have skills and strengths for College....Remind yourself of them here...





Although there's a set of skills that's required in both School and College, College requires that you master more challenging study skills and for you to be more of an independent student. By working on the above circle skills now, you will be preparing yourself for success when you are at College.

Study skills

Are skills you need to enable you to study and learn efficiently. They are an important set of transferable life skills.

You will develop your own personal approach to study and learning in a way that meets your own individual needs. As you develop your study skills you will discover what works for you, and what doesn't.

You need to practise and develop your study skills. This will increase your awareness of how you study. You will become more confident. Once mastered, study skills will be beneficial throughout your life. For example, organisational skills, time management, prioritising, learning how to analyse, problem solving, and the self-discipline that is required to remain motivated. Study skills relate closely to the type of skills that employers look for.

Time management

You will already have time management skills you may not be aware of. As your studying grows bigger you will need to call on these skills.

Learning to create schedules and sticking to them is crucial. For efficient time management you must learn to anticipate course needs and plan and study well in advance.

Develop a Study Timetable perhaps along with your weekly timetable. This will add focus, structure and routine to your day.

Motivation And Self-Discipline

Again this is a skill that you will need in life, not just for studying. This will enable you to apply yourself to your coursework and exams.

Love/like what you do – will make it easier to engage in the subject. You may not like everything about your course but remember your final goal and this will drive you through.

Note Taking

Taking notes successfully in lectures will help you – you may already have this or part of this skill through using it at school. It does take practice though.

Before you start taking any notes be clear about what you want to gain by it - What are you hoping to learn or gain from it? Think of your notes as a guide to your learning and development after the event. Your notes form part of a working document that you'll return to and add to later.

Think about whether or not a point is noteworthy before you write it down – do not take notes for the sake of taking notes. Otherwise you'll end up with lots of irrelevant points, which will distract you from the important things. You probably only really need to make notes on things that are new to you.

Write in your own style and use your own words – what you will remember.

Research Methods

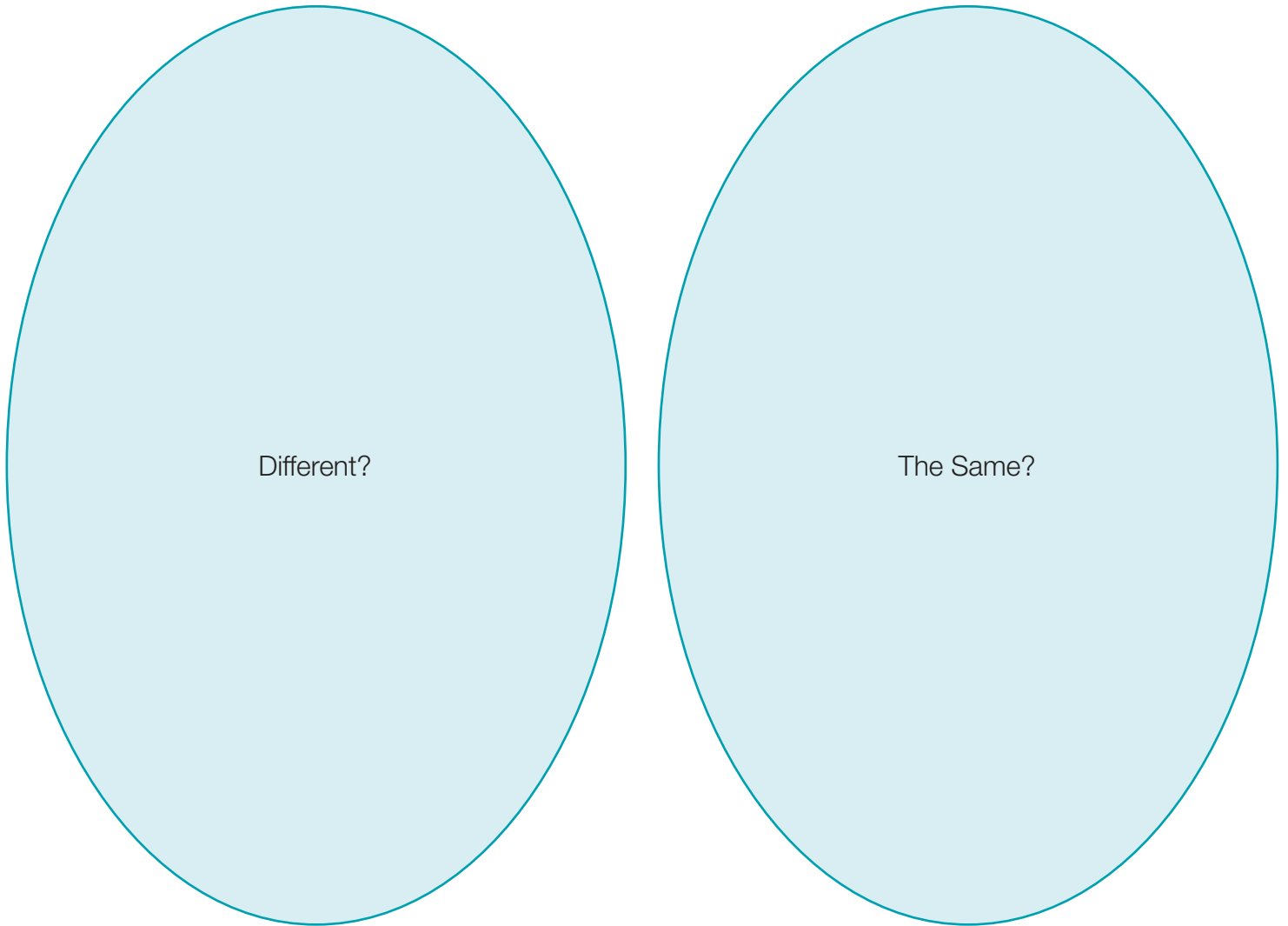
Use the college – use the library – use knowledge from others – you will research in your own way.

