

Mood Boards are a starting point when thinking about what design you will use. It's a good way to put your ideas together, all in one place.

This is a good introduction to Hairdressing and Beauty as you might not have completed a course like this before. The below tasks are a great suggestion on how to practise collecting information and presenting it.

Please remember to keep your work to show your new college tutor, it will help when you have to complete work for the course.

### CAREER PROGRESSION

- Level 2 Beauty
- Level 2 Complementary Therapies
- Level 1 and 2 Hairdressing
- Make-up Artistry course
- HND Make-up Artistry

### DID YOU KNOW?

**That Revlon was the first brand to introduce red nail polish.**

**Mascara was first packaged in 1913 by Rimmel.**

**In 1904 Max Factor originally made wigs and theatrical makeup for the growing film industry.**

### EQUIPMENT NEEDED

- **A3/A4 Paper/Card or Pinterest**
- **Coloured Pencils/Pens**
- **Magazines/Newspaper**
- **Internet - optional**
- **Printer - optional**

### TRY AT HOME TASK

Mood board options:

- 1 x Fantasy
- 1 x Period (ONE era of your choice e.g. 70s, 80s or 90s)
- 1 x Bridal

### HOW TO DO IT

- Pick one of the above mood boards.
- Use A3 paper (or stick two pieces of A4 paper together) - Or if you have the internet you could use Pinterest.
- Use magazines/print out pictures from the internet/draw images.
- Stick your ideas onto the page.
- Remember to relate it back to Hair and Beauty.
- If you are only interested in Hair then just relate it back to hair styles and add more.

### RESEARCH TASK

Health and Safety in beauty

Try searching 'Health and Safety in the Hair and Beauty industry'

Note five different potential Health and Safety risks.

Research how to paint nails by asking your friends and family how they do it.

Practise on yourself or someone at home.

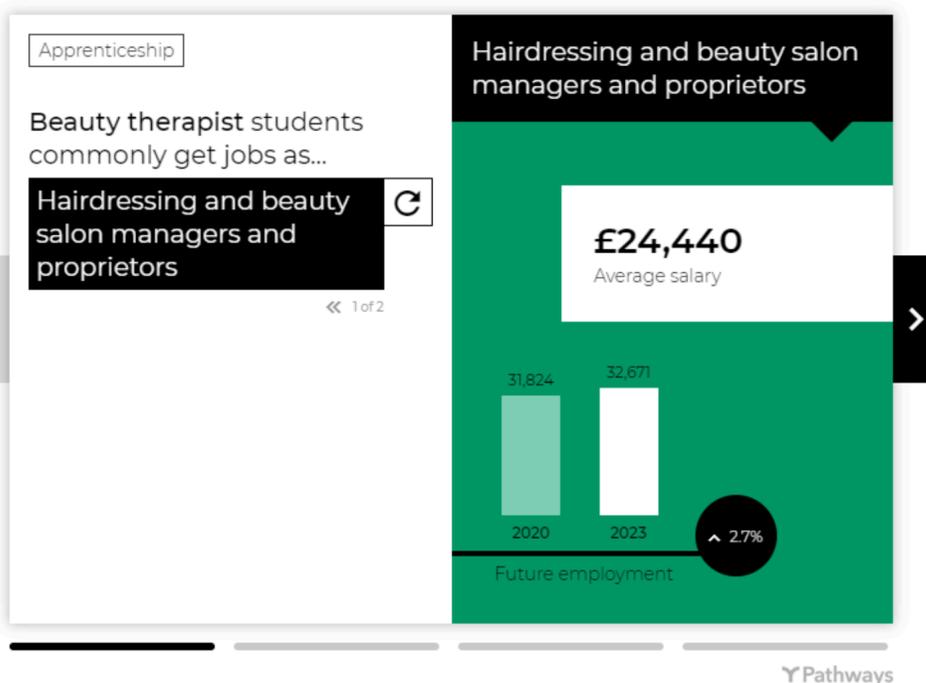
Note three things that worked and three things that did not.

Research future career pathways.

Go to NWSLC's website and the Beauty course area.

Scroll down to the careers box and look at the opportunities (as shown on the left).

Make a note of what interests you most.



# We're still taking applications for all our courses!

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Start to think about different business ideas that you would like to investigate.

This is a great introduction to business as you may not have completed a course like this before. The below tasks are a good way to practise how you collect information and present it.

Please remember to keep your work to show your new college tutor, it will help when you have to complete work for the course.

## CAREER PROGRESSION

- Level 2 and 3 Business course
- Apprenticeships in a variety of subjects, e.g. Business Administration, Customer Service, Retail or Accountancy
- HND Business

## DID YOU KNOW?

**That Google was originally called BackRub.**

**The Rubiks cube is the best selling product of all time even beating the Iphone.**

**More people have access to a mobile phone than a toilet.**

## EQUIPMENT NEEDED

- **A3/A4 Paper/Card**
- **Coloured Pencils/Pens**
- **Magazines/Newspaper**
- **Internet - optional**
- **Printer - optional**

## TRY AT HOME TASK

Think of a Business idea that is of interest to you. For example a sandwich shop, book store or an online delivery company.

## HOW TO DO IT

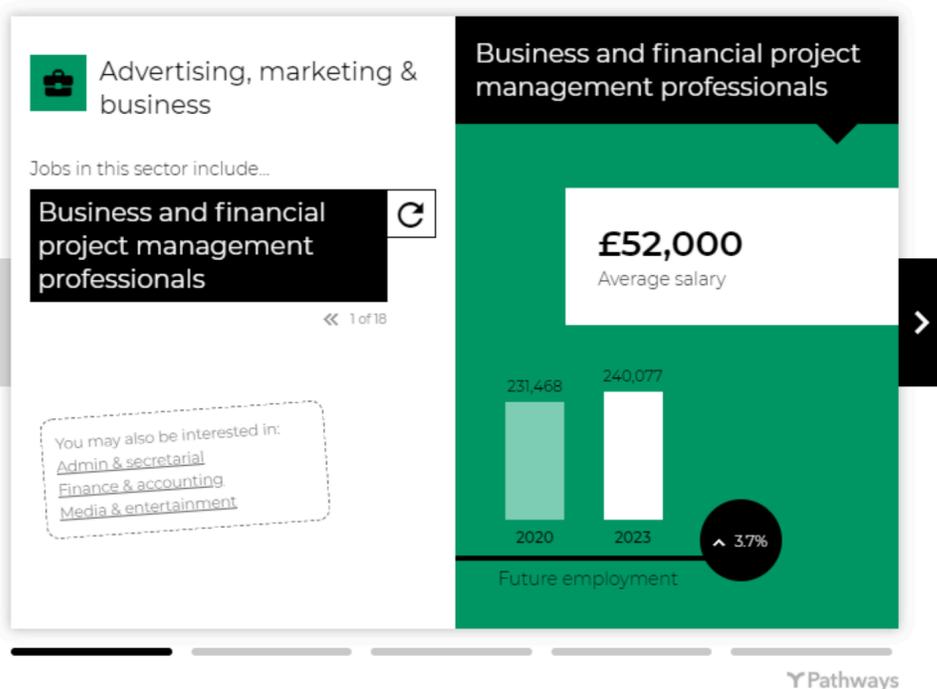
- Once you have picked your business idea think of a name for it.
- Do your market research (use magazines, newspapers and the internet) to look at similar businesses and see who your competition would be. Look at how well other businesses are doing and who their customers are.
- What finances would you need to start you business (think of equipment, staffing and overheads).
- How would you market your business (internet, newspapers or word of mouth).
- Show the information you have found in a report style format.

## RESEARCH TASK

There are many Businesses that operate online. Try searching 'Businesses online'. Note five different businesses and what you like about them.

Research customer service by asking your friends and family how they like to be treated in shops. Practise what you have learnt on someone at home. Note three things that worked and three things that did not.

Research future careers pathways. Go on to NWSLC's website to the Business and Management area. Scroll down to the careers box and look at the opportunities (as shown on the left). Make a note of what interests you most.



# We're still taking applications for all our courses!

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Start to think about what requirements there are for a child's nutrition and food plan.

This is an introduction to childcare as you may not have completed a course like this before. The below tasks are a good way to practise how you collect information and present it.

Please remember to keep your work to show your new college tutor, it will help when you have to complete work for the course.

