

# Steps 3 and 4 Colchester

Area Head Welcome - Nicola  
Duke  
Please click on the image

Email your questions to  
[nicola.duke@colchester.ac.uk](mailto:nicola.duke@colchester.ac.uk)



## Meet the staff

## Colchester Tutors



**Matt Haines**  
Steps 3



**Karl Delaine**  
Steps 3 & 4

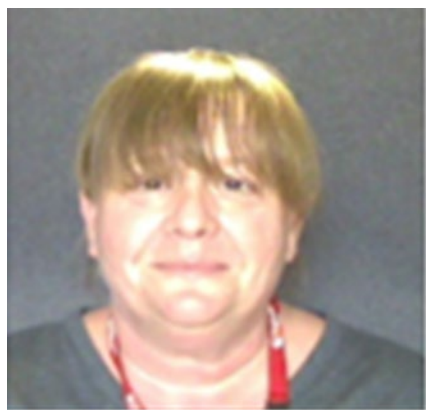


**Stu Creek**  
Steps 4

**Hayley White**  
Steps 4

**Meet the staff**

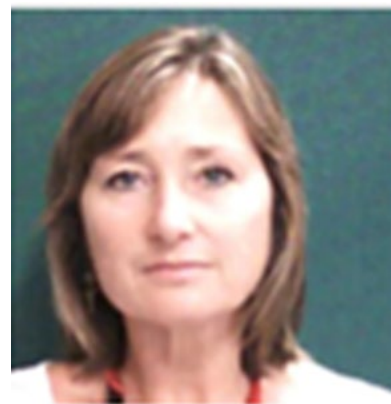
**Braintree Tutors**



**Emma Mitchell  
Dawson**



**Angie Thowney**



**Zoe Lofthouse**



**Kirsty Wright**

**Better Careers** Begin Here

Click image below to open video in YouTube

# Foundation and Supported Learning

**Better Careers** Begin Here

Explore our Braintree Campus in 3D

Student Hub 360



0:07 / 1:00

River Kitchen 360



0:01 / 1:00

Foundation Kitchen 360



0:07 / 1:00

**Better Careers** Begin Here

## What will the course help me to do?

- To help you gain confidence
- To help you build skills for life, work and further study
- To help you improve your English and Maths
- To develop skills for independence
- To develop broader skills – e.g. working with others, problem solving

## What to expect

- You will be working with different people
- You will be working on varied tasks and subjects
- You will be encouraged to challenge yourself
- You will learn to solve problems in new ways
- You will enjoy your time at college

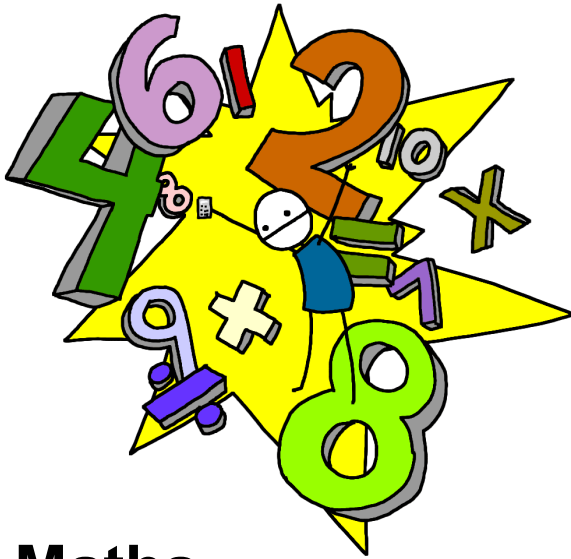


## What will I learn about?

- How to stay healthy and safe
- Employment and work skills
- How to set goals for yourself
- Independent living skills
- How to work with others
- Social skills and confidence
- Current affairs and news



## What subjects will I study?



**Maths**

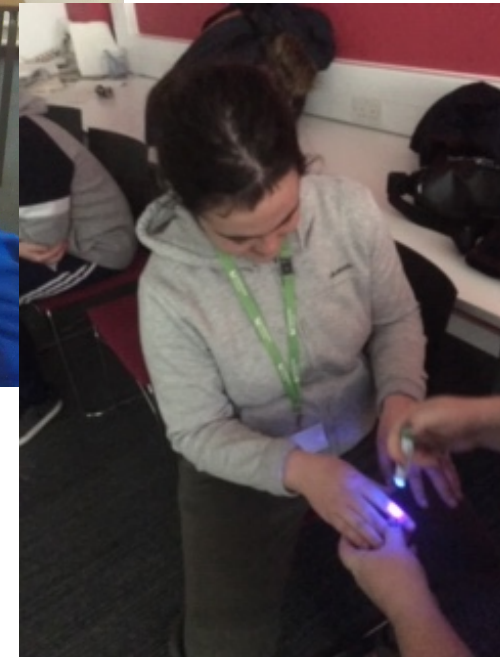


**English**

How will I do my work?

