

The College Handbook  
for Looked After Young People  
and Care Leavers

A guide to the  
support available in  
further education  
in Scotland



# Introduction

**The Who Cares? Trust** has created **The College Handbook for Looked After Young People and Care Leavers** to give young people from care information about the support that is available for them at all the colleges in Scotland. We asked each college to tell us what it offers and brought that information together to create this handbook.

Choosing which course to study, or college to study at, can be a big decision for anyone. To make the decision a little easier we want to make sure you have as much information about the support available for you as possible.

The handbook is made up of information from colleges across Scotland. There is a page for every college and they are organised alphabetically.

The guide is designed for young people but is also useful for carers and professionals working with and supporting looked after young people and care leavers.

To help you over the next few pages we give you some information about:

- **What each college page contains**
- **The 'checklist of support'**
- **Financial support at college**
- **The support your local authority should be giving you**
- **Useful links for further information**
- **A 'jargon buster' (on page 44)**

We hope you find this handbook helpful.

Good luck with your studies at college!

**The Who Cares? Trust**

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**Scottish Funding Council**

Promoting further and higher education

## Further information

**If you are considering going to university or studying a higher education course at college then have a look at our H.E. Handbook for Care Leavers.**

It gives information on the support that institutions provide for care leavers studying higher education courses, and information on student finances and funding available. You can download it for free here –

[http://www.thewhocaretrust.org.uk/data/files/H.E.Handbook\\_2014\\_Scotland.pdf](http://www.thewhocaretrust.org.uk/data/files/H.E.Handbook_2014_Scotland.pdf)

## Feedback

**We are really interested in hearing what you think of The College Handbook. Please do get in touch if you have any comments, find something that is incorrect or have ideas for how we can improve it in the future.**

**You can contact us by email at [handbook@thewhocaretrust.org.uk](mailto:handbook@thewhocaretrust.org.uk).**

## What the college pages contain

**Every college in The College Handbook has its own page. The college has provided this information and is responsible for making sure its information is correct. If the college has not provided much information – get in touch to see if they offer more support than they say.**

**Each page has the following information:**

**The name of the college and their logo**

**Buttle UK Quality Mark**



Colleges who are awarded the Quality Mark are required to offer a range of support, including help with finding accommodation, financial support and a designated member of staff as the key contact for students with a care background. If a college has the Quality Mark, you will see this logo in the top left corner of the page.

### **Websites**

You will find the link to the college's website and also the link to its specific webpage listing services for looked after young people and care leavers, if it has one.

### **Contact details**

This tells you who to get in touch with at the college if you have questions about the support available for people with a care background. It gives you their name, job title, telephone number and email address. If there isn't a specific named person for you to contact, there will still be a number for you to call if you have any questions.

### **Checklist of support**

We made a list of things that it is important for colleges to offer young people with a care background and asked every college whether it offers these or not. We have grouped these elements of support under two headings: Checklist of support and Funding.

On each page there are a series of ticks and crosses showing whether that college offers the support, or not.

Green tick (✓) = YES it offers that support.

Red cross (x) = NO it doesn't offer that support.

**Here are further details on what each item in the checklist of support means and what to expect if a college has ticked to indicate that it provides it:**

## What the college pages contain

### • **Named contact for looked after young people / care leavers**

It can really help to have one person you can go to with questions and to get support. Most colleges have one person who is responsible for helping looked after young people and care leavers. If this box is ticked then you know there is someone who you can go to for help with any problems and who will have an understanding of the issues you might be facing.

If the college doesn't have a named contact don't panic, it doesn't mean you can't get support or talk to someone, we recommend that you contact student services to find out the name and contact details of the best person to talk to.

### • **Support to apply to college**

Some colleges can offer support with completing your application, deciding which course is right for you and explaining the options available. Colleges might also offer pre-application activities or induction programmes for looked after young people and care leavers. If the college has ticked this box then get in touch to find out more.

