

19th June 2020

NSFC4ME

The weekly update on college life



THE LATEST UPDATE FROM
NSFC PRINCIPAL
GERARD GARVEY

*Confident steps as we make progress
with new ways of working*

COLLEGE OPENS FOR FIRST GROUPS OF STUDENTS

Over the last week it has been great to see so many students attending online Teams lessons in all subject areas. As teachers and students are gaining experience and confidence this is proving to be an increasingly useful platform for remote learning.

It has also been good to welcome some targeted students into the building this week for supported study as part of our 'Stage 2: Soft Reopening'. Personal Development Coaches are currently contacting more students to invite them in for supported study as we look to increase the numbers of students in the building.

After careful deliberation we have taken the decision not to proceed to 'Stage 3: Face to Face Lessons for X/Y cohorts' at this time. However, we are keen to offer face to face support for all students to supplement remote learning. Therefore, we are planning to invite all students into college for a 30 minute Progress Review Appointment with one of their 3 subject teachers between Monday 6th and Friday 10th July.

This will be an opportunity to provide pastoral and academic support, and discuss progression plans. Appointments will be staggered between 10am and 3pm through the week to minimise the number of students in the building at any time. Invitations will be sent on Monday 29th June and there will be an option to request a telephone appointment if a student is not able to come into college. We will include instructions on staying safe when coming to college in the invitations and also in the newsletter next week.

As always, I would encourage you to contact me with any questions or feedback you have.

Yours faithfully,

Gerard



THE BENEFITS OF USING LINKEDIN

by Josh Crowther, First Year A Level Student

Why should students be utilising this professional social networking platform?

“In today’s professional landscape, it is no longer enough to simply have a solid CV. Students now need a professional online presence.”

LinkedIn is the world's largest professional social network, specifically designed for career and business professionals to connect. However, it can also be super beneficial for students too! An estimated 75% of jobs are found via networking. So why not begin building a professional network of your own? Starting to network at this young age will give you a huge advantage in both the near future and for helping you along with your longer term prospects.

What main benefits will utilising LinkedIn bring you as a student?

1. Networking with professionals LinkedIn offers you an opportunity to connect and network with professionals all around the globe. As you prepare to pursue your ambitions after Sixth Form, whether that be going to university, pursuing an entrepreneurial venture, getting a job, or any other form of further education; connecting with industry professionals and creatives in various sectors will hugely enhance your insight into an industry you may want to pursue.

2. Gaining insight from University students With so many university students actively using LinkedIn, Sixth Form students have got an abundance of University alumni to connect with and get advice from.

Wanting to find more insight into a specific university?

Then ask someone that attends/has attended for some information! What could be better than gaining further insight into a university you’re interested in from somebody who has actually experienced it?

Search for whichever university/universities you are interested in, go on their page. At the right of the header, you will see the option ‘See all *number* employees/alumni on LinkedIn’. This will allow you to find students who take/have taken a course you may be interested in. So connect! Reach out and ask for some insight. Remember to keep the tone fairly formal in your messaging. Wanting to know how to get started on LinkedIn?

Find steps on how you can create a powerful profile [HERE](#)

Staying SAFE on LinkedIn- Click [HERE](#)

LIVE LESSONS TIMETABLE

22ND - 26TH JUNE 2020

Below is the Live Lessons calendar for the week ahead.

	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun
	Mon	Tue	Wed	Thu	Fri
9:00					
9:30				Media	
10:00	Eng lang	Media	Geog	Eng Lit	Chem
10:30					
11:00	Politics	Maths	Sociology	Maths	Law
11:30				Eng lang	Lang
12:00			Business	Economics	Biology
12:30		Film		Sociology	
13:00	Psych	Biology	Psych	Spanish	Eng Lit
13:30				History	Further Maths
14:00	PHYSICS		Art	PHYSICS	Eng lang
14:30		Chem	Comp Science		
15:00			History		

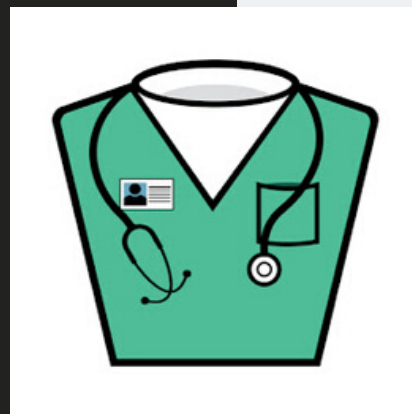
OPPORTUNITIES AND ACTIVITIES

GENERATION MEDICS

Generation Medics is an award winning social enterprise founded by NHS doctors in Oxford. With over 4000 volunteers they aim to inspire anyone interested in a career in medicine or care, and have a wide range of events and activities well worth taking a look at, as you consider the next steps in your career planning.

There is a Live Q&A with medics available for free for our students to join this Friday evening.

Register [HERE](#)

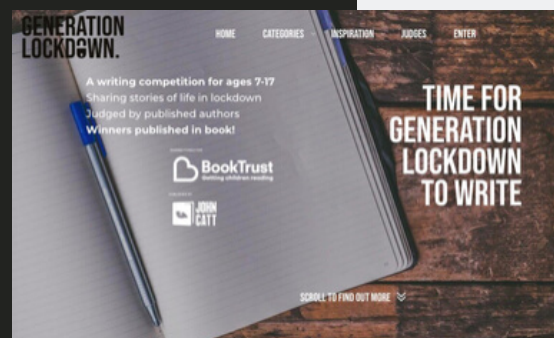


GENERATION LOCKDOWN

A writing competition for all aspiring young authors. This is your opportunity to write about your experience. Until midnight on Friday the 17th of July, you can submit a piece of writing about what life has been like in lockdown and during the coronavirus.

