

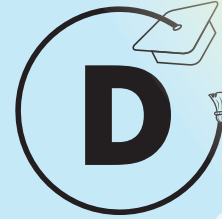
SPOTLIGHT ON



PERSONAL



PROGRESS



DEVELOPMENT



Introduction

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Hello and welcome to Solihull College & University Centre.

Our Personal Progress and Development Programme is one that we believe provides you with everything you need to reach your full potential both here at college and in your future career. The PPD programme lies at the heart of everything we do and is an enriched and extensive provision that provides the very best in pastoral care.

Our Personal Progress and Development programmes have been designed to allow weekly contact with Personal Development Coaches in order to build positive pastoral relationships that enable you to progress and thrive. The PPD sessions intend to prepare you for lifelong learning and employment, to develop confidence to explore the world around you and build resilience to overcome challenges. PPD sessions enable you to develop confidence, resilience, values and become positive contributing members of society.

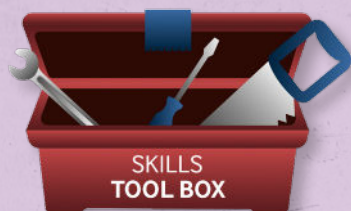


PPD sessions address the below criteria:



Knowledge

- An exploration of various issues affecting young people and opportunities to develop personal, social and employability skills.
- Feel safe at College and develop a better understanding of Personal Values (goal setting and career planning), British Values and Prevent.
- Social and life skills including 'Money Management and Financial Wellbeing' 'Mental and Physical Health' and exploring what really matter in terms of 'Happiness and Wellbeing'. These are skills that will better prepare students for adult life and future success.
- Preparing students for their next steps and future career development. Explore various opportunities and pathways including Apprenticeships, Higher Education and Employment.



Skills

- Resilience
- Confidence building
- Working remotely
- Tolerance
- Respect
- Building a rapport with your Personal Development Coach
- Values



Behaviours & Attitudes

- Follow College Code of Conduct
- Follow guidance conducting PPD sessions - participate in PPD sessions in class or online as directed by your coach
- Show respect for everyone
- Enter PPD sessions with a willingness to learn



Our vision...

...is that everyone can progress and reach their full unique potential academically, personally, socially and professionally.

In order to do this, there must be a strong foundation of care, support and guidance to ensure you are happy, feel safe and are confident to embrace all the opportunities that our college community work so hard to provide.

Emma Scothern and Beth Tite are Head of Personal Progress and Development. Each year we create a purposeful and tailored PPD programme to meet the needs of our learners, future employers and society. These programmes are differentiated by level and provide a wide range of exciting, diverse and thought provoking topics every week.



PPD Topics

PERSONAL • PROGRESS • DEVELOPMENT

Reach your Full Potential

PPD will enable you to, explore the world around you, develop skills for life and thrive as an individual. Your PPD Programme includes weekly contact with a Personal Development Coach, regular checkpoints and 1-2-1 support, coaching and group development sessions. It provides amazing opportunities for personal development and growth along side your academic progress.

kindness wellbeing resilience
confidence next steps communicator
critical thinker growth mindset
set goals respect

Citizenship
Shared Values
A set of Principles
Peaceful existence
Inclusivity and belonging
Mutual Respect and Tolerance
Resilience against radicalisation
Fundamental British Values
Educate against hate & extremist ideologies
Cohesive and harmonious society
Linked to the Prevent Duty
The Equality Act 2010
Individual Liberty
The Rule of Law
Democracy

Differences
Safeguarding
Positive Action
Unconscious Bias
Promotes fairness
The Equality Act 2010
Equal Opportunities for Everyone
Equality, Diversity & Inclusion
Bystander Interventions
Protected Characteristics
Microaggressions
Gender Inequality
Cultural Diversity
Neurodiversity
Racism

Ecosystem
Carbon Footprint
Renewable Energy
Zero Hunger and No Poverty
Economic Health and Vitality
Peace Justice and Communities
17 Sustainable Development Goals
Sustainability
Industry, Innovation and Infrastructure
Developing v Developed Countries
Gender Equality and Education
Responsible Consumption
Carbon Offsetting
Work Experience
Climate Action

