

Enrichment Guide

September 2020



Students select enrichment choices at enrolment in August, with the option to *either* choose a **year-long** course or **two** short, term long courses for the duration of the year. Doing enrichment activities is a great way to learn new skills and to make new friends.

- Students may elect to choose more than one enrichment choice, although it may be that some clash.
- Students who choose *D of E* should also choose a sustainable short course to support their D of E work.
- Work Experience is to be taken in ADDITION to enrichment choice/s. Students must see careers for information about school attachment and voluntary work.

Programmes	Description
ASPIRE - Programme for Competitive Uni's * YEAR LONG	<p>We encourage students to aim high when it comes to university. Our Aspire programme aims to prepare students applying to top universities for competitive courses. Weekly sessions will cover a variety of topics including key application dates, summer schools, interview tips, admissions tests, critical thinking and personal statement advice. In addition to planned sessions, there will be a number of optional sessions. These options vary according to student needs, they could include advice for medicine applicants, tips for studying abroad and guidance on compiling portfolios for creative courses.</p>
Competitive Unis Maths Entrance Exams YEAR LONG	<p>Top universities, in addition to requiring top grades, often require students to complete their own entrance exams. In this enrichment course you will learn about the format of and the content in these exams in order to give you the best chance of getting into your university of choice.</p>
College Production YEAR LONG	<p>A chance to be involved in the organisation of a whole college production. You could take on a backstage role such as set design, musical accompaniment. Make up and costume or direction, or you could take your place centre stage as a performer</p>
Dance Leaders YEAR LONG	<p>This is a session for anyone with an interest in dance, you do not need to be a dance student to take this enrichment. You will be learning skills for leading others in fun, practical dance sessions. You will leave the course with a qualification in Dance Leadership.</p>
Art in the community	<p>This year we will begin our enrichment programme with the Big Draw, <i>"The Big Draw Festival is a worldwide celebration of drawing! Here at The Big Draw we promote the universal language of drawing as a tool for learning, expression and invention."</i></p> <p>After this we will continue to investigate and promote the theme of 'art in the community' in schools and local institutions, interspersed with exciting and thought promoting film from a wide range of the art and design disciplines.</p>
Rock Band	<p>An opportunity to make some noise, learn a few tunes and play in a band. The sessions work towards a lunchtime gig in the hub, where you get to showcase your inner rockstar! Some experience/basic skills on your instrument/voice would be advantageous</p>
Music Theory	<p>This enrichment will allow you to brush up on your music theory or start from scratch! Understanding music theory will enable you to appreciate music in greater depth which is vital for any budding musician. We will start to comprehend the importance of notation, keys, scales, intervals, pitch, melody, harmony, and more.</p> <p>You may have the opportunity to take music theory exams if you want to.</p>
Creative Crochet	<p>A chance to learn crochet from scratch, or to branch out into new and creative ways of using this fun and versatile craft. Suitable for complete beginners, those with some knowledge looking for ideas, or experienced crocheters ready to discover exciting new ways to use those skills in an artistic, free-form way. You will devise a project to work on at your own pace, with support and guidance from the tutor in a relaxed workshop environment.</p>
DUKE OF EDINBURGH: Gold Award. YEAR LONG	<p>If you think it's all rucksacks, camping and blisters, well you would be partly right, but there is so much more to the Duke of Edinburgh's Gold Award. This is why the award is held in such high regard by both universities and employers; completing all 5 sections is a significant challenge. No previous experience is necessary; you don't have to have done Bronze or Silver, we'll train you.</p> <p>Our Duke of Edinburgh's Award Unit meets once a week and is one of the largest and most successful in the North East with often with over 60 students striving to complete their Gold awards.</p> <p>Most students find by attending other enrichment activities they can complete the award in 18 months, but we will help you after you leave college too; you've got until you are 25.</p>

