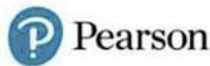




# CECOS INSIGHT SUMMER

NEWSLETTER 2022



SUPPORTED BY  
MAYOR OF LONDON



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# Principal's Message

As we come to the end of another hugely successful year for CECOS College, we would like to acknowledge the fantastic efforts made by all staff in transitioning back from online to classroom based learning, ensuring our student experience is the very best it can be at all times – thank you all! And all of this whilst continuing to grow our student number base to 1,311 HE students and 1,050 FE students, which will continue to rise until the end of the year.

It is good to have all our students back in the College, participating in lessons and meeting socially around the campus. The College has a real buzz about it, and our nine lecture rooms and three IT suites are now fully utilised 7 days a week. We are currently developing additional lecture rooms and student facilities in the centre opposite the College, as we prepare for further expansion of both our Further and Higher education provision.

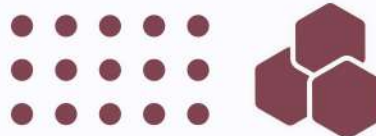
This year, we also opened our new Birmingham Campus in Digbeth opposite the 2022 Commonwealth Games site which is only 10 minutes from New Street Station and the Bullring, ensuring students can get to us easily. Based on three floors there are nine lecture rooms and two IT suites, along with a library and multifaith prayer room.

The FE team have continued to grow their provision, through some excellent partnership working with local authorities. I would particularly like to recognise their excellent work with the West Yorkshire and North Tyneside combined authorities.

Both contracts have delivered against all student number targets and most importantly, they have achieved very high levels of positive progression into employment. A significant number of our students have found work in the Health & Social Care sectors, making a positive contribution in an areas of national skills shortages. To complement all of this the team will be introducing a new level 3 Bridging Course, as a progression pipeline programme for our own Bachelors degree in Health & Social Care.

The FE team have also been busy with working on all aspects of quality, as they look to a potential Ofsted visit next academic year. Bev has been working hard on the development of new Self Assessment Report (SAR) and Quality Improvement Plan (QIP) templates, and the management team will all be contributing to their development at the July workshop. Gulshad has been reviewing the lesson observation system to make it more supportive and impactful for colleagues. Sarah is supporting our quality journey with improvements in data capture and reporting. She is currently working to ensure all attendance data is captured in PICS so we can benefit from better and more timely attendance reporting.

There will be an 'all FE staff' team meeting to update staff and share our strategic direction, along with key challenges for the coming year. This will also give staff the opportunity to ask questions of the management team.



Our partnership with Staffordshire University continues to develop and grow.

We are now recruiting for the a BSc (Hons) in Health and Social Care degree with a foundation year alongside the BA (Hons) in Business and Sustainability which is proving very successful and popular.

The Business top up degree continues to produce outstanding results with the recent cohort achieving 5 first class; 42 upper second and 29 lower second degrees and students will attend the graduation in July at the University. This is a great result we are so proud of our graduates.

I'd also like to congratulate Dr Rhyddhi Chakraborty, who will be taking up the position of Programme Leader for our new BSc in Health and Social Care.



# Higher and Further Education Sector Updates

In September 2022 we start delivery of the BSc (Hons) Health & Social Care with foundation year as well as a Masters in Business Administration (MBA) which we are also really excited about. In addition, our great FE team have extended the wide range of programmes they offer from our London, Leeds and Newcastle Campuses and there are more details in this edition of the newsletter.

## Looking more widely across our sector:



- The Government's Higher Education (Freedom of Speech) Bill 2021 will change the way that universities and students' unions work to protect freedom of speech and academic freedom across the higher education sector. It also seeks to ensure people are supported to get the skills they need throughout their life via the Lifelong Loan Entitlement. This will provide a new and flexible way of providing loan support for post-18 study. Individuals will be able to access a loan entitlement to help them pay for the equivalent of four years of post-18 education that they can use over their lifetime for a range of studies, including shorter and technical courses.
- In April, after 11 months of fierce debate in both Houses of Parliament, the Skills and Post-16 Education Bill was enacted into law. The government says that the new Act underpins the transformation of post-16 education and skills as set out in the Skills for Jobs White Paper and will help level up and drive growth across the whole country. Employers will be placed at the heart of the skills system so that the training on offer meets the needs of local areas and people 'no longer have to leave their hometowns to find a good job'.
- The Education and Training Foundation (ETF) has published an updated version of its 'Professional Standards for teachers and trainers in the Further Education and Training sector in England'. The updated standards were developed in consultation with a wide range of organisations and practitioners and, says the ETF, are 'part of its commitment to supporting the sector, and developing the expertise and professionalism of teachers, trainers and leaders'.
- A report published by the Office for Students (OfS) reveals that degree inflation is continuing to spiral. In the summer of 2021, almost four in ten (37.9%) university graduates were awarded a first-class honours degree and more than eight in ten (84.4%) were awarded either a first or an upper-second class honours degree. The proportion of graduates achieving a first-class degree has more than doubled since 2011, and the OfS has expressed concerns that the sustained unexplained increase in degree grades awarded since then is undermining public confidence.

