



Student Development Sessions

We provide students with every opportunity to explore key life skills and topics and be prepared for work and their lives ahead through our ambitious Student Development programme. Linking to the core themes of the [tutorial programme](#) we offer opportunities to engage with employers, explore topics that matter to you, keep yourself safe and develop skills for your future.

Progression and Applications (including apprenticeships, jobs and courses)

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

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

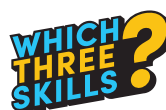
- Sleep and Motivation
- Mental Health Self-Care: Tips and tricks from your Student Mentors
- Healthy Eating Quiz: How to learn more about good eating habits
- Gaming and Gambling Support and Advice

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

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

Working with Employers

- Work Experience preparation
- Development of skills through our 'Which Three Skills' campaign
- Entrepreneurship



Interviews, CVs or Skills for Work

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

Money and Life Skills

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

UCAS and Higher Education

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

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