ADDITIONAL STUDIES AND EXTRA CURRICULAR ACTIVITIES
HANDBOOK 2020/21

THE SIXTH FORM COLLEGE COLCHESTER
Additional Studies Programme

It has always been a fundamental aim of this College to provide a broad and balanced educational experience for students, so that they leave College not only with the best academic qualifications of which they are capable but also having had the opportunity to develop fully as individuals. The College aims to broaden a student’s understanding of the world, helping them to acquire new skills and interests and to be aware of their environment. Students are encouraged to involve themselves in the community and to become happy and well-adjusted individuals.

A number of Additional Studies allow students to develop skills and pursue interests which prepare them for Higher Education, employment and independent living.

The College is committed to providing all its students with an overall educational experience suited to their individual needs. There is a large range of options and students will have considerable choice. Each student’s programme will be an individual one; it will include an academic programme of study, together with choices from the Additional Studies booklet and the topics and activities that are covered with the tutor group, as part of the College’s Tutorial Programme. These elements will make up an individual’s educational programme, designed by each student in discussion with their Personal Tutor, which takes into consideration all aspects of a student’s life both in and outside of College. Students will negotiate their choices with their Personal Tutor and then sign a Learning Agreement to outline and confirm their programme of study.
THE SIXTH FORM COLLEGE  COLCHESTER

ADDITIONAL STUDIES PROGRAMME

CONTENTS

INTRODUCTION       Pages 2 – 4

Choosing a programme of Additional Studies
The Tutorial Programme
Work-related Curriculum and Careers Guidance
Further information to Help You Choose

SECTION ONE         Pages 9 – 20

Timetabled courses where weekly attendance is required

SECTION TWO         Pages 21 – 28

4th/5th Academic subject choices, leading to nationally recognised qualifications

SECTION THREE       Pages 29 – 40

Recreational sports
Trips
Committees
Occasional activities
NOTE – SOCIAL DISTANCING
Depending on whether social distancing and other government restrictions are still in place in September 2020, Additional Studies courses and other activities may have to be slightly delayed, modified or suspended if we are unable to deliver them safely.

INTRODUCTION TO THE ADDITIONAL STUDIES PROGRAMME

We hope that all students will opt to take part in at least one Additional Study.

Additional Studies courses are designed to contrast with or to complement GCSE, A Level and Applied General programmes of study. The Additional Studies programme is a key part of the College’s commitment to preparing students for progression to Higher Education, further training or employment. It is also an opportunity to broaden your experiences, to develop new interests and to prepare you to take an active part in life in modern Britain.

You are encouraged to take part in courses which will benefit your other studies, improve your career options or that simply interest you. You might wish to develop your literacy or numeracy skills, become involved with democratic committees or perhaps consider options that are unfamiliar such as learning to play a sport or studying a new language.

Most Additional Studies courses commence in September. There are usually no entry criteria or prior knowledge required unless stated in this handbook. Most courses are provided at multiple levels so you do not have to be an expert to take part.

Some Additional Studies courses lead to nationally recognised qualifications. These are listed in section 2 of this programme booklet. Clearly, achievement of the qualification is subject to satisfactory attendance, participation and assessment. Each course will have its own learning goals and specification and will be assessed and moderated by the relevant awarding body or exam board. The type of qualification and certification available for each course is clearly indicated in the course description.

For the timetabled courses in sections 1 and 2 of this booklet, you will be expected to commit yourself for the full duration of the course and attend regularly. In addition to these, you should look out for Student Bulletin notices regarding competitive sporting opportunities e.g. College Team events and Association of Colleges National Finals along with other sport activities, together with a range of societies, committees, voluntary activities and recreational sports which are run on a more casual basis and are available to all. These are listed in section 3.

Check out the News Pages of the College website (www.colchsfc.ac.uk) to see reports and photos of some recent Additional Studies activities.

CHOOSING A PROGRAMME OF ADDITIONAL STUDIES

The number and type of Additional Study courses chosen by a student, in consultation with their Personal Tutor, will be determined by many factors, including their academic programme of study, together with their particular interests and specific career aim. A number of Additional Studies include work experience opportunities or work-related learning. Many Additional Studies promote involvement with issues such as human rights and engagement with the local and global community.
A sensible choice of a varied programme of Additional Studies activities over two years will therefore offer an excellent basis from which to illustrate to employers and Higher Education institutions your many and varied interests, skills and attributes.

We recommend that students participate in one additional study although in some cases they will want (or need) to do more. We do advise that you ensure that your programme is manageable in order to give every opportunity for a high level of achievement on each individual course.

Remember your timetable at College will be unique to you, so choose carefully, enjoy your time with us and make the most of the opportunities open to you.

THE TUTORIAL PROGRAMME

Every student in the College is a member of a Tutor Group and participates in the College's Tutorial Programme, which takes place during timetabled Tutorial lessons once a week. The Tutorial Programme has been developed to meet the needs of students in preparing them for the worlds of Higher Education and/or employment and life beyond College. The programme involves some periods of essential administration as well as covering particular issues, which will be of value to the student in order to prepare them for playing a full and active part in society. Students are given specific advice and guidance on keeping themselves safe, and developing a wider understanding of key issues such as mental health awareness, the Prevent strategy and online safety. We hope students will play a full part in discussion of a wide range of relevant issues. A central part of the programme is the opportunity to review progress and conduct action planning on a 1:1 basis with a Personal Tutor. Students' contributions to the programme are very welcome, including comments on its success in covering topics which they feel are relevant to them.

WORK-RELATED CURRICULUM and CAREERS GUIDANCE

Many Additional Study courses offer experience of the world of work or work-related learning, which is directly relevant to a student’s chosen career or Higher Education course. For example, the Medics Group encourages students to find relevant voluntary placements and prepares them for entry to University, the Lawyers group gives similar support to students interested in a legal career, while voluntary work undertaken in Primary Schools as part of the Pre-Teaching Additional Study ensures that those applying for Primary Teaching degrees have sufficient experience in schools to make successful university applications. Many other Additional Studies allow students to demonstrate to employers and university admissions departments that they have developed a broad base of work-related experience in their chosen field. Our Work Experience Additional Study (see p.20) is a structured programme of work experience with the opportunity to develop your experience of spending time in the work place and gain accreditation through an EPQ. Similarly, the Certificate In Coaching Sport course enables students to achieve a nationally recognised qualification through hands-on coaching experience in local primary schools (a number of students have been offered full-time coaching work as a result of achieving this qualification).

A student wishing to pursue a career in journalism, for example, could gain experience by participating in one or more of the College Magazine, Storm Radio or Creative Writing
Additional Studies. In their second year, they might then wish to gain a formal qualification by specializing in one of these areas by taking an Extended Project Qualification (EPQ) (see p.25/26). We encourage motivated students to complete their EPQ by the time university applications are made in the middle of the autumn term of year 2, allowing them to demonstrate in their personal statement and at interview their keen interest, motivation and commitment to independent study in their chosen subject.

Opportunities for Volunteering can be found via the Careers page on the College’s internal ‘Moodle’ VLE and the Careers bulletin. Organisations such as the National Citizen Service and St Helena Hospice are invited into College for students to sign up to volunteer. The Volunteering section of the Duke of Edinburgh’s Gold Award provides opportunities for students to develop work-related skills while serving their communities.

As well as the Careers guidance explored as part of the Tutorial Programme, the College’s dedicated Careers team are available for detailed guidance interviews on request, including a ‘year out’ specialist who can advise on placements throughout the world.

Careers Guidance and progression is the focus of the “Two Day Programme” towards the end of year 1, which features a packed programme of talks and sessions from outside speakers on a diverse range of careers from Accountancy to Computer Graphics in the Film Industry and advice from experts in applying for Higher Education courses from International Development to Physics. The Programme aims to enhance students’ career management skills, enabling them to make informed decisions about their individual progression opportunities and long-term career goals.

**FURTHER INFORMATION TO HELP YOU CHOOSE ONE OR MORE ADDITIONAL STUDIES COURSES**

Many Additional Studies will take place at only one time during the week we will do our best to ensure that your timetable is designed in such a way as to allow you to take part in one of these activities. A few courses take place in ‘Twilight’ (usually in period 9 and 10 from 4.15pm - 5.30pm). These are also indicated in the course description and you will need to consider your travel arrangements when choosing these courses.

A number of the sporting activities take place off-site and you will need to be aware of where and when the activity takes place, as well as how you are going to get there. If you are keen to be involved in representative team sports then you should make this clear during enrolment at an early point in your discussions with your Personal Tutor, so that Wednesday afternoons (Blocks D and C) can be kept free for this on your timetable.

Some courses may ask you to contribute towards the cost of materials used or to contribute towards travel or other costs. These costs are indicated in the course description but, if you are concerned, ask your Personal Tutor or the course tutor about any likely expenditure.

