



CONNECT2COLLEGE

SUPPORTED LEARNING PRE-ENROLMENT RESOURCE PACK



Supported Learning

Activity Pack for schools

#InThisTogether

Preparation for Supported Internships

Supported Internships

Routes programmes

The tasks in this activity pack are designed to support your transition from school to college. You should attempt to have a go at each of the activities in this pack, building a portfolio which demonstrates your skills and knowledge and helps us to get to know you. You can bring this portfolio along with you during your first weeks here with us at The Manchester College.

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Useful websites

Manchester Local Offer. Links to some services and activities in the Manchester area:

- <https://hsm.manchester.gov.uk/kb5/manchester/directory/localoffer.page?localofferchannel=0> (Google - Manchester Local Offer)
- www.manchesteryz.org/about-us/who-we-are/
- [www.manchester.gov.uk/directory/47/sports clubs and leisure centres/category/307](http://www.manchester.gov.uk/directory/47/sports_clubs_and_leisure_centres/category/307)

Maths and English skills. These websites have activities, worksheets and educational games that will help develop your skills:

- www.bbc.co.uk/bitesize
- www.skillsworkshop.org

Health and wellbeing. These websites offer advice on healthy food, exercise, mental wellbeing, looking after yourself and accessing services that help can help maintain your overall health:

- www.nhs.uk/live-well/exercise/free-fitness-ideas/
- www.youngminds.org.uk/find-help/looking-after-yourself/take-time-out/
- www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/
- <https://www.kooth.com/>

Preparing for employment. These websites can help you with: writing a CV, attending a job interview, behaviour in the workplace etc:

- <https://www.youthemployment.org.uk/write-first-cv-tips-students-school-leavers/>
- www.princes-trust.org.uk/help-for-young-people/tools-resources/finding-job/interview-tips

Independence skills. The websites shown, will help you with things like: using public transport, making simple meals, looking after your hygiene, as well as other usual skills:

- <https://my.tfgm.com/#/>
- www.natwest.mymoneysense.com
- www.nidirect.gov.uk/articles/using-public-transport
- www.independent.co.uk/student/student-life/finances/top-ten-easiest-meals-for-students-or-anyone-else-for-that-matter-to-cook-6939170.html