## CAREER PROGRESSION

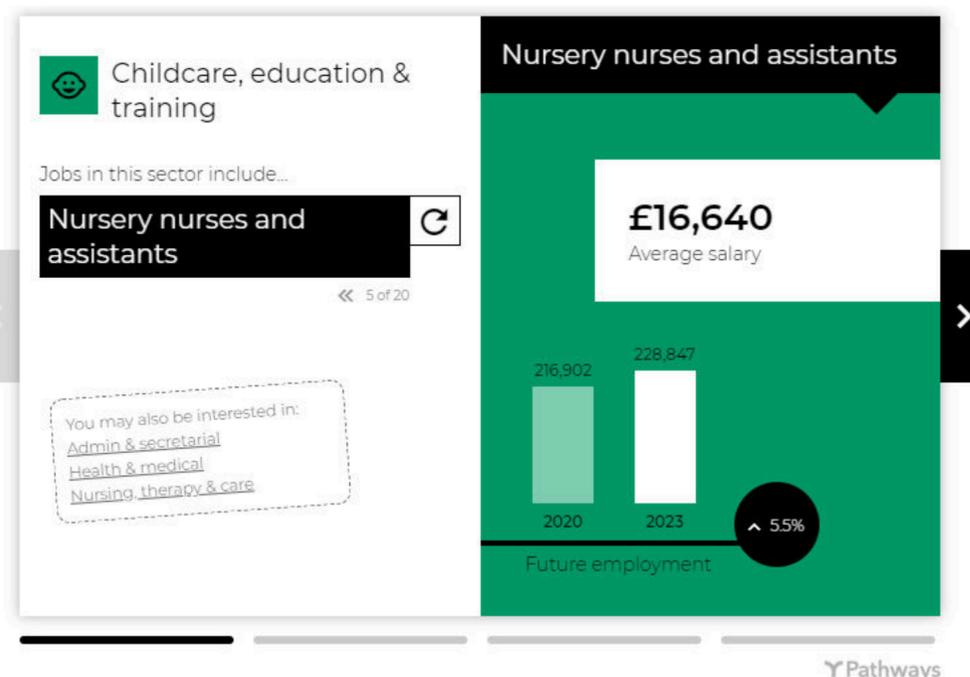
- Level 1 Health, Social and Childcare
- Level 1 and 2 Health and Social Care
- Level 2 Early Years Education
- Level 2 Supporting Teaching and Learning in Schools
- Apprenticeships in Children and Young People's Workforce and Supporting Teaching and Learning in Schools
- Foundation Degree in Early Childhood
- Foundation degree in Healthcare Play Specialism

## DID YOU KNOW?

**Children can laugh up to 300 times a day, whereas an adult it's only 20 times.**

**Playtime for children is a powerful learning tool.**

**A baby's eyes are about 75% of adult size, but its vision is blurry at 20/400. A baby's vision should improve to 20/20 by the time they are 6 months old.**



## EQUIPMENT NEEDED

- **A3/A4 Paper/Card**
- **Coloured Pencils/ Pens**
- **Magazines/Newspaper**
- **Internet - optional**
- **Printer - optional**

## TRY AT HOME TASK

Draw a dinner plate of the food groups and portion sizes for a child. To find this information try searching the internet, asking friends and family.

## HOW TO DO IT

- Research what essential food groups are important to a child e.g. the amount of protein, vegetables and fruit.
- Draw an outline of a plate and fill in the food groups.
- In each food group list different foods that would contain what is needed.
- Once you have completed the above look at what food restrictions a child might have e.g. food allergies and religious and cultural beliefs.
- List these possible food restrictions and list alternative foods that can be used.

## RESEARCH TASK

It will be importance to use reflective practice during your studies.

Try searching 'reflective practice in early years'. Define what reflective practice is and why is it important.

Research verbal and non verbal communication by asking your friends and family what they do to speak to children. Note three different verbal and non verbal ways to communicate.

Research future careers pathways. Go on to NWSLC's website to the Childcare area. Scroll down to the careers box and look at the opportunities (as shown on the left). Make a note of what interests you most.

# We're still taking applications for all our courses!

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Start to think about what a safe environment is and assess your surroundings.

This is an introduction to Health and Social Care as you may not have completed a course like this before. The below tasks are a good way to practise how you collect information and present it.

Please remember to keep your work to show your new college tutor, it will help when you have to complete work for the course.

## CAREER PROGRESSION

- Level 1 Health, Social and Childcare
- Level 1 and 2 Health and Social Care
- Level 2 Early Years Education
- Level 2 Supporting Teaching and Learning in Schools
- BA (Hons) Integrated Services for Children and Young People
- HND Social and Community Work
- Foundation degree in Healthcare Play Specialism

## DID YOU KNOW?

**At any one time, there are over 80,000 vacancies for social care jobs in England.**

**The UK Government spends £22.2 billion a year on the social care industry.**

**Nurses walk a minimum of 5k every shift.**

## EQUIPMENT NEEDED

- **A3/A4 Paper/Card**
- **Coloured Pencils/Pens**
- **Sticky Notes**
- **Internet - optional**

## TRY AT HOME TASK

As part of Health and Social care you will need to be able you to analyse your surroundings and ensure it is a safe environment for your employee, client or young person/ child.

## HOW TO DO IT

- Check your working environment.
- Every safety issue or potential safety concern stick a sticky note on it.
- Take note of the cleanliness and potential hazards.
- Using your paper make note of all the hazards you have found and explain why you highlighted them.
- Get someone else from your environment to check your hazards and see if they can find anymore.
- Log the additional hazards found.

## RESEARCH TASK

There is a wide range of careers in the Health and Social Care sector.

Research "Health and Social Care careers"  
Pick three different careers.

List 3 pros and cons for each career you have chosen.

The NHS nursing staff are playing a big role in society putting themselves on the front line.

Ask friends and family what different types of nurses there are.

Find 3 types of nurses roles and research them.

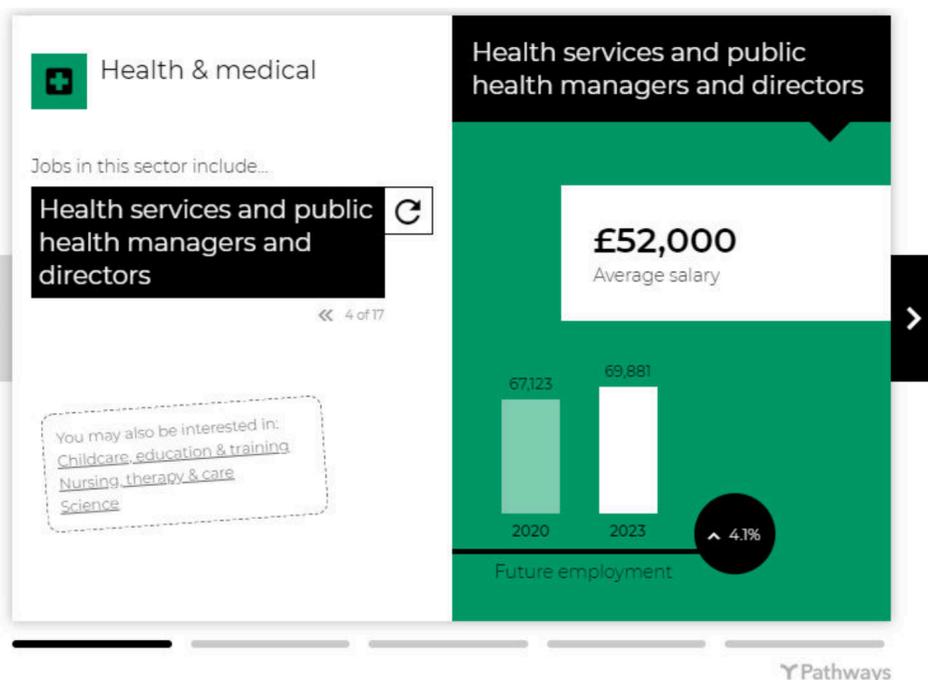
List 3 facts about the nursing roles you have chosen.

Research future careers pathways.

Go on to NWSLC's website to the Health and Social area.

Scroll down to the careers box and look at the opportunities (as shown on the left).

Make a note of what interests you most.



# We're still taking applications for all our courses!

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Start to think about the Health, Safety and Responsibilities that surround the construction industry.

This is a good introduction to construction as you may not have completed a course like this before. The below tasks are a great way to practise how you collect information and present it.

Please remember to keep your work to show your new college tutor, it will help when you have to complete work for the course.