### • **Opportunity to identify as looked after / care leaver when applying**

To make sure you get the support you need colleges need to know that you are looked after or a care leaver. If the college has ticked this box there is the opportunity to let the staff know this during the application or enrolment process. This might be through a question on the application form, or during interview. The way you will be asked varies from college to college.



It is really important to let the college know you are looked after or a care leaver to make sure you get the right support and information.

Colleges have to keep this information confidential (so your friends and college tutors won't know if you don't want them to) and it should mean that you get much more support. For example, some colleges may offer a guaranteed interview for looked after young people / care leavers – and if you don't tell them, you might not get the opportunity!

If colleges haven't ticked this box it is really important that you make sure you still tell someone when you apply (even if they don't ask you) so they can let you know about any specific support on offer.

### • **Contact made after offer**

If a college ticks this box, the college should contact you once you have been offered a place to tell you what support they can provide.

## What the college pages contain

To make sure colleges know to contact you it is really important to identify yourself as a looked after young person or care leaver, as explained above. You don't have to use all the support on offer if you don't want to, but it is good to know all about it anyway.

### • **Information on support available at college**

If this box is ticked colleges include information on the support available for looked after young people and care leavers in their general induction package that goes out to everyone. All students will receive this information to ensure that those young people who haven't identified themselves as looked after or a care leaver are able to find out about the support available to them as well.

### • **Ongoing support, if needed**

Colleges that have ticked this offer ongoing support by someone trained to understand the needs of looked after young people and care leavers. Find out details of what that support is by contacting the college. It could include counselling or skills tuition to support you with your studies. You might not need this support and so you don't have to take it up if you don't want to, but it's good to know it's there if you need it.

### • **Support with accommodation**

Colleges that tick this will provide accommodation support that could include introducing you to housing and accommodation services and supporting you to get the accommodation you need.

The accommodation support that colleges offer varies a lot – some offer accommodation themselves (in halls or flats on campus), or have places they can recommend nearby. The college will be able to tell you exactly what they offer.

When you leave care, your local authority should provide you with accommodation that meets your needs and is safe (this means that it should be close to where your job or college is). Don't forget to talk to your social worker or aftercare worker about the help that they can give you with accommodation.

### • **Support with next steps after college**

When you are coming to the end of your chosen course and thinking about what to do next your college should help you to make these big decisions. All colleges must offer careers guidance but colleges that have ticked this box go the extra mile – offering support and guidance that is designed specifically for you as a student with a care background. Colleges will support you to find a job or go on to further study if you want to.

## What the college pages contain

### Further information

Lots of colleges offer all kinds of support for looked after young people and care leavers (more than is included in this checklist). Colleges have a box on their page to tell you all about the other things they offer.

### Funding checklist:

- **Looked after young people and care leavers prioritised for funding**

Some colleges prioritise looked after young people and care leavers for funding. Colleges that have ticked YES to this element of support do this by either:

**Offering specific funding** – this is funding which is available only to young people with a care background. You might not automatically get this funding though – it is likely you will need to apply for it.

And / or

**Being a priority group for general funding on offer** – this means you will be at the top of the list when applying for funding that is open to all students, or a specific group of students. For example, these could be discretionary funds, which anyone can get support from but looked after young people and care leavers might be prioritised for.

- **Additional assistance available for course requirements**

Colleges that tick this box offer extra help for costs relating to your course e.g. books or uniforms. You might have to apply for this funding and it might be a limited amount so you would need to consider this when thinking about your course costs. Contact the college to find out what they offer.

- **Ongoing financial advice available**

Colleges should offer financial advice throughout a student's time at college, if the student wants it. You can usually get this by contacting the student advice centre and they will be able to support and guide you on all aspects of funding and financial concerns. You can also ask for this through the named contact mentioned on page 5. You can get this support even before you start at college to make sure you are getting the funding you are entitled to and are on track to manage your finances whilst you are studying.

