

TUTORIAL @ VARNDEAN COLLEGE

'Guiding you through your Varndean College journey'

TUTORIAL

At Varndean College you will have a Tutorial once a week. This is a compulsory part of your studies and is designed to help you develop as a person and a student. The curriculum is focused on five parts (study, society, self, success and safety) and has been created to help you make the most of your time at College and ensure you are equipped for life after College.



Study badges indicate sessions, resources or external speakers that focus on study skills to help you manage the demands of your courses and develop as a student.



Society badges indicate sessions, resources or external speakers that have been designed to help you prepare for life in modern Britain. Topics like British Values / Varndean Values will be included in these sessions.



Self badges indicate sessions, resources or external speakers that help to develop you personally. This may include topics around wellbeing, support, relationships etc.



Success badges indicate sessions, resources or external speakers that focus on your progress and achievement. This may include helping you prepare for University, further education, apprenticeship and employment.



Safety badges indicate sessions, resources or external speakers that focus on your personal safety. This may include sessions on crime, substance misuse, online safety etc.



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STUDY SKILLS IN TUTORIAL:

As you undertake the challenge of new subjects your study skills will be stretched to meet the inevitable demands of higher level of courses. Developing strong study skills will help you throughout your College journey and assist you in your academic journey and achievement. Your subject teachers will be happy to help you learn more/ develop subject specific skills which will help you reach your potential on every course. This set of skills will also prepare you for life outside of College. Transferable study skills include meeting deadlines, time management, communication and these can be applied to all progression pathways that await you after College. Your Tutor will be able to help you develop transferable skills such as time management and can signpost you to further support available at College

In Tutorial you will be given resources and tools to explore to help you identify and develop the set of study skills that best support you as a learner. In your regular 1:1 sessions with your Tutor, your progress will be discussed and they can assist you with further support and/ or signpost you to services within the College.

HOW CAN I FIND OUT MORE:

Useful Study Skills Apps:



Quizlet

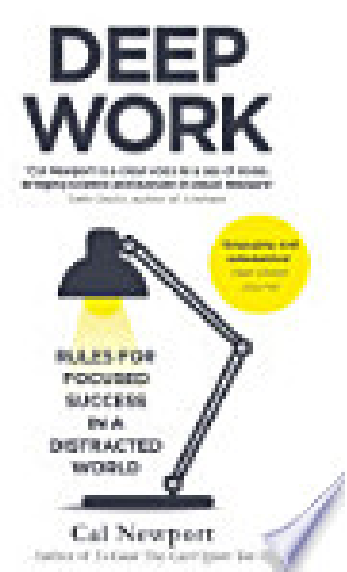
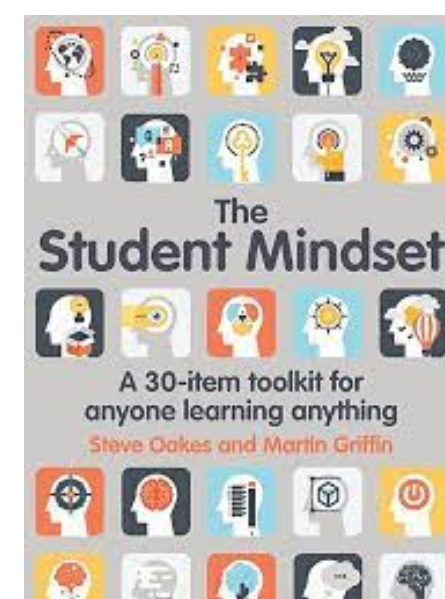


Flora



My Homework

Useful Books::



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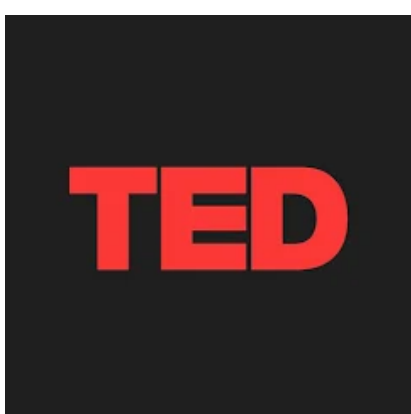
SOCIETY IN TUTORIAL:

Varndean College is a microcosm of society, it has roles, rules and expectations that are replicated in broader society. Being a part of Varndean College means that you are part of our community and have your own role to play in the society here. Tutorial Topics which have a societal focus will be connected to either the society within Varndean College or the external society.