## CAREER PROGRESSION

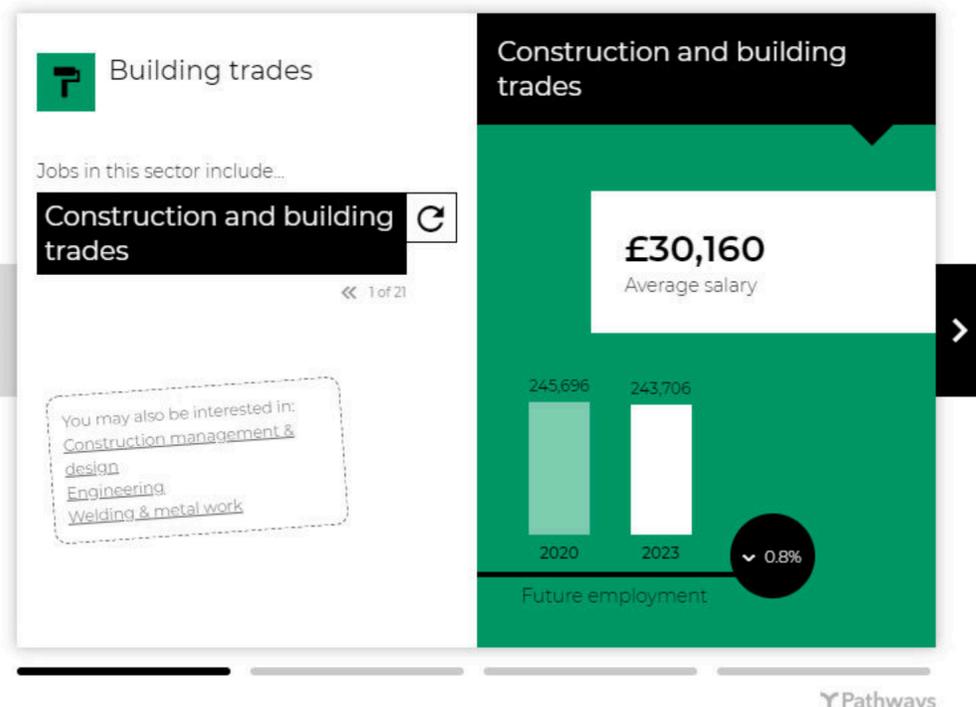
- Level 2 Maintenance Operations
- Level 1 and 2 in Trade Specific courses
- Trade Apprenticeship

## DID YOU KNOW?

**A 57-story skyscraper was built in China in just 19 days.**

**The number of homes constructed in 2016/17 was up by a huge 74% compared to the previous four years.**

**In the UK there were 2,731,370 people employed in the construction industry in 2018.**



## EQUIPMENT NEEDED

- A3/A4 Paper/Card
- Coloured Pencils/Pens
- Sticky Notes
- Internet - optional
- A DIY task you are doing at home

## TRY AT HOME TASK

When doing DIY jobs around your house you should start by checking the Health and Safety aspects of your work area.

## HOW TO DO IT

- Check your working environment.
- Every safety issue or potential safety concern stick a sticky note on it.
- Remember to check yourself and ask am I wearing the right clothes, shoes and protective gear?
- Using your paper make a note of all the hazards you have found and explain why you highlighted them.
- Get someone else from your household to check your hazards and see if they can find anymore.
- Log the additional hazards found.

## RESEARCH TASK

It is extremely important to use the correct PPE when carrying out tasks in the construction industry. Try searching 'PPE in construction'. Find five different types of PPE and explain why they are needed.

Research a building built near you and what companies are involved. Speak to friends and family to see if anyone you know has taken part in a build. List three different areas of construction involved.

Research future careers pathways. Go on to NWSLC's website to the Construction area. Scroll down to the careers box and look at the opportunities (as shown on the left). Make a note of what interests you most.

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Start to think about what the Health and Safety protocols are surrounding the Motor Vehicle Industry.

This is a good introduction to Motor Vehicle as many of you would not have completed a course like this before. The below tasks are a good way to practise how you collect information and present it.

Please remember to keep your work to show your tutor, it will help you when you have to complete work for the course.

## **CAREER PROGRESSION**

- Entry 3 and Level 1 Motor Vehicle
- Level 1 and 3 Body and Paint Refinishing
- Level 2 Vehicle Fitting
- Level 2 and 3 Motor Vehicle Maintenance and Repair
- Level 2 and 3 Motorsport Maintenance and Repair
- Level 2 Classic Vehicle Restoration

## **DID YOU KNOW?**

**The world's first speeding ticket was issued in 1902. They were travelling at 45 MPH.**

**A modern Formula 1 car can drive upside down in a tunnel at 120mph.**

**In the world 60 million cars are produced every year! That is 115 cars every minute.**

## **EQUIPMENT NEEDED**

- **A3/A4 Paper/Card**
- **Coloured Pencils/Pens**
- **Sticky Notes**
- **Internet - optional**
- **A DIY task you are doing at home**

## **TRY AT HOME TASK**

When doing DIY jobs around your house you should start by checking the Health and Safety aspects of your work area.

## **HOW TO DO IT**

- Check your working environment.
- Stick a sticky note on every safety issue or potential safety concern.
- Remember to check yourself and ask - am I wearing the right clothes, shoes and protective gear?
- Using your paper, make a note of all the hazards you have found and explain why you highlighted them.
- Get someone else from your household to check your hazards and see if they can find anymore and log them.

## **RESEARCH TASK**

It is extremely important to use the correct PPE when carrying out tasks in the Motor Vehicle industry.

Try searching 'PPE in Motor Vehicle'.

Find five different types of PPE and explain why they are needed.

What is your favourite motor vehicle?

Ask your friend and families what theirs is.

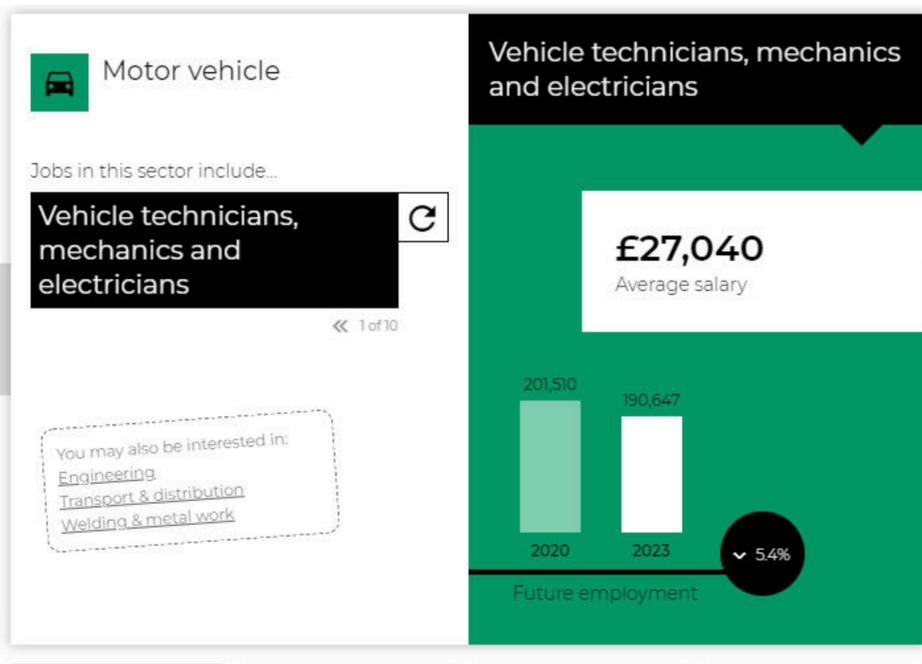
Compare your favourite to theirs. Think about speed, engine capacity and body finish.

Research future careers pathways.

Go on to NWSLC's website to the Motor Vehicle area.

Scroll down to the careers box and look at the opportunities (as shown on the left).

Make a note of what interests you most.



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Start to think about how electrical installations are involved within the Engineering Industry.

This is a good introduction to Engineering/ Electrical Installations as many of you would not have completed a course like this before. The below tasks are a good way to practise how you collect information and present it.

Please remember to keep your work to show your tutor, it will help you when you have to complete work for the course.