- **Flexible attendance and four years EMA available**

If you receive the Educational Maintenance Allowance (EMA) you normally need a 100% attendance rate to be able to get it.



## What the college pages contain

However colleges that have ticked YES to this apply a 'flexible attendance policy' which means that they understand that when you are looked after, or have left care, there might be times when you need to take some time off college. In these situations the college might make a decision to still pay you the EMA even if you don't have 100% attendance. This would need to be agreed in advance with your college, so you can't just decide to stay in bed one day!

In addition to this, looked after young people and care leavers may also be able to get up to four years of the EMA award, rather than the usual three. EMA stops when you reach the age of 20, even if you haven't received it for the full four years. You will then be entitled to other financial support instead such as the **further education bursary**.

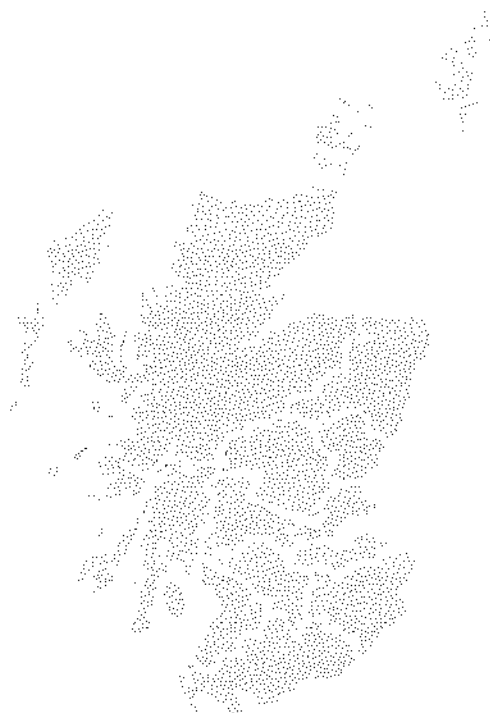
If you are living independently, you might be able to get the further education bursary at college from the age of 16, rather than the EMA. Your college will be able to advise you, taking account of your circumstances, which is the best option for you to apply for. Some colleges also offer flexible attendance policies for bursary and childcare funding. You should check with the college you are applying to to see if this additional support is available or can be arranged.

For more information about the EMA and further education bursary see pages 10-11.

**There is also a box on each page where the college can give further information about the financial support that they offer and that you may be able to access.**

### Map

There is a map on each college's page which shows you which region/s the college is based in. The region/s will be highlighted in a darker blue.



**You can find out more information about the financial support you might be able to get when studying a further education course at college on the next few pages of the handbook.**

If you want to study a higher education course at a college then you can find information on student finances in our **H.E Handbook for Care Leavers**. Download it for free here – [www.thewhocarestrust.org.uk/data/files/H.E.Handbook\\_2014\\_Scotland.pdf](http://www.thewhocarestrust.org.uk/data/files/H.E.Handbook_2014_Scotland.pdf)

Because there are lots of different types of funding available at college it can be hard to get your head around what's on offer. If all this information is just too confusing don't worry as there are lots of people to help you. They include:

- Your social worker or support worker
- The person at college whose job it is to support looked after young people and care leavers
- Members of staff working in the college – in the advice centre or student services for example

**They are all there to help you so make sure to ask for their help if you need it.**

The money you get will depend on lots of different things such as:

- Whether you are looked after or a care leaver
- Where you live
- Your family circumstances (if you are living with your family or not)
- What age you are
- What course you want to study
- Your income
- Whether you want to study full-time or part-time

Over the next few pages we will give an overview of what funding might be available to you, however as the money you will get is dependent on your individual situation, and the policy of the individual college, it is best to contact the college directly to find out exactly what you can receive.

### **Applying for financial support**

As financial support for studying at college comes from lots of different pots, you may have to complete more than one application form to get it. The college should give you these forms, and the people listed above can help you fill them out.