The topics will allow you to explore constructs, values and opinions and help inform your own moral stand point in relation to a variety of subjects whilst understanding that of others. Society topics connected specifically to Varndean College include: community, enrichment, Varndean Values and Equality, Diversity and Belonging. Society topics which are further connected to the community outside of Varndean College include sessions such as 'how to vote'.

HOW CAN I FIND OUT MORE:

Useful Apps:



TED Talks

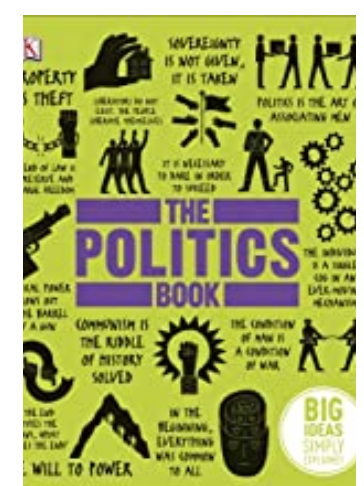
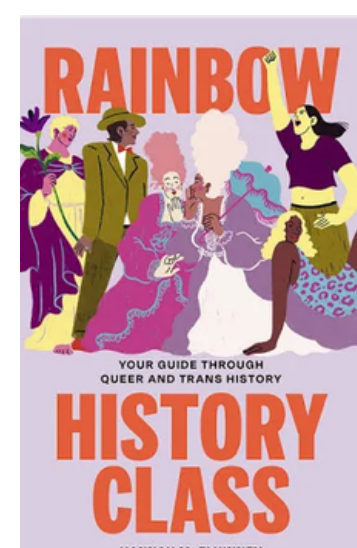
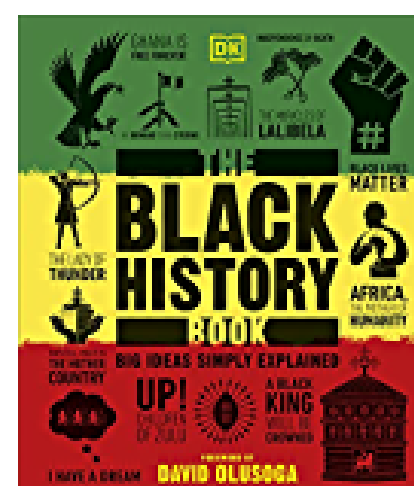


Global News



The Climate App

Useful Books:



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Self badges indicate sessions, resources or external speakers that help to develop you personally. This may include topics around wellbeing, support, relationships etc.

SELF DEVELOPMENT IN TUTORIAL:

During your time at Varndean College you will develop and grow as an individual as well as a student. You will explore new social dynamics, undertake new challenges as a learner and likely undertake new opportunities such as learning to drive or accessing a job. Materials with the 'Self' badge are designed to help you develop personally and ensure you understand support available for further input. These topics have been designed to help you develop your own personal toolkit that helps you manage the inevitable challenges in life and ensure you can be your best self at College and beyond. This includes subjects connected to wellbeing, support and personal values.

Your Tutor is there to guide you through your journey at Varndean College and will be keen to support you as an individual and with your academic journey. Your regular 1:1 sessions will provide you with an opportunity to discuss your own circumstances, and will focus upon any student services which may benefit you in your journey at Varndean College.