## CAREER PROGRESSION

- Level 1, 2 and 3 Electrical Installation
- Level 2 and 3 Engineering
- Various Apprenticeships
- HNC Engineering

## DID YOU KNOW?

**Engineers design running shoes by determining how much force travels from the pavement through the shoe to the foot. To allow better performance and comfort.**

**The Ferris Wheel is One of the Greatest Engineering accomplishments.**

**Space travel would not have happened without Engineers.**

## EQUIPMENT NEEDED

- **A4 Paper/Card - Cut into 6 equal parts.**
- **Coloured Pencils/Pens**
- **Internet**

## TRY AT HOME TASK

It is important to understand how to fit and terminate components, to connect switches in series and parallel. In order to do this you need to understand the different electronic Schematic symbols.

## HOW TO DO IT

- Research "electronic schematic symbols"
- Choose 5 different symbols.
- On 10 different flash cards draw the symbol on one card and write the explanation on another.
- Once you are happy you know what each symbol means put the cards together and shuffle them.
- Now try to match the cards together.
- Match the cards together until you get your answers right 5 times in a row.
- Why not ask a friend or family member to show you a symbol card and you explain what it is.

## RESEARCH TASK

The engineering world is very large. Research "engineering world".

List 3 different types of engineering.

Write 3 things you like and dislike about each type of engineering.

Health and Safety is important in Engineering and Electrical Installations.

Research "fire safety"

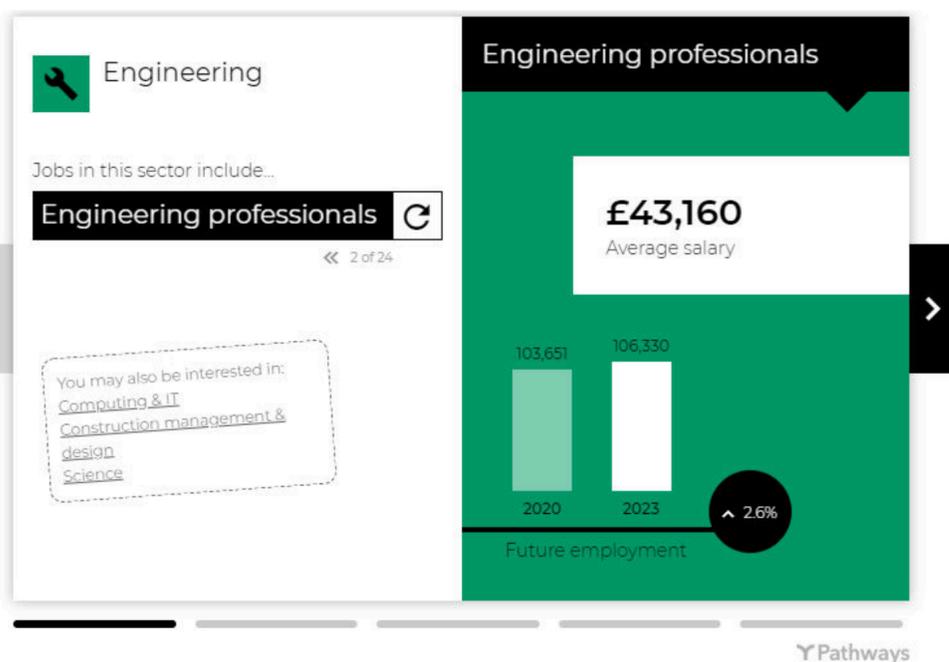
List 3 different fire extinguishers and draw their symbols.

Research future careers pathways.

Go on to NWSLC's website to the Engineering and Electrical Installation area.

Scroll down to the careers box and look at the opportunities (as shown on the left).

Make a note of what interests you most.



# We're still taking applications for all our courses!

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Start to think about a concept design for a game, TV show or film.

This is a good introduction to Media and Games Design as you may not have completed a course like this before. The below tasks are a great way to practise how you collect information and present it.

Please remember to keep your work to show your new college tutor, it will help when you have to complete work for the course.

## CAREER PROGRESSION

- Level 2 and 3 Games Design
- Level 1, 2 and 3 Media, Film and TV Production
- Level 1 Computing, IT and Media
- HND Creative Media Production (Games Design)
- HND Creative Media Production (Film & TV)

## DID YOU KNOW?

**As of June 2018, there were 2,261 active gaming companies in the UK.**

**£4.84 billion is spent on the action genre films in the UK.**

**The total revenue for the commercial broadcasters in the UK in 2018 was £11.3bn.**

## EQUIPMENT NEEDED

- **A3/A4 Paper/Card**
- **Ruler**
- **Coloured Pencils/Pens**
- **Internet - optional**

## TRY AT HOME TASK

Pick a theme and create 3 main characters that would appear in your film, TV show or game.

## HOW TO DO IT

- Think about about a game, film or TV show you would like to create.
- Look at different themes you could use (e.g. Comedy, horror, thriller or romance).
- Pick a theme you would like to use.
- From this think about the types of characters that will play a part in your story board.
- Pick three main characters and develop their personality, how they look and what traits they might have.
- Draw each character in a box and then underneath use text to describe the character.
- Look at you favourite actors or game characters for more inspiration.

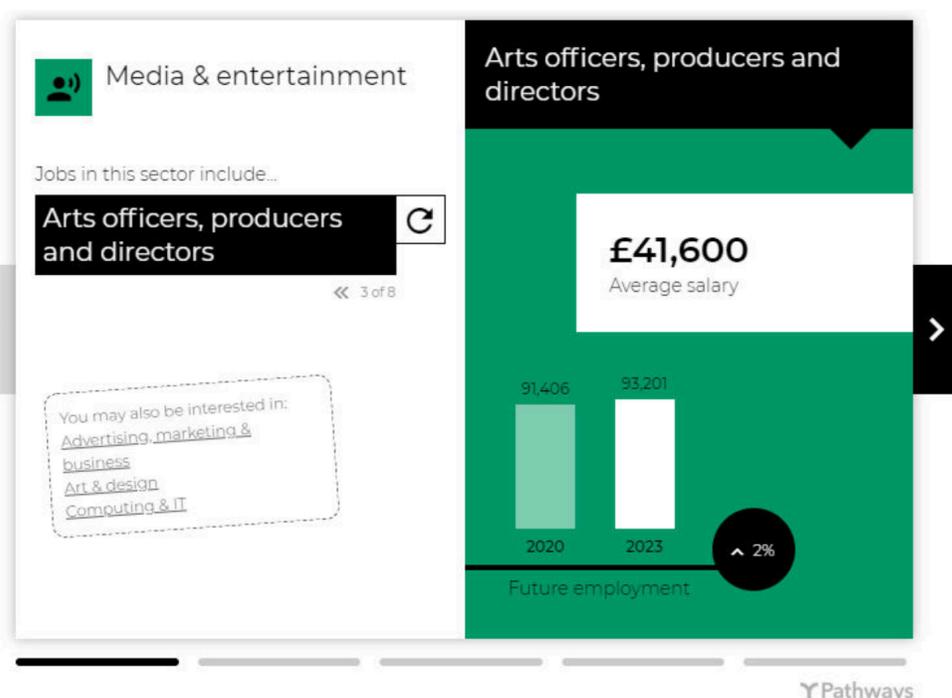
## RESEARCH TASK

Try searching 'storyboard' for films, TV shows and games you like to give you ideas.

Find five different storyboards and explain what you like about them.

Pick three scenes from a movie or game. With your friends or family, look at the camera angles and listen to the sounds. Write down what camera angles (e.g. low, high or eye level) are used and what sound (narrative, character sound, music or background noise) is used.

Research future careers pathways. Go on to NWSLC's website to the games design or media area. Scroll down to the careers box and look at the opportunities (as shown on the left). Make a note of what interests you most.



# We're still taking applications for all our courses!

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Start to think about how meals are organised and presented.

This is a good introduction to Catering and Hospitality as many of you would not have completed a course like this before. The below tasks are a good way to practise how you collect information and present it.

Please remember to keep your work to show your tutor, it will help you when you have to complete work for the course.