# Finances at college

When you have been offered and accepted a place at college it is important that you apply for funding as soon as possible.



Before you start college, try to save enough money to live on for the first few weeks. It can take a few weeks for your application to be assessed and you might not receive the money straight away.

However, if you apply in good time (at least 6 weeks before the course starts) then you should receive your money soon after starting your course.

## Fee waiver

If you are a full-time student in Scotland you can expect to have your fees paid. This is called a fee waiver.

If you want to study part-time you won't automatically get your fees paid but will have to apply for a fee exemption. See more information about studying part-time on page 12.

As well as a fee waiver you may also be able to get money to:

- help with living costs
- help with travel
- pay for books and equipment for your course/s
- help towards childcare (if you have children)



Good to know: all financial support for studying further education level courses at college comes in the form of bursaries, allowances or funds, which means you don't have to pay the money back. This is different to 'student loans' for university and higher level courses at college, which you do have to pay back. You don't have to pay these loans back immediately though so it isn't something that should put you off going on to higher education.

## **Below is more information on the different forms of financial support that you may be entitled to:**

### **Education Maintenance Allowance (EMA)**

If you are aged 16 – 19 and studying full-time at college then you will be able to get the Education Maintenance Allowance (EMA). If you are looked after by the local authority or a care leaver, you are eligible for the full EMA, which is currently around £30 a week during term time.

## Finances at college

You can get the EMA without having to provide any evidence of parental household income. You are also entitled to flexible attendance – as detailed in the information in the checklist on page 7.

Receiving the EMA will not affect any benefits or pathway allowance that you are receiving.

To get the EMA, ask the college you are attending for an application form.

**You don't get paid the EMA during the school holidays so you will need to budget so you have enough money saved for during the holidays.**



You can see all the extra details about the EMA on this website – [www.emascotland.com/index.cfm](http://www.emascotland.com/index.cfm)

### **Further education bursary (also sometimes known as a maintenance bursary)**

This bursary is available for some students aged 16 and over studying full-time further education courses at college, depending on a student's individual circumstances.

The amount you can get varies. As a guideline if you are financially independent (a care leaver), you can get up to £93.03 a week for the duration of your course.

If you are a care leaver your college might advise you to apply for the bursary instead of the EMA, if it works out that it will be better for you financially. You have to apply for this bursary through the college you are going to study at.

Bursary support is discretionary which means you are not guaranteed to get it. Colleges will consider all eligible applicants but may give priority to those in greatest need (this often includes students with a care background). It is really important that you identify yourself as looked after or a care leaver, otherwise you might not be prioritised for the bursary. Bursaries are also limited funds, which is why it is important that you apply as soon as you can.

### **Travel costs and course materials**

You might be entitled to money towards travel costs, course materials and equipment. This varies from college to college and the course of study, and might depend on how close you live to college and what course you are studying. You can see if the college offers this by looking at the checklist on their page in this guide.

## **Childcare fund**

This fund is to help you with the cost of childcare (if you have dependent children) while you are doing a further education course. You have to apply through the college for this fund and the amount you will receive depends on factors such as how many days you attend college. This fund is open to part-time and full-time students and can only be used for approved childcare providers.

## **Discretionary funds**

'Discretionary funds' are provided by the college to help students who are having problems managing their money or facing financial hardship. How much help you might get and in what form depends on each college. The college might only cover certain things with these funds and the funds might be limited and given according to level of need. Looked after young people and care leavers may or may not be prioritised by the college for these funds. A member of staff at the college will be able to guide you through the application process for these funds.

## **Educational trusts and charities**

Some educational trusts and charities give small grants for students for specific purposes, for example, to cover the costs of your equipment or books. A list of trusts and charities that do this should be available from the college or from your social worker.

## **Benefits**

If you are a care leaver you may be entitled to claim benefits such as income support and housing benefit (depending on where you are living). You cannot claim jobseeker's allowance and study full-time.