Put time aside for this in your timetable – you may find researching with other students helps you.

These skills are not only useful for College, in fact, many career paths will expect you to use these skills to be more efficient. The key is to start early...
it's not too late to start to look at any of these skills.

Coping with Change

When you start at your new Educational Setting, some things will be similar and some things will be different. Using the diagram below, have a go at filling in what you think will be different about going to College than School and which things you think may be the same.

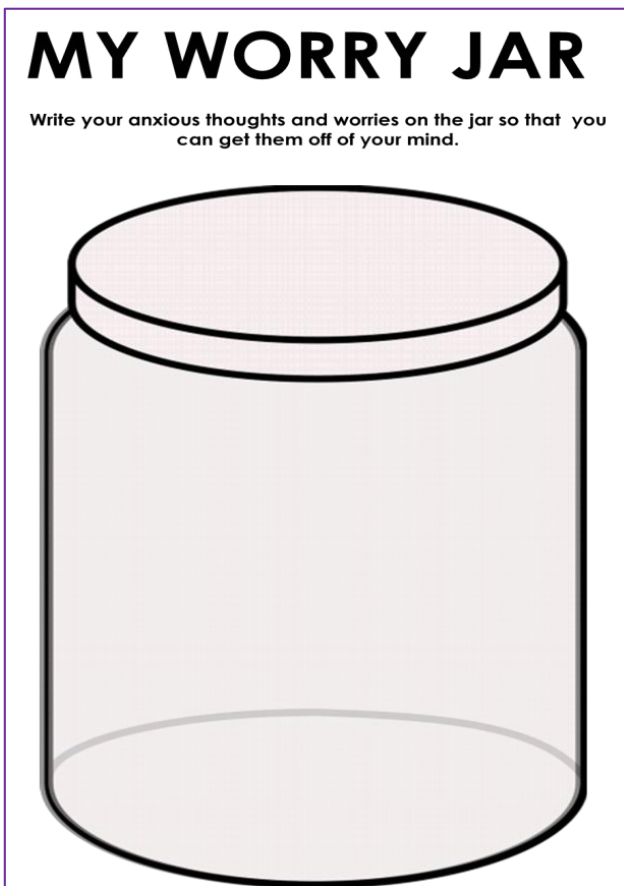


Worry Jar V Positivity Jar

We all have worries when starting something new. Think about any worries/concerns you may have about leaving School to start College and list them in the 'Worry Jar'.....then ..think...what can you do to make that worry turn into a 'Positive Thought'.

Include: What things you are looking forward to with starting college...

Idea: You can use old coffee jars/jam jars for this exercise



Friendships

College is exciting and scary all at once. You have tons of freedom, but you're also in a new environment where you may or may not know people. Making new friends requires conscious effort. Take a deep breath, strike up conversation with classmates, get involved on campus. Make sure you keep an open mind and stay true to yourself along the way.

Few ideas!:

Get to class early and strike up conversation. Getting to class ten minutes early can give you time to settle in and chat with your fellow classmates. Comment on a homework assignment, something going on at College.

Every time you find yourself sitting next to a stranger in class, introduce yourself. Try to talk to one new person most days.

- Doing daily activities together, like eating, studying, or working out, is a great way to work socializing into your busy schedule.
- Use the spaces at College to socialise – or be seen – Canteen, Library.
- Join a Club
- Volunteer – look for on and off college volunteer opportunities – this is a great way to meet like-minded people.

Stay true to yourself. You've probably heard this one countless times, but it bears repeating. After all, everyone is eager to make new friends quickly in college, so they may alter themselves to try to fit in. However, forcing a friendship usually doesn't work out so well. Be yourself for genuine, lasting connections.

- Take some time to think about your values and passions. What matters most to you? What do you want to accomplish in life?
- Remember, you can always find people who share your interests, values, and passions. Keep looking for ways to find like-minded people.