I would like to finish by congratulating all our learners on their success and as importantly the staff at the college, who all played a very big part in ensuring student achievements improved yet again this year. THANK YOU AGAIN FROM THE Senior management team.



# HE Updates - BTECH Higher National Certificate & Diploma in Business



## 1. Responding to Student Feedback

CECOS College London ensures that students' responses and suggestions are implemented and effective changes are made that enhance students' experiences and benefit them appropriately. As a result a number of opportunities were provided for social interactions and various outdoor excursions for students and staff organised. This includes day trips to Sky Gardens, the British Library, the National Gallery and Durdle Door, a beauty spot on the coast in Dorset..



## 2. Outstanding Achievement

Students make substantial efforts to engage with their course which is reflected in their achievement records. CECOS College London believes that students' engagement is closely connected with their academic achievement. Hence, a significant amount of time and effort is being placed on enhancing their experience through academic support. This includes tutorial support, study skills sessions and enhancing the class room learning environment.

The efforts invested in maintaining academic standards are evident through students' outstanding achievement records for HN programmes. HNC and HND students' achievement rate is 92% to 96% and additionally, 99% students remain engaged with their courses. Students' engagement with their subjects and achievement records demonstrate that students develop critical thinking, interpersonal and contemporary employability skills during their course of studies



# Education and Teaching/Training Programme Update

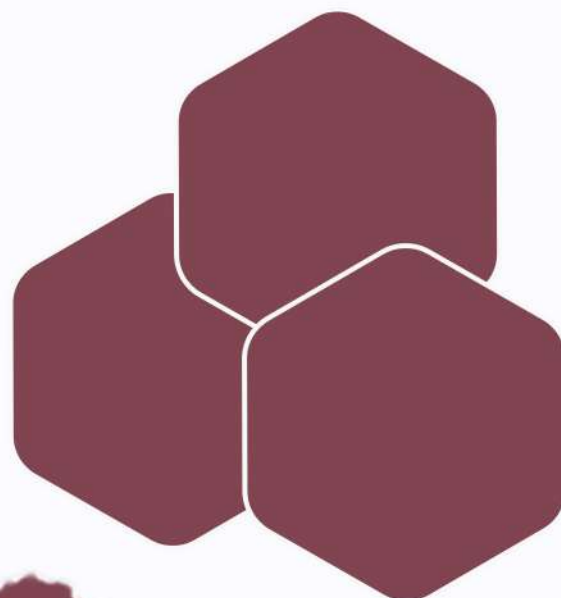
DET programme is proving popular on both our London and Birmingham campuses with around 400 students and 22 staff supporting delivery across both sites campuses. The DET team and support staff have a central focus on the care and well-being of the students including their opportunities to fulfil all aspects of assessment requirements. Staff are also engaged in ensuring they keep up their professional development including undertaking the IQA Assessor course, and following up fellowship opportunities with other academic and professional bodies which offer opportunities to facilitate and enhance opportunities for our students. Our DET Team proudly celebrated the Queen's Platinum Jubilee representing a wide diversity of different commonwealth nations, and were joined by staff from across the College.



We are also proud to announce that one of our lecturers, Mr Ali Gohar, presented the following two research papers as part of the 14th annual International Conference on Education and New Learning Technologies (EDULEARN22) held in Palma de Mallorca (Spain) on the 4-6th of July 2022.

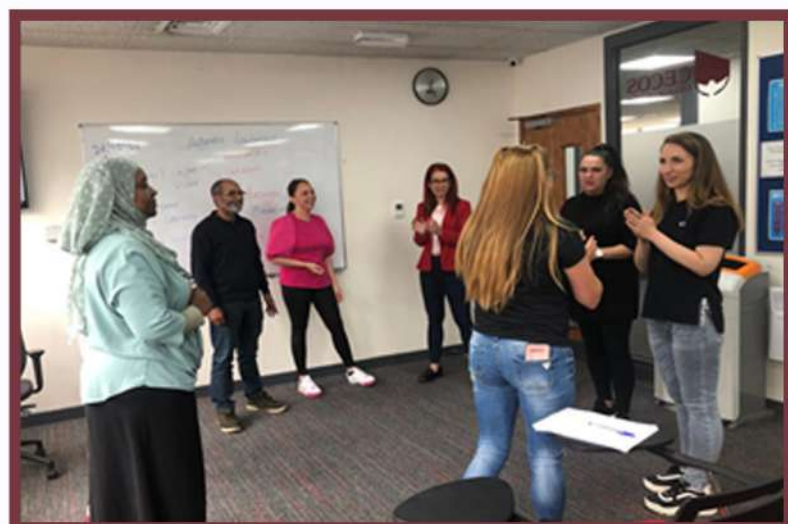
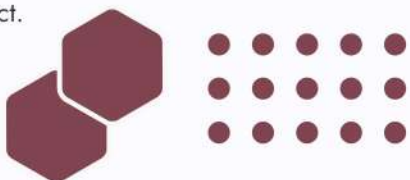
- ***Designing an Innovative Mobile-Enabled Continuous Professional Development Solution for Teachers***  
(can be accessed via the link: [https://iased.org/concrete3/view\\_abstract.php?paper\\_id=97435](https://iased.org/concrete3/view_abstract.php?paper_id=97435))
- ***Reshaping Narrative of Schooling in Pakistan through Technocentric Discourse: An Anecdotal Thought***  
(can be accessed at: [https://iased.org/concrete3/view\\_abstract.php?paper\\_id=97453](https://iased.org/concrete3/view_abstract.php?paper_id=97453)).