You have the opportunity to participate in a really interesting and exciting variety of Additional Studies courses, led by an enthusiastic and knowledgeable team of tutors. So why not get involved, make the most of the opportunities offered, and above all enjoy yourself!
### CONTENTS

<table>
<thead>
<tr>
<th>COURSE</th>
<th>Page</th>
<th>Timetabled courses with regular commitment</th>
<th>Nationally recognised Qualifications</th>
<th>Recreational Activities, Clubs, and Committees</th>
<th>Sports and Physical Activities</th>
<th>Volunteering/Community Engagement</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMNESTY INTERNATIONAL</td>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ARCHAEOLOGY</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ARTS COMMITTEE</td>
<td>39</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ARTS AWARDS</td>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ARTS AND CULTURE FESTIVAL</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ART, PRE-FOUNDATION</td>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ATHLETICS</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BADMINTON SQUAD and RECREATIONAL</td>
<td>9 /30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BAND – CONCERT BAND</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BAND – JAZZ BAND</td>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BASKETBALL SQUAD and RECREATIONAL</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BOOTCAMP</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BOXING</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CERAMICS</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHARITIES GROUP</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHESS CLUB</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHOIR</td>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHRISTIAN UNION</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>COACHING SPORT &amp; PHYSICAL ACTIVITY</td>
<td>22/</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>COACHING SPORT THROUGH RUGBY</td>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>COLLEGE COUNCIL EXECUTIVE</td>
<td>39</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>COLLEGE MAGAZINE</td>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>COOKING ON A BUDGET</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>COMPUTER 3D MODELLING</td>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>COURSE (continued)</td>
<td>Page</td>
<td>Timetabled courses with regular commitment</td>
<td>Nationally recognised Qualifications</td>
<td>Recreational Activities, Clubs, and Committees</td>
<td>Sports and Physical Activities</td>
<td>Volunteering/Community Engagement</td>
</tr>
<tr>
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</tr>
<tr>
<td>CONSERVATION GROUP</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CREATIVE WRITING</td>
<td>11</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CULTURE COMMITTEE</td>
<td>39</td>
<td></td>
<td></td>
<td></td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>DANCE CHOREO LAB</td>
<td>12</td>
<td>●</td>
<td></td>
<td></td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>DANCE CLUB</td>
<td>12</td>
<td>●</td>
<td></td>
<td></td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>DEBATING - MODEL UNITED NATIONS</td>
<td>35</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DEBATING SOCIETY</td>
<td>12</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DRAMA CLUB</td>
<td>12</td>
<td>●</td>
<td></td>
<td></td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>DRAMA CLUB (SHAKESPEARE)</td>
<td>17</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DRAWING AND PAINTING</td>
<td>12</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DUKE OF EDINBURGH’S GOLD AWARD</td>
<td>32</td>
<td>●</td>
<td>●</td>
<td></td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>DUNGEONS AND DRAGONS</td>
<td>33</td>
<td>●</td>
<td></td>
<td></td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>ECO SOCIETY</td>
<td>40</td>
<td></td>
<td></td>
<td></td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>EXTENDED PROJECT QUALIFICATION</td>
<td>25</td>
<td>●</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FILM – 'INTO FILM' CLUB</td>
<td>13</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FINANCIAL STUDIES, LESSONS IN (CERT)</td>
<td>28</td>
<td>●</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FINANCIAL STUDIES CERTIFICATE</td>
<td>27</td>
<td>●</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FINANCIAL STUDIES DIPLOMA</td>
<td>27</td>
<td>●</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FIVE-A-SIDE FOOTBALL (MEN'S &amp; WOMEN'S)</td>
<td>13</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td></td>
<td></td>
</tr>
<tr>
<td>'FRIENDS NOT FOES'</td>
<td>33</td>
<td>●</td>
<td></td>
<td></td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>GOLF</td>
<td>33</td>
<td>●</td>
<td>●</td>
<td></td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>HOCKEY – RUSH HOCKEY</td>
<td>13</td>
<td>●</td>
<td></td>
<td></td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>HOLOCAUST MEMORIAL PROGRAMME</td>
<td>33</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ITALIAN – HOLIDAY ITALIAN</td>
<td>13</td>
<td>●</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>JAPANESE</td>
<td>14</td>
<td>●</td>
<td></td>
<td></td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>LATIN FOR BEGINNERS</td>
<td>14</td>
<td>●</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>COURSE (continued)</td>
<td>Page</td>
<td>Timetabled courses with regular commitment</td>
<td>Nationally recognised Qualifications</td>
<td>Recreational Activities, Clubs, and Committees</td>
<td>Sports and Physical Activities</td>
<td>Volunteering/Community Engagement</td>
</tr>
<tr>
<td>---------------------</td>
<td>------</td>
<td>-------------------------------------------</td>
<td>-------------------------------------</td>
<td>-----------------------------------------------</td>
<td>-------------------------------</td>
<td>----------------------------------</td>
</tr>
<tr>
<td>LAW – MOCK TRIAL COMPETITION</td>
<td>34</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LAWYERS</td>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LGBTQ+ CLUB</td>
<td>34</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LIBRARY CHAMPIONS</td>
<td>34</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MANDARIN CHINESE FOR BEGINNERS</td>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MATHEMATICS SUPPORT AWARDS IN ALGEBRA</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MATHS - CORE MATHS (MATHEMATICAL STUDIES)</td>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MATHEMATICS – EXTENSION EXAMS</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MEDICS</td>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MUSIC – INSTRUMENTAL TUITION</td>
<td>34</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NETBALL SQUAD and RECREATIONAL</td>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ORCHESTRA</td>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>OXBRIDGE APPLICATION SUPPORT</td>
<td>35</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PRODUCTIONS GROUP</td>
<td>36</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RADIO - STORM RADIO</td>
<td>36</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ROCK MUSIC WORKSHOP</td>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RUGBY, COACHING THROUGH RUGBY</td>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RUGBY MEN'S SQUAD</td>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RUGBY - WOMEN'S</td>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SIGNING</td>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SOCCER (MEN'S)</td>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SOCCER (WOMEN'S)</td>
<td>36</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SOCIAL COMMITTEE</td>
<td>40</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPORT - AoC CHAMPIONSHIPS</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPORT - TEAM TRIALS AND TRAINING</td>
<td>36</td>
<td></td>
<td></td>
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<td>SPORTS COMMITTEE</td>
<td>40</td>
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</tr>
<tr>
<td>COURSE (continued)</td>
<td>Page</td>
<td>Timetabled courses with regular commitment</td>
<td>Nationally recognised Qualifications</td>
<td>Recreational Activities, Clubs, and Committees</td>
<td>Sports and Physical Activities</td>
<td>Volunteering/Community Engagement</td>
</tr>
<tr>
<td>---------------------</td>
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<tr>
<td>STORM RECORDS</td>
<td>18</td>
<td>●</td>
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<td></td>
<td></td>
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<tr>
<td>TABLE TENNIS</td>
<td>19</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>TEACHING (PRE-TEACHING)</td>
<td>35</td>
<td>●</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>TENNIS</td>
<td>19</td>
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<td>THEORY OF MUSIC – GRADE 5</td>
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<td>THEORY OF MUSIC – ADVANCED</td>
<td>19</td>
<td>●</td>
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<td>TRAMPOLINING</td>
<td>19</td>
<td>●</td>
<td>●</td>
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<td></td>
</tr>
<tr>
<td>TRIPS AND VISITS</td>
<td>37</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>UCAS APPLICATION SUPPORT</td>
<td>37</td>
<td></td>
<td>●</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>UNPLUGGED</td>
<td>37</td>
<td></td>
<td></td>
<td></td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>WALKING GROUP</td>
<td>38</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
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<tr>
<td>WEIGHTS AND FITNESS</td>
<td>38</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>WORK EXPERIENCE</td>
<td>20</td>
<td>●</td>
<td></td>
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<tr>
<td>VOLLEYBALL – SQUAD and RECREATIONAL</td>
<td>20</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td></td>
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<tr>
<td>YOGA</td>
<td>38</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td></td>
</tr>
<tr>
<td>ZERO – ENVIRONMENTAL HUB</td>
<td>38</td>
<td>●</td>
<td>●</td>
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<td></td>
</tr>
</tbody>
</table>
SECTION ONE
Timetabled courses where weekly attendance is required.

ARCHAEOLOGY

Archaeology is ideal for anyone with an interest in the past and is fascinated by monuments like Stonehenge and the Pyramids. We will look at various methods archaeologists use to discover the past and find out what they can reveal from the origins of humans to why Stonehenge was built. We also look at other debates in the archaeological world like the return of the Elgin Marbles. No previous experience or knowledge required; if you're keen, you'll love archaeology.

If you particularly enjoy Archaeology, you can progress to an EPQ in the subject in year 2.

BADMINTON CLUB/SQUAD

Enjoy badminton? Want to improve your existing skills and learn new ones? Want to play competitively? If so, then this course is for you. Don't worry if you think you aren't good enough: being keen, competitive and wanting to improve are the most important things! The badminton sessions are open to both male and females. During the session, you will experience competitive game play and receive technical and tactical coaching. There will also be regular tournaments within College. Higher-level performers have the chance to represent the College in the Association of Colleges national competition, culminating in a residential weekend of competitions at a University. Students have reached the Association of Colleges national finals recently. Rackets and shuttlecocks (plastic and feather) will be provided.