This could be a personal experience, a poem, or a creative story. All of you will have had a unique experience that is only yours, and only you can capture in words. Your work will then be read by a published author, who will then pick out the five best entries from your age group. These entries will then be included in a book published by John Catt Educational called 'Generation Lockdown Writes.'

Find out more [HERE](#)



CAREERS APPOINTMENTS AVAILABLE

We now have a limited number of appointments with a professional Career Advisor available.

These appointments are an excellent opportunity to receive expert advice and guidance on your future career plans, including an action plan that will help you prepare for your next steps. Having an appointment with a Career Advisor is very beneficial to your career development and you are strongly encouraged to make an appointment. As well as your career plans, these appointments are also useful for getting advice and guidance on how to research your career and higher education options, how to prepare for a chosen career or part-time work (CVs, interviews, work experience), and to ensure you're making informed choices about your future. It's especially important you secure an appointment if you're unsure about what you want to do after NSFC.

Appointments will take place during college hours on the weekdays of 22nd – 26th June. These appointments will take place over a phone call and will last around 30-45 minutes.

Sign up [HERE](#)

ONE MINUTE INTERVIEWS

We ask NSFC staff three quick questions to give you a little insight into what makes them tick.....

If you had a chance to meet your personal sporting hero, (from present or past) who would it be, and why?

An obscure one for me, but I'd like to meet Dr Jackie Mills. She is a fitness director from New Zealand, and I love her Bodybalance yoga classes where she teaches so calmly with her daughter. She has a great outlook, and is super fit & flexible for her 60s! She was also a world-class gymnast and GP for 25 years before teaching gym classes, so I really look up to her as an inspiration.

Do you have a favourite part of the A Level course you deliver, and why?

I really like all of it! But if I had to pick a favourite part, it would be contract law. While most people are interested in learning the gory murder stuff, I enjoy teaching the practical sides of contract law that we all come across in everyday life like our rights as employees or customers in shops!

What has been your most positive achievement during lockdown?

I think mine has been overcoming my anxieties around being on camera! I've tried to create videos to help students during lockdown to understand key topics, and run lessons on Teams (which has also helped me become a bit more tech-savvy too!) It can be scary to put yourself out there, but it has helped having my occasional co-star join me (my dog Lady!)



Anna Stokes
Law

If you had a chance to meet your personal sporting hero, (from present or past) who would it be, and why?

It would have to be 80s/90s Aston Villa / Rep. of Ireland footballer and defensive rock, Paul McGrath - or "God" as he's known to villa fans. His song "Paul McGrath, my Lord" is still sung on the terraces today, and I idolised him as a kid. For comedy value, I'd quite like to meet Roy Keane too. His serious grumpy intensity is inadvertently hilarious; I think I'd try to wind him up on purpose just to see if he'd throw a ball at my head like he did to Alan Shearer.

Do you have a favourite part of the A Level course you deliver, and why?

I enjoy setting practical challenges where you upskill the students in things like filming and video editing by getting them to make parody charity adverts, or redo famous film scenes. Last year some students recreated the famous 'business card' scene in American Psycho with their sixth form lanyards and it was genius. I also really like teaching postmodernism, as it allows me to explore everything the ambiguity of meaning in dream sequences in The Sopranos (one of my favs), to the way modern news discourse deliberately blurs the lines of fact and fiction. It always makes for some thought provoking discussion with the students.

What has been your most positive achievement during lockdown?

Probably getting back into running a bit as part of my daily state sanctioned exercise. I've recently managed to do 10k in just under 49 minutes, which I think isn't too bad for a non-runner/athlete like myself - and it's kept me sane at times! Though not an 'achievement' as such, it's also been great to have spent more time with my youngest baby son Rory these past few months (as tough as working from home with kids can be!).



Paul Benton
Media Studies

If you had a chance to meet your personal sporting hero, (from present or past) who would it be, and why?

It would be Micheal Jordan. I've never really been into basketball, but after watching the documentary on Netflix 'the last dance' I admired his talent, hard work and determination. Whenever he played a bad game (which was hardly ever), he would analyse what went wrong, and create scenarios in his head (e.g that the opposing team had bad mouthed him) to give him the momentum to do better next time, he never gave up. I'd love to have that mindset.

Do you have a favourite part of the A Level course you deliver, and why?

My favourite part of the A level course I deliver is clinical. This involves teaching the students about the causes and treatments of different mental illnesses like depression and schizophrenia. The students are always able to relate the concepts to themselves or people they know. They can use principles from CBT to try and change their mindset when feeling down about something that has happened e.g doing bad on a test, instead of thinking they aren't clever and won't succeed, they can think about what went wrong, how they could change their revision strategy and that they will definitely do better next time.

What has been your most positive achievement during lockdown?

My most positive achievement during lockdown was teaching myself to do a curly blow dry. For those who don't know what it is, it is big bouncy curls achieved with a hairdryer and round brush. I stuck on a YouTube tutorial, and after getting my hair in knots several times I finally achieved the look I wanted. This may not seem like an achievement to many but it costs about £30 at the hairdressers so it's a win for me.



Charlotte Timbey
Psychology