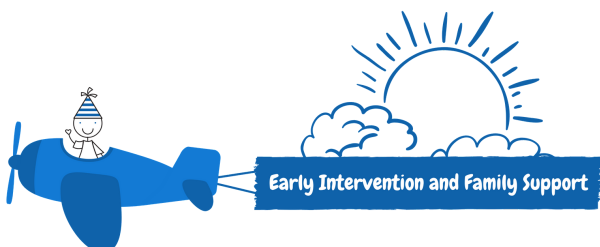




How to support me at college

Useful things to know, to ask and to do



In partnership with



Things to ask yourself



Are you happy to go to college?

If not, think about why. What's happening that's making it difficult? Talk to your tutor, a learning mentor or a trusted adult. Together you will be able to find solutions and actions.

Do the college staff understand me?

Ask someone at your college to talk you through the information they have about you. Is this accurate? Do you want them to know anything else?



How can I find it easier to talk to college staff and other students?

Find someone at college you can talk to if you need to. Is there a social group you can join? Is there someone on your course that you can say 'hi' to?

Is there something that I have stopped enjoying?

Talk to your tutor about how you're feeling and what you need. What has changed? What can they do to help you? What can you do to improve things together?





Do I need help with my learning?

Ask your tutor if you need more help with some work. Are there other people who could help you? What would help you learn and work better?

How can I travel to college?

Ask your tutor to help you plan your journey. Is there a bus route? Can you travel on your own?



Asking someone for help

Is there someone you can talk to?

Ask any of these people for help and support – choose the person you feel most comfortable with:



a friend



a relative



or contact us –



a parent



your tutor

- call us 020 8461 7630
- text us 07970 595 739
- email us iass@bromley.gov.uk
- visit www.bromleyiass.org.uk



Looking after yourself

Looking after yourself at college is really important, here's how:

If things are changing in your life, or if you aren't feeling happy, tell someone. Tell your tutor or another member of staff, and ask for a time and a quiet place to talk. Or, they might tell you about another adult who can listen to you and help you.

You can ask if there is somewhere you can go during breaks or lunchtime if you want some space from the crowds.

If you need help with your medical needs, find out who is the first aider. What information do they need to help you?

Get in touch with us



Call us - 020 8461 7630



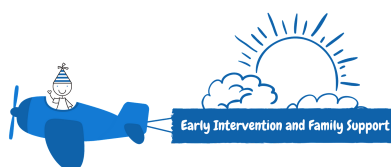
Text us - 07970 595 739



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