The above papers will be published in the EDULEARN2022 online journal and will be indexed in the Web of Science - Conference Proceedings Citation Index (WoS-CPCI). He is also pleased to share that one of his research works entitled ***"The Conceptual Framework of Designing a Mobile-supported Continuous Professional Development Programme for Primary School Teachers in Sindh, Pakistan"*** was accepted for presentation at the ***20th Academic Practice and Technology (APT2022) conference*** co-hosted by University College London (UCL), the London School of Economics (LSE) and Imperial College London on Friday 1st July 2022.

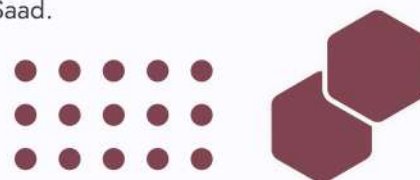


# BA (Hons) Business Management & Sustainability & BA Top Up News

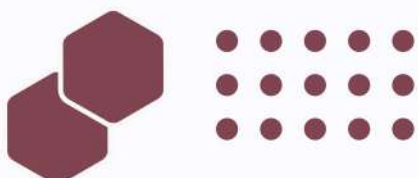
As always our BA Business Top Up and our Foundation courses in Business and Sustainability (BMSF) students have been busy with activities & presentations. Some of the Foundation Students have been undertaking research into TESCO as a business model and debating the identified strengths & weaknesses. They came up with some very salient points! Students on the BMSF programme have also been delivering presentations on their Business Simulation project.



At the same time the BA Students on the Top Up programme have been continuing their research into effective business strategies with presentations on the importance of a structural culture for individual businesses. Development of collaboration and good communications are taught and tested through playing the 'clapping game' where students learn through theory as well as practice assisted by their lecturer Saadia Saad.



Finally our congratulations to the BA (Hons) Business Top Up students who completed their programme in June with a remarkable 5 students achieving a first class degree, 45 students achieving an upper second class degree and 29 students achieving a lower second. Students will be graduating in July at Staffordshire University, and we hope to see some of them return to College in the autumn to continue their studies by progressing to the New Masters in Business Administration (Marketing Pathway) programme.



# FE Update - WYCA (West Yorkshire)



## Leading the Way in the Digital Revolution

Spring and early summer has seen CECOS College roll out, and increased the volume of uptake in Essential Digital Skills Entry Level 3 and Level 1 across West Yorkshire. Identified by the **Combined Authority** as a key skills gap, we have been delivering the provision in our Leeds centre and community centres across Bradford, Wakefield and Batley.

This course enables learners to utilise a variety of devices to search for accurate information, formatting text and how to manage their digital footprint.

We compliment this offer by also running the Level 2 IT Professional diploma which is a potential progression route for learners.



# A Pathway to Success – Lubna’s Story



A Big shout out to Lubna Tila for her successful progress. Lubna is studying to enable her work progression opportunities and support her learning journey to becoming a Teaching Assistant.

Moving to Bradford from Pakistan 10 years ago, Lubna converted her Pakistani qualifications to their UK equivalent. However, to move into the career of her choice she needed to achieve English and Maths GCSE.

Lubna, joined CECOS College and has already achieved Level 1 in English and Maths. Lubna is looking forward to progressing onto Level 2 in English and Maths which will greatly improve her work progression opportunities and allow her to secure a position as a Teaching Assistant.



## Here is what Lubna had to say about her Learning Experience with CECOS College:

*“ I had online assessment just to see which level I would fall into. From the start, getting enrolled on this course was really smooth.*

Luckily my teacher was Mr. Nadeem Hussain. I remember the start of my first lesson which was (Getting to know each other). I would say that the first lesson calmed down so many nerves. I would like to add that Mr.Nadeem has got all the skills to make any lesson interesting yet funny for foreign learners.”

“At the end I would like to thank CECOS College for providing people like me with this opportunity, so that we can easily excel in our careers. How can I forget about my teacher Mr.Nadeem Hussain for being such a great, supportive teacher who understood the needs of each and every learner and delivered all the lessons so effectively.”

“I am looking forward to being a part of Mr.Nadeem class for my Functional skills, Level 2 English and Maths courses.”

Good luck Lubna from the FE team with your level 2 Functional Skills qualifications and thank you for choosing CECOS College for your studies.

