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college

# news

## Student Performances

Why not come along and support our performing arts students. You can bring your friends and family too!



### Sing City

Tuesday 22 June to Thursday 24 June,  
7:00pm, Goschen Centre

### Culture Café

Featuring various music and performing arts performances and mixed media exhibitions/ installations.

Tuesday 28 June  
Goschen Centre, 12.00 noon - 1.00pm

Call 01752 305096 for more information.

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take a look inside!

yours. **FREE.**

# Hello!

## Hello and welcome to the summer edition of your College magazine!

As ever, there has been lots going on throughout the College over the past few months ... and plenty of things to look forward to!

We have celebrated student success in national WorldSkills competitions, enjoyed watching our performing arts students in 'The Clink', and of course, recognised some outstanding achievements with the College Student of the Term awards! Read about your fellow learners on page 2 and get inspired!

As well as celebrating past successes, it's also time to look forward and prepare for future achievements - in the build up to your exams! We recognise it can be a stressful time, so with the help from some budding journalists studying media, and your friendly Student Liaison Assistants, College News has come up with some top revision and support advice!

To keep up with the ever changing technological crazes and advances, the College has updated its internet safeguarding system. On page 8, find out from a student's perspective how access to social networking websites may affect College life.

Enjoy the magazine, best of luck with your exams, and have a great summer!

**Hannah Short**  
Editor



**Hannah Short**  
Editor

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format, please call  
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# Celebrating Success

## Student of the Term Awards



In April the College hosted an event to celebrate the successes achieved by its students during the spring term.

The Student of the Term scheme recognises and rewards those students who are making a positive contribution to their course, the College or the local community. Each faculty has its own Student of the Term, and one of these is then chosen by the Principal to be the 'College Student of the Term,' and one is chosen by the Students' Union (SU) President to be the 'SU Student of the Term'.

The event was attended by all 16 spring 'Student of the Term' winners, plus their guests and nominating tutors, as well as heads of faculties. They were presented with a certificate and a high street voucher and received congratulations from Students' Union President, Sergiu Filuta.

The Principal's Student of Term was awarded to Jan Goljke, who is studying towards a First Diploma in Public Services.

Jan's tutor, Bob Chilvers, said:

*"Jan was awarded for his commitment to his work, not only academic but also physical activities. During a residential trip with the Royal Navy, Jan was presented with a 'one off' award by the Royal Marines for his total commitment and team work over two days of physical challenges. The officer in charge said that Jan was an excellent ambassador for the College".*



## Student of the Term Winners:

**Faculty of Arts and Sciences:** Callum Maciver  
**Alex Dale, Faculty of Business and Leisure:** Louis Meara, **The Business School:** Tracey Archman,  
**Faculty of Construction and Civil Engineering:** Reece Walters, Michelle Taylor, **Faculty of Health:** Lucy Harvey, Sophie Porteous, **Faculty of Skills for Life:** Alan Peacock, Aidan Brock, **Faculty of Engineering and ICT:** Jason Perry, **Work-based Learning Department:** Luke Webb, Ryan Cork, **Faculty of Higher Education:** Robert Lockie.

## Principal's Award Winner:

**Faculty of Business and Leisure:** Jan Goljke.

## SU President's Award Winner:

**Faculty of Engineering and ICT:** Hollie Nelmes.



# WorldSkills Success

## College Students' Skills Gain National Recognition!

College students have been taking part in national WorldSkills competitions, achieving fantastic results in catering and welding!

The College played host to the South West regional heat of the WorldSkills UK competition in beauty therapy on Wednesday 14 April.

Pictured right is nail artist Emma Manuell with her interpretation of the English garden on her model Hayley Sandy, achieving second place in their category.



## Catering Students Cook up a Feast of Medals

Students celebrated medal success at the recent Bournemouth Hotel and Catering Show's, Wessex Salon Culinare, as part of WorldSkills.

This is the UK's largest competition for aspiring chefs and waiters. The nine student chefs studying at levels 2 and 3, all did exceptionally well with every student winning an award - one gold medal and best in class, two silver medals, four bronze medals and four certificates of merit.



Shining star, Roberta Gilmore (pictured front left), won two bronzes, a certificate of merit and a 'highly commended award', as all her dishes were above standard!

The students were up against some stiff competition, with over 800 entries competing from over 40 colleges nationally.

## A Bronze Medal in the World of Welding

In March, two of the College's apprentices, Ben Williams and Jason Green (pictured right), visited Central Sussex College for the Southern regional heat of the UK WorldSkills in Welding competition.

