

Level 1 in Personal Growth and Wellbeing

Ofsted Outstanding Provider

Course Level: Level 1

Campus: Newcastle

Subject Type: Care, Education, Nursing & Midwifery

Course Overview:

Join us on a journey of self-discovery and empowerment with this Level 1 course. Designed for individuals seeking self-improvement, this program delves into various aspects of personal development and mental health. Covering topics such as self-awareness, stress management, and goal setting, this course equips you with valuable skills for enhancing your overall wellbeing.

What's Covered:

The course aims to equip you with the skills to develop your potential employment opportunities or consider progressing onto a vocational college course. This is a one year course, where you will develop your Maths and English alongside your mind set, IT skills, employability profile and interview skills. This is course is well suited to students with an EHCP or additional learning or communication needs.

Entry Requirements:

There are no formal entry requirements for this course. Based on any previous courses completed we will consider the entry 3 or level 1 course, and will also complete initial assessments to help pick which is more suitable.

Assessment Information:

Alongside the development of your English and Maths (at least 4 hours a week total), we complete assignments through a variety of assessment types to best suit the student. These include, but are not limited to- Professional discussions, observations, posters, presentations and some written portfolio work.

Fees and Financial Support:

This course is free for anyone aged 16 – 18.

College Maintenance Allowance (CMA):

Anyone with a gross household income under £35,000 can receive financial support to cover college related costs such as transport, meals, course equipment and uniform. Bursary support is based on individual circumstances and will be allocated to best suit your individual needs. A range of other financial support is available depending on your personal circumstances. For more details visit nscg.ac.uk/finance

What else do I need to know?

Some of the many activities we are involved in include:

- Duke of Edinburgh Award
- Regular cooking classes
- Community contribution events

- Specialist sporting events
- Taster sessions and links to next steps- Community project work

For more information, contact the course leader, Catherine Linley Simon on; catherine.linley-si@nscg.ac.uk