**West  
Yorkshire**  
Combined  
Authority



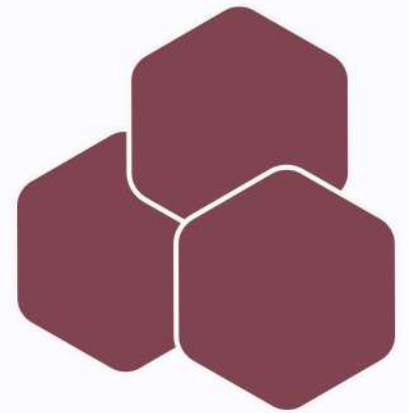
**NORTH  
OF TYNE**



**COMBINED  
AUTHORITY**



## The Alumni Group Klaudia – One Year On



It was great to hear from Klaudia after completing her first year at University.

Klaudia let us know that she has achieved first class grades and entry into her second year!!!

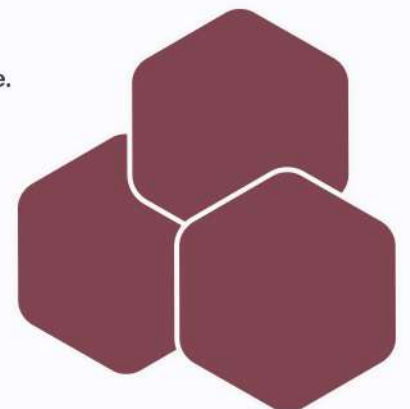
Klaudia once again expressed her gratitude to the staff at CECOS College.

“ This jump I made from my first steps in CECOS and what I have achieved now is so huge. I feel more confident with my language”

**CECOS College** has given me an opportunity to grow up. The staff and my tutor Marie gave me hope and a helping hand.

Now I can say that I am one of the really good students on my course.

*Thank you so much for this help, you can't imagine how I have changed my life.”*



# CECOS College London based Continuing Professional Development Courses.

CECOS are working in partnership with Professional Training Solutions (PTS) to deliver a Greater London Authority (GLA) contract, through the Adult Education Budget (AEB) entitled Good Work for All.

GLA AEB Good Work for All is the Mayor of London's recovery programme.

The purpose of the Good Work for All programme is to put in place additional provision and activities funded through the AEB budget, to provide Londoners most affected by the pandemic with the skills to help them access new and appropriate work opportunities.



*The programme CECOS College London are delivering is aimed at individuals who live in London and are:*

- Employed in the Health and Social Care or Childcare sector and keen to update their CPD to support sustainable employment and progression.
- Unemployed individuals who are eager gain employment or progress to Further/Higher education in the Health & Social Care & Childcare sector.

These programmes also match skills shortage areas in Greater London, where currently there are high numbers of vacancies.

*Individuals can choose one or more of the following funded NCFE accredited qualifications:*

- Level 2 Certificate in Preparing to Work in Adult Social Care
- Level 2 Certificate in Understanding Adverse Childhood Experiences
- Level 2 Certificate in Understanding Autism
- Level 2 Certificate in Understanding Behaviour that Challenges
- Level 2 Certificate in Understanding Children and Young People's Mental Health
- Level 2 Certificate in Understanding Domestic Abuse
- Level 2 Certificate in Understanding Nutrition and Health
- Level 2 Certificate in Understanding the Safe Handling of Medication in Health and Social Care
- Level 2 Certificate in Falls Prevention Awareness
- Level 2 Certificate in Mental Health Awareness
- Level 2 Certificate in the Principles of Dementia Care
- Level 2 Certificate in the Principles of Working with Individuals with Learning Disabilities
- Level 2 Certificate in the Principles of Prevention and Control of Infection in Health Care Settings.



*We are delivering the courses either through study in a classroom setting or remotely with support from a Tutor*



# Partnership News



## University of Bedfordshire



During the summer term we welcomed senior staff from the University of Bedfordshire (UOB) to our London campus for a site visit. This provided a useful opportunity for both HE organisations to share best practice and to engage in discussions with input from UoB's Gordon Mellor, Tim Gregory and Susan Lin.



## Pro Training Solutions

The lovely Zoe Huggins (second from right), Partnership Manager of Pro Training Solutions came to CECOS College for a monitoring visit. Thank you to Zoe for spending time with our learners and tutors who enjoyed the visit.



## Staffordshire University



Thank you to John Wheeler, Syed Zaidi, Bharati Singh and Carol Southall from Staffordshire University Business School for visiting CECOS College and meeting with our students in the lunch time forum. The forum went through their student journey and the concept of 'you said we did'.

## Rumi Mosque- Press

We look forward to empowering #Women #Youth #Refugees #Minorities and #MentalHealth sufferers through many certified courses and training opportunities through local community partnership @CECOS London College.

Thank you Mudassir and Hariss, we are #StrongerTogether for the #community



# 2022 GRADUATES

Massive congratulations to our BA (Hons) in Business students who graduated on the 20th July 2022 at Staffordshire University.