BAND

Students who play band instruments at grade 5 standard can take part in this ensemble. We rehearse music from a wide range of styles, from jazz and big band to classical, preparing for College concerts. The rehearsals are entirely practical and there are no costs involved in this course. The skills of ensemble playing as well as development of instrumental and aural ability together with performing experience are sought by employers and all establishments of Higher Education and participation in a big band is a fun experience. See also Jazz Band on p.14
Section One – Timetabled Courses where weekly attendance is required

**BASKETBALL - MEN’S TEAMS / MIXED RECREATIONAL**

There is a range of opportunities for men and women to participate in basketball, from recreational to competing for the College. Every week we provide male and female recreational sessions, which are mainly for fun but also to improve skills and gameplay. If you want a little bit more you can join our fantastic men’s basketball team who regularly play against other schools and colleges. Last year, the team reached the semi-finals of the Association of Colleges National Basketball Cup.

**CERAMICS**

The course is aimed at two distinct groups:

- Those with some experience of working in clay who wish to extend their skills and perhaps develop ideas in this medium.
- Those with very little experience who wish to be shown the basic forming and decorative methods.

Both groups will cover the basic pottery techniques of modelling, slab building and coiling. Those with some experience can work more independently if they prefer.

**CHARITIES GROUP**

The Charities Group offers the opportunity for students to get involved in the many charitable activities that take place in College over the year, including hamper collections, cake sales, fund-raising performances and fashion pop up shops. We are always open to new ideas and want people who will help run things and get as many students as possible involved. We work closely with a number of charitable organisations and the group is guided and supported by a member of staff. We will meet once a week, to catch up with what everyone is doing and plan future activities. It is anticipated that some members of this group will go on to form the Student Charities Committee.

Every year we raise thousands of pounds for good causes, so if you want to make a difference and have fun, then come along.

**CHESS CLUB**

Beginners and Masters alike will be welcome to form part of a chess club that is based around learning and competition. Chess helps to develop qualities of forensic analytical power, decision making and the ability to function under pressure. At the College, a chess ladder is run all year with the opportunity to play against friends and likeminded students to reach the top of the pile.
CHOIR

You are welcome at choir whether you are a serious singer, or a complete beginner. We sing a variety of music, both popular and classical and work towards a concert each term. If you are interested in joining, please come along. You don’t have to be able to read music, although if you do, this will also be useful.

COLLEGE MAGAZINE

This course is for students who enjoy writing, want to develop their skills and work as part of a team. Those who intend to study journalism would particularly benefit, but the course, which is run by the English department, is open to all students, whether currently studying English or not. Students will use publishing software to create, design and organise their articles, whilst receiving help and advice. Students will be involved in all aspects of magazine production from research to writing and editing.

COMPUTER - 3D MODELLING

This is an introductory course in computer modelling, suitable for students who wish to learn how to produce computer-generated models. Students will learn how to model objects using an industry standard modelling application and then can use the College 3D printers to make real-life physical versions of their designs.

3D modelling programs are used to produce 3D images used in product design and advertising, animations and computer game models (such as rooms, racing cars, characters, etc.). As part of the course, students will also learn how to apply materials and textures to a computer generated 3D model to add realism, and how to set up lights and cameras. Students will be given the opportunity to demonstrate these skills by building and rendering a 3D model of their own choice.

CREATIVE WRITING

This course will enable you to develop all aspects of your writing. The course will inspire you through workshops and examples of good writing and you will have the opportunity to create your own collection of work. We will explore a variety of forms including prose, poetry, drama and non-fiction. You will have the freedom to express your own ideas, to experiment with different kinds of writing and to develop your own style. There will be opportunities to enter national competitions, attend a residential weekend and to benefit from visiting writers.

This course will give you a rich experience of writing and enable you to publish your work in the College magazine and other outlets. Sign up for a rewarding, constructive and inspirational experience! If you would like to continue this into Year 2, you will be able to do an Extended Project Qualification in Creative Writing (see Section 2).
DANCE - CHOREO LAB

Student led session. Open class, students decide style of dance, type of work and what they do. If you don't want to do "mainstream" dance and want to do "your" thing - then come work with us! Students of EPQ Dance look for dancers for their choreography here too.

DANCE CLUB

Teacher-led contemporary dance class focusing on Choreography, technique and performance. A good complementary class for A Level Dance students and also for non-dance students looking to gain experience in contemporary dance.

DEBATING SOCIETY

The Debating Society offers you the chance to discuss the issues that matter to you. Each week, a team of up to six students debates an issue and tries to persuade the audience to vote for their side. The topics are yours to choose, from moral dilemmas to international affairs and social issues. No one has to take part in public speaking but we welcome people who are keen to debate and we enter teams in local and national competitions every year. Anyone considering a career in law, politics, acting or teaching has a lot to gain by taking part in Debating. It is a challenging and exciting way to develop your confidence and fluency.

DRAMA CLUB

In this very practical course we will take a look at a wide range of plays through a variety of activities including play reading, discussion and performance. We will explore a variety of playwrights’ ideas, style of theatre, social and political thinking and have fun bringing the texts alive practically. There will be a study of some challenging, thought provoking modern texts alongside the classics. This fun, informal club will offer opportunities to experiment with a wide range of material including comedy, tragedy, American plays but no Shakespeare (see Shakespeare club). No previous experience of acting is necessary but a willingness to ‘have a go’ is essential. The course will extend the knowledge and understanding of those students on an English or drama-based course but is also open to anyone who would like to explore reading plays and the making of theatre.

DRAWING AND PAINTING

A lively course suiting students of all abilities. The students will explore a variety of drawing and painting techniques. The emphasis will be on a loose approach to media, working on short activities as well as producing longer, more detailed pieces.
INTO FILM CLUB

Into Film is an educational charity which works closely with the UK film industry and Industry partners such as the British Film Institute (BFI) and ScreenSkills to support education around screen industry careers. The BFI Future Film Skills report forecasts that the industry will need 10,000 new entrants by 2020 so now is a good time to get involved!

The Into Film club provides a great opportunity for members to work together and collaborate on filmmaking projects, allowing for progression from script and storyboard to screen. Students will be introduced to a range of directors, genres and styles and will be given guidance on how to plan and shoot their ideas and edit their footage using Adobe Premiere Pro. All members will be given a special code which will allow them to access a range of online resources produced by Into Film in partnership with BAFTA, Creative Skillset, The Production Guild, Film Distributors' Association, The Industry Trust and UK Cinema Association.

FIVE-A-SIDE FOOTBALL

This popular course is open to both men and women (separate sessions) and provides a pleasing break from your academic studies. We run a competitive league. The atmosphere is fantastic every week and is open to all students whatever your ability level. Although the onus is on enjoyment, there is also a competitive element.

Students will be expected to wear appropriate kit and training shoes suitable for the 3G surface area.

RUSH HOCKEY

Rush Hockey is a new way to play hockey - it’s fast, it’s furious and it’s fun. A small sided (5v5) hockey game, Rush Hockey consists of fun-fuelled quarters of 10 minutes with a snappy five minute break between each.

The rules are very simple and therefore Rush Hockey will be available to all students – whether you have previous experience of hockey or not. It will be played on the College astro- turf and equipment will be provided. Those who are interested can also play in some inter college fixtures. Sign up now and get your first rush!

HOLIDAY ITALIAN

Would you like to learn another language without having to worry about taking an exam? Hoping to go to Europe travelling or on holiday to Italy? Want to look more impressive when ordering “filetto di manzo francese con patate al forno” in your favourite Italian restaurant? This is the additional study for you. No experience of Italian is necessary, although some previous study of a foreign language would be helpful.
INTRODUCTION TO JAPANESE

Manga? Japanese letters and writing? Japan for a gap year? If you are thinking about learning Japanese then this course is for you!

Topics to be covered include:
• Introducing yourself
• Writing & Pronunciation
• Shopping
• Jan Ken Pon ...what?!...well you won’t know unless you come along!

JAZZ BAND

Any student who plays a big band instrument is welcome to join this ensemble. We perform a variety of big band classics and more modern pieces with a big band twist. This is a new ensemble that has only been running since 2019. We perform in College concerts and hope to go out to perform in the local area too. You do, ideally, need to be able to read music or have a really good musical ear to be able to join. If you are interested in Jazz and play a suitable instrument, please come along.

LATIN FOR BEGINNERS

This is a one-year course, one lesson per week. You need no previous knowledge of Latin or of the ancient world, although a general knowledge of the world of ancient Greece and Rome would be useful. If you are studying another language or History, English or Classical Civilisation, Latin would be a useful complement to your studies.

Apart from enjoyment, there are many benefits of learning basic Latin. It will make you think about your own language, e.g. what is the origin of words like television, fax, birth by Caesarean section, habeas corpus, Colchester? Where do expressions like e.g., i.e., NB, PS come from? It will also help you improve your knowledge of English grammar. You will learn something about an ancient culture and the way they lived.