	Students do lots of different activities, ranging from circus skills to IT, swimming to sign language and Community Sports leader qualifications to serving in the Oxfam shop. You choose your programme and tailor it to suit you and your time commitments.
College Magazine YEAR LONG	In the first week, you will form an editorial team and decide the direction you want to take the college magazine. You will each take on an editorial role and it will be your job to source articles and features and to decide layout and size of print run. Some of you may want to contribute your own writing, some of you may prefer to work on the technical side of things. We will be working towards the publication of a magazine in March but if we work well together and are highly motivated there is no reason why we can't get something out at Christmas too. We will meet each week to discuss progress and set targets. You should gain a lot of valuable experience from this enrichment as it requires close collaboration and team work and there are opportunities for you to develop your own writing skills.
Film Club	Film Club is ideal for Film and Media students but also for anyone hoping to get a wider experience of Film. We watch a full film each session (so you will need to stay for 2 hours), covering all sorts of films you might not watch on your own. From black and white comedy classics to modern drama, taking in all sorts of genres along the way, come to Film Club to be transported to a different world each week.
Green Shoots Gardening Club. YEAR LONG	Learn how to plan, design and build a garden from scratch in the College grounds. This will be our green space planned for seasonable, fresh edible delights such as salads, vegetables, herbs and fruit. Practical gardening skills learnt will include testing the soil and site, making our own compost, the rules of digging (or no digging!), weed and pest management as well as sowing, growing and harvesting our crops. We will also aim include scent, texture, sound and colour in our planting scheme. Sensory gardens are thought to be calming with therapeutic benefits. Gardening in itself is good exercise, gets you out in the fresh air and is a social, friendly experience. Our ethos will be to plant seasonally and sustainably, with care taken to encourage people, plants and wildlife to benefit from the fruits of our labour.
Sports Leaders Award	Sports Leaders UK qualifications are offered at levels 2 & 3 and are all 1 year courses. These qualifications are designed to use sport and physical activity to help young people develop and hone their leadership skills whilst helping themselves and others stay physically active. Students undertaking a qualification in Sports Leadership will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and those with additional learning needs within the community. The courses involve both guided and peer-to-peer learning and supervised leadership to ensure that learners have all the skills they need to lead basic physical activities to other people.
Dance Leaders Award	Dance Leaders UK is also offered at levels 2 and 3. These qualifications are designed to use dance to help young people develop and hone their leadership skills whilst helping themselves and others stay physically active. Students undertaking a qualification in Dance Leadership will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and those with additional learning needs within the community. The courses involve both guided and peer-to-peer learning and supervised leadership to ensure that learners have all the skills they need to lead basic physical activities to other people.
Rackets Club	This club will run both badminton and table tennis at the same time. The emphasis here is on coming along and playing, but there can be some competitive play to suit all. There will be some group coaching to help skills and match play development. The club will run in the Sports Hall.
Multi Gym Enrichment YEAR LONG	Come and work out in a relaxed atmosphere where you will be given a full induction. You can create a programme designed to suit your own personal needs. Ideal for all abilities but especially suited to beginners who need a bit of support to get going.
Football Academy	This is for students who wish to represent the college at Football.

Recreational Football	This is for students who want to play Football but not to represent the college.
Rugby Academy	This is for students who wish to represent the college at Rugby.
Basketball Academy	This is for students who wish to represent the college at Basketball.
Netball Academy	This is for students who wish to represent the college at Netball.
Cricket Academy	This is for students who wish to represent the college at cricket when the season commences. All abilities welcome to along and begin with indoor cricket from October half term, before moving to nets in January ready for the outdoor season. It's on Friday lunchtimes in sports hall.
Football Manager Club	To play Football Manager you will need to bring your own game and laptop.
French Film Club	French Film Club : come and watch classic French films or film extracts followed by discussions on cinema as an art form, looking at techniques and themes. Open to anyone with an interest in French culture and the world of cinema.
Spanish Film Club	This enrichment will involve watching Spanish and Hispano-American films in Spanish with subtitles in English , all students can attend this club as no previous knowledge of Spanish is required although it will benefit Spanish A level students and students who studied GCSE Spanish. There will be a discussion about the film after watching it.
Beginners Italian	In Beginners'/Holiday Italian we will cover things such as greetings, colours, numbers, time, food, asking simple questions etc. We will not be learning complex grammar. In my experience Italians are very complimentary of anyone who has tried to learn a bit and it is a truly lovely and accessible language.
Sign Language	Learn this invaluable skill which is highly valued by many employers
First Aid – managing specific scenarios	These sessions will provide practical activities that will support individuals to manage a variety of first aid situations, including how to administer effective CPR, using automatic external defibrillator (AED) and auto-injector devices, as well as managing complex health conditions such as asthma, epilepsy, diabetes.
Getting into Medical School	<p>This hour a week course runs for the whole year and is for those who want to enter medicine. It will look at the following;</p> <ul style="list-style-type: none"> • What's it like to be a Doctor? • Working in the NHS • Other job roles in a hospital • What do I need to be doing in year 12? including volunteering • Being successful in the UCAT • Medical Issues and Ethics for wider reading • Pathways to Medicine • Visiting speakers including Students, Hospital Doctors and GPs • Writing a good personal statement • Mock Interviews • Mentoring <p>It may also be suitable for those interested in dentistry and possibly veterinary science.</p>
Peer Mentoring	Peer Mentoring is open to both year 12 and 13 students. It will be a once a week commitment at time convenient to the student and department. Develop your personal skills as well as re-cap the content of the subject. Peer mentoring suggests a two-way, reciprocal learning activity. It is mutually beneficial for both the mentor and the mentee as it involves the sharing of knowledge and experience between both parties. As the peer mentors

