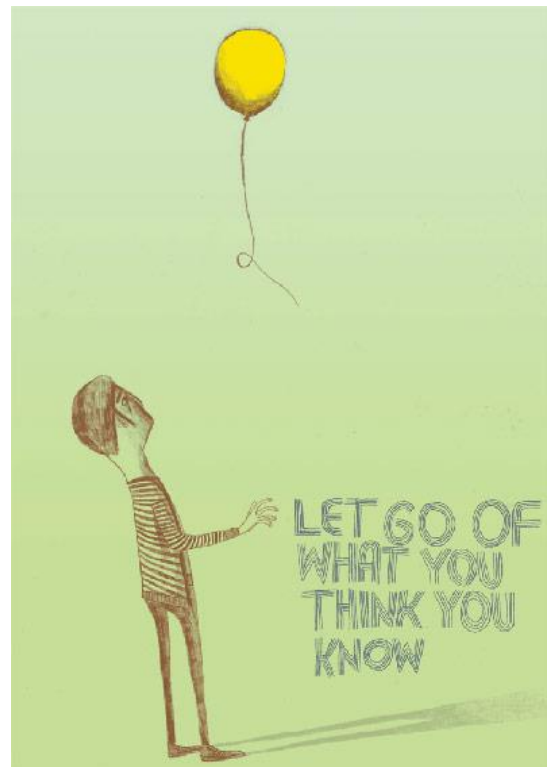


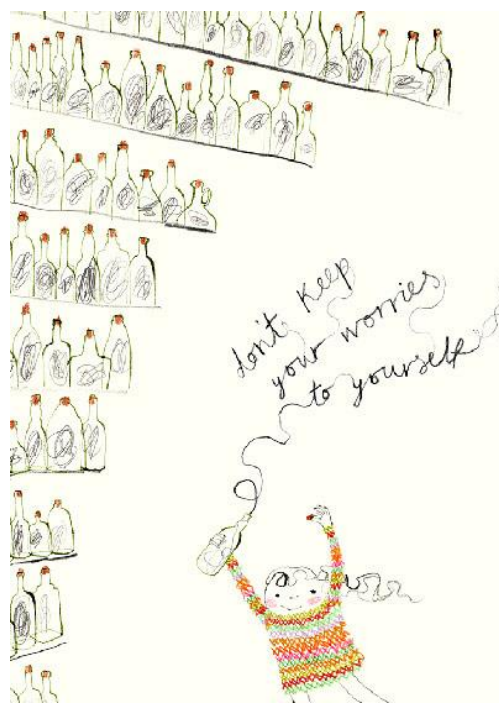
# Welcome to teacher training at University Centre Colchester

Whether you are joining us for the first time or you are progressing from another course with us, we want you to enjoy your time here and feel confident about your academic life and studies.

If you have not studied at this level before, it is helpful to be aware that teacher training is more demanding than final year undergraduate study. Even if you have already studied at University Centre Colchester, and believe you 'know the ropes', the expectations of you and demands on you during teacher training will be significantly greater than previously.



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If you have been out of education for some time, you may be feeling nervous about returning - this is only natural. For many students, starting teacher training is both exciting and scary at the same time. You may feel that you cannot admit concerns or difficulties to others (staff or students) for fear of being 'found out', but this leads to anxiety. No-one can be good at everything all the time, so the thing to do is realise your strengths and weaknesses and work towards achieving your potential.

So we would like to help you with the transition process as you start to adjust to teacher training. You will continue to be an independent learner and continue to develop a range of skills that, as well as being essential for academic study, are transferable to employment. Among others these include:

- formal academic writing
- Harvard referencing
- time-management
- critical thinking / analysis
- information-gathering
- advanced reading techniques
- IT skills
- reflective practice.