Graduates were able to celebrate their hard work as well as reflecting on all their achievements with their families and friends.

This transition from the pandemic has not been an easy one. We are all extremely proud of our students for staying so committed to their studies and to working through the adjustments made throughout the year.

Learning is a continuous and rewarding achievement. As you all embark on your new adventures, we wish you all the best for your future careers as you all make a difference in the community in your own unique ways.

We truly hope your time at CECOS College has been a transformational and your remarkable achievements will help you towards your goals and the ongoing journey of self-discovery.



# Staff in the Spotlight - Eren



1. What is your job role in CECOS College and what is a typical day for you?

As an Admissions Officer my role involves providing responsive and efficient admissions service to prospective students.

2. What is the one thing you cannot resist?

Shaking my leg.

3. What is your greatest fear?

My inability to push myself out of water if I have a seizure.

4. Where is your favourite place to be?

My bedroom because that's where my console is.

5. Where is the best place you've travelled to and why?

The wind blows like an angel's kiss. The rest is a plus. Bodrum (Turkey)

6. What would you do (For a career) if you weren't doing this?

Footballer.

7. Any favourite Line from a movie?

"Hasta la vista, baby" - Terminator 2

8. If you could choose anyone, who would you pick as your mentor?

Morpheus from the Matrix

9. If you could learn to do anything, what would it be?

Learn the formula to immortality.

10. What are 3 words you'd use to describe CECOS College?

Captivating, Priceless, Entertaining

11. If you won the lottery, what is the first thing you would do?

Buy a mask to hide my identity as I pick up my winnings.

12. What music is on your iPhone?

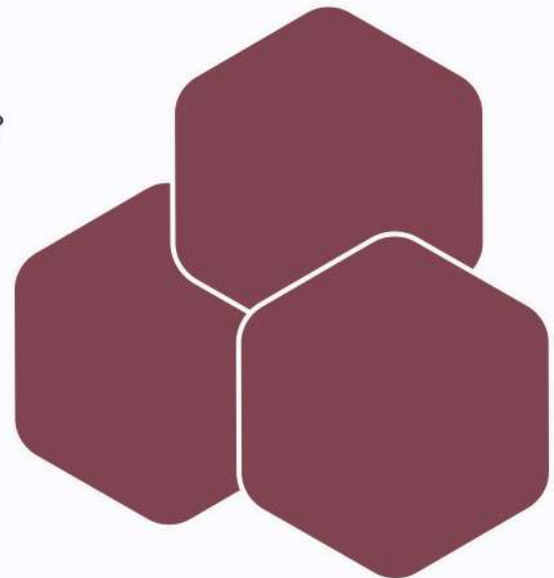
My music varies from all different mixes but I prefer things that are catchy.

13. What chore do you absolutely hate doing?

Whatever my mum asks me to do cause normally involves my man strength.

14. If you could meet anyone, living or dead, who would you meet?

God to ensure he is real and to convince him to reveal a loop hole to avoid going to hell.



# Adding Value – College contributions & opportunities from a learner/teacher perspective by Nasreen Ali, lecturer.



College is the place where I started my learning. Apart from learning to read, write, and excel in academics, College can teach us valuable life lessons that we can incorporate in to our daily lives. It is the place where the foundation of our knowledge and morals are laid. So let's look at some of the things that are worth remembering.

College helps us to learn new things. The teachers are always helpful and teach us important things in life. College teaches us how to be consistent, punctual, and obedient. It also makes us better human beings so that we can treat our elders with respect. Most of what we learn is a result of the learning imparted by our teachers.



College life is the period that makes up most of your childhood memories. We learn to support ourselves by getting on with our classmates. Colleges are the framework that builds our moral characters and serves as a pathway that we must follow to achieve our dreams.



When I was studying in college, I felt comfortable and built-up learning and teaching skills especially thanks to every staff member who supported me and encouraged me to achieve my grades. I was very happy to get my qualification.

After completing my qualification, I got a job at CECOS COLLEGE London. As a former student of the College and now as a lecturer, I enjoy the opportunity to work with team members. They are very supportive and encouraging and give me the motivation to develop my career progression. I always feel confident when working with them. They are helping and advising me on the preparation of lessons and providing me with ideas as to extra activities in the classroom. Every day I learn about new developments and actions which can support my career improvement. Thank you for supporting me and developing my passion for my career.



# Student in the Spotlight – A DET Student



## 1. Tell us about the greatest obstacle you've overcome?

The greatest obstacle that I have faced is my lack of self-belief. It wasn't until I achieved my degree in history that I began to believe in myself, which was the happiest and proudest moment of my life. I still remember the feelings upon receiving my results!