	<p>teach and guide the mentee along, they find themselves working harder to understand the information, recall it more effectively and apply the knowledge in different ways that help the mentee to learn. As such, peer mentors have a better grasp of the subjects and tend to do well in exams.</p> <p>You will be expected to attend 3 after college seminars about peer mentoring process and work towards a qualification.</p>
Shares4schools	<p>Shares4Schools offers students the opportunity to invest real money in shares of their choice and experience how the stock market works. You will develop research skills as you work as part of a team to build up a £2000 share portfolio. You will be in competition with schools nationally to achieve the highest profits. The national winning school and regional winners will be invited to a special awards ceremony in London.</p>
Teacher Toolkit	<p>Explore behind the scenes of what it means to be a teacher. Develop strategies, ideas and practices important when considering becoming a primary or secondary teacher. Want to learn the language, research and prepare for both UCAS and teaching interviews then do not miss out on these top tips.</p>
Book Club	<p>We will vote on a text to read and discuss at the start of the course, then each week we'll read a little of it to discuss in the session, and set a number of pages for you to read at home. Be prepared to do some 'homework reading' and to talk about your opinions with others in the group. There may even be biscuits.</p>
How to use ASMR for well-being and relaxation	<p>In recent years the term ASMR, short for Autonomous Sensory Meridian Response, has garnered something of a cult following. With celebrities and influencers becoming involved in creating content for what was once a niche interest. Find out exactly what ASMR actually is and how you might benefit from the relaxing effects of embedding it into your daily life. This short course will teach you all about the concept, as well as guide you to some of the most unique and effective ASMRtists allowing you to find an ASMR style that best fits you.</p>
Wellbeing Champions	<p>This enrichment involves an initial training course run by Anne and Hannah, which will give you skills and knowledge about issues of wellbeing and mental health issues. You will be trained in a variety of approaches and strategies aimed at reducing the stigma of mental health illness and improving /promote access to wellbeing services. You will also be given skills in active listening and safeguarding so that you can support others in improving their wellbeing appropriately. A certificate will be issued on completion of the training.</p> <p>Once the formal training course has been delivered you will work together during the enrichment sessions to design and run wellbeing initiatives and activities within college that are aimed at improving wellbeing amongst students. This will be overseen by Anne and Hannah who will be coaching and supporting the champions throughout this process</p> <p>This training will be especially useful for anyone who is wanting to go into a career involving the care of others; medicine, social work, counselling, teaching, psychiatry, nursing, policing, are all relevant. Empathy, interest in others, kindness, and team work are skills that you will use and develop as part of this course.</p>
Researching your family tree	<p>This course is aimed at beginners getting started in researching their family tree. We will use a web-based research site to store our information and find out more about our</p>