## CAREER PROGRESSION

- Entry 3, Level 2 and 3 Hospitality
- Level 1 Hospitality and Catering
- Level 2 and 3 Professional Cookery
- A range of Apprenticeships

## DID YOU KNOW?

**The average party size that a caterer has is between 100-250 people.**

**There are 159, one Michelin star chefs in the UK.**

**The UK use an astounding 52 million eggs on Pancake Day. That's 22 million more than any other day.**

## EQUIPMENT NEEDED

- **Food Ingredients**
- **Cutlery/ Plates/ Glasses/ Table Cloth**
- **Pen**
- **A4 paper**
- **Internet - optional**
- **Camera**

## TRY AT HOME TASK

Pick a country of your choice and choose a traditional main meal to cook (e.g. England a Sunday dinner)

## HOW TO DO IT

- Find a recipe to complete from the country of your choice.
- Once you have prepared your meal, think about how you want to present it and how your customer would like it to be presented.
- Create a dining area and organise how your table will be presented with plates, cutlery and glasses.
- Ensure your meal is nicely presented.
- Once your meal is completed, serve it to a friend or family member in a professional manner.
- Ask your friend or family to review the following; meal's taste, meal presentation and level of service.
- Take pictures throughout the process.

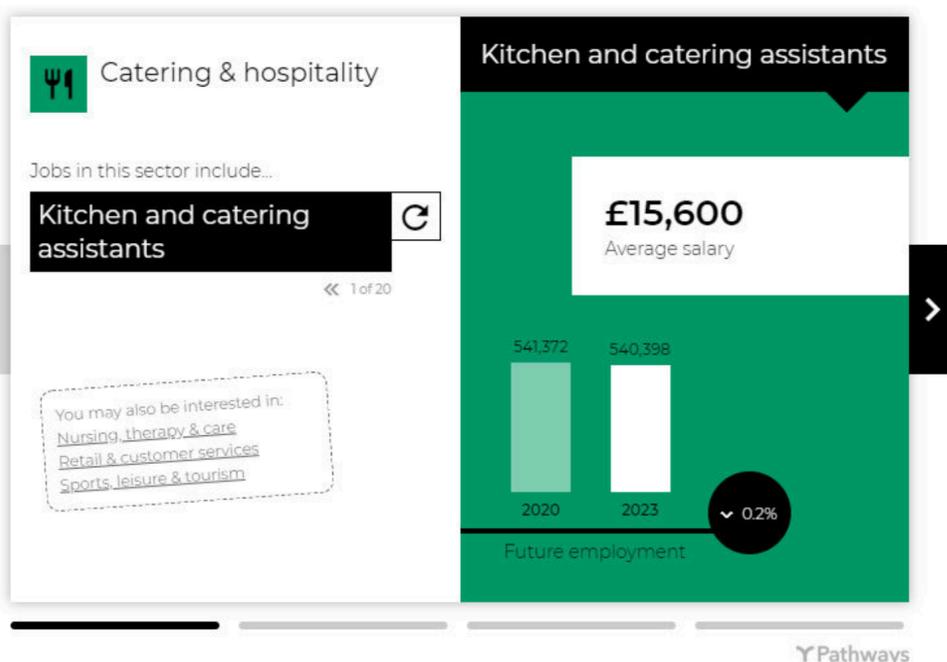
## RESEARCH TASK

Food hygiene in Catering is essential. Try searching 'Food Hygiene in the Catering Industry.'

Note five different potential food hygiene risks.

Research the number of courses you may have in a meal by asking friends and family. Write down their answers and try to list each course.

Research future careers pathways. Go on to NWSLC's website to the Catering and Hospitality area. Scroll down to the careers box and look at the opportunities (as shown on the left). Make a note of what interests you most.



# We're still taking applications for all our courses!

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Start to think about how to navigate a route by planning and then walking the route.

This is a great introduction to Uniformed Services as you may not have completed a course like this before. The below tasks are a good way to practise how you collect information and present it.

Please remember to keep your work to show your new college tutor, it will help when you have to complete work for the course.

## CAREER PROGRESSION

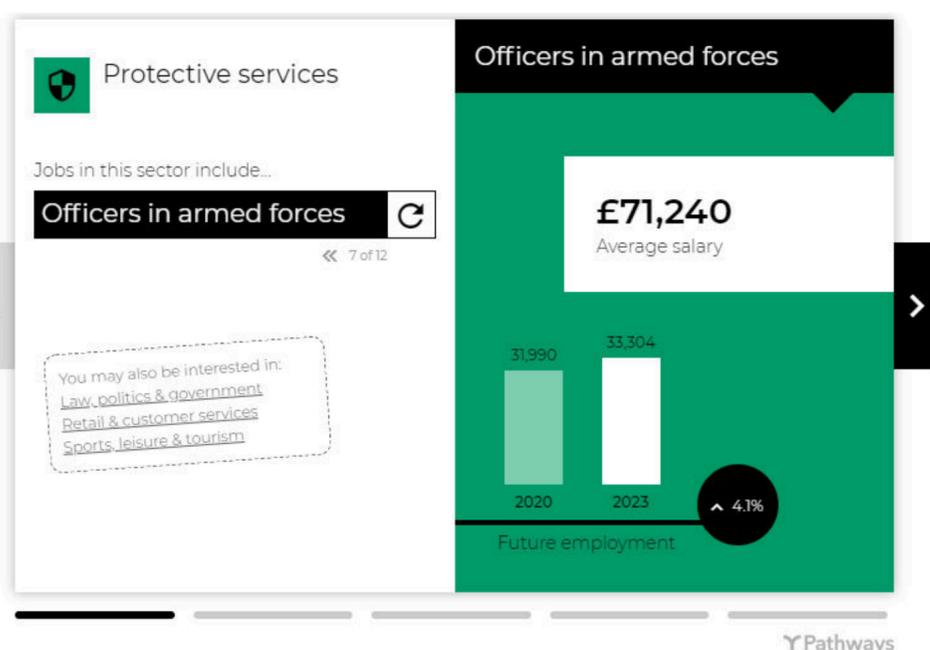
- Level 1/ 2/ 3 Uniformed Services
- L1 Uniformed Services & Sport
- HND Public Services

## DID YOU KNOW?

**The first female jet pilot in the RAF was Flight Lieutenant Jo Salter in 1994, flying a Panavia Tornado. Now it is a common sight for both men and women to take to the skies for Britain.**

**As of 2019 there were 28,000 Paramedics in the UK.**

**There are 100 different job roles within the Army. These include, Engineer, Musician and Vehicle technician.**



## EQUIPMENT NEEDED

- **Map/ Google maps**
- **Pen**
- **Paper**
- **Stop Watch/ Watch**

## TRY AT HOME TASK

You will be required to be able to read maps and plan routes to navigate yourself to where you need to be. This task will be a basic navigational start to planning and walking a route.

## HOW TO DO IT

- Use a local map to plot a route or alternatively use google maps to plot a route.
- Using pen and paper write down the directions you will need or draw the route plan.
- Using the plan you have organised do the walk.
- Time how long the route took and how far it was.
- Write a brief summary of the pros and cons of the directions you put together.

## RESEARCH TASK

Good fitness levels are needed for Uniformed Services.

Try searching 'Bleep test'.

Practise it and see what level you get to.

Speak to your friends and families to see if you have anyone who has had a career within Uniformed Services.

Write down three pros and three cons of the role they did.

Research future careers pathways.

Go on to NWSLC's website to the Uniformed Services area.

Scroll down to the careers box and look at the opportunities (as shown on the left).

Make a note of what interests you most.

# We're still taking applications for all our courses!

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Start to think about how to help customers plan a trip or holiday with a set budget.

This is a great introduction to Travel and Tourism as you may not have completed a course like this before. The below tasks are a good way to practise how you collect information and present it.

Please remember to keep your work to show your new college tutor, it will help when you have to complete work for the course.

## CAREER PROGRESSION

- Level 2 Aviation Environment once over 18 years old
- Level 2 and 3 Travel and Tourism
- HND Travel and Tourism (Event Management)

## DID YOU KNOW?

**That Pilots eat a different meal from their co pilots to guard against food poisoning.**

**The world's top destinations are:**

**France — 84.5 million**

**USA — 77.5 million**

**Spain — 68.5 million**

**China — 56.9 million**

**Italy — 50.7 million**

**1 out of 10 jobs globally are supported by the tourism industry.**

## EQUIPMENT NEEDED

- **Internet/Newspapers/Holiday brochures**
- **Pen**
- **Paper**
- **Calculator/Spreadsheet**

## TRY AT HOME TASK

- You are to plan a trip or holiday for a customer and ensure it's within their budget.
- Ask a friend or family member where they would like to go in Britain for a weekend and what their budget would be.