## 2. What has been the happiest and proudest moment of your life?

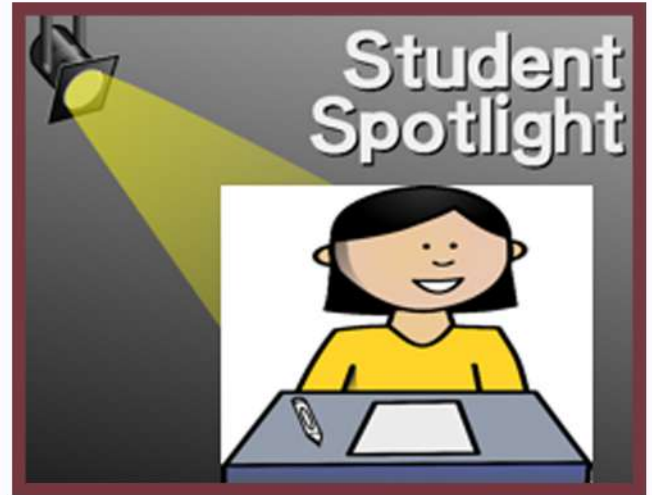
I guess for me that is being healthy and happy.

## 3. How do you define success?

For me, success means being at peace with myself, being happy, loving and loved, and most importantly, having no fears.

## 4. What is your secret to your College success?

Dedication, and determination, not letting anything stand in your way!



## 5. Which book would you like to recommend?

I love reading historical history, so I guess it would have to be any book by Bernard Cornwell. His love of history shines through his characters and the historical facts are as accurate as can be.

## 6. What will people be surprised to know about you?

People would be surprised to know that I did my history degree with six children, my youngest was 3 at the time.

## 7. What inspired you to pursue the Diploma in Education and Training?

I decided to pursue the DET course because I want to pass on my love of history.

## 8. What do you aim to achieve in life?

In life I aim to travel, to be healthy and happy.

## 9. What is a cause you are passionate about?

I am passionate about teaching the unknown history of the world.

## 10. What has been your greatest challenge as part of your studies?

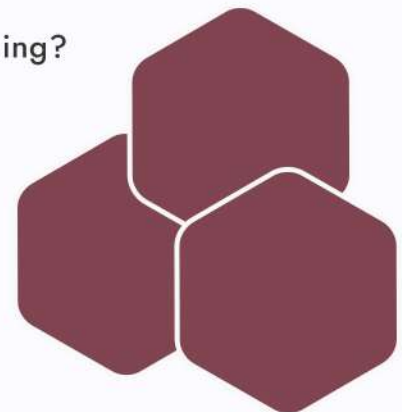
My greatest challenge I have faced in my studies is my mental health and anxiety disorder which can cause me to worry too much about things going on in my life, make me anxious and stop me believing in myself. I haven't overcome this totally but with help from my support worker and the College I am persevering with the course.

## 11. How has the College supported you?

The college has supported me by giving me extra time to submit my assignments, taking time to explain things to me, even if its more than once!

## 12. What advice do you have for incoming students?

Take the opportunity with both hands, attend classes, take part and enjoy.



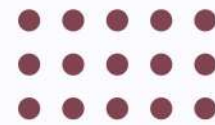
# My Student Journey by: Alia Khan



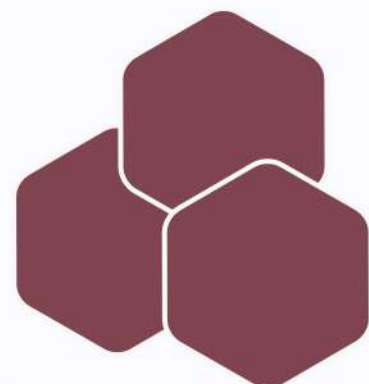
Hello everyone, my name is Alia Khan and I am a student at CECOS College London. I have finished my HND in Business, BA Top Up in Business Management and now I am studying for a Diploma in Education and Training (DET). From a personal perspective, College is more than book learning (although obviously you are there to learn) — it's about getting out on your own for the first time, exploring new things, meeting new people, and learning everything from how to conduct research properly, to how to deal with difficult and/or awesome situations.

Starting at CECOS College after a long break in education was the biggest decision of my life. I am still happy that I made this decision and thus started my journey at CECOS College. Whilst at CECOS I have been granted the opportunity to partake in many of my most remarkable and enjoyable moments in education. CECOS College exposes me to a variety of new experiences which I always dreamt of partaking in. It acts as a transition to prepare me to be more independent later in life. This has given me more knowledge on what I wish to pursue after education, in terms of a career.

Talking about my CECOS College life, I am enjoying my time to the fullest and had some of the best days of my life whilst in an educational institution. When I was admitted to CECOS College, I was afraid and unaware of my surroundings as all the people were new to me. However, I then started enjoying my college life and made some fantastic new friends. I loved everything about this college: my friends, wonderful teachers and helpful staff.



CECOS College taught me many things and built my confidence to face the challenges and struggles in the future. Instead of just focusing on my studies, I am now participating in other activities and try to socialize as much as possible. All these things help in the overall development of my character.



# CECOS COLLEGE STUDENT VIEWS & FEEDBACK



At CECOS College we view our students' feedback as one of the most important sources of information which affects not only what we do, but also how we do it. We also do our best to let students know what we have done in response to their feedback through notices, tutor & lecturer feedback and updates on the College website.