The competitors had to produce four welded test pieces which were marked by two judges from UKSkills to an exceptionally tough marking criteria.

Both Ben and Jason performed the task very well in the face of tough competition, with Jason gaining third place overall. The final results were exceptionally close - Jason was behind the winner by only six points out of a possible 240!



# Exam Preparation

## Revise, Relax, Result!

Written by Jade Eales, Media Student

With exams fast approaching and 101 things running through your mind, it is too easy to become stressed! What if I fail? How am I going to remember everything? I can't do this!

Try following these three simple steps in order to get the best possible exam results ... revise, relax, result!

## Revise

- ▶ Try and get into a routine. A revision timetable is a great way of ensuring you spend the appropriate amount of time studying each of your subject areas.
- ▶ If you like to work to music, listening through headphones can be a great way to put you in a positive frame of mind whilst ensuring you don't get distracted!
- ▶ Try and break up your revision routine with regular intervals throughout the day. When revising over a few weeks, try and organise a day off with friends and perhaps do some kind of activity to take your mind off revision.
- ▶ There are many different revision techniques out there, certain ones suiting some more than others. For some people, just a simple list of words can be useful as they act as triggers. Alternatively, a visual representation of notes can be useful - using colours and images to help remember information.



## Relax

- ▶ Get a good night's sleep, don't stay up until the early hours of the morning revising.
- ▶ Treat your exam as a normal College/school day, following your familiar routine will help you relax.
- ▶ When you hear the words "you may now begin", take a deep breath and read the questions clearly and carefully. The exam is a challenge - not a death sentence!
- ▶ If you come across a question you can't answer then leave it and go back to it later. If time runs out then guess - you may get lucky!

Zzz... Zzz...

## Result

- ▶ Leave the examination room feeling positive - you really did do your best.
- ▶ Look forward to receiving your results.
- ▶ And finally, think of key areas for extra improvement in the future - this won't do you any harm.



Good Luck!



## Healthy Eating = Healthy Grades

Written by Daniel Cutforth, Media Student

Revision is extremely important preparation for exams, but it's also essential that you are in the right frame of mind. Eating the right kind of food can really make a positive impact on your grades ... healthy eating = healthy grades!

Food is essentially fuel for the body - when it is digested it is transformed to an energy called glucose which gives us the power to do everything from thinking to walking. Follow the guide to healthy eating below to remain healthy and positive during your exams, and to help your brain perform to the best of its ability.

### ▶ Breakfast

Making time for breakfast is very important - it provides us with energy and makes it easier to resist snacking before lunch. Healthy options for breakfast include fruits and low-fat yoghurts, but you also need carbohydrates to keep energy levels topped up until lunch. Porridge or cereal with semi-skimmed milk are a good choice.

### ▶ Lunch

The sandwich is a big favorite at lunchtime, and can be a healthy choice if made with wholemeal, seeded or multigrain bread and the right fillings. Try tuna, low fat cheese or chicken and cut out the mayonnaise. Jacket potatoes and salads are nutritious options, but go easy on the butter, mayo and dressings. Swap crisps and chocolate for fresh fruit, yoghurt and low-sugar cereal bars.

### ▶ Dinner

Try phasing out chips and adding less salt to your meals. Pasta is a great source of carbohydrate and fibre - why not try carbonara or tagliatelle to keep your pasta recipes varied?



The most important thing is to not skip any of these meals. Each meal provides the body with the essential energy needed for it to work effectively and up to its highest standards. Missing any of these could result in a lack of concentration and enthusiasm which will eventually affect your revision and final grades.

## Exercise Your Way Through Exams!

Don't forget to make the most of the new equipment in the College gym - it's already had some great reviews!

"The new equipment has improved the workouts I get immensely. I have been able to increase the amount of cardio vascular work I do and can now give all my muscles a varied workout rather than focusing on one area! The staff give a really professional and friendly service too!" **Malcolm Bland**

The gym is open **Monday to Thursday, 12.00 noon to 1.30pm and 3.00pm to 6.00pm**, and is free if you have an activity pass. Alternatively, you can use the gym with an activity voucher which costs £2 from the Student Centres.



# Support At The College

## Help is at Hand from the Student Liaison Team

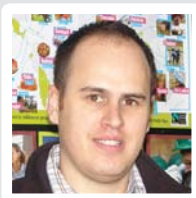
College is exciting, challenging and life changing, but we are also aware that things can get stressful, especially during the run up to exams.