Relaxation Techniques

Paint a picture of the calming place in your mind. Don't just think of the place briefly— imagine every little detail. Go through each of your senses and imagine what you would experience in your relaxing place. Here's an example using a beach:

Sight: The sun is high in the sky and you're surrounded by white sand. There's no one else around. The water is a greenish-blue and waves are calmly rolling in from the ocean.

Sound: You can hear the deep pounding and splashing of the waves. There are seagulls somewhere in the background.

Touch: The sun is warm on your back, but a breeze cools you down just enough. You can feel sand moving between your toes.

Taste: You have a glass of lemonade that's sweet, tart, and refreshing.

Smell: You can smell the fresh ocean air, full of salt and calming aromas



Your Five Senses

Use this exercise to quickly ground yourself in the present when you only have a moment. The goal is to notice something you're experiencing through each of your senses. Look around you and notice 5 things you haven't noticed before.....

What are the 5 things you can SEE?

Maybe a pattern on a wall, a knick-knack in the corner of a room.

What are 4 things you can FEEL?

Maybe the pressure of your feet on the floor, texture of a surface

What are 3 things you can HEAR?

Chirping of birds, cars, air-con

What are 2 things you can SMELL?

Flowers, coffee, canteen lunch

What 1 thing can you TASTE?

Drink, food, notice the temperature in your mouth

You can add/subtract to each sense if you wish – its what works for YOU!

Perhaps try this when travelling to College, listening to music, going for a walk....



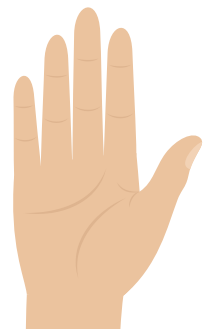
VISION



HEARING



TASTE



TOUCH

Students-Tips for success!

It may be overwhelming that you are leaving Secondary School but College is an opportunity to Shine and follow your own career path.

College is an exciting period, although it is understandable to feel some anxiety. This is normal. This is where preparation comes in.

So below are a few tips to help you on your way....

Check out the **College Website**.

Look at the **Policies** – do's and don't's of the College.

Print out a **Map of the College** – if you can look around before your first day take this opportunity – if not- look virtually online.

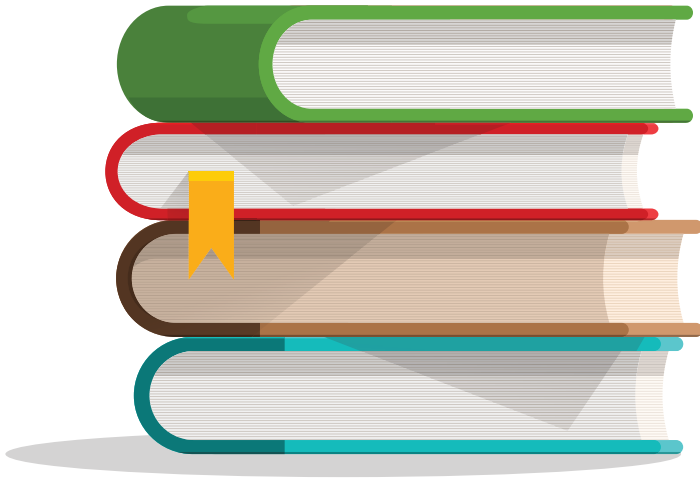
Make sure you know where the '**Student Office**' is.

Travel – how are you getting to and from College.

Get a student **Calendar** – perhaps colour code it.

Get your **Timetable!**





Breaktimes/lunchbreaks find out what time these are.

Look at who your main tutors are – your '**go to**' person.

Remember the **full title of your course**.

Have **I.D** that you carry with you.

Finance – do you require any uniforms/items for your course.

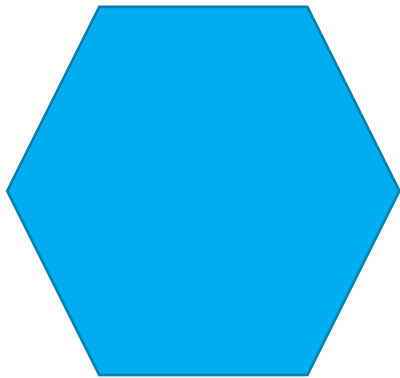
If you can '**buddy up**' with someone in your class – remember other people are new also.

Check out after **College Clubs**.

If in any doubt – **ASK** – at reception or the Student Office, or even another student – someone will help you.

Use this space to write any other questions about College that you are not sure about!

Question Time!



Now – find the answers – use the College Website – ask Tutors –
Parent/Carers – Social Workers – Virtual School – Careers Advisor

Quick re-cap

Remember to:

- Have the Names of tutor/course to hand.
- Have phone numbers of people who can help you if you get stuck.
- Your timetable at hand.
- Pens/paper/diary.
- Map of college.
- Bus/train times if needed.
- I.D to carry at all times.
- Know where the student office is.
- Ask if you don't know.



What's in your Backpack!

Use this space to add notes/ ideas that you have thought of whilst completing this booklet!!





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