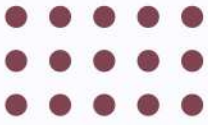
The feedback from students has confirmed that they are happy with the clarity of learning objectives, the quality of the teaching and support and with the content of the units they study.

Students have provided the College with some very positive feedback and have also drawn attention to things the College could do to make their learning experience even better. Students have let the College know that they are very satisfied/satisfied with the quality of teaching they receive and the content of the unit and quality of support materials.

Assessments and the support is an area that the College has addressed by ensuring the volume and timing of assignments do not put excessive pressure on the students.

You Said	We Did
The assignment load was difficult to manage in some units	Rationalised the assessment requirements of units and increased support including through study skills.
More explanation and support with understanding assignment requirements	More Study Skills sessions focused on supporting students to complete assignments. Lecturers provide more ongoing explanation of assignment evidence needs.
Recognition of travel related problems and issues	Classes transferred on line when travel conditions become difficult as a result of strikes, bad weather or power cuts.
Very satisfied with the quality of teaching	A programme staff development workshops which focus on maintaining and improving the quality of learning and teaching.



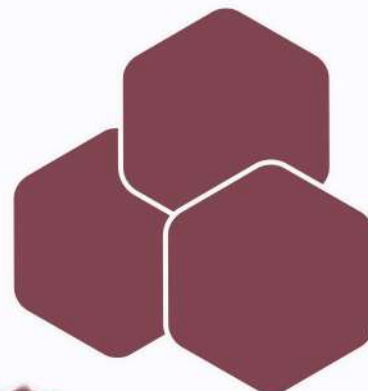


# CECOS COLLEGE CELEBRATE THE QUEENS PLATINUM JUBILEE

On Wednesday 1ST June CECOS COLLEGE celebrated the Queens Platinum Jubilee marking 70 years on the throne, with an Afternoon Tea Party. Staff brought in food from all over the world embracing how diverse and unique we are. Many staff members wore traditional clothing in celebration of the Jubilee, laughter and smiles abounded as we drank English tea and ate sandwiches. It was wonderful to see staff who had taken part in Diamond Jubilee Celebrations here at CECOS College. Thanks to those who were involved in making this event possible and such a success including managing to get people to reunite. It is nice to see the organisation making an effort to mark this special occasion and bring the community together.



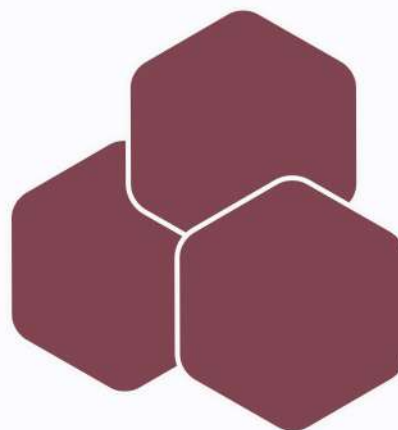
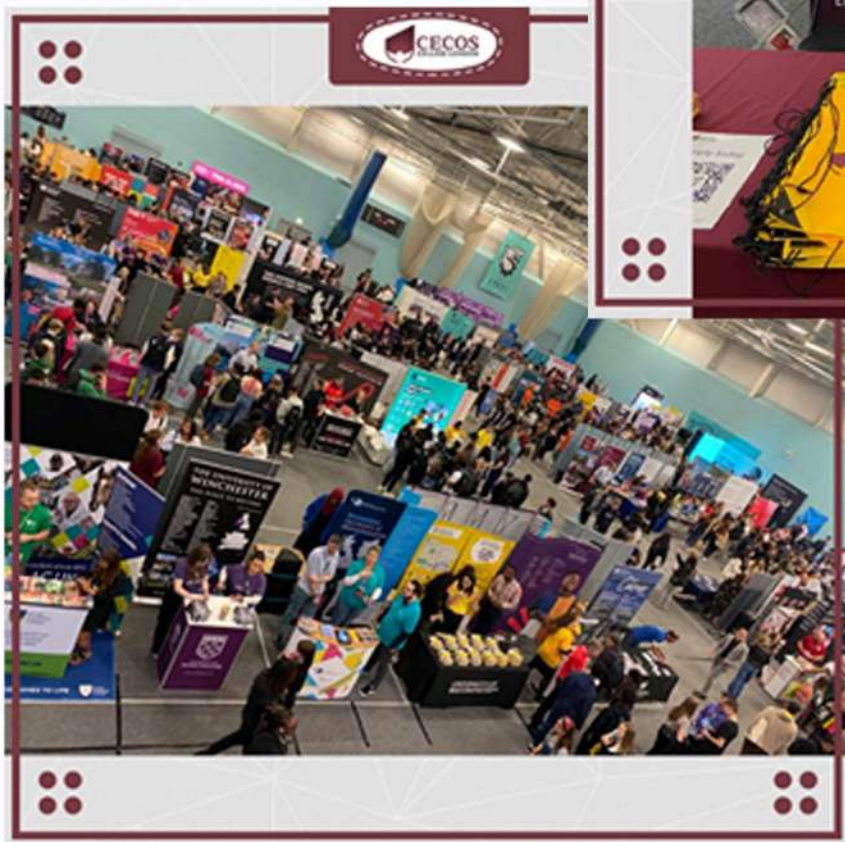
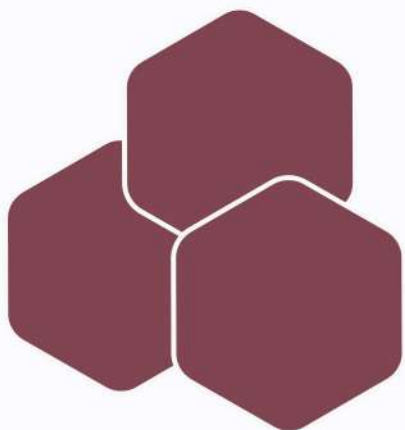
We hope everyone had an enjoyable Platinum Jubilee holiday as we celebrate the remarkable achievement of a truly remarkable monarch.