You will be able to put it on your UCAS form and the subject is particularly relevant for students considering applying to Oxbridge.
Section One – Timetabled Courses where weekly attendance is required

LAWYERS

Lawyers is a programme of learning and activities designed for students who are interested in a career in law. It is mainly aimed at student who are not studying A-level Law or BTEC Applied Law. The course will cover the basics of the English Legal system and looks at how the law is made and used.

Core skills such as debating and public speaking will be covered via activities such as mock trials and presentations. Career paths will be considered including looking at the variety of legal professions and the availability of alternative training paths such as apprenticeships. Guidance will be given on personal statements, interviews and, where appropriate, the LNAT examination.

A range of speakers will be invited, many of whom are former college students, to talk about their jobs and routes to their careers. Meetings will take place once a week.

MANDARIN CHINESE FOR BEGINNERS

Are you interested in Chinese culture and language? Are you thinking of travelling or taking a Gap year? Are you fascinated by Chinese characters? The course will enable you to greet people, introduce yourself and your family, buy things, and identify objects. The focus is on spoken & listening skills, but will also cover basic character recognition. No previous knowledge of Chinese is needed.

MEDICS

The Medics group helps students prepare for entry to University to study Medicine, Dentistry or Veterinary Science. These meetings are a vital part of the preparation for course application, interview and for the courses themselves.

The meetings will provide help with UCAT and BMAT, advice and guidance on personal statements and University choices. Each student will experience a mock individual and mini interview; they will have plenty of practice in the medics meetings where we will prepare and discuss interview questions, ethical scenarios and current news.

Additionally, students will benefit from meeting and listening to the experiences of qualified ex-students and guest speakers. All students hoping to apply for these courses must attend Medics additional study.

Medics meetings take place on a weekly basis in both year 1 and year 2.
Section One – Timetabled Courses where weekly attendance is required

NETBALL - SQUAD AND RECREATIONAL

This course is open to players of all abilities, and the aim is to develop both individual and team skills through coaching drills in an enjoyable environment. Regular fixtures are organised on Wednesday afternoons. Students wishing to join Netball need to keep Wednesday afternoons free (Blocks D and C). Appropriate kit is expected. We also run a recreational netball course for those students who would like to remain involved in Netball on a less competitive basis.

ORCHESTRA

Students who play orchestral instruments at grade 5 standard can take part in this ensemble. We rehearse and perform a variety of pieces working towards College concerts as well as external events. The rehearsals are entirely practical and there are no costs involved in playing in the orchestra; any external concert costs are borne by the College.

The skills provide not only ensemble and instrumental elements but touch on the context of works and musical history. The ability to work together, to develop aural skills and to perform is keenly sought by employers and higher education establishments.

PRE-FOUNDATION ART

This course is intended for A Level Art and Design students who are planning to progress to Art and Design degree courses, through a Foundation course or direct entry. It will help prepare yourself and your art portfolio for entry to competitive courses either at Foundation Diploma level or Degree level.

We look at the careers and courses available in Art and Design and entry requirements. You will be given assistance with your Foundation and Degree applications alongside guidance on how to answer questions at interview about yourself and your art portfolio. We will also help you write your personal statement.

Outside speakers include the current Course Leader for Foundation Diploma at Colchester Institute and ex-students who show their work and discuss their experiences. The course runs in parallel with the Art EPQ but you do not have to do the Art EPQ and Pre Foundation together. It is solely aimed at those students who do Fine Art, Photography, Graphics or Textiles. No special equipment or materials are needed.
ROCK MUSIC WORKSHOP

A great opportunity to meet other students who play instruments and use a classroom as a rehearsal space. You could be already in a band or looking for like-minded students to form a band. We meet once a week and have amps, microphones and drum kits that you can borrow (you will need to bring your own guitars). We offer support to beginners in guitar, drums or setting up the sound equipment but many students are already experienced musicians. Most bands play cover songs but some write their own songs or just enjoy jamming together.

Once a year there is a ‘Battle of the Bands’ competition at the Colchester Arts Centre and bands audition to take part. This is a professional, ticketed event and the winning band wins a recording session in a local music studio.

RUGBY SQUAD

Rugby continues proves to be extremely popular at College and caters for all levels of performance - from the complete beginner to the real enthusiast. Rugby offers a good chance to develop personal fitness and individual playing skills. The College 1st XV enjoys a strong fixture list, and 2nd XV fixtures are growing rapidly. Many players have also represented both County and Eastern Counties at both schools and club level. There is a high standard of coaching and a good "club" atmosphere - with the Rugby Club participating in many other areas of College life, such as charity work. You can follow the Rugby course at the training sessions and at matches on a Wednesday afternoon. Appropriate kit is expected. Attending training once a week in addition to fixtures is a requirement for team players.

RUGBY (WOMEN’S)

For any female students interested in rugby, of all standards and abilities. The sessions take place at lunchtimes. Please contact Tim Grimsey in the PE department for more details.

SHAKESPEARE CLUB

Royal Academy of Dramatic Art Shakespeare Certificate

This is an opportunity for students who want to improve their performance skills. Students learn and prepare a performance of a Shakespeare speech and a sonnet for the RADA (Royal Academy of Dramatic Art) Shakespeare Certificate examination which takes place at RADA in London, or at The Sixth Form College (as in recent years). There is a fee (currently £45) for the BRONZE certificate. As part of their examination, students perform their pieces to an examiner and receive detailed feedback on how to improve, followed by a further performance opportunity. This provides an invaluable audition type experience. The examiners at RADA are very encouraging and sympathetic and students learn a lot. The college has an excellent 100% pass rate for the Bronze award and many students have carried on to gain their Silver and Gold awards.
SIGNING

How does it feel to be deaf? Could you communicate with someone who could not hear you? How would you start?

If you choose this course, you will find out. This is a skill that everyone should have. It is particularly relevant to those hoping to enter the caring professions, but it really is fun for all. Come along and see if you can spend one lesson a week learning to sign, it'll be a skill for life and you never know, one day you may meet a deaf person and put your skills into practice! You will however be expected to purchase a 'Signing In' booklet from the College.

SOCcer (MEN’S)

The College has an excellent reputation for its football teams. We have been British College Champions, reached the Schools F.A. Cup Final and won the Essex U19 Cup numerous times.

Whatever your level is, the College football team is looking to recruit new players.

The College runs 2 teams in the Essex Schools and Colleges League and Cup competitions plus the AoC National Cup. Each team has a programme of regular Wednesday afternoon fixtures and training takes place on Tuesday lunchtime.

Following team trials at the beginning of the year, you will be assigned to one of our two squads with the opportunity to move between squads as the season progresses.

The high levels of competition for places means that you will be required to commit fully to train and play each week and should consider whether this is possible before signing up for the trials. In order to do so it is essential that students wishing to play for the college have both Blocks C and D free on their timetable so please ensure you request this with your tutor.

Shirts are provided for matches but shorts and socks need to be purchased from College.

STORM RECORDS

Storm Records is the College record label which publishes music performed by College students and is open to students who specialise in different disciplines, including Music and Music Technology, but also to students who want to pursue business, advertising, accountancy, video production and fashion in the context of a record label.

The record label will meet once a week to discuss and undertake actions that will improve sales, promote artists and generally advance the label to even greater success.
TABLE TENNIS

Students will have an opportunity to participate in Table Tennis on a recreational basis. There will be various sessions available during the week and will take place on the College site. Equipment will be provided but suitable kit needs to be worn.

There will be an opportunity for students to represent the College in the prestigious Association of Colleges regional and national competitions.

TENNIS

Group coaching will be given by an LTA qualified DCA/CCA Coach at the nearby University of Essex. Transport is provided to and from the University. There is an opportunity for students to participate in the Association of Colleges Regional competition, and an AoC Tennis Cup competition, however this coaching opportunity is on offer for those who just want to improve their skills, or just to have fun.

THEORY OF MUSIC – GRADE 5

The music theory class is designed to help students pass Grade 5 Theory and to progress to higher grades in Theory of Music. Students should have a good grasp of basic theory (Grade 3 standard) and be hoping to take Grade 6, 7 or 8 practical (ABRSM). Each element of the course is taken in a group situation and students will be expected to practise past exam papers in their own time.

THEORY OF MUSIC – ADVANCED

This class is for those students who have already taken grade 5 theory but who want to progress to grade 6, 7 or 8 Theory. These ABRSM Theory exams carry UCAS points and are especially useful to students wanting to go on to study music; but not exclusively so! Each element of the course is taken in a group situation and students will be expected to practise past exam papers outside of these sessions.

TRAMPOLINING

Have you ever felt like reaching new heights? Trampolining is a fun way to keep fit as well as developing your skills. Many skills will be taught, which can be put together to form routines in a safe environment. Students of all abilities are welcome on the course, even if you've never been on a trampoline before; don't worry because you won't be alone so come along! There is opportunity for more advanced performers to represent the College in Regional and National finals. The College possesses two full size Nissan Goliath trampolines and all you need to provide is appropriate PE kit.
WORK EXPERIENCE

Employers, Universities and other Colleges are often looking for candidates who can demonstrate that they have done more than pass their exams! Employers, in particular, value relevant and current experience of ‘The World of Work’. So, if you want to be a Solicitor/ work in the legal field, fancy your chances in the business world as an Accountant or see yourself as something big in banking, want to work with animals, children or “people”, or would like to find out more about “industry” and “management”, Work Experience may be just what you need.