All full-time students can claim exemption from council tax. Forms are available from your local housing office. You might also be eligible to receive housing benefit, or this support might come from your local authority.

You should contact your benefits adviser or talk to your social worker or support worker for advice on studying and whether the funding you might get would affect your benefits.

You can find further information in the Child Poverty Action Group in Scotland's factsheet – 'Care leavers and benefits: giving good advice' [www.cpag.org.uk/sites/default/files/CPAG-scot-factsheet-care-leavers-Dec%2013-2.pdf](http://www.cpag.org.uk/sites/default/files/CPAG-scot-factsheet-care-leavers-Dec%2013-2.pdf)

## Studying part-time

If you want to study part-time and are receiving benefits such as income and / or housing support then you might be entitled to a fee exemption. This means you wouldn't pay fees.

If you are not working and you are studying part-time you may still qualify for jobseeker's allowance. The number of hours you can study and still receive jobseeker's allowance depends on your age.

You may also be able to apply for the 'childcare fund' and 'discretionary funds' through your college to help with your living and course costs while studying part-time.

## Skills Development Scotland Individual Learning Account (ILAs)

If you earn up to £22,000 a year or are receiving benefits and you're not in further or higher education, Skills Development Scotland will provide you with up to £200 a year which you can use to pay for certain courses. To find out more call the ILA helpline free on 0808 100 1090 or visit Skills Development Scotland's website – [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)

## Financial support from your local authority

Your local authority should support and encourage you to attend and complete further and higher education. This support will be based on your individual circumstances but could include allowances to cover: bills, food, household items and insurance, travel and leisure activities. It should also include providing financial support for accommodation, both during and out of term times<sup>[1]</sup>.

This support should continue throughout your time at college or university and until you have completed your studies. The support the local authority gives you should be flexible and able to meet your changing needs as you progress through your studies.

If you are moving into further education straight from school and / or from care then all support and arrangements should have been considered, discussed with you and included in your pathway plan.



It is really important that if you want to go to college (and maybe onto university afterwards) that it is written into your pathway plan.

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1. S. 29 & 30 of the Children (Scotland) Act 1995.

## Finances at college

This includes identifying what areas you might need funding for, e.g. travel costs, equipment, accommodation, what funding the local authority will provide and where else you can go for help.

Any financial support that you will receive from the local authority should be confirmed in writing. If it is not written into your plan it can sometimes be hard to make the local authority provide it. Don't panic if your plan doesn't include college or university, talk to your social worker or aftercare worker about getting it put in and about the support they can give you.

If you are returning to education after a break then the local authority should still provide the necessary advice, guidance and assistance to enable and encourage you to successfully enter and complete further and / or higher education.

The length of time and the level of support that you can expect will be based around your individual needs but local authorities have powers to provide support to you up until the age of 26<sup>[2]</sup> and regulations and guidance clearly state that worrying about money should not affect your wish to continue in education.

### **Attending a college in Scotland if you live elsewhere in the UK**

If you do not live in Scotland but would like to study at college there you might not be entitled to the funding and support listed in this handbook. This shouldn't be a reason not to go for it but you should contact the college and your local authority to find out what support they can offer you, and what fees might apply.

Non - Scottish UK students travelling daily across the border to study in Scotland will not be able to apply for Scottish EMA. However, students from outside the UK who live in Scotland on a temporary basis for the purpose of studying might be able to apply for Scottish EMA, depending on the course they are studying.

### **Support for asylum seekers and those with discretionary leave to remain in the UK**

The support that asylum seekers can receive is subject to immigration status. Colleges may offer support and you should contact the college to find out what is on offer.

### **Studying an ESOL course**

ESOL (English for Speakers of Other Languages) courses are English language classes for people whose first language is not English. These might include people from settled minority ethnic communities in Scotland, migrant workers, refugees and asylum seekers.