Volunteering
Comfort zone
Career development
National Careers Service
Initiative and problem solving
Time keeping and organisation
Personal growth
Inspiring and motivational
Professional standards
Vocationally relevant
Communication
Connections
Next steps

Protect
Prepare
Spot the signs
Extreme ideologies
Educate against hate
Resilience against Radicalisation
Prevent
Statutory National Programme
Prevention of Terrorism
The CONTEST Strategy
Help and Support
Safeguarding
Pursue

Banter v PSH
Technology and online
Gender based violence
Touching and exposing
Unwanted sexual attention
Unsafe, degrading, humiliating
Public Sexual Harassment
Intimidating behaviour in public
Oppressed groups in society
Workplace, college, society
Protection and Education
Stereotyping
The Law

Friendships
What are the signs
Healthy v Unhealthy
Consent and the Law
The Law and Consent
Positive and Negative impacts
Healthy Relationships & Consent
Bullying, Controlling, Isolating
Professional Relationships
Loving, Caring, Respectful
Sexual Relationships
Conflict Resolution
Relationships

Life Skills
Cover Letter
SWOT analysis
Interview skills
Curriculum Vitae
Online applications
Continual Professional Development
Career Planning & Employability
Roles and responsibilities
Salaries and contracts
UCAS and University
Career pathways
Apprenticeships
Steppingstones
Research



Safeguarding

FEEL SAFE BE SAFE

YOUR SAFETY IS IMPORTANT TO US

OUR SAFEGUARDING TEAM

YOU CAN TALK TO US

To contact one of our Safeguarding Officers you can either send them an email or telephone them using the details below:

 Bulky Bhattacharya 01927 544 333 bulky.bhattacharya@solihull.ac.uk	 Katie Bennett 01927 544 196 katie.bennett@solihull.ac.uk	 Valerie Figh 01927 544 196 valerie.figh@solihull.ac.uk	 Amanda Feggetter 01927 544 196 amanda.feggetter@solihull.ac.uk	 Adam Houghton 01927 544 196 adam.houghton@solihull.ac.uk	 David Houghton 01927 544 196 david.houghton@solihull.ac.uk
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Scan the QR code to access contact details for the Safeguarding Team

Solihull College & University Centre | Stratford-upon-Avon College



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 Adam Houghton 01927 544 196 adam.houghton@solihull.ac.uk	 Gemma Davies 01927 544 196 gemma.davies@solihull.ac.uk	 Adam Houghton 01927 544 196 adam.houghton@solihull.ac.uk	 Emma De Lorge 01927 544 196 emma.delorge@solihull.ac.uk	 Melissa Edwards 01927 544 196 melissa.edwards@solihull.ac.uk
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 Lisa Goss 01927 544 196 lisa.goss@solihull.ac.uk	 Christine Davies 01927 544 196 christine.davies@solihull.ac.uk	 Jennifer Wynn 01927 544 196 jennifer.wynn@solihull.ac.uk
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Children in Care

Children in Care (CIC) are young people between 16-19 years old and are looked after by a local authority. The young person falls into one of the following as recognised by the Department for Education:

is provided with accommodation, for a continuous period of more than 24 hours.

is subject to a care order.

is subject to a placement order.

The College **Designated Teacher is Alison Harding**, who is the Children in Care Coordinator. Alison is the initial point of contact. Email: alison.harding@solihull.ac.uk or cic@solihull.ac.uk

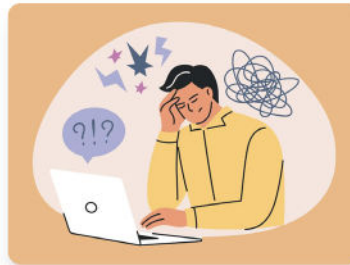
What support does Solihull College provide?

- One-to-one support.
- A Designated Teacher (DT) who will oversee student well-being and academic progress.
- Termly Personal Education Plan (PEP) meetings to ensure individual needs are met and goals are achieved.
- Financial assistance.
- Help with welfare needs and mental health.
- Communication with Social Services and Foster Carers.
- Care Leaver links to local support groups.

Student Access to Mental Health Support

Mental Health & Wellbeing Support

If you're struggling with your mental health, our Student Mental Health Team at Solihull College and University Centre is here to support you.