This course will initially be undertaken as a structured programme with the opportunity for students to develop their experience (spending time in the work place) and gain accreditation through a Level 2 EPQ – see p. 25/26.

VOLLEYBALL

Students will have an opportunity to participate in Volleyball on a recreational or competitive basis with a Volleyball England qualified coach, taking place on the College site. Equipment will be provided. All abilities are welcome, as through training and practice, personal skill development should follow. There will be an opportunity for students to represent the College in the prestigious Association of Colleges regional competitions and national finals, for which both the Men’s and Women’s teams have qualified for the last two years. The recreational session is for beginners; the Squad session after college is for those who wish to play for the College team and want to take their playing to the next level.
SECTION TWO

4th/5th Academic subject choices
leading to nationally recognised qualifications

ARTS AWARD - GOLD

The Gold Arts Award is designed to encourage in-depth research of a particular art form or arts practice and how this can be influenced by exploring a new art form, genre or practice. You will develop your skills within a chosen art form and engage in reflection on practice, progress and the impact of practical experience on future pathways.

The Gold Award is designed for ages 16 and above and carries UCAS points.

The Award consists of two units:

Unit 1 Personal Arts Development – in any art form of your choice, plus exploration of a second art form in collaboration with someone else. Involve yourselves in arts-based workshops and/or work experience. Research opinions around an arts issue you feel strongly about and formulate an argument.

Unit 2 Leadership of an Arts Project – developing your leadership and management skills by planning and co-ordinating a team working on a focused project that is presented to an audience. Examples can include a dance or music performance, an art, photography or design exhibition, video produced for charity fund-raising or reading of a piece of creative writing.

The course starts in June of your first year and will normally be completed in January of year 2. Students are advised to spend at least 1 to 2 hours a week on the programme and will be supported by an advisor. You will need to prepare a ‘portfolio’ of evidence to record your work and progress against the assessment criteria, but this can be in a digital format so you don’t have to write anything at all if you prefer not to!

* Students do not need to have completed the Bronze or Silver Arts Award prior to this.
COACHING SPORT & PHYSICAL ACTIVITY (Level 2)  
1st4Sport

This qualification prepares learners for employment as a coach in sport or physical activity. Level 2 coaches are able to plan, deliver and review sport and physical activity coaching sessions, either working independently or as part of a larger coaching team. The qualification introduces learners to the practical and theoretical aspects of planning, delivering and evaluating linked and progressive coaching sessions in sport and physical activity.

The qualification is directed at learners who have an interest in coaching sport and physical activity. You do not need to be a PE student or member of a sports team to participate. The course is especially useful for those who wish to become involved in coaching, and to have responsibility for the planning, delivery and evaluation of linked and progressive coaching sessions; it can also be used to develop skills around confidence, leadership and education, making it useful for those interested in teaching as a career.

The qualification is recognised as the industry standard level 2 qualification for coaches by UK Coaching, the lead technical agency for the development of sports coaching in the UK. It has been aligned to the UKCC criteria and will allow progression onto a UKCC-endorsed qualification.

Following successful completion of Level 2 in your first year, you could progress on to the Coaching Sport & Physical Activity Level 3 in year 2. The skills and knowledge developed through this qualification may also be used to progress to other industry-relevant qualifications in coaching sport, activity leadership, supporting PE in school sport or sports development.

The course will form part of the Programme of Study for all BTEC Sport L3 students (although it is not compulsory for A Level PE students).

Students will participate in coaching sessions at a local primary school every other week, with a theory lesson at College in between.
COACHING SPORT & PHYSICAL ACTIVITY (Level 3)  Year 2 only
1st4Sport

Those who have successfully completed level 2 in their first year can choose to progress to Level 3 in their second year. The qualification is recognised as the industry standard level 3 qualification for the coaching sport and physical activity by UK Coaching, the lead technical agency for the development of sports coaching in the UK. It has been aligned to the UKCC criteria and will allow progression onto a UKCC-endorsed qualification.

This qualification may lead to employment, paid or voluntary, as a lead coach in a sport and physical activity. Indeed a number of our students have gone on to become paid coaches as a result of taking the Level 3 course at College.

Students will participate in coaching sessions at a local primary school every week.

COACHING SPORT THROUGH RUGBY
1st4Sport (Level 2 Award)

The Coaching Sport Through Rugby Additional Study enables young people to develop leadership skills and engage with grass-roots rugby union and Tag Rugby. Students will follow the Coaching Sport Level 2 Course (see above) with a specialist Rugby focus. By completing this qualification, students will develop a range of skills in independent enquiry, teamwork, self-management, creative thinking and effective participation.

Students will be introduced into a number of leadership roles, including:

- leading Tag Rugby activity sessions
- refereeing Tag Rugby games
- managing a local small-sided game team
- contributing to the organisation and delivery of a local Tag Rugby festival/event for young people.

Holders of this Certificate will be provided with guidance on further opportunities as a sports leader, including how to contribute to grass-roots sport as an administrator, coach, referee, team manager and sports development volunteer.
CORE MATHS

Level 3 Mathematical Studies (Core Maths) is a new course which is intended for students who have achieved a grade 4 (or equivalent) and above at GCSE but aren’t planning on taking Mathematics at A Level. It helps to develop students’ mathematical thinking and skills in preparation for the mathematical demands of study, work and life.

The course builds on work that you have studied at GCSE. The course is quite applied in nature and seeks to teach students new concepts and techniques for solving a variety of both theoretical and "real world" problems.

The course is also useful for those who may wish to study a number of degree courses with mathematical, statistical or numerate elements including Politics or Sociology degrees.

Students taking the following A Levels will find Core Maths a beneficial 4th Course:

Accounting  Electronics
Biology    Environmental Science
Business  Geography
Chemistry  Geology
Computing  Product Design (Resistant Materials)
Economics  Psychology

However, Core Mathematics is open to any A Level student who wishes to study the course and who has previously achieved grade 4 to 9 in GCSE Mathematics.

Successful candidates gain a Level 3 qualification - which is equivalent to an AS Level (half an A level) at grade A to E.

The qualification also carries UCAS points (at the AS Level tariff).
EXTENDED PROJECT QUALIFICATION (EPQ)

The AQA Extended Project Qualification (EPQ) is an established qualification which is highly regarded by universities. The EPQ provides students with a choice regarding what they decide to produce, research and write about. The majority of students will start their project at the end of their first year and complete in their second year. Students will be expected to work in a highly independent and self-motivated way, with a significant amount of work taking place outside of the classroom. Study commences in mid February of the first year, and continues onto the second year.

The course assessment consists of a number of elements:

- A ‘plan’ or production log which records the various stages of the project
- A final product (if this is a report it should be approximately 5000 words in length; if it is an ‘artefact’ it should also be accompanied by between 1000 and 5000 words of explanation about how it was developed)
- A presentation to a non-specialist audience about the project, and opportunities for questions

Please note that students are only permitted to take ONE EPQ route during their time at College. The qualification is regarded as carrying the same weight as half an A Level. Many universities do not formally award ‘UCAS points’ to EPQ’s, but all recognise that it is a valuable qualification for university entrance and will often make an alternative (lower) offer including EPQ.

The possible EPQ options or ‘routes’ for 2020/21 are:

<table>
<thead>
<tr>
<th>GENERAL EPQ ROUTE</th>
<th>EXAMPLE SUBJECT AREAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>A ‘free choice’ of topic for second years with motivation - this allows for any topic or task to be undertaken, subject to approval.</td>
<td>Psychology; Law; Health and medicine; Media; Modern Foreign Languages And many others!</td>
</tr>
</tbody>
</table>

Continues over...
### ADDITIONAL STUDY EPQ ROUTE

- A chance for second years building on skills / interests from Additional Studies pursued in first year

<table>
<thead>
<tr>
<th>SUBJECT AREAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creative Writing</td>
</tr>
<tr>
<td>Computing/ICT/3D Modelling</td>
</tr>
<tr>
<td>Archaeology</td>
</tr>
<tr>
<td>Work Experience (level 2 EPQ)</td>
</tr>
</tbody>
</table>

### YEAR 2 EXTENSION EPQ ROUTE

- Extension course for second years in areas closely related to part of their A level curriculum in subjects.