## HOW TO DO IT

- Once you have the location, start to put together a budget for the customer.
- Research where they would like to go. Are there any tourist sites that would be good to visit?
- Plan transport to the location (train, taxi or bus).
- Plan accommodation (luxury hotel, bed and breakfast or hostel). These can be researched on the internet, in newspapers or in brochures.
- Remember the customer's needs (accessibility and if they have additional needs).
- Remember to stay in budget.
- Put together what you have found and the broken down costs to show the customer.
- Note down three pros and cons from the customer's perspective.

## RESEARCH TASK

Transport methods needed for the tourism industry. Try searching 'top 5 airlines'.

List the top five airlines and note three things that puts them on top.

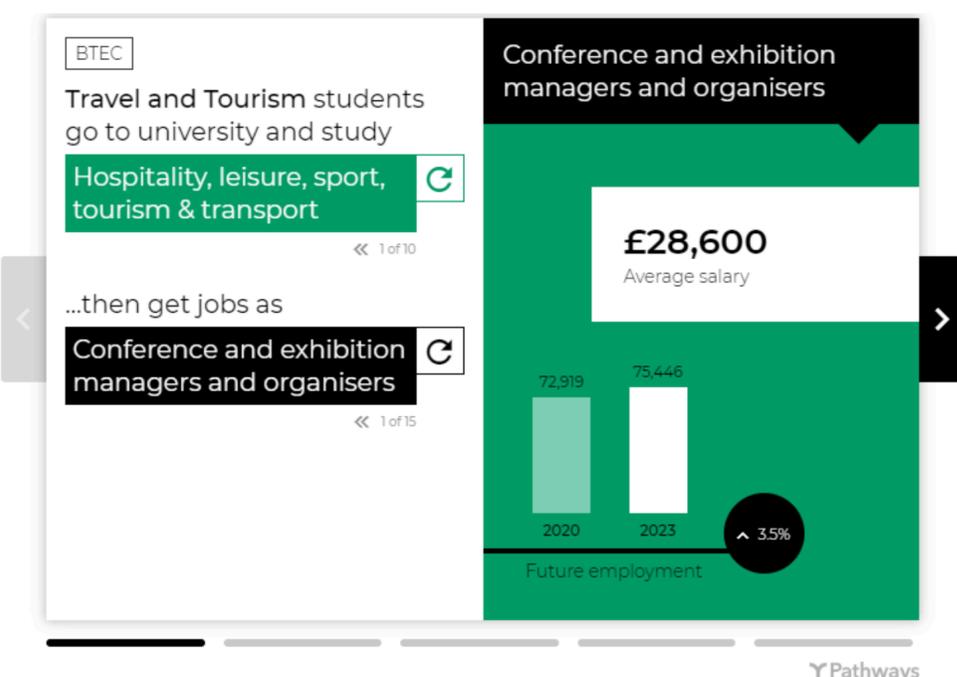
Speak to your friends and families see where the furthest place is that they have visited. Write down their travel method, accommodation and what they thought about the customer service.

Research future careers pathways.

Go on to NWSLC's website and go to the Travel and Tourism area.

Scroll down to the careers box and look at the opportunities (as shown on the left).

Make a note of what interests you most.



# We're still taking applications for all our courses!

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Start to think about how to plan a fitness task and develop your leadership skills.

This is a great introduction to Sport as you may not have completed a course like this before. The below tasks are a good way to practise how you collect information and present it.

Please remember to keep your work to show your new college tutor, it will help when you have to complete work for the course.

## CAREER PROGRESSION

- Level 1 Uniformed Services and Sport
- Level 1, 2 and 3 Sport
- Level Fitness Instructing
- Level Sports Coaching
- Level 3 Personal Training
- HND Sport

## DID YOU KNOW?

**Elite athletes have an area of the brain that performs 82 percent faster than average under intense pressure.**

**Sheffield FC is the world's oldest football club, it was founded in 1857!**

**There are roughly 6.7 thousand health and fitness clubs in the United Kingdom with approximately 9.7 million members.**

## EQUIPMENT NEEDED

- **Internet - optional**
- **Pen**
- **A4 Paper**

## TRY AT HOME TASK

To develop a fitness session and then think about how to deliver it to a client.

## HOW TO DO IT

- Research 3 different upper body exercises.
- Research 3 different lower body exercises.
- Research 3 different compound exercises.
- Research 3 different sprint exercises.
- Take notes of your research and the pros and cons of each exercise.
- Make a circuits plan by picking one exercise from upper, lower, compound and sprint.
- Note down the equipment you would need.
- Name three ways you would lead and motivate a client to complete the exercise session you have created.
- Try your circuit repeating it for 20 minutes. **DO NOT ATTEMPT IF YOU HAVE AN UNDERLYING HEALTH CONDITION OR AN INJURY.**

## RESEARCH TASK

It is essential that you have a good understanding of client needs and whether they have any previous injuries.

List the top five sports injuries.

For each injury list how it can be caused and how it can be prevented.

Speak to your friends and families and see what they do as exercise.

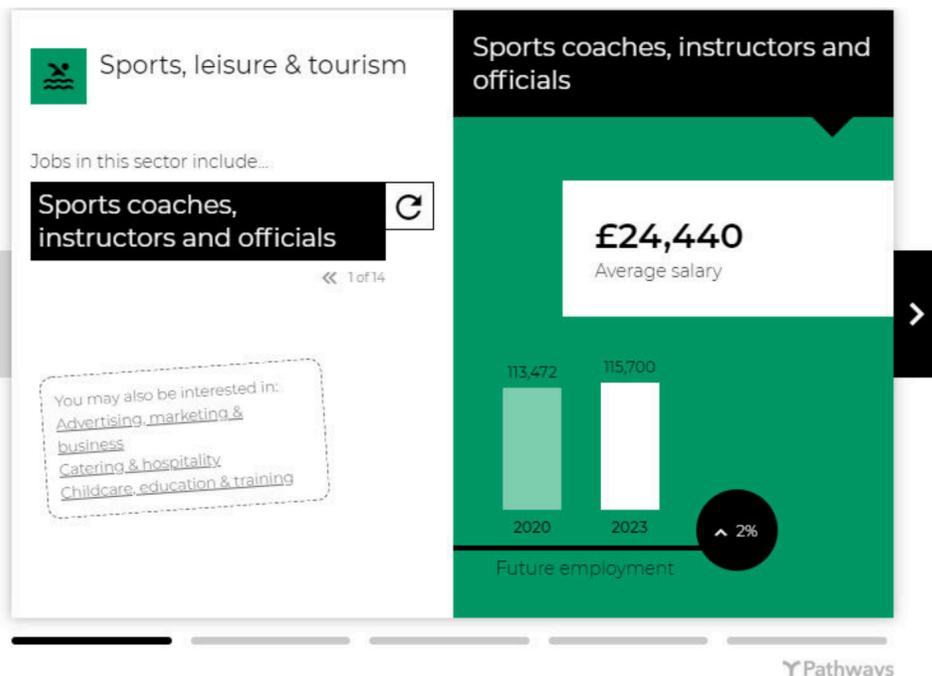
List the exercises, answer why they chose that one and what motivates them to do it.

Research future careers pathways.

Go on to NWSLC's website to the Sports area.

Scroll down to the careers box and look at the opportunities (as shown on the left).

Make a note of what interests you most.



# We're still taking applications for all our courses!

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Start to think about how to maintain computers. These could be owned by you or family and friends.

This is a great introduction to Computing as you may not have completed a course like this before. The below tasks are a good way to practise how you collect information and present it.

Please remember to keep your work to show your new college tutor, it will help when you have to complete work for the course.

## CAREER PROGRESSION

- Level 1, 2 and 3 Computing and Media
- Level 2 and 3 Computer Maintenance
- Apprenticeships available
- HND Computing and Systems Development

## DID YOU KNOW?

**The electronic machine that is called a computer today was known as the 'Electronic Brains' in the 1950s.**

**Hewlett Packard, Microsoft, Google and Apple all started in a garage.**

**The first mouse was invented by Dough Engelbart and it was made of wood.**

## EQUIPMENT NEEDED

- Internet
- Computer
- Camera
- Pen/ Paper

## TRY AT HOME TASK

To ensure your computer is working more efficiently you will be often asked to run a computer maintenance check list.

## HOW TO DO IT

Research and conduct the following things, taking pictures/screenshots of yourself completing the tasks.

- Update your anti-virus and scan your computer.
- Run an anti spyware/anti malware check on your computer.
- Check your recycle bin and delete anything not needed.
- Disk and application/software clean up.
- Defragment.
- Configure your startup.
- Check windows updates, update plugins and basic applications.
- Check file backup plan and create system recovery disks if applicable.
- Clean and dust internal computer parts and fan (check fans and computer temp).
- Take note of your research.

