



2021 Student Development Workshops

We want to provide students with every opportunity to explore key life skills and topics, be prepared for work and their lives ahead, so we are enhancing our Student Development programme with additional 'drop-in' workshops. You will be able to add these sessions to your CPD hours and your CV, use them in future applications and have the opportunity to ask questions and explore things which matter to you.

Progression and Applications (including apprenticeships, jobs and courses)

- Progression: Further advice and guidance for you on top of your academic tutorial
- How to stand out: Tips on how to sell yourself for jobs and opportunities and stand out from others

Mental Health and Wellbeing (including sleep, healthy eating, mental health tips etc)

- Sleep and Motivation
- Mental Health Self-Care: Tips and tricks from your Student Mentors
- Healthy Eating Quiz: How to learn more about good eating habits
- Gaming and Gambling Support and Advice

Self-Development (eg personal skills such as resilience, professionalism and leadership)

- Leadership: How to develop your skills as a leader
- Resilience and Growth Mindset: How to use my inner strength to support me in challenging times
- Confidence Building
- Professionalism in the Workplace

Employers (with an external guests)

- Entrepreneurship and Careers in Construction: in partnership with GFirst, Andrew Hartley and Kier Construction
- Women in Business: in partnership with GFirst, Monique Smith and Kier Construction

Interviews, CVs or Skills for Work

- Virtual Interviews: How to be prepared for the new world of interviewing
- CV Workshops and Top Tips
- Making Your Applications Count

Money and Life Skills

- Renting and Living Independently
- Budgeting, Payslips and Employment
- Managing My Money

UCAS and Higher Education

- UCAS: Preparing to apply to Higher Education
- Student Finance England Support
- University Life
- Studying Further

You can find out more about our workshops by speaking to your Student Mentor or emailing info@gloscol.ac.uk with your name, student number and course.