<table>
<thead>
<tr>
<th>SUBJECT AREAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anthropology</td>
</tr>
<tr>
<td>Art (including Pre-Foundation)</td>
</tr>
<tr>
<td>Dance</td>
</tr>
<tr>
<td>Drama / Performance</td>
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<tr>
<td>English</td>
</tr>
<tr>
<td>History (including Military History)</td>
</tr>
<tr>
<td>Music Technology Extension</td>
</tr>
<tr>
<td>Physics/Science Extension</td>
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<tr>
<td>Textiles</td>
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</tbody>
</table>
FINANCIAL STUDIES CERTIFICATE  

*One period per week*

Managing your money is an essential life skill. This qualification, offered through the London Institute of Banking & Finance (LIBF), is divided into two units:

Unit 1: Financial Capability for the Immediate and Short Term
Unit 2: Financial capability for the Medium and Long Term

There are no entry requirements for this course; students must simply be interested in effectively managing their finances at university, in their first job and beyond. You will learn about managing your money, how it will impact on your life and financial choices that you will have to make. Financial services products (such as credit cards, loans and mortgages) will be explained to you along with how they can help you meet your individual lifestyle needs.

The Certificate carries UCAS points, is equivalent to half an A Level and graded A* - E.

The course is available on-line and taught in one period per week, although students can access the full course materials at any time.

Exams: Each Unit will have both a multiple-choice paper and a written paper based on pre-released case study material.

Year 1 students who are successful in the Certificate have the opportunity to progress to study the Diploma in Financial Studies in Year 2. This may be of particular interest to those interested in a career in any of the financial services or in business management.

FINANCIAL STUDIES DIPLOMA

*Year 2 only*

Students who have successfully completed the Financial Studies Certificate in year 1 can progress to the Diploma in year 2. The Diploma has 2 units and is studied in one period a week. Assessment is the same format as for the Certificate.

Unit 3: Sustainability of an Individual’s Finances
Unit 4: Sustainability of the Financial Services System

The Diploma also carries UCAS points equivalent to an A level and is graded A* - E.
LESSONS IN FINANCIAL EDUCATION CERTIFICATE - LEVEL 2 (LIBF)

Two periods per week
The Lessons in Financial Education Certificate will give you a good understanding of money and finance and will provide valuable insight into a range of career opportunities within the financial services sector, while giving guidance on methods for enhancing your employability skills. This qualification equips you with the knowledge to cope confidently and effectively with basic financial encounters you are likely to meet. You will develop knowledge and understanding of spending and how to become competent at managing your own money. You will also explore various careers within the financial services industry. The qualification also provides a valuable insight into a range of career opportunities within the financial services sector, gives guidance on methods for enhancing individual employability skills.

The course will be a compulsory part of the Advanced Foundation Programme. The course is examined on-line and taught in two periods per week.

Each Unit will have both a multiple-choice and a written answer element. Students who are successful in the Certificate have the opportunity to progress to study the Level 3 Certificate in Financial Studies in their second year at College.

MATHEMATICS - EDEXCEL AWARDS IN ALGEBRA

This course leads to the Edexcel Algebra Award at both level 2 and level 3. It is designed to support the study of the algebra met in A Level Mathematics. Teaching will include online activities, practice questions as well as both group and individual working.

This course is compulsory for any student who is doing A Level Mathematics who did not achieve a 7 or A in GCSE Maths.

MATHEMATICS – EXTENSION LESSONS IN ADVANCED MATHEMATICS

Many universities now require an extra qualification in Mathematics for their degrees courses. Other universities who do not require it see it as an advantage. The College will support you with your entry for the following nationally recognised qualifications.

STEP - Encouraged by many universities with a mathematical content. Required by University of Cambridge and University of Warwick for Mathematics and combined Mathematics degrees.

MAT - Required by University of Oxford (degrees in Mathematics, combined Mathematics and Computer Science), Imperial College (degrees in Mathematics and combined Mathematics) and University of Warwick (degrees in Mathematics).

TMUA - Most universities whose courses contain a significant mathematical content encourage this qualification (e.g Degrees in Mathematics, Physical and Natural Sciences, Computer Science, etc)
SECTION THREE

Recreational sports, Trips, Committees and Occasional activities

There are many additional activities that are available to students on a casual attendance basis. They are often announced through the College Student Bulletin, so be sure to check the Bulletin daily for details.

Students may take part in activities or join clubs and societies which reflect their individual interests. They may also choose to get involved with the wide range of clubs and societies as a good way of getting to know other students and adding a different dimension to their experience at College.

There are over 200 educational trips and visits each academic year, locally, nationally and internationally. Many departments run trips and visits linked to the specific curriculum e.g. to Colchester Zoo with the Biology department, fieldwork in High Woods Country Park as part of the Environmental Studies course or a theatre visit to see a set text performed in English or Drama. However, there is a wide range of opportunities to participate in residential trips further afield. Last year, residential trips within the UK included Stratford upon Avon with the English Department, Yorkshire with the Visual Arts team and both Arran and Bournemouth for Geography. Trips abroad visited locations including France, Germany, Italy, Paraguay, Sri Lanka and New York.

The Physical Education Department offers you the chance to take part in a wide range of team sports from which you should be able to find something to suit your ability and interest. Sessions will involve you in all aspects of team games. Teaching and coaching of individual and team skills, together with team tactics, will take place. Full fixtures have been arranged and leagues entered where appropriate. Teams will also be entered for County and National competitions. Fixtures are posted on the College sports notice boards at the beginning of the season. Transportation to and from the grounds will be provided for you and basic team kit is provided.

Students have many opportunities to extend their interest in the Arts. College organises trips to the Theatre, Museums, and Galleries and there are opportunities to get involved in productions and performances, and you don’t have to be studying Drama or Music related subjects.

AMNESTY INTERNATIONAL

Around the world many thousands of people are imprisoned, and sometimes tortured, because of their government which dislikes their beliefs - people of all ages, nationalities and political or religious views. Amnesty believes that no one, so long as they have not used or promoted violence, should be in prison for their views. AI also believes that all prisoners should be given a prompt and fair trial and that no prisoner should be put to death, tortured or ill-treated.

What do we do in the College? We have regular meetings in which we write letters concerning particular cases where people have been wrongfully imprisoned or physically ill-treated. We also spend time planning our campaign of future events.... But we do need more members! If you are interested, do come and join us!
ARTS AND CULTURE FESTIVAL

The College holds an Arts and Culture Festival each year at the end of the summer term. This festival engages the entire College in a range of activities, with acoustic music in the library, 3D modelling in Maths and stop-frame animation in the Physics Department, alongside performances and exhibitions in areas such as Dance, Drama, Music, Graphics and Photography. There is a catwalk fashion show on the concourse and the outdoor social areas have a festival atmosphere, with West African drumming circles, henna stalls and street food, all accompanied by music from Storm Radio DJs and College bands. Students from the Arts Committee and Culture Committee are involved in planning this event, but it is open to all students across College and offers an ideal work experience opportunity for those wanting to pursue a career in Events or Arts Management.

There is also the opportunity for students to take the Arts Award Gold if they have a project idea they are interested in running.

ASSOCIATION OF COLLEGES NATIONAL CHAMPIONSHIPS

Each year, the College enters a variety of teams in the Association of Colleges National Championships. A variety of teams compete in the Regional competition in order to qualify for the National finals. As part of a residential weekend in Nottingham, our students compete and achieve at the highest level. Last year, College teams qualified for the Nationals in both Men’s and Women’s Volleyball, Badminton, Table Tennis and Cross Country.

Contact the PE department for more details.

ATHLETICS

College students can be selected by N.E. Essex to compete in the Essex Schools Championships. If you are involved or interested in Athletics you should inform Joanne Lawrence (Head of PE Department) when you join the College.

BADMINTON RECREATIONAL

For a relaxing and fun time, why not choose badminton? The course caters for players of all abilities and the aim is to develop personal skills to the full in an enjoyable atmosphere. Whether you are looking to learn new skills, play for enjoyment or play competitive games, this course has something to offer everybody. Rackets and shuttlecocks will be provided – although you may wish to bring your own. Appropriate dress will be expected. Badminton takes place on site.

BOOTCAMP

Want something different from a gym workout? Bootcamp is there for everyone in College who wants to get fit, lose weight, get stronger or tone up. It is perfect for everyone and in this fun class you can really encourage each other as a team, while meeting new people and having fun while getting fit. You will see the benefits straight away!
BOXING

We are linked with a local boxing club with an experienced coach coming in to teach the basics of boxing and to develop more advanced techniques. Take part in Boxing to learn a new sport, learn self-defence, for stress relief, or if you want to improve your boxing skills. Everyone is welcome.

CHRISTIAN UNION

All welcome to come for a time of chat, Bible Study, discussion of the Big Issues of life, worship, hearing what God has been doing in people’s lives... Look out for events and talks organised by the Christian Union... Is there more to life than this? Does God exist? How do you know the Bible is true? What about suffering? What’s the purpose of my life?

LEARNING TO COOK MODERN DAY STUDENT CLASSICS ON A BUDGET

This short course (2 periods a week for 6 weeks, then repeated with another group of students) aims to teach you how to cook delicious and nutritious classics such as Wagamama’s Katsu curry or Taco bell Vegetarian Burrito’s at a fraction of the cost. The dishes you prepare each week will be quick to produce and affordable. The ingredients will be bought centrally so there will be no cost; costings for each week’s meal will be discussed as part of each session.