If you are unsure about the action after researching, do not do it.

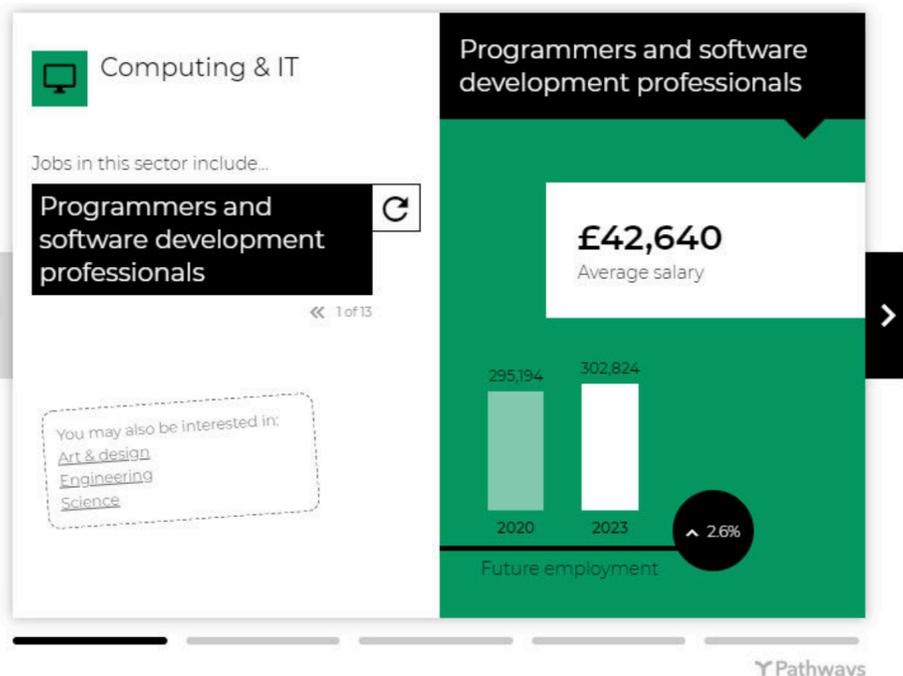
## RESEARCH TASK

Pick hardware or software. Research your chosen one. Define the term and give five explained examples.

Speak to you friends and families and see what computer problems they have had. List the problems and then research how they can be caused, prevented and resolved.

Research future careers pathways. Go on to NWSLC's website to the Computing and IT area.

Scroll down to the careers box and look at the opportunities (as shown on the left). Make a note of what interests you most.



# We're still taking applications for all our courses!

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Start to think about the resources you use in creative subjects.

This is a great introduction to Art and Design as you may not have completed a course like this before. The below tasks are a good way to practise how you collect information and present it.

Please remember to keep your work to show your new college tutor, it will help when you have to complete work for the course.

## **CAREER PROGRESSION**

- Level 1, 2 and 3 Art and Design
- Level 2 and 3 Graphic Design
- Level 3 Interior Design
- Level 3 Photography
- HND Fine Art Practice
- HND Graphic Design
- HND Interior Design

## **DID YOU KNOW?**

**1 out of 11 people in the UK work in the creative industry.**

**MGM the famous entertainment company originally used real tamed lions to complete their logo.**

**Vincent van Gogh only sold one painting during his lifetime. Now his paintings would be roughly worth \$10 billion.**

## **EQUIPMENT NEEDED**

- **Internet**
- **Computer**
- **Camera**
- **Pen/Paper**

## **TRY AT HOME TASK**

As a society we are trying to be more environmentally friendly. With this in mind, design something with an eco-friendly theme.

## **HOW TO DO IT**

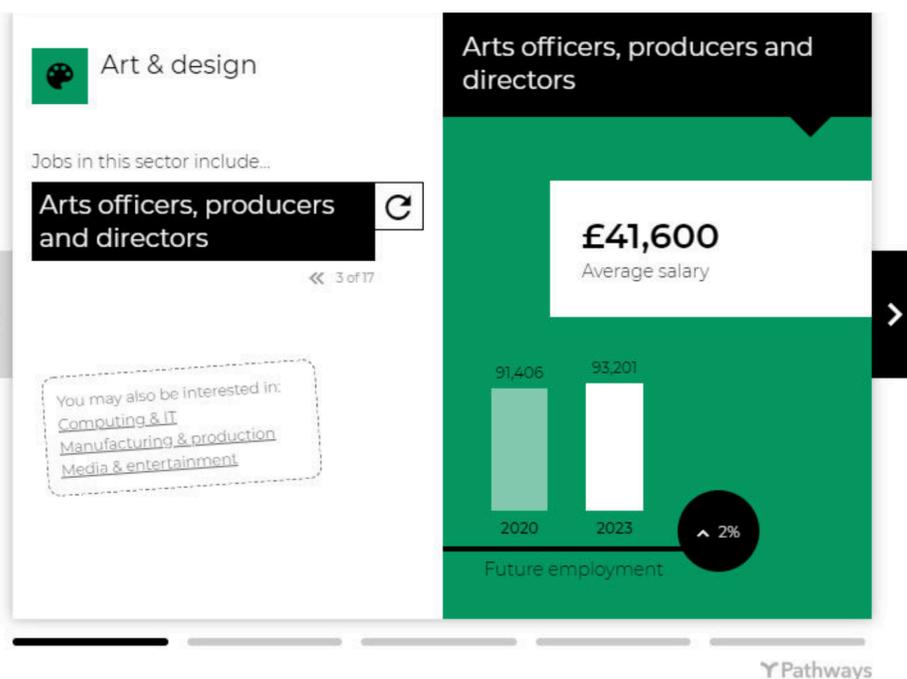
- Pick from a t-shirt, game or a child's garden playhouse.
- Brainstorm different designs you could do.
- Do a quick research of each of your ideas.
- Pick two ideas to compare and contrast.
- Select your final design.
- Select how you will create your design. Choose from using a software program, taking pictures to collate or hand drawing your design.
- Create your design.
- Pick what eco-friendly materials you would use.
- If you are using recyclable materials in your home you could take pictures of these.
- Once you have created your design write a brief summary for what age group it would be for, how it would be advertised and what company would be interested in the design.

## **RESEARCH TASK**

Take pictures of inanimate objects that look like letters and spell out a word of your choice.

Pick a room in your home and draw it out. How would you redesign it? Think about what theme you would want to use. What materials would you use? Draw your design and explain your choices.

Research future careers pathways. Go on to NWSLC's website to the Art, Design and fashion area. Scroll down to the careers box and look at the opportunities (as shown on the left). Make a note of what interests you most.



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Start to think about what the fashion journalism industry involves.

This is a great introduction to Fashion and Journalism as you may not have completed a course like this before. The below tasks are a good way to practise how you collect information and present it.

Please remember to keep your work to show your new college tutor, it will help when you have to complete work for the course.

## CAREER PROGRESSION

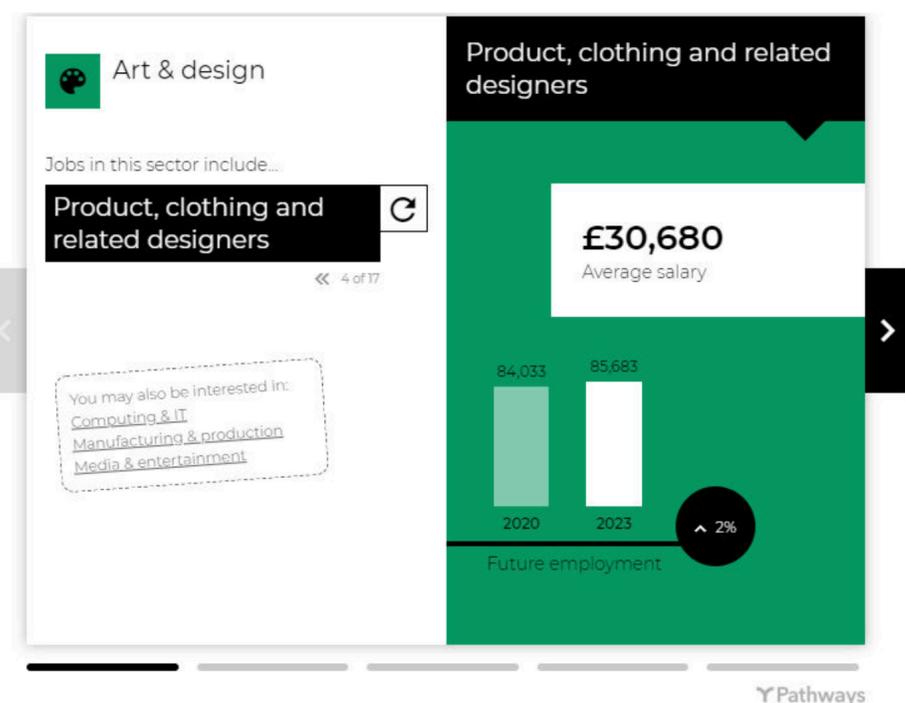
- Level 3 Fashion and Textiles
- Level 3 Journalism
- HND Fashion and Promotion

## DID YOU KNOW?

It was thought that the first Journalism product was before 59BC and found in Rome.