Social Media to check out

Facebook

The Manchester College

Twitter

@TheMcrCollege
@SchoolsTeamTMC
@MFTInterns
@Supported2learn

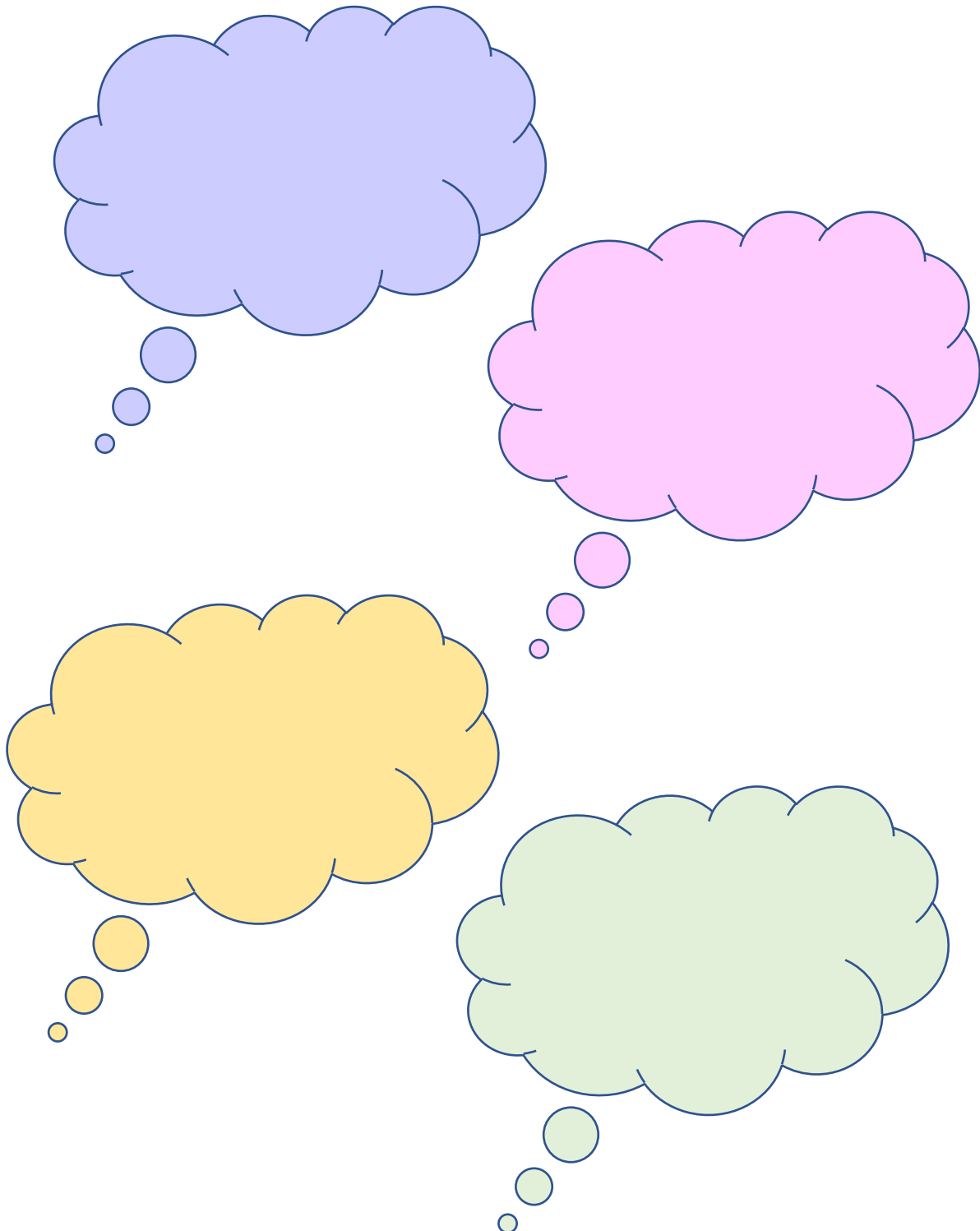
Instagram

@themcrcollege
@schoolsliaisontmc

Activity 1 – Questions I have about starting college

Do you have any questions about starting college? This might be to do with what you will be learning, work placements, how many days a week you will be in.

Use the clouds below to write or add any questions. You can keep these for when we next speak to you or you can email them to us at transitionteam@tmc.ac.uk



Activity 2 – Activities that help my health and wellbeing

What activities do you enjoy doing? What do you find helps you to feel positive and happy?

These could be activities that you would like to do more of in the future.



Activity 3 – Personal blogging

A personal blog is a great way to record and reflect on our daily activities. It can help us to see how we have learned new skills, helped other people, taken part in activities.

A blog can also help us to plan what we would like to learn or try in the future.

There are lots of ways you can create your blog, for example on a Powerpoint or record on your phone as a photo slideshow.



Personal Blogging

NAME: _____



Instructions

For a week, keep a personal blog about your daily learning, experiences and feelings.

You could include:

- What you have done during the day.
- Any new learning, experiences or activities you have engaged in.
- Any personal and social skills or life skills you have developed.
- Your feelings and emotions relating to your experiences.
- Why you would or would not recommend activities to others.



Don't forget to include photographs and images to help inform, describe, explain, entertain and persuade...
Consider your purpose and audience: Have you adapted your writing to suit the reason for writing and whom you are writing to?



Monday: Record Date



Tuesday: Record Date



Wednesday: Record Date



Thursday: Record Date



Friday: Record Date




Activity 4 –



Task 1:

Take pictures of yourself showing different emotions and pulling different faces.



Portrait pictures

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Task 2: Take selfies of you doing activities you enjoy



Task 3 : Take pictures of your family members doing fun activities



Pick your 3 favourite pictures and add them to a word document. Say why they are your favourite.

Task 4: Take pictures showing three different shots.



Close up

Mid shot



wide shot

5

Task 5 : Take pictures of healthy meals you have eaten this week.



Write a short log showing what meals you have eaten for the week.

Breakfast: _____
 Lunch: _____
 Dinner: _____
 Snacks: _____

5

Go for a walk in your local area and take pictures of the things you have seen.

Task 6



Write a short paragraph about your walk and what you saw.
Use descriptive words e.g. large, small, bright, hard, soft

Use capital letters and full stops.

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Activity 5 –

Geography Project

Pick a country anywhere in the world, and find out as much you can about the country. Tell us why you've picked this particular country, have you been there or would you like to go there?

You will need to include the following chapters on either a Word document or a PowerPoint.

There are lots of ideas below.

Tick them off when you have researched them.



Background Information

- A map of the country, where it is in the world, how far away it is from Britain (in kilometres) and how long it takes there to get by plane.
- Does it have a coastline, is it an island or do other countries surround it?
- How big is it (in square metres)?
- What does the country's flag look like?
- What is the name of the language spoken? Can you find an example of the writing and/or the alphabet?
- Imports/exports (what does the country buy from other countries and what does it sell to other countries?).
- Does the country have a Monarchy (King/Queen), is it a Republic (has a President) or is it a dictatorship (has a dictator – someone who is in charge because they used force to become the leader and everyone has no choice but to do exactly what the person says.)?
- Has the country changed its name at all during its history?
- Can you find out how old its history is? Are the people who are leading the country, the people whose country it was originally?
- What is the time difference? (How many hours ahead or behind the UK is it?)



Weather

- Is it hot or cold? Does it have a lot of rain or a little rain? How does the rain fall; a bit each month or a lot in just a month or two? You could include a graph or

chart to show the rainfall over the year and compare it to Britain.

- Does it have extreme geological/weather conditions (earthquakes, hurricanes, tidal waves, volcanic eruptions, tornadoes etc.)?

People

- How many people live there?
- How do they live? (In houses, flats, tents etc.)
- What are the popular jobs that people do? What age do people start work? How many hours a week do they work?
- What religions do the people follow?
- What traditions do the people keep? (Dress, music, dance etc.)



Animals and Plant Life

- What animals and plant life are found there? Can these animals/plants be found in the wild in Britain? If not, why not?

Tourism

- Use this chapter to include any information that you have found about the country's tourist industry; whether people can go there on holiday and what injections they might need before they go there. Is it an expensive place to go for a holiday? What attractions are there that make people want to go there for a holiday?

Remember to include a title page, an introduction saying what country you've chosen and plenty of images/pictures.