You will gain confidence in the kitchen and develop your skills so that you can whip up meals for friends and family. You will also be guided on:

- How to plan a menu for a group of friends.
- How to ensure that the food you are producing is safe to eat.
- Shopping – the best things to buy and where to buy them from.
- Portion control.
- Making the right food choices for your health.
- If you get really good at cookery, you will definitely make lots of new friends at University!

This is a six-week course you will be expected to attend each session.

CONSERVATION GROUP

The Sixth Form College conservation volunteers take part in practical conservation work on local nature reserves such as Abberton Reservoir and Fingringhoe Wick. We assist Essex Wildlife Trust wardens and The Conservation Volunteers with habitat management tasks including tree-planting, coppicing, and constructing boardwalks. We have also helped with the construction of a low carbon building at Bradfield on Sea. Work parties take place on Sundays (approximately one a month) in the course of the year. It is suitable for students on all Programmes of Study and especially for anyone interested in wildlife and environmental issues. It can count towards the Volunteering components of the Duke of Edinburgh Award.
DUKE OF EDINBURGH GOLD AWARD

The College’s Gold Duke of Edinburgh’s Award group welcomes interest from first year students, with or without previous experience. As numbers are limited, interested students need to attend meetings in September to formally apply and if there is exceptional interest, we will need to run a ballot. The College also offers its support to all students who wish to participate in local groups, who may wish to use another Additional Study to count towards achieving their Gold award.

There are 5 sections at Gold level. Within each category, participants have a wide choice of activities, approaches and time scales necessary to complete these reflect this.

These sections are:

- **Volunteering** helping someone, your community or the environment
- **Physical** becoming fitter through sport, dance or fitness activities
- **Skills** developing existing talents or trying something new
- **Expedition** planning, training for and completing an adventurous journey. This eventually involves four days and three nights away in wild country in groups, unaccompanied but supervised. Prior to this participants will been trained in map reading skills, emergency procedures, first aid and other relevant matters.
- **Residential** staying and working away from home as part of a team. Students will undertake a purposeful enterprise involving voluntary service or training away from home, with people unknown to them, over a period of at least five days. There are endless possibilities, e.g. canal clearing, an outward bound course, helping with holidays for children with additional needs etc.

All the expedition training takes place outside College hours. The Skill, Volunteering, Physical and Residential sections are completed in the student’s own time. The College Additional Studies programme helps students to complete these sections and we therefore recommend that students enrol on at least one other Additional Study.

The total cost of expedition training over the two years is £600. This includes two 6 day Wild Country expeditions as well as a local training weekend and is competitive with other providers and effectively ‘covers’ two years. As the fee is paid in instalments, it is often possible for students to save from their part time jobs, Christmas and birthday presents to meet much of this cost.

Apart from being very rewarding and enjoyable in itself, the Duke of Edinburgh Gold Award is highly regarded by many employers and universities. For more information, visit the Duke of Edinburgh Award website (www.dofe.org) or see Graham Rayner, room 642.
DUNGEONS AND DRAGONS

Dungeons and Dragons is a collective storytelling game where a group of players take on the roles of characters in an ongoing fantasy story. This group uses the 5th edition rules and usually has multiple games running. Everyone is welcome, whether they're a new player or an experienced dungeon master. You don’t need to know many rules to get started. Feel free to come along, see what it’s all about and decide whether you want to join in!

FRIENDS NOT FOES

This group started life three years ago as WELCOME REFUGEES but the students involved changed the name to reflect the group’s wider concern with tackling discrimination in society. Friends Not Foes is very much student-run and has engaged in activities ranging from providing practical help for Colchester’s refugee community (creating a Holocaust Memorial Installation for Firstsite, helping with the Syrian Café also at Firstsite, teaching Driving Theory, arranging a community picnic, a Vintage Clothes Sale) to visits to relevant lectures at the University. The group also contributes to the College tutorial programme.

We meet once a week to discuss the current issues and to arrange volunteering activities. We are especially proud of our Homework Club which runs after College once a week to support children from refugee families and which reflects our continuing and positive relationship with those who have found refuge in Colchester and the wider community. Friends Not Foes have won a Colchester Youth Award and the Group of the Year Award at the Essex Teaching Awards. Everyone is welcome!

GOLF

Any student already competent in the sport wishing to represent the College in regional and national golf competitions such as the Essex Schools and the Association of Colleges. Students should therefore expect some ‘out of hours’ commitment.

HOLOCAUST MEMORIAL PROGRAMME

The Holocaust Memorial Programme is an additional study that encourages students to learn about and reflect on the Holocaust. It is not an overly historical approach and will include focus on literature, art, psychology etc. The programme includes a three-day trip to Poland and a visit to Auschwitz (Cost to be paid by students). This opportunity is open to all 2nd years, regardless of what you study. There is no examination at the end; it is however a way of showing universities that you have a deep interest in learning outside the classroom.
INSTRUMENTAL TUITION

Timetables for these lessons will be finalised once students have been given their academic subject timetables: they should be aware that notices, via the student bulletin, will announce when they are to meet the instrumental or vocal tutor to arrange lesson times.

There is a cost for this individual tuition which is likely to be in the region of £150 for 12 half hour lessons (unless the student is taking A Level Music). A student facing financial difficulties may apply to their Senior Tutor for further financial support. If there are any queries, please see the Head of Music.

LGBTQ+ STUDENT CLUB

This is an informal social group for students who identify as lesbian, gay, bisexual, transgender, non-binary gendered or questioning, as well for as their friends. There will be discussions and debates as well as celebration of LGBT History Month and other awareness days. Mainly, the aim of the group is to provide a safe space to meet with others and to socialise. All welcome.

LIBRARY CHAMPIONS

The College Library runs a Library Champion scheme for students who have a passion for books, information skills and giving back to the College Community. You will have the opportunity to learn how to use a Library effectively, manage our book collection and displays, and improve your research skills. The Library team will teach you information skills that will prepare you for University or the workplace, and give you the confidence to research and study independently.

The Library Champions are invited to volunteer in the Library around their College course timetable. There are no set hours for the role. Champions contribute ideas and enthusiasm into the Library team, and help to ensure that the College Library meets the needs of its student body. Previous experience is not necessary, and Champions are able to tailor their volunteering in the Library to focus upon their interests and strengths. This is a great opportunity to meet other students, whilst gaining valuable employability and study skills to help you in your future path.

MOCK TRIAL COMPETITION

Mock trials are an excellent way to boost skills for future legal careers. Opportunity to get involved with this group will be advertised at the end of year 1, when the law department hosts its annual in house “law in action” week. This then leads on to the opportunity to apply to be part of the team for the national “Young Citizens” Bar mock trial competition. The team meet weekly to rehearse and prepare for the regional heat, where students play the parts of barristers, witnesses, jurors, clerk and usher in real Crown courts. If successful in the regional heat there is a further competition for the national final.
MODEL UNITED NATIONS CONFERENCE

The Model United Nations trip takes place each spring and involves students from Sixth Form Colleges around the country getting together to explore the goals of the United Nations. Members of the College Debating Society have the chance to be part of a delegation representing a country such as Iraq, Argentina, Japan, France, or the UK. The aim is to persuade other ‘countries’ at the conference to support your proposals on issues including international terrorism, nuclear disarmament, refugees, human rights abuses and the impact of climate change. Recently, College hosted a two day Model UN conference which was very successful. See also ‘Debating Society’.

OXBRIDGE APPLICATION SUPPORT

Support programme for application to Oxford and Cambridge

An extensive support programme is provided for students who are potentially interested in applying for degree courses at either the University of Oxford or University of Cambridge. The programme commences during the induction and enrolment periods for students wishing to receive specialist couring advice. Throughout the first year of study, a specialist team of staff provide briefings and general information, organise support from former students currently studying at Oxford and Cambridge, provide one to one support, guidance and advice - including helping students apply for conferences and study days. Subject support is also provided including support in preparation for the extra tests Oxford and Cambridge set for a number of chosen degree courses (taken in November). A visit to Cambridge during the Spring Term including Emmanuel College is organised. Support is also given re preparation of applications and preparation for the interviews in the December. A Moodle Oxbridge facility is provided – and up to date and useful materials are regularly posted.

All Arts subject Oxbridge applicants are advised to undertake an Extended Project Qualification (EPQ) towards the end of year 1. Some Science applicants will also be advised to complete an EPQ.

Any students wishing more details should speak to Ian MacNaughton (Principal) or Adam Bantick (re Arts applications) or Miriam Raynor (re STEM applications).

PRE-TEACHING FOR PRIMARY SCHOOLS

Work experience in a primary school - either half a day per week between September and March or ten full days in the summer term. Pre-Teaching will be of particular interest to students considering primary school teaching in the future.

Although not the only route into primary teaching, it will be beneficial for students who would like the option of studying for a Primary Teaching degree at university to have approximately ten days’ classroom experience whilst in year 1. Students are helped to arrange their placements and are expected to keep a simple diary of their experiences. In addition, students are required to attend one talk per term delivered by an external speaker regarding aspects of teaching and training. Students hoping to become primary school teachers must be intending to study at least one, preferably two, subjects taught in primary schools to A level. A maximum of five College days will be missed with the summer term option.