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2. Part 10 of the Children & Young People (Scotland) Act 2014

Most ESOL courses provided by colleges are free. In some circumstances, though, you may have to pay some, or all, of the course fee. You should check with your ESOL provider (the college) whether you will have to pay any fee before you sign up for the course. Find out more information here: [www.esolscotland.com](http://www.esolscotland.com)

### Useful links for additional information

- The Student Association is another place to go to for advice and support while you are at college. Find out how to get in touch with them on the college's website.
- Further information on the EMA: [www.emascotland.com/index.cfm](http://www.emascotland.com/index.cfm)
- Information and guidance from the Scottish Funding Council on funding available:  
[www.sfc.ac.uk/funding/colleges/student\\_support/student\\_support\\_guidance.aspx](http://www.sfc.ac.uk/funding/colleges/student_support/student_support_guidance.aspx)
- Information from National Union of Students (NUS) on funding and support for further education:  
[www.nus.org.uk/advice/money-and-funding/what-further-education-funding-is-available-in-scotland/](http://www.nus.org.uk/advice/money-and-funding/what-further-education-funding-is-available-in-scotland/)
- Legislation and guidance on local authority support that might be useful for professionals working with looked after young people and care leavers:
  - [www.legislation.gov.uk/ukpga/1995/36/part/II/chapter/1/crossheading/advice-and-assistance-for-young-persons-formerly-looked-after-by-local-authorities](http://www.legislation.gov.uk/ukpga/1995/36/part/II/chapter/1/crossheading/advice-and-assistance-for-young-persons-formerly-looked-after-by-local-authorities)
  - [www.legislation.gov.uk/asp/2014/8/part/10/enacted](http://www.legislation.gov.uk/asp/2014/8/part/10/enacted)
- 'Supporting Young People Leaving Care in Scotland Regulations and Guidance on Services for Young People Ceasing to be Looked After by Local Authorities':  
[www.scotland.gov.uk/Resource/Doc/47171/0023765.pdf](http://www.scotland.gov.uk/Resource/Doc/47171/0023765.pdf)
- Child poverty action group in Scotland factsheet – 'Care leavers and benefits: giving good advice':  
[www.cpag.org.uk/sites/default/files/CPAG-scot-factsheet-care-leavers-Dec%2013-2.pdf](http://www.cpag.org.uk/sites/default/files/CPAG-scot-factsheet-care-leavers-Dec%2013-2.pdf)
- Scottish Youth Information for 11-26 year olds: [www.youngscot.org](http://www.youngscot.org)



# Moray College UHI

Website: [www.moray.uhi.ac.uk](http://www.moray.uhi.ac.uk)

## Contact Details

Name:	Heather Henderson	Phone:	01343 576269
Job title:	Student Advice Manager	Email:	heather.henderson.moray@uhi.ac.uk

## Checklist of support


Named contact for looked after young people / care leavers	✓	Opportunity to identify as a looked after young person or care leaver when applying	✓
Support to apply	✓	Contact made after offer	✓
Info on support available at college	✓	Ongoing support, if needed	✓
Support with accommodation	✓	Support with next steps after college	✓

## Funding

Looked after young people and care leavers prioritised for funding	✓	Additional assistance available for course requirements	✓
Ongoing financial advice available	✓	Flexible attendance and 4 years EMA available	✓

We can fast track applications without documentation and ensure that students have access to all funds that they are entitled to.

## Further information

<p>We can visit any student from a care background at their accommodation and help with any queries they may have. We support them to build up confidence by inviting them in to college to get to know their surroundings and introduce them to key people who can support them through their time at college. On application, if they have ticked the box to indicate that they are a care leaver, admin services will inform us of this and we shall make contact with the student.</p>	<p><b>We are here</b></p> 
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**REMEMBER:** it is always best to get in touch with the college using the contact details above to get the most up-to-date information.