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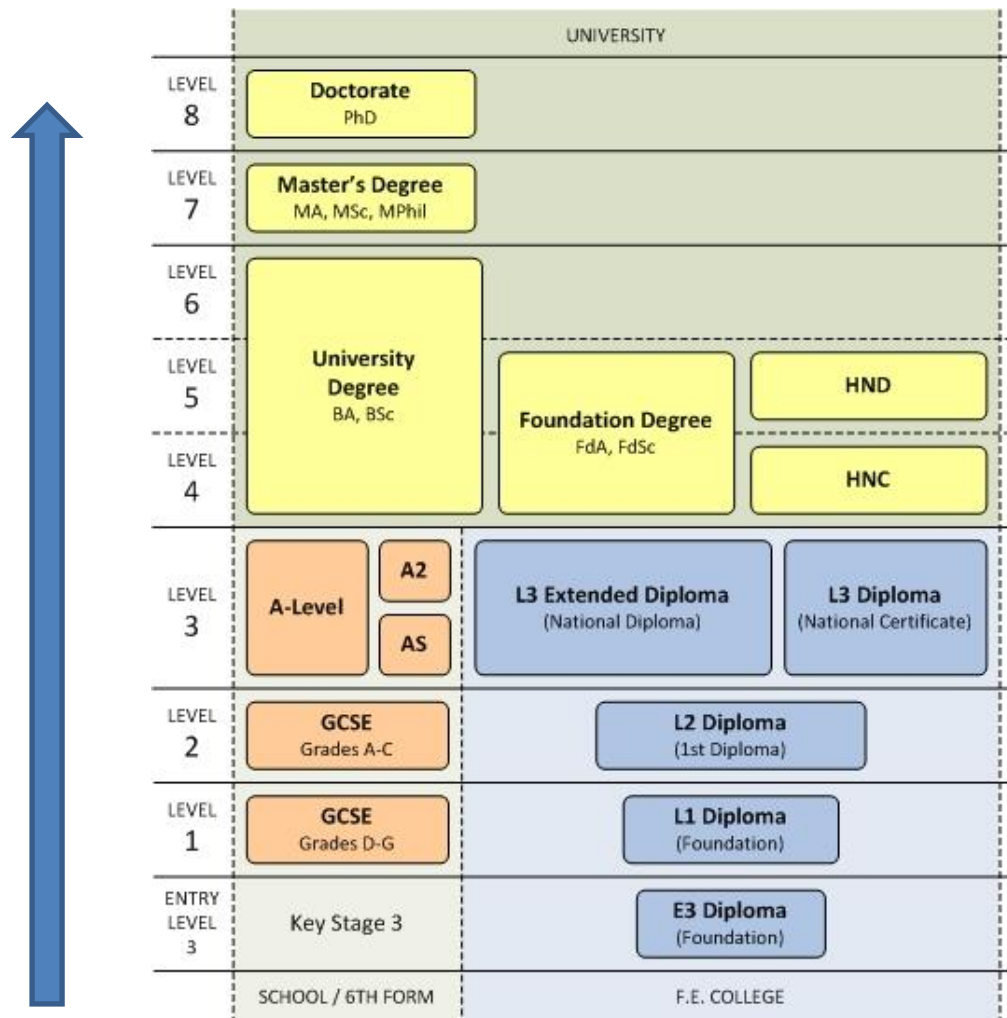
You will already have these skills to a certain level but will almost certainly need to improve them.

### Things to know in advance

**Time management:** Coursework deadlines are very strict and if the deadline is 12noon or 4.00pm then anything submitted after this time without valid mitigation will receive a capped mark. Therefore it is very important to be certain you are sure how to submit your work. Some work is still submitted in hard copy as paper documents, but the more usual method is an online submission via Moodle (our virtual learning environment). Consequently you will need to learn how to submit work via Moodle and have practised in good time.

## The academic level of your course

It may be helpful to be aware of the academic level of your course by comparing it to other UK qualifications.