# Come & Meet Us!



Going to a UCAS exhibition can be an overwhelming experience. The events are bustling, with lots of stands full of Higher Education providers, employers and funding bodies there to answer your every question. UCAS Higher Education fairs and events are an excellent opportunity to meet CECOS College representatives, chat to our expert staff on student life and advice on how to choose the course that's right for you at CECOS College.



The team were so excited to be able to meet our future students at the UCAS events in London and in Birmingham! Many have now enrolled with the guidance and support from our staff ready for the September 2022 intake. Together we will create a better future for all through education, enterprise and employment.



# Mental Health Awareness Month – May 2022



Mental health awareness is increasingly recognised as an important matter for individuals, institutions, communities and countries as a whole. It has also become a topic of debate at a national level with policy developments and advice and guidance being provided to support staff and student retention in HE sector.

This year the official theme for the Mental Health week between the 9 – 15 May was loneliness, a condition which affects millions of people worldwide, and is on the increase as a factor in mental health in the UK.

It is important to create spaces where institutional approaches are discussed not only towards staff and students' mental health and wellbeing but also for their positive experiences. To highlight this and to keep students and staff engaged with this important theme, CECOS College celebrated a Mental Health Awareness Day on Friday, 13 May 2022.

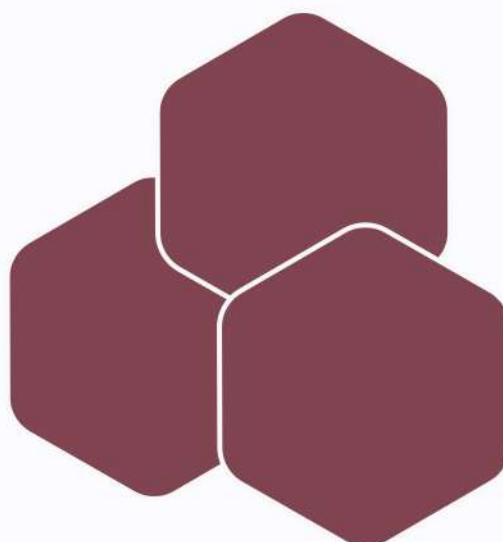


Time was allocated to discuss topics related to raising awareness of mental health issues. Staff and students were encouraged to wearing green to show support for the importance of recognising and actively supporting mental health. The discussion topics range from:

- How to look after your mental health?
- How to reduce stress?
- Discussing how to support good mental health at work.



Many thanks to Fatima and her team for arranging the CECOS Mental Health Awareness Day, and to all the staff and student mentors who take time to work with students who may be experiencing temporary or longer term issues.



# Training and Development for CECOS Staff



Over the last three months staff at CECOS College have been able to take part in a number of workshops aimed at providing both training on essential topics such as Data Protection and Safeguarding, and on areas linked to supporting students and enhancing the student learning experience.

The workshops which have been held over lunchtime periods or early on Friday afternoons have been organised by Mandy Hobart, our Director of Student Learning and co-delivered with Fatima Nazir, the Programme Manager of HNC and HND Business Studies. Staff have been able to join the workshops on line, and also in person on the London campus.

All staff who take part workshops receive a certificate of attendance which they can use as part of their evidence of continuing professional development. Sessions have also been recorded and will be available to view online shortly.

Our thanks to all those who took part in the workshops and we will be organising more sessions over the autumn and winter months. We would also like to invite our students to take part in some of these activities so that their views inform and support making teaching and learning at CECOS College a high quality learning experience for all.



Yesterday I was clever, so I  
wanted to change the world.  
Today I am wise, so I  
am changing myself.  
-Rumi



# *Are you looking to start your higher education journey?*



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- Diploma in Teaching and Learning (DTL Level 6)
- BSc (Hons) in Health and Social Care (including Foundation Year)
- Masters in Business Administration (MBA) – Marketing



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