

#COLLEGE_WELLBEING

ADDITIONAL LEARNING SUPPORT'S WELLBEING NEWSLETTER!



TAKE A PEEK!

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WELCOME TO COLLEGE!

To those of you who are returning to college, #CollegeWellbeing hope you have had a fantastic summer. We know it has been a rather strange time but we hope returning to some form of routine will help you get back into the swing of things in no time!

If you are new to Wigan and Leigh College - we wanted to wish you a warm welcome!

For some of you, college might seem like a scary place and make you feel nervous (especially at the moment!) but try not to worry too much as this is absolutely normal.

However, if you do feel you need a bit of support you can always talk to Additional Learning Support, or ALS, as we are often known as. ALS have offices across all college sites, with friendly and approachable staff on hand to offer tailored support to suit your needs; whether you had support at school or feel you need some as the year progress. There's plenty of support on our VLE page (including a Starter's Guide!) but here's how to best get in touch:



01942 761887



als@wigan-leigh.ac.uk



FEELING ANXIOUS OR SCARED?



TIP 1

IT CAN FEEL AWKWARD AT FIRST BUT TRY TO STRIKE UP A CONVERSATION WITH NEW PEERS.

TIP 2

TUTORS WON'T DO EVERYTHING FOR YOU AT COLLEGE – YOU WILL NEED TO TAKE SOME RESPONSIBILITY.

TIP 3

THERE ARE NO BELLS AT COLLEGE – YOU ARE RESPONSIBLE FOR GETTING TO LESSONS ON TIME.

TIP 4

WE SUGGEST BUYING A PLANNER OR DIARY TO KEEP ORGANISED. TIME MANAGEMENT IS KEY TO SUCCESS!

TIP 5

USE YOUR TIME WISELY – USE ANY FREE TIME TO COMPLETE WORK. IT WILL BUILD UP QUICKLY IF YOU AREN'T CAREFUL.

TIP 6

ATTEND ALL LESSONS AND HAVE FUN!

WHAT TO DO IF FEELING ANXIOUS OR SCARED ABOUT COLLEGE...

If you do not wish to access support but feel anxious about starting college, being in new and uncertain surroundings, and around a lot of new people, then try not to worry - it's perfectly natural.

A lot of students feel like this at the start of something new; typically these feelings lessen once you've settled into college and you get used to your new routine, timetable and peers.

However to help you with this, #CollegeWellbeing have put together some hints, tips and strategies that you can use to manage these anxious feelings so that you can enjoy your time at college!

MAKING NEW FRIENDS AT COLLEGE



Starting college can be daunting for some people, purely because they have left high school, and maybe their old friends, and now have to make new friends but don't know how to; no one wants to feel lonely, especially in a new place. Again, try not to worry, there are many students who feel the same. However, if this is you, why not put some of these ideas into practise?

College lets you meet new people - start a conversation, say 'Hello!' and see what happens.

If you're invited to spend time with new peers, consider going! Lots of students enjoy socialising, shopping etc.

It's easier making friends with someone who shares your interests. Start with people on your course - you have this in common!

If possible, consider voluntary or part-time work - this is a good way to meet new people but also build your CV!

ANXIETY COPING TIPS!

TIP 1

7/11 DEEP BREATHING

Breathe in slowly through the nose for 7 seconds.

Breathe out slowly through the mouth for 11 seconds.

TIP 2

PLEASANT IMAGERY

Think about your favourite place/thing in as much detail as you can. Think about sounds, colours, smells etc.

TIP 3

MINDFUL MEDITATION

Sit comfortably and pay attention to your breathing. Be mindful of breathing in then out (focus on it). If you wander, bring it back.