

Year 12 Enrichment Programme



Eggescliffe 6th Form



Why is Enrichment important?

University courses and job opportunities are often over-subscribed so it is absolutely imperative that you leave Eggescliffe Sixth Form College with the strongest possible profile - and that means having more than just academic qualifications. Enrichment is about each student developing a wide range of skills, through taking part in subject specific or other extra-curricular experiences that will ultimately strengthen their university or future job applications. It will also give you the opportunity to try something new, build your confidence and give you a sense of achievement.

When does Enrichment take place?

Every Wednesday afternoon between 1.10pm – 3.10pm.

Enrichment is part of your education at Eggescliffe. It forms part of your tutor report and references and counts towards your overall attendance.

What will you be doing?

1. Life Skills

A. First Aid

The first aid qualification is an opportunity to learn the skills and techniques necessary to attend to injuries in an emergency. It is a chance to develop your confidence and get outside of your comfort zone and to learn a skill that could potentially save lives in the future. The tutors will show you all the basics and you will be assessed by observation of your practical skills such as delivering CPR. You will leave with a certificate in emergency first aid which will look fantastic on your CV.

B. Sign Language

The course is taught by a specialist tutor who will raise issues about how we communicate with hearing-impaired people. You will also be taught standard signs and symbols, all through practical exercises and games. You don't need any prior knowledge, but you will leave with a valuable skill and a certificate.

2. Sport and Social

Sport is at the very least an opportunity to try something you may not have done before. Beyond that, it supplies you with a range of transferable skills that are frequently placed as the most desirable for employers and universities. These include team work and the all-important communication. However, if donning that sports kit is not for you then the PE department have planned other activities for you to enjoy such as Jump 360 and White Water Rafting.

A. White Water Rafting

An exclusive 2 hour rafting session that caters for up to 6 people per raft. This is the perfect choice for groups as we can handle up to 5 rafts on the water at one time. On arrival, you will be designated an experienced and qualified raft guide. They will talk you through a briefing, instructions and warm-up before releasing you onto the white water rapids.

NB: All specialist equipment will be provided for the activity, ie. wetsuits and other technical equipment.

You will need to bring:

All participants will need to bring, shoes that you don't mind getting wet, and a swimming costume/shorts to wear under a wetsuit. We recommend old trainers. You will also require a 50p or 20p for a locker to secure your belongings in. A full change of dry clothes is advisable.

B. Jump 360

Jump 360 is an exciting and exhilarating indoor trampoline park experience that you can enjoy with friends. Before you attend your parents must go online to www.jump360.co.uk to complete the brief waiver form. You must bring your signed waiver form to Jump 360.

3. Option Block

A. ES Criminology

This is a society where students come together to debate and discuss topics including serial killers, child killers, mental illness and crime and media portrayal of crimes. This is an excellent opportunity for all those interested in a career in forensic psychology, law, criminology or sociology. You will also get the opportunity to visit Teesside Criminal Courts and observe real life criminal trials.

B.ES Student Magazine

An opportunity to become a journalist and get involved in producing the 6th form magazine. You can design, create and edit the magazine which will be produced for the students and staff of Egglecliffe Sixth Form College. This is an excellent opportunity for students who wish to study journalism, media or English at university. However, it will be open to ALL students and will look fantastic on either your CV or personal statement.

C.ES Health and Fitness

Personal Trainer and owner of 'Proformance Fitness', Matt Downing offers us his expertise in the world of fitness and nutrition. With years of experience and hundreds of clients, Matt tailors programs to suit individual needs, whether that be elite level athletes such as the professional boxers that he has trained or exercise novices – whatever your aims, Matt has a program for you. In addition to the physical training, he has a robust understanding of nutrition and the dietary requirements for clients to reach their goals. Matt will support you through your journey, regardless of its duration and you will leave a session far more knowledgeable than when you entered.

D.ES Charity

Do you have fantastic organisational skills? Do you want to develop them? Get involved in ES charity. This option offers you and a small group the chance to be at the forefront of the brilliant charity work that we carry out in the Sixth Form. You will be expected to work independently to produce a charity event – big or small - that helps raise money for the designated causes we support. Perhaps it could be a talent show or a college fete – there are hundreds of opportunities to explore for very worthwhile causes.

4. Work Experience

The importance and value of work experience / job shadowing can't be stressed enough and increasingly universities and future employers often want students to have had significant work experience often in a variety of places. It is also vital in raising awareness of what is involved in certain industries so that you are able to make informed decisions about their future aspirations and plans. This is an opportunity for you to organise a regular Wednesday afternoon placement or for you to let us know the type of placement that you are looking for so that we can assist. This can be anything from volunteering in a charity shop or local community centre to a placement in a company.

We expect you to organise your work experience placement for the time period allocated to your pathway (see following page for details on pathways). If you organise a long term work experience placement on a Wednesday afternoon please see Miss Whitaker.

We do offer some work experience placements at Eggescliffe and in some of our main feeder primary schools these include:

Subject Assistants: An opportunity for you to work with younger students as a teaching assistant in various subject areas. It will allow you to build upon and develop a wide range of different skills such as communication, empathy, leadership and teamwork.

Business Administration and Finance Assistant: You will work alongside our administration team and gain experience in the day to day administrative and finance tasks undertaken within a school. This is a great placement for those of you who are thinking about a career that involves working within an office environment.

If you are interested in any of the above please see your tutor or Miss Whitaker.

Extended Project Qualification (To begin in February 2017)

The Extended Project is a Level 3 qualification. It will help students develop the knowledge and skills that will be required of them when undertaking similar projects in Higher Education. They can pick a topic that extends an aspect of a subject they are studying or a topic in which they have a real personal interest. The student chooses a topic and is allocated a supervisor. The onus is on the learner from the outset; they must show that they can plan, deliver and present an original piece of work at A2 standard. Features of the course include: Designing and planning the project, managing information and research as well as selecting and evaluating a range of resources.