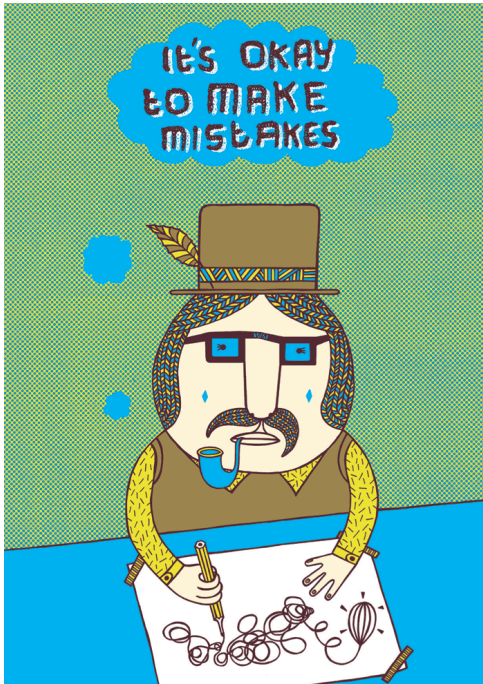
## Preparation for study – interactive resources

Once you enrol you will have access to our comprehensive 'Skills for Undergraduate and Postgraduate Study' site on Moodle (our virtual learning environment) with tips on how to study and how to write academically.



In the meantime why not try an online tutorial? Click [here](#) to access a tutorial\* which will help you to:

- reflect on what you want to gain from your time as a student
- recognise common teaching methods
- know what to expect from university level study
- prepare yourself for academic study



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You might like to take screen prints of what you have done, paste them into a new document and save them to refer back to at a later date to see how your thoughts have changed and make comparisons. This may also be useful preparatory material for a personal development planning module.

Click [here](#) for a range of resources from Palgrave Study Skills that may support you in developing your study and academic skills prior to enrolment.

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#### **\*Disclaimer**

The tutorial to which you are being directed is a free taster by Palgrave Skills4Study Campus. University Centre Colchester neither endorses nor discourages you from signing up to Palgrave Skills4Study Campus and takes no responsibility if you do so.

## Setting up support for additional needs

Please tell us about any additional needs you may have, for example a physical disability, mental health issues, autism, or dyslexia. This will allow us to put in place any support you may require for your programme.

If you have any additional needs, please make us aware. The earlier we are aware of any difficulties that you experience, the earlier we can assist you.

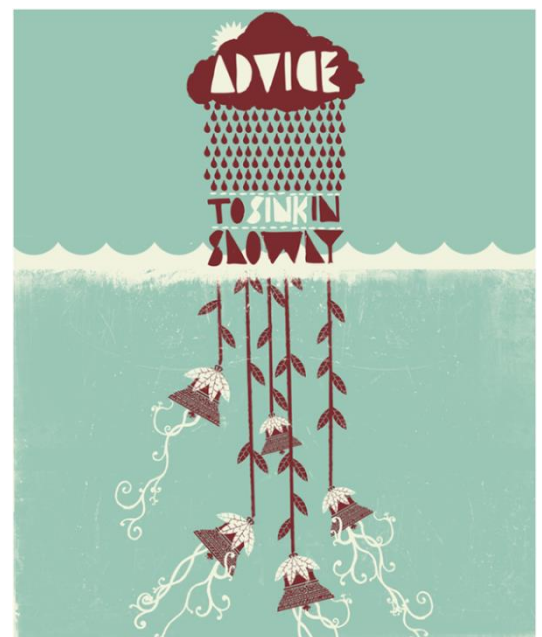
## Disabled Students' Allowance (DSA)

As a higher education student living in England, you can also apply for a Disabled Students' Allowance (DSA) if you have a disability, including a:

- long-term health condition
- mental health condition
- specific learning difficulty, e.g. dyslexia

You can get help with the costs of:

- specialist equipment
- non-medical helpers
- extra travel because of your disability
- other disability-related costs of studying



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To find out more about DSA click [here](#).

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I look forward to meeting you at the start of the academic year. If you have any queries before then, please get in touch.

Kerry Hine, Undergraduate & Postgraduate Study Skills Tutor

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