If you feel worried, stressed or anxious about essays, exams or anything else, then please remember that you do have people to talk to - your Student Liaison Assistants, based in both Student Centres at Kings Road and Goschen.

**We will listen to you and provide direct support to all students by:**

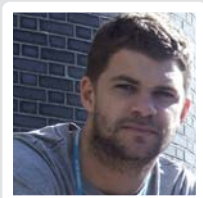
- ▶ **sign-posting** you to the right place and seeing the problem through with you - for example, financial advice and help
- ▶ **being available** - if it's just a chat you need to offload any emotional issues or anxieties that you may have, you can drop-in and see us at any time (we are not trained counsellors, but we can easily arrange this for you here at the College)
- ▶ **putting you in touch** with useful departments within the College, as well as linking you with local organisations relevant to your needs
- ▶ **identifying external factors** that may be contributing to your problem and working towards enabling you to solve them
- ▶ **helping to build your confidence** in your student community through engaging you in activities and introducing you to social groups
- ▶ **talking to others for you**, perhaps acting as mediator, and working towards a happy and productive solution
- ▶ **acting as a mentor** to support you through your course
- ▶ **recognising your achievement** and ensuring it is recognised by the College
- ▶ **keeping in touch** with you after the problem is solved
- ▶ **asking you how** we can change things for you for the better.

**If you feel our service can be of any use to you, please do not hesitate to contact us.**



**Paul Mattock**

Kings Road, Student Centre  
Tel: 07791 937498



**Paul Green**

Goschen Centre, Student Centre  
Tel: 07791 937641



# A Message from Your Student Liaison Officer and The Students' Union

**Exam and assignment time has arrived, the sun is now always shining and you are stuck indoors hitting the books - right?**

Your Students' Union is aware that this could be a difficult and stressful time for you but don't fret, anyone can feel overwhelmed and under pressure. That is why I have put together these simple and effective tips to help relieve some of the pressure.

### ▶ Don't just worry - take action!

If you don't understand some of your course material, don't just worry - take action, see your course lecturer or your classmates to help you understand the problem.

### ▶ Talk to a friend/the SU.

Confiding in someone you trust and who will listen and be supportive is a great way of reducing stress and worry.

### ▶ Believe in yourself!

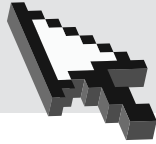
The most important of them all. You are more than capable of passing the exams/assignments - you wouldn't have been given a place on the course if you didn't have the ability to do it.

And there you have it! Three simple and effective ways to ease stress.

**Finally, I wish you all the best of luck in the forthcoming exams.**

# College News

## Online Social Networking at the College



Written by  
Ryan Bickerton, Media Student



Over the past few months the College's IT team has gradually been working on and enforcing a brand new filtering system for the College network. One of the implications of the new system is that it allows students to access previously blocked social networking sites such as Facebook, MySpace and Twitter.

Although the new internet filtering system encourages social activity throughout the College, it could potentially become a distraction to many students with the temptation to use these sites rather than studying. I believe that being able to access social networking websites will have both positive and negative affects on the College. It may help boost the communication of social activities between students, but may also cause setbacks by being a distraction from doing work. Websites such as YouTube can often be the source of relevant information, but again, websites like these can also cause distractions in the classroom.

Occasionally, the filtering system may block websites needed for educational purposes, labeling them as 'malware and phishing' or 'gambling'. However, if you experience this, you should e-mail your lecturer with the website details and reason it was blocked. Your lecturer will then forward it to the IT department who will try to fix the problem for you.

Only through trial and error whilst using the new filtering system will we begin to see an equal balance between social networking and educational sites used on the College server.



# Student Centre Makeover!

*Have you seen the new resource room at the Kings Road Student Centre?*



During the past few weeks you may have noticed that the Centre has been receiving a bit of a makeover. Paul Mattock - your Student Liaison Assistant, and Jareth Harrison, a public services student at the College, have been decorating the room in the attempt to get rid of the purple walls and create a relaxing environment!

A big thank you to Jareth for giving up his spare time on his days off - he was a huge help and showed great commitment and enthusiasm!

The new resource room will be used for events, meetings, clubs and societies. You can chill out and watch movies on the big screen, get involved with workshops organised throughout the year, or simply drop in to discuss any issues with the Student Liaison team in confidence.

***This is your room!***

To book the resource room  
e-mail

[studentliaison@cityplym.ac.uk](mailto:studentliaison@cityplym.ac.uk)

or call

**305848**

***Chill out and  
watch movies!***

# Hello from Your New Students' Union Development Officer



**Katie Shaw**

As a College Student Liaison Assistant, I have taken on a two day a week secondment role to work for the National Union of Students (NUS) as their South West Development Worker.