You will create a portfolio of work of different kinds.

This may include handwritten work and work on a computer. It may also include photos of you doing practical activities.



**Better Careers** Begin Here

## Work Experience



You may attend a supervised work placement. We will work with you to find a placement that is right for you. This may be in college or somewhere outside the college.



**Better Careers** Begin Here

## Examples of work experience placements



## Kitchen Skills



You may have the opportunity to create dishes and meals in our kitchen. Helping you to develop kitchen skills, health and safety awareness and working with others.

**Better Careers** Begin Here

## Sport & Leisure

You may have the opportunity to take part in sporting activities, including sailing, basketball and football. This will help you develop team work skills and help you stay healthy.



## Enrichment Activities



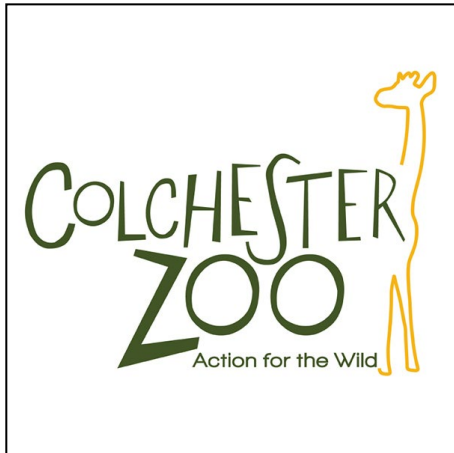
You may take part in activities that take you away from college, such as bowling and Colchester Zoo. These activities help you build your team work and communication skills.



**Better Careers** Begin Here



## More enrichment activities



# What else will we do?



## What current students have said...

I enjoy college, especially my maths lessons. I enjoy cooking and sports. I enjoy going on trips. I have made lots of friends and like sitting with them at lunch.

At the start of the Year I felt nervous because I was meeting some new friends and teachers...I have made lots of new friends. I feel more confident and happier at college and not nervous. I like my teachers too...

I felt very happy at the start of the year at college. I enjoyed being at college for the rest of the year. I have made lots of friends in my Steps group.

## What can I do after this course?

- Study another Steps course at the same or higher level
- Apply for a Level 1 course in a vocational subject

## FAQs

•Q) How will I know where to go in such a big place?

•A) You will be given a guided tour. Once you start college in September, your tutors and learning support practitioners will meet you to show you where to go until you feel confident to do this independently.

•Q) What do I do at lunch times?

•A) You will be shown where the cafés are around the college. You can buy food at any of these or eat a packed lunch. There will be learning support practitioners available at lunch times to help you if you need it.

•Q) What will I need to bring with me to college?

•A) You will need to bring your college I.D at all times and wear it round your neck on a lanyard. You will also need to bring stationery, including pens and paper.

## More FAQs

•Q) What times and days will I be in college?

•A) Your timetable will be given to you before you start college. You will be at college three days a week.

•Q) What should I do if I am struggling with anything or feel unhappy when starting college?

•A) You can speak to your tutor or a learning support practitioner, thing is that you talk to someone. We all want you to feel happy at college and we will always try to help you.

## How do I get in touch with the college?

Please use the following email address if you need to get in touch.  
If you prefer it, we can arrange a phone call with one of our team.

[FSLColchester@colchester.ac.uk](mailto:FSLColchester@colchester.ac.uk).

## Need more information?

Please visit our area on our website containing detailed specific information:



<https://www.colchester.ac.uk/courses/areas-of-study/foundation-studies/#full-time>



**Need more information?**

**Book an appointment to meet with our Foundation and Supported Learning Team.**

**Click on the link below to register an appointment.**



<https://www.picktime.com/ci>