HOW CAN I FIND OUT MORE:

Useful Apps:



Sleep Town

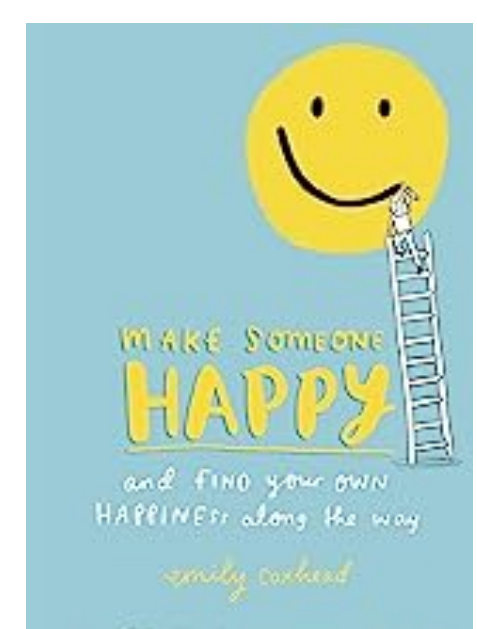
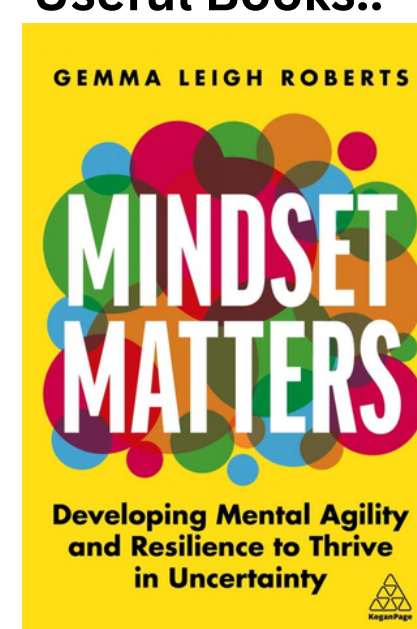


Calm



Headspace

Useful Books::



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PLANNING FOR SUCCESS IN TUTORIAL:

Your success at Varndean College is the priority for your Teachers and your Tutors, we all want to support you to succeed. There will be opportunity throughout your time at Varndean College to help you prepare for success in your studies and in your progression planning for life after Varndean College.

You will be given time and support in Tutorial sessions to discuss your progress and the regular Report Cards that you receive. Your Tutor will support you in your regular 1:1s to help you focus on success and encourage you to continue to work towards this. Your Tutor can help you to utilise the support services that can act as stepping stones toward your success.

Your progression plans are a significant feature within the Tutorial curriculum and time will be given to help you construct your plans for life after College. Information will be given in these sessions about the opportunities available to you once you have finished College. Tutorial sessions with this badge will be focused upon topics like work experience, work skills, University, Employment and Apprenticeships.

HOW CAN I FIND OUT MORE:

Useful Apps:



Uni Compare

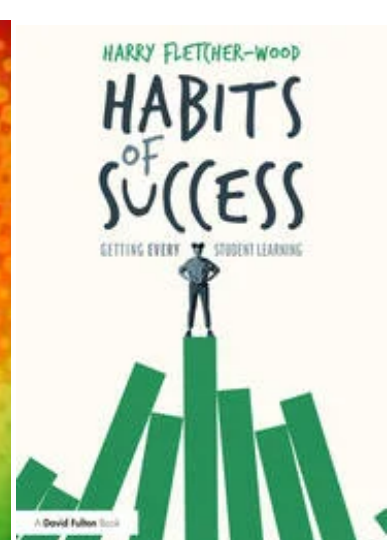
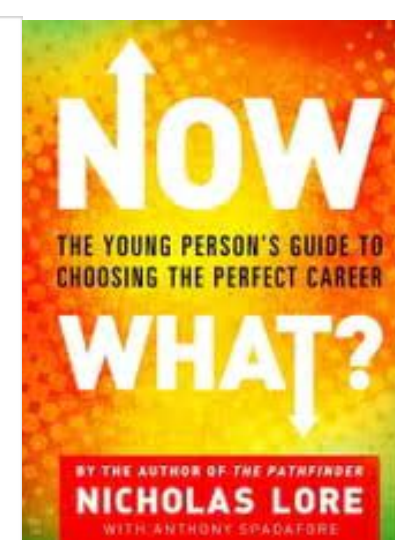
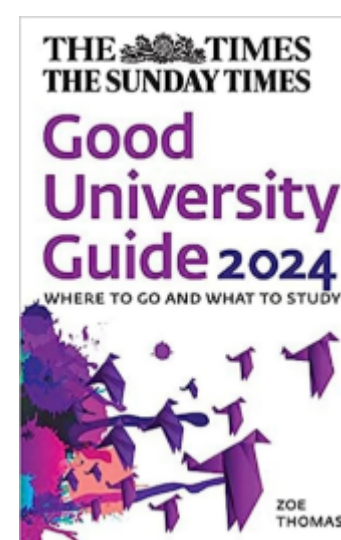


LinkedIn



Habit - Goal Tracker

Useful Books:



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PERSONAL SAFETY IN TUTORIAL:

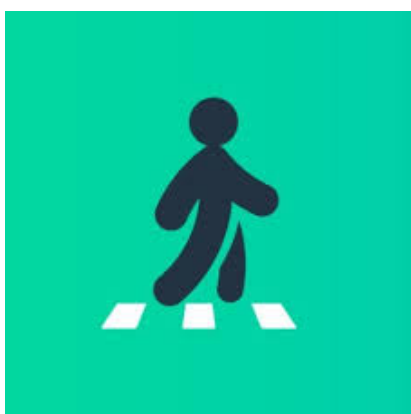
The Tutorial programme is designed to help equip you with life skills and understanding to help you thrive and enjoy all that life has to offer. Personal Safety topics are essential in helping you be prepared for life in modern Britain and ensure you are informed in making safe decisions.

Topics, resources and external speakers that have a safety badge on it are designed to provide you with information on subjects such as: sexual health, hate crime, prevent and online safety. In these sessions reminders of who the Safeguarding Team are and where you can find them are included in case you wish to discuss any concerns or have any questions regarding the content.

In your regular 1:1s with your Tutor you can discuss any questions or issues you may have. Your Tutor will be keen to support you and signpost you to further support if needed.

HOW CAN I FIND OUT MORE:

Useful Apps:



Walk Safe

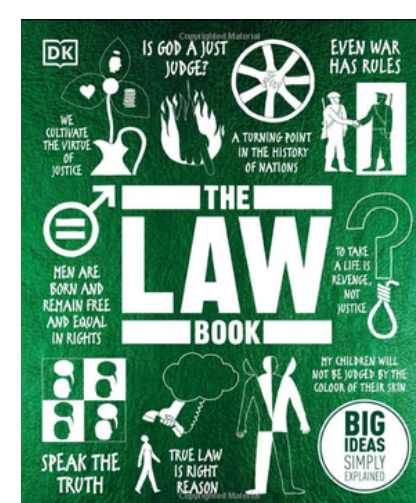
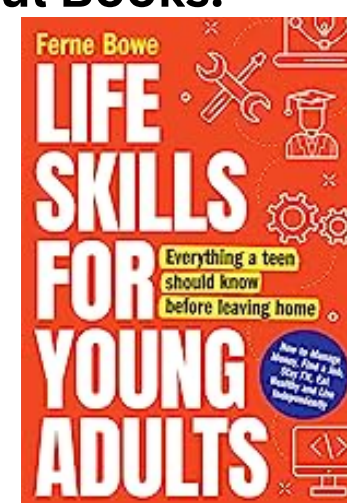


Zoteria



Railway Guardian

Useful Books:



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