

HELPING YOU GET READY FOR LIFE AFTER SCHOOL (POST-16 LEARNING)



Starting somewhere new, like college or training, can feel a bit scary. That's okay! Here are some simple tips to help you feel more ready and confident.

It's normal to feel nervous. You might wonder:

Worries About the First Day

- Who do I ask for help?
- Where are the toilets?
- What if I get lost?

These are good questions! The new place can help answer them. You can also watch this helpful video: [Facing Your Fears Video](#)

Lunchtime

Think about what you'll eat:

- Will you bring a packed lunch?
- Will you buy food there?
- If you get free school meals you might need a voucher or card to get your meal. You can check with your college how this will work.

Try out your new journey:

- Walk the route or take the bus before your first day so you know where to go on your first day.
- If you need help travelling on your own, the Titan Travel Team can help. Find out more about [Titan Travel Training](#).

Getting There



Find out what you need to take with you

- Books? Pens? A bag?
- Make sure you have everything ready the night before.

What to Bring



What to Wear

You might not need a school uniform anymore!

- Do you need special clothing – for example, safety boots, an apron, or other items you must wear for your course.
- Choose clothes that are comfy and right for the place.
- Lay your clothes out the night before to make the morning easier.

Keeping in Touch

Think about how you'll keep in contact with your parent or carer

- Do you have a phone?
- Do you know how to use it safely?
- Do you have the phone numbers you need?
- Can you call or message someone if you need help?

ATTENDING TASTER AND ENROLMENT DAYS



Taster Days

A taster day is like a practice day.

- You can visit the place before you start.
- You'll see what it's like and ask any questions you have.

You usually need to go to taster days before the college can confirm your place. It's really important not to miss them. If you can't attend for any reason, make sure you tell the college as soon as possible so they know what's going on.

It's important that you attend your enrolment days so that you can:

- Confirm your place — This is how the college knows you are joining the course.
- Meet your teachers — You can see who will be helping you and say hello.
- Get your timetable — You find out what days you come in and what time you start.
- See the building — You can look around so you feel comfortable when lessons begin.
- Ask questions — You can check anything you are unsure about, like travel or routines.
- Meet new people — You might meet classmates so the first day feels easier.

Enrolment Days

Getting Help When Things Feel Hard

If you're finding things difficult at your new place of learning, you don't have to cope on your own. Talk to someone you trust, like a tutor, support worker, or family member, and let them know how you're feeling. They can help you find the right support.

Please don't just not turn up or stop going — the college or your new setting can only help you if they know what's going on. Reaching out is a strong and positive step.