	families. By the end of the 6 weeks you should have the start of a family tree and the skills to continue researching further.
Money, budgeting and numeracy for independent life.	The purpose of this is to help students be financially independent once they leave college. It will be designed to help students manage different aspects of finances safely, successfully and independently, including credit cards, current accounts, renting, insurance and fraud. There will be skills developed to understand budgeting, cash flow, loans/mortgage information and the implication of debt.
VOICE	VOICE is a place where you can discuss social issues, partake in social action and awareness raising (if you wish). We will explore issues around Gender, Sexuality, Mental health, Ethnicity, Human Rights and Environmental Rights and whatever you are interested in. The aim is to give you a safe space to discuss what is happening in the world and what movements are in place to support the causes. We will look at the Awareness Events Calendar, take part in charity events and debate current issues. Each cause will be explored in a respectful and sensitive manner.
Chess League	Whether you are a beginner or experienced player, the Chess Enrichment Activity delivered at Scarborough Sixth Form College gives you the opportunity to develop your confidence, tactics and strategy, and critical thinking skills by engaging in the fun game of chess! Those of you who join the Chess Enrichment Activity will be entered into the group's Scarborough Sixth Form College Chess League, where the chess player at the top of the league table will walk away with not only bragging rights but the prestigious S6F Chess League Trophy and winner's mug (which you are welcome to use to toast your success)!
Programming Society	An introduction to coding generally aimed at those students not studying Computer Science.
Debating Club.	The debating society will be student led. We will discuss topics chosen by students and all members will have a chance to lead debates or to simply listen to others. Your level of involvement will be determined by you. You will also have the opportunity to take part in all College events and to enter national debating competitions.
True Crime Society/Criminology Club	Have you ever wondered why people commit crime? Each week we will be exploring different cases and topics from disappearances, to murders and even white collar/corporate crimes. We will look at motivations, criminal proceedings and media coverage to determine why the crime took place, whether the final outcome was deserved and what we would do differently. Each topic will be conducted in a tactful and sensitive manner.
Bad science: analyse research evidence and the presentation of science in the media.	We will analyse research evidence and the presentation of science in the media. We will analyse scientific research in a variety of subject areas such as health, diet and medicine. We will consider some controversial issues that have featured in the media in recent times, including: <ul style="list-style-type: none"> • Does homeopathy work? • Why does anyone believe that MMR caused autism? • Has social media caused a dangerous reduction in vaccination rates? • Did mad cow disease affect human health?

	Along the way you'll learn how to analyse evidence and arguments critically, develop skills in spotting bad science and identify many examples of human stupidity.
Chemistry Society	You don't need to be doing A-level chemistry to be in Chemistry Society, you just need to be ChemCurious. The focus for Chemistry Society is on having fun exploring the odd, the unusual, the weird and the wacky. Weekly activities will be driven by your preferences but could include: Balloon Rockets, Some Random Blue stuff, Glow in the Dark stuff, Liquid Crystals, Ibiza-style Foam Parties, Jelly Baby Abuse, Oscillating Reactions, Making Pineapples and other Fruits, Splitting the Atom, Schrödinger's Cat. (Some of these are made up).
Break it and make it	For those people who like taking stuff apart to see how it works and enjoy making stuff of their own. Take apart a Dyson vacuum machine to find out how – and why – it works. Take apart a computer hard disk. Make a 'bugbot' that navigates around the furniture in your home, or construct a marble run out of recyclables. Stuff like that! Not just for engineers.
Land Rover 4x4 club <u>YEAR LONG</u>	The Land Rover 4x4 in Schools Technology Challenge requires students to build a radio controlled four-wheel drive (4x4) vehicle to the specifications provided by the International Rules Committee. It must successfully navigate and complete obstacles on an off-road test track which is just as demanding as a real off-road situation. The vehicle must emulate the capabilities of a full size 4x4 vehicle. Each team will enter the vehicle into a Regional Final to compete for a place at the National Final in their country. The National Champions from each country are then invited to compete at the Land Rover 4x4 in Schools World Finals! The Land Rover 4x4 in Schools programme was launched in the UK in 2006 and was launched globally in 2015. The Challenge now operates in 20 countries and to date, 15,000 young people have participated in the programme. The competition inspires many students to pursue STEM careers in the automotive industry including former participants who have joined Jaguar Land Rover as undergraduates and apprentices.
STUDENTS UNION <u>YEAR LONG</u>	Scarborough Sixth Form's Student Union work collaboratively to organise and planning fundraising and social events throughout the academic year. As an active member of the student union, you will have the opportunity to gain new skills and knowledge which will enhance any future applications for university and jobs. The Student Union is committed to providing a voice for the student body and dedicated to ensuring every students experience of college life is fulfilled.
Become a resort Representative	A job as an overseas resort representative is a fantastic career or great way to spend a Gap Year. There are a range of different types of rep jobs including Young Adults, Children's, All-inclusive, Entertainment, Cruise ship, Skiing and Activity Leader – and positons are available all over the world. This introductory course will show you how to run a Welcome Meeting, deliver a coach transfer speech and deal with a range of customer's problems. You will also experience what it is like to go through the recruitment procedure and have the opportunity to experience a typical interview with a Tour Operator.
YOUNG ENTERPRISE <u>YEAR LONG</u>	For aspiring entrepreneurs: work in a team to set up, develop a product and run a company.