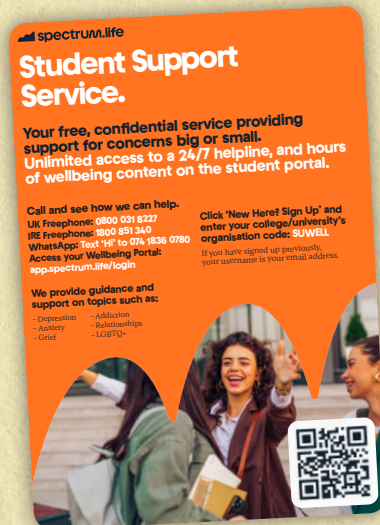


The hub page

Students who seek support for their mental health should access the Mental Health and Well-being Hub which has a large variety of resources to help with a range of mental health difficulties. On the Hub, students and staff can access 1:1 support from the college mental health team, counselling team or safeguarding team. They can also access self-help guides, the college's mental health assessment toolkit, workshops, information about internal and external services and many other useful resources.

Please click here to access the Hub: <https://health.solihull.ac.uk/login>. Alternatively, please visit Student Hub > Student Services > Mental Health.

Spectrum Life - Wellbeing Platform and App



Counselling

Counselling is a confidential service where you will be listened to with genuine, non-judgmental warmth. The team is on site to give you a chance to talk through things which are concerning you. It may be something that has been nagging at you for some time or may have arisen recently. Either way we can explore your concerns and your feelings together, in order to help you find the resources in yourself to manage them. Your counsellor will support you to work at your own pace, and to discuss the things which are important to you, usually face to face, but also by phone or online when social distancing is required. The best way to access the service is by completing an online self-referral form on the counselling page of the Student Hub. You can ask for a paper self-referral form from your SSO, your personal tutor or from reception.

The team is contactable by emailing: counselling.servicediary@solihull.ac.uk or leaving a message: 0121 678 7219

Counselling at College – How We Can Help

What is counselling?

Counselling gives you a safe, confidential space to talk about anything that's on your mind — big or small. You might have been carrying something for a while, or it might be something that's come up recently. Either way, counselling can help you make sense of things and find your own ways of coping and moving forward.

Is it free?

Yes, our counselling service is completely free for all students.

What happens at the first appointment?

Your first session will last up to 50 minutes. You'll meet with a counsellor in a quiet, private room. You'll be welcomed and given the chance to talk, or just take your time. It's completely normal to feel unsure or nervous, and there's no "right" way to begin. This session is a chance for you to see if counselling feels right for you. If you decide to continue, we'll agree on times to meet, and you'll usually be offered up to eight sessions to begin with.

Is what I say kept private?

Yes, counselling is confidential. We won't share what you talk about with your tutors or family. Counsellors do speak to a qualified supervisor (outside the college) to make sure you're getting the best support, but your name or details won't be shared.

In very rare cases, if there's a serious risk to you or someone else, or a legal duty, we may need to break confidentiality. If this happens, your counsellor will always try to talk to you about it first.

How do I make an appointment?

Just fill in the referral form on the Counselling page of the Student Hub:

<https://hub.solihull.ac.uk/student/services/counselling>

What if I can't make it?

If you can't attend, please let us know either by emailing: counselling.servicediary@solihull.ac.uk, or contacting your counsellor directly.

If you don't turn up and haven't let us know, your appointment time will be offered to someone else.



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Solihull College
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Stratford-upon-Avon
College



Whilst here at Solihull College & University Centre, you will be given the opportunity to meet with your Personal Development Coach every week during a timetabled PPD session. This might be in the form of a group tutorial or as a one to one. Personal Development Coaches and students meet on a one-to-one basis to ensure every learner is making progress and fulfilling their unique unlimited potential.

All students here at Solihull College & University Centre are supported by their Personal Development Coach but there is also a whole array of specialist services and staff to support them in their role. We have a wonderful community of Student Support Officers, Career Advisors, Work Placement Officers and Mental Health experts. Along with this specialist advice, guidance and support we also provide a fantastic and extensive Library and Open Access resource, to enhance all our learners study skills and academic progress.