A DBS check will be required for each student at a cost to be confirmed.
Section Three – Recreational Sports, Trips, Committees and Occasional Activities

PRODUCTIONS GROUP

There will be two student led productions per academic year, one in the autumn and another in the spring / summer term. You will need to be committed to rehearsals in the lead up to the performances, this is one lunchtime per week initially, but as rehearsals continue, more commitment will be required: lunchtimes and maybe after College leading up to a performance.

Those involved will help to select the projects and prepare performances, taking on roles as performers, directors, producers, stage managers, lighting and sound operators, etc. We will also have opportunities to liaise with local theatres and their companies as appropriate. This will be a great way to develop stage confidence and skills and to show involvement and commitment, as well as make local contacts.

Whatever your current level of performance and whatever type of music, dance or drama you are interested in you should be able to find ways of taking part. You do not have to be a Music, Dance, Drama or Performing Arts student to become involved in the productions group. All who are interested and enthusiastic are welcomed.

SOCcer (WOMEN’S)

With growing interest in Women’s Soccer, the College is has a course aimed at those wishing to learn and develop soccer skills. Taking place on the College site, appropriate kit and footwear will be expected. As interest grows the number of competitive matches are increasing.

STORM RADIO

Storm Radio is the sound of the Sixth Form College. Student volunteers present three shows a day, guided by experienced second year producers. You will gain presenting skills, confidence and experience with broadcast equipment. As well as playing music, we record podcasts, review new releases and organise live DJing events using a Numark Omni controller. Several volunteers have gone on to senior positions at university radio stations across the country.

TEAM TRIALS, COACHING AND TRAINING

If you want to play for College teams, you should opt for team sports in BLOCK C and D ON WEDNESDAY AFTERNOON. Students should be aware that the major emphasis of Wednesday afternoons is representative team sport, and, if selected for teams, this will involve a commitment to attend training and practice sessions usually on a Monday in order that teams can achieve their highest potential. Inclusion in a representative team will depend upon attendance at these sessions. Further details will be given to all students at the start of the season.

Trials will be held at the start of the new term for all students wishing to play for College teams. Once selected for a specific team or squad you will be expected to make a full
commitment to the team. Students will be able to count this as a timetable commitment. Any student not selected at this stage will still be able to take part in the sport as part of the recreational programme.

It is obviously important that you are committed to the team and attend regularly if you wish to represent the College in competitive sport.

The College sports colours are navy/sky blue. It will be helpful if you intend to play in the College teams to provide navy blue skirts/black shorts. Socks will be available for purchase after trials have taken place.

TRIPS AND VISITS
(local fieldwork, day trips, national and international residential trips)

Students will have opportunities to participate in residential field trips and day or part day visits. For example, there are annual field trips organized by the Biology, Environmental Science, Geography, Geology, Visual Arts, Music, Drama, Art History, Sociology and English Departments. The Modern Languages Department regularly offers Exchange visits. In addition, there are many other field trips and visits open to all students.

Recently, groups have visited Iceland, Paraguay, France, Peru, India, Sri Lanka, USA, Italy, Belgium and Germany. The Social committee has also arranged trips to Alton Towers, Harry Potter World and West End Musical. All departments build visits into their programmes of study and there are many more general opportunities for theatre, sport, dance and music trips. Students should ensure they check the student bulletin and Moodle frequently. Departmental trips will usually be initially aimed at students within those curriculum areas but where there is space for other students to apply, they will be advertised in the student bulletin on a first come first served basis.

UCAS APPLICATION SUPPORT

All students who are making Higher Education applications will be fully supported by a range of experienced College staff. In the summer term of the first year, the ‘Three Day Programme’ which includes advice from experts in applying for Higher Education courses and sessions on topics such as ‘writing a Personal Statement’ and an induction to the UCAS website. During the UCAS application process, extensive support is available from Personal Tutors, Senior Tutors, the Careers team and our dedicated UCAS administration staff to ensure that students make a highly effective application. There are HE briefing meetings for parents in March of the first year and May of the second year which are advertised in our newsletter. For details of the Oxbridge programme, see p.36

UNPLUGGED (AND PLUGGED) ON THE CONCOURSE

Another opportunity for students to showcase their musical talents. Groups and individuals are invited to take part in lunchtime concerts on the concourse in College. There is no audition process although the standard of individual performances is usually very high. Unplugged events take place every half term.
WALKING GROUP

Walking has many benefits. It is an enjoyable, stress-free social activity; it is good for physical fitness; and it can help you feel positive about the world around you. The college walking group offers you the chance to join others in taking regular short walks (1-3 miles) during the lunch break on Wednesday afternoons.

WEIGHTS AND FITNESS

Do you want to improve or maintain your levels of personal fitness? If so, why not sign up to the College multi-gym. A short but compulsory induction will include instruction on warm-ups and appropriate weight-training techniques. You can then use the gym as much as you want during College hours on a ‘drop-in’ basis.

Advice on the development of training programmes can be provided by a qualified coach upon request. Adherence to rules and regulations is required at all times and appropriate kit is necessary.

YOGA

This additional study is suitable for a beginner and for students of mixed abilities who just enjoy doing yoga or who want to explore techniques for stress relief.

Informal weekly lunchtime yoga sessions will help you examine proper breathing (pranayama) helping to stimulate the energy reserves and revitalizing body and mind. The (asanas) postures rejuvenate the whole body. They work primarily on the spine and the central nervous system. The spine gains in strength and flexibility, and circulation is stimulated, bringing nutrients and oxygen to all the cells of the body. Why not give it a try?

ZERO: Environmental Hub

This environmental hub is a student run facility that promotes sustainable living, providing an ethical, contemporary and lively space for students to work together in an effort to improve the world we all live in. Students work in the space to sell sustainable stationery, swap goods such as books and clothes and collect for charities. As a group, your creativity and enthusiasm will help steer the approach and direction of the enterprise by encouraging imaginative and innovative use of the space. So if you are ethical, principled, big-hearted, responsible, work well as part of a team and enjoy a challenge, then sign up and be a part of Zero! Volunteering in Zero can count as part of your Volunteering section of D of E.
THE COLLEGE COUNCIL

THIS IS YOUR COLLEGE. THE COLLEGE COUNCIL ENABLES YOU TO HAVE A SAY IN WHAT GOES ON AND TO CONTRIBUTE TOWARDS MAKING SURE COLLEGE IS A LIVELY AND ENJOYABLE PLACE IN WHICH TO STUDY.

To get involved, a student usually firstly becomes a tutor group representative and will then attend the monthly College Council meetings.

The elections for the College Council Executive take place in the autumn term. Any tutor group representative can stand for a variety of Executive posts or can become Chairperson of one of the committees.

COLLEGE COUNCIL EXECUTIVE

This is the key co-ordinating body of the Council and consists of the Chairperson, Vice-Chairperson, Secretary, Treasurer as well as the Chairpersons of each of the following committees:-

ARTS COMMITTEE

This Committee organises trips and creative events for all the students. Each year the committee decides for themselves what they would like to do. Some recent favourites have been workshops in ceramic, paper and clay, a Henna stall, and trips to “Harry Potter World”. Students will be involved in The Arts and Culture Festival that takes place in the summer term.

CHARITIES COMMITTEE

Please see the entry for CHARITIES GROUP on p. 10

CULTURE COMMITTEE

The Culture Committee is keen to reflect the rich diversity of students at College and add cultural and international dimensions to social events in the College calendar. We mark international events such as Black History Month and Chinese New Year and work with other groups such as the Arts Committee and Storm Radio. We hold weekly discussions relating to news items and cultural trends and open these up to a larger audience as an informal debate called ‘Culture Conversations’.
**ECO SOCIETY**

The Eco Society encourages students to take an active part in enhancing the local environment – both in the College and across Colchester.

Activities include promotion of environmental and sustainable initiatives within the College, organising and running of events to raise awareness of green issues. Over recent years money was raised on World Toilet Day to twin College toilets with Africa.

Another successful activity, backed by the Marine Conservation Society, has been a campaign to raise awareness of the effect of single use plastic in the oceans and the threat sea turtles around the world face.

In College, we recently launched the ‘our space... our litter’ campaign to encourage people to use bins. We also launched the ‘save a cup, bring your mug’ initiative and we are in the process of planting trees with significance to wildlife around college and reduce noise pollution.

The Eco society is fun to join, a great way to make friends and participation is a huge asset for your UCAS application!

**SOCIAL COMMITTEE**

All the fun activities are organised by this Committee such as student parties and the ‘Knollfest’. As well as helping to organise these very popular events it is a great way of meeting people.

**SPORTS COMMITTEE**

We promote sporting opportunities within the College and arrange a wide variety of sporting activities and competitions based around current worldwide competitions and other popular but less known sports such as Dodgeball. If you are interested in event organising, think this will be beneficial on your CV, and love sport, the Sports Committee is perfect for you.