



## Your Pre-entry Guide to Support

### Inclusive Support for Care Experienced Young People

There are lots of ways that the staff at City of Glasgow College can support you to look after yourself when you're at college. We offer a range of services to help you to succeed on your course. Accessing support can improve your ability to learn.

We're delighted you're considering studying at City of Glasgow College. As Corporate Parents we're here for you - whatever you need - help with finance, personal stuff or just some general advice and guidance. We're genuinely here to help you make the most of your time at college. At City we welcome students from all backgrounds and are committed to supporting students who are care experienced.

Who knows better than you what it is like to be care experienced? We have the following support available:

#### Student Services:

- A named Student Advisor to help you throughout your time at College.
- Support with budgeting the Care Experienced Bursary.
- Access to Hardship/Discretionary Funds to help with financial costs.
- Careers guidance and employability support from a named Careers Advisor.
- Signposting to additional support organisations while you're at college e.g. Action for Children, Quarriers Coaching for Life, CAB, Money Advice Scotland, Shelter, etc.
- Initiatives for Care Experienced Young People in conjunction with Who Cares? Scotland e.g. Care Day, #Caretotalk, #Aboutlove.

#### Learning Support can include:

- Support designed to meet your needs through a Personal Learning Support Plan (PLSP).
- Coursework extensions or flexible deadlines.
- Enabling Technology or options to support learning from home.
- Study support with a Learning Support Lecturer to help revise or prepare for tasks.
- Liaison with teaching staff.
- Lesson breaks if required during class.

#### Wellbeing Support can include:

- Yoga classes - to improve your concentration, mood and fitness.
- City SA Sports Clubs and Societies – getting involved and meeting people makes you feel valued and boosts confidence. Check out [CitySA](#) for more info.
- Access to mental health and wellbeing support including counselling, therapy groups and online services.
- Mindfulness - a life skill that can help you to manage stress, anxiety and low mood.

We'll contact you by email to arrange an appointment to meet with Student Support staff to help you to get ready for college. We're really looking forward to meeting you!

**Open every day from  
8.45am - 4.30pm**