# Jargon buster

<b>Admissions</b>	Admissions is the process where you choose where and what you'd like to study and colleges decide who to offer a place to. There are usually teams of people at each college to help you through the process of applying. If you have any questions then you should always ask them by using the named contact listed on the college's handbook page.
<b>Advocate</b>	Somebody who speaks (advocates) on your behalf. The college and / or your local authority can provide you with an advocate if you are having difficulty getting the support you need.
<b>Bespoke</b>	This means support or projects which are designed just for you.
<b>Campus</b>	The place where college or university buildings are based. Sometimes this is an out of town space, but some places have campuses in town too.
<b>Counselling</b>	You might want someone to talk to or someone to help you deal with your problems. Colleges can offer a counselling service which offers you this support.
<b>Discretionary funds</b>	This is money that the college has available to give to students who most need it. The college makes a decision on who they give it to and what for. You might have to apply for these funds or the college might just decide to give it to you at a certain time (such as when you are waiting for other funds to come through). See more information on page 12 of the introduction to the handbook. These might be called Hardship or Crisis funds instead.
<b>Educational psychologists</b>	Educational psychologists work with people to assess how you learn and if you have any problems. They then suggest a range of different approaches (different learning aids or ways of studying) to help you get the most out of your time in education.
<b>Entitlements</b>	Entitlements are things (such as money or support) you have a right to and should receive. What these are depend on your situation but as a looked after young person or care leaver there are certain things you are entitled to.
<b>Fast-track</b>	Some colleges will make sure that your application or funding request is seen quicker than others so you get a decision quickly. This is called 'fast-tracking'.
<b>Halls of residence</b>	These are buildings owned by some colleges where students can live. They range from traditional blocks with long corridors of rooms and catering on campus, to self-contained self-catering flats.
<b>Hardship funds</b>	See 'Discretionary funds'.
<b>Induction</b>	Induction is the name for what happens when you first start at college. It might be a whole day or a week and will include different events and sessions that will help you find out all the information you need. Induction might include things like getting your student card, meeting the staff that can support you and learning all about what your course will include.

# Jargon buster

<b>Means-testing</b>	This is a process which decides how much money you are entitled to from certain schemes or funds. It usually involves asking details about your current income, bank balance and savings. Colleges might use this to make sure that the people who have the least money receive the most help.
<b>Mentoring</b>	Having someone who knows the ropes can be really helpful. Lots of institutions run mentoring programmes which link you up with someone who has experience of college and sometimes they have care experience too. They can help you understand what is going on, offer advice or just be a friendly person to have a chat with. This might also be called peer mentoring.
<b>Named contact</b>	This is a person in the college who is responsible for working with looked after young people and care leavers. See the introduction of the handbook for more information.
<b>Open days</b>	These are specific days when colleges throw open their doors to potential students. You can have a look around, get a feel for what a place is like, meet some tutors and students and ask lots of questions.
<b>Pathway plan</b>	These plans are agreements between you, your school and the local authority on the support that the LA will give you to help you through college.
<b>PPE (personal protective equipment)</b>	This is equipment you might need for your course, such as helmets, goggles, or other garments or equipment that are designed to protect you from injury.
<b>Student association or Student union</b>	The student association at college is run by students for students and is a great place to go for advice, support, meet people and get really involved in college life. If you have a problem with any aspect of your college life they are a great place to go to. They are independent of the college and so can also help you resolve problems that you are having with the college itself, if you need to.
<b>Student services</b>	Staff in student services provide advice, information, support and guidance throughout your time at college.
<b>Study skills workshop</b>	If you haven't been in education for a while or you feel like you could do with some extra help, these workshops provide an opportunity to practice the skills you need. They might help with reading or writing an essay, for example.
<b>Summer school / Summer programme</b>	Summer schools take place over the summer holidays and give you a chance to make sure you are ready for starting college. You might be able to meet the staff, get to know the buildings and find out more about what will be expected of you when you start your course.
<b>Transition support</b>	Transition is the process of moving from one place to another, and some colleges may offer extra support during the first part of your time at college, to help you get settled in.





