



Further Education – sixth Form, college and university after ABI

“Leaving school and going to college is a big step. Everyone feels nervous and it is a very exciting time. Sometimes all of the excitement can be a bit overwhelming and you might have lots of things you are worried about.

Here are some positive things to think about. It might stop you from worrying so much:

- Everyone has first day nerves!
- Everyone is new to the college so you aren't on your own.
- Everyone will want to make friends so expect lots of nice people to want to get to know you.
- You will get to know your way around, but if you have problems ask for help. Your classmates should help you.
- If you are worried about the journey to college, maybe you could do a few practice runs so you feel happier.
- When you get your coursework, don't panic! It looks a lot on the first day but you don't have to do it all at the same time.
- The teachers will be more relaxed than they were at school.
- There will be support if you need it but you might have to ask. See if Student Support Services can help.
- The friends you will make at college will be friends you know for life!