This position allows me to support you - further education students - by advising and signposting College Student Liaison staff on any issues you may have.

This can involve anything from ensuring colleges are electing student governors democratically, to supporting students' unions to write legal and watertight constitutions to help them represent their students more effectively.

The NUS is a confederation of 600 students' unions. It represents the interests of more than seven million students by **promoting, defending and extending the rights of students** and developing strong students' unions. This is done via elected officers who provide **political representation** through **lobbying and campaigning**, and support staff who aid with policy, research, provide training, toolkits, **advice and guidance**.

The Students' Union here at City College Plymouth, compared to the vast majority of further education students' unions, is well developed with a paid sabbatical officer, common room space and a voice taken seriously within the College.

My role means that you will have more access to information and support for implementing issues and concerns, aiding us to continue to support and develop an active Students' Union and a vocal and engaged student body.

➔ **If you have any issues you would like to raise regarding your Students' Union, then please call me on 01752 305093 or e-mail [kshaw@cityplym.ac.uk](mailto:kshaw@cityplym.ac.uk).**

# Students Hitting the Headlines

## STUDENTS GAVE PARLIAMENTARY CANDIDATES A GRILLING AT THE COLLEGE

The Rock the Vote event run with the monthly Culture Café gave students a chance to air their political views and debate between the three main parties.



## TRESSED FOR SUCCESS

City College Plymouth students proved they were a cut above the rest when they took part in a glamorous hair competition.

A flurry of curling tongs, hair straighteners and buckets of spray were used to primp and preen the stylish hair creations for the event, which was held at the Plymouth Guildhall.



## KAYAKS AND PADDLES SUPPLIED TO STUDENTS

The College's watersports centre at Commercial Wharf has recently benefitted from the purchase of new equipment including, kayaks, paddles and buoyancy aids. As a result, over 100 public service and sport students are currently undertaking a British Canoe Union One Star Kayaking Award - where they are learning basic skills and techniques required in outdoor kayaking.



## CITY COLLEGE PLYMOUTH LIFT CUP AFTER BEATING DERBY

City College Plymouth's football squad is celebrating its cup win in the Men's Elite National final, after defeating Derby College 2-0 at Doncaster Stadium.



# Forthcoming Events

## Applicants' Fun Day

If you are aged 16 to 18 and have applied to start a full-time course at the College in September, then don't forget to come along to our **FREE FUN DAY** and meet the class of 2010!

Meet your tutors and fellow classmates, and get a feel for what it's like to be a student at City College Plymouth.

- **Wednesday 7 July, 11.00am,**  
Kings Road Centre, Devonport, Plymouth.
- **Thursday 8 July, 11.00am,**  
Goschen Centre, Keyham, Plymouth.



GOODY BAGS

GAMES

QUIZZES

LOTS OF PRIZES

FREE FOOD AND RAFFLE

**If you haven't already booked your place please call 01752 305105.**

### Information Evening for Parents/Carers

Wednesday 30 June,  
6.00pm - 8.00pm, Kings Road

Are your parents interested in what the College can offer you? They are invited to come and chat to our friendly staff and enjoy light refreshments in relaxed surroundings.

### Information, Advice and Enrolment Session

Friday 20 August,  
10.00am - 2.00pm, Kings Road

Once you have received your exam results and are considering what options are available for courses starting in September, why not visit us for free impartial advice and guidance. Speak to College staff about the courses you are interested in, find out how to apply and sign up to a course, and get information on funding.

### Apprenticeship Information Day

Saturday 3 July,  
10.00am - 3.00pm,  
Learning Warehouse,  
15-17 Union Street

If you are aged between 16 and 25 and thinking about the options available for your future then this open day is for you! Find out about the range of apprenticeship vacancies on offer including administration, construction, engineering, hospitality, manufacturing and hairdressing.

## Open Days...

### Higher Education Open Evening

Tuesday 8 June, 4.30pm - 6.30pm, Kings Road

Come along to our course information evening and find out about the wide range of university-level courses available at the College, including foundation degrees, higher national certificates and professional qualifications. You can meet teaching staff, enjoy a tour of the facilities and listen to presentations on specific courses.

## We've made it easy for you!

To reduce your waiting time at our events, you can pre-register your attendance now by visiting the events section on our website at

[www.cityplym.ac.uk/events](http://www.cityplym.ac.uk/events)

or by telephoning

**01752 305300**