The first English newspaper was published in 1622 and it was called Weekly Newes.

We buy 400% more clothes than we did 20 years ago.



## EQUIPMENT NEEDED

- Internet - optional
- Computer - optional
- Paper
- Pen

## TRY AT HOME TASK

You have been commissioned to produce an article or advertisement for a fashion magazine.

## HOW TO DO IT

Select either an article or advertisement task. Choose how you would like to complete it either using software or hand drawing/ writing.

### **Article Task:**

The magazine has a page free and they are giving you the opportunity to be published in their magazine.

What would your story be?

Who would your story be about?

How would you lay it out?

What pictures would you use?

### **Advertisement task:**

The magazine has seen your recent clothing piece and is giving you a full page to advertise it.

What would your clothing piece be?

What material is your clothing piece?

How would you advertise your piece?

Who would model (if any) your piece?

## RESEARCH TASK

For Fashion you will need to use lots of different types of materials for clothes.

Search 'clothing materials'.

List 3 and the pros and cons of each material you have selected.

For Journalism you will be need to put together newspaper articles.

Pick three stories out of a newspaper.

List what you liked and did not like about the articles.

Research future careers pathways.

Go on to NWSLC's website to the Art, Design and Fashion area or Media, Games Design or Photography area.

Scroll down to the careers box and look at the opportunities (as shown on the left).

Make a note of what interests you most.

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Start to think about the tones and attitudes in songs and how music can be brought to life visually.

This is a great introduction to Performing Arts and Music as you may not have completed a course like this before. The below tasks are a good way to practise how you collect information and present it.

Please remember to keep your work to show your new college tutor, it will help when you have to complete work for the course.

## CAREER PROGRESSION

- Level 3 Performing Arts
- Level 3 Music
- HND in Performing Arts

## DID YOU KNOW?

**None of the Beatles could read or write sheet music.**

**In 1977 John Williams single-handedly revives the sound of golden age Hollywood with his score for Star Wars. The film's soundtrack becomes one of the highest-selling non-pop records of all time.**

**Sean Bean has died in over 25 films and TV shows.**

## EQUIPMENT NEEDED

- Internet - optional
- Computer - optional
- Paper
- Pen

## TRY AT HOME TASK

You will need to develop your analytical and creativity skills when looking at musical pieces.

## HOW TO DO IT

- Select a song of your choice.
- Play the song paying attention to any key changes and the lyrics.
- What is the mood and genre of the song?
- Describe how the song makes you feel.
- Use examples from the song. This can be particular notes within the song or lyrics.

Performance:

How would you like to perform the piece?

Think about the different ways you would be able to perform the piece such as the following:

- Acting
- Dance
- Singing
- Playing an instrument.

Following your performance, make a note of what went well and what needs to be improved.

## RESEARCH TASK

Research film soundtracks.

List the top five found.

Write down why the song fit the film.

Pick out your top 3 most liked theatre productions.

Analyse what music was used.

What was the acting method?

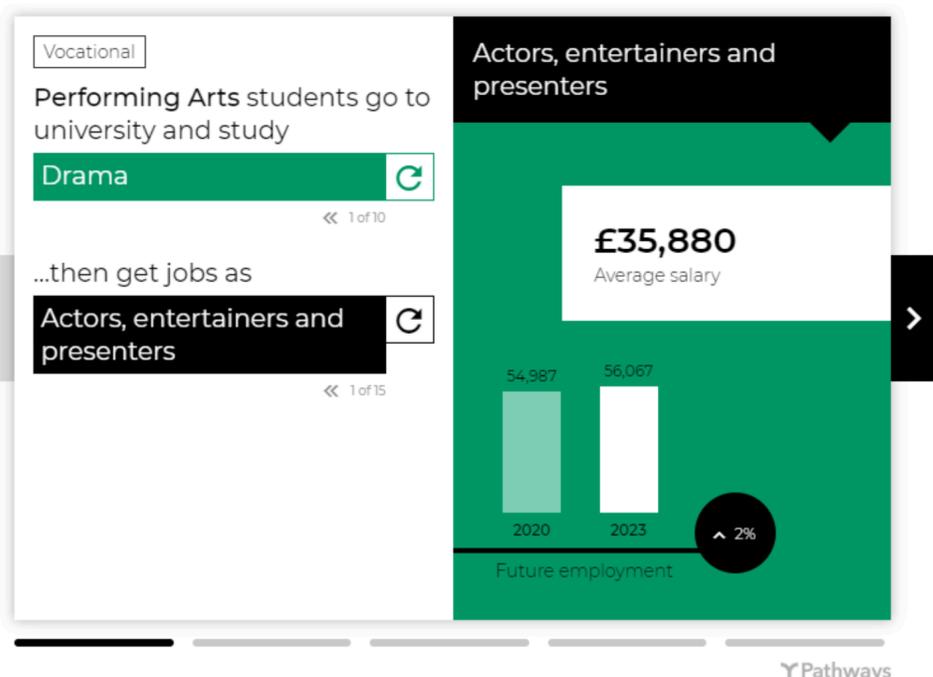
List three pros and three cons for each show.

Research future careers pathways.

Go on to NWSLC's website to the Performing Arts, Makeup Artistry and Music area.

Scroll down to the careers box and look at the opportunities (as shown on the left).

Make a note of what interests you most.



# We're still taking applications for all our courses!

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If you are not sure about what you want to do or have not achieved the grades you needed to join a course, our RARPA programme is for you.

This is a unique programme where you can choose a subject that you want to do and this will be alongside your maths and English GCSEs.

Taster sessions can include; Childcare, Hairdressing and Beauty, Sports, Catering and Floristry.

You will get the opportunity to try a course within the college, do work in the community and working on employment and life skills within a specialised building. We can also help with additional support and students with EHCPs.

## CAREER PROGRESSION

- LifeSkills (EHCP 19+)
- Level 1 and 2 courses available at the college

## DID YOU KNOW?

**Walt Disney was fired from the Kansas City Star because his editor felt he "lacked imagination and had no good ideas." Now the Disney empire is one of the largest.**

**JK Rowling was unsure about what she wanted to do as a career. She has now written and owns Harry Potter.**

**You do not need any qualifications to join this course.**

## EXTRA INFO

You can set your own targets with the RARPA qualification.

List three things that you would like to be able to do.

Why have you pick these three?

Go on to NWSLC's website to the Foundation Learning area.

Look at the different courses you could try.

## EQUIPMENT NEEDED

- Internet - optional
- Computer - optional
- Paper
- Pen

## TRY AT HOME TASK

Pick one of the below optional tasks to complete or do as many as you like.

## HOW TO DO IT

**Hair - Design three hair styles that look professional**

Rules:

- You must be able to do it on your own hair.
- It must take less than 10 minutes to complete.

Take a picture of each design and note how long it took.

**Media - Making a logo**

- Create a logo for a tuck shop.
- You can either use software or hand draw the logo.

**Employment skills - Customer service**

Ask a friend or family what their best customer service experience was.

Why was it their best experience?

What was their worst customer service experience?

Why was it their worst experience?

**Life skills - Budgeting**

Put together a budget of how much it will cost to attend college.

Think about transport and food costs.

**Catering - Alien instruction**

An alien has landed on Earth and they are hungry but they have no understanding.

Explain to them step by step how to make toast.

Remember they do not know what anything is (for example a toaster) so make sure you are clear.

**Sports - Lifestyle**

Think of 3 x 15 minute exercises you could do every day.

Describe the 3 different exercises.

Try to draw the exercise.

Which one would you prefer to do?

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