



# GET MORE FROM COLLEGE

# **Enrichment Opportunities**



















## **CONTENTS**

**07**INTRODUCTION

**08**CITY OF LIVERPOOL COLLEGE STUDENTS' UNION (COLC SU)

**09**ENRICHMENT BENEFITS

11 CLUBS, SOCIETIES & TRIPS

**13** HEALTH & WELLBEING

14 - 15 LEADERSHIP

17
LIFE EXPERIENCE

18 VOLUNTEERING

19 CARE EXPERIENCED LEARNERS





Enrichment is one of the best things about coming to College. It's a fun way to develop important skills and get a great qualification!









# **INTRODUCTION**



Joining The City of Liverpool College is not just about achieving outstanding results. Our students thrive because they invest in both their studies and their personal development. It's all about making friends and gaining new skills and interests that build on their confidence as they get involved in our wider college community.

Here at the college, we've developed a range of enrichment activities that aim to enhance your studies. These include clubs and societies, beneficial health and wellbeing activities, entrepreneur meet-ups, as well as volunteering opportunities where you can make a real difference in your community.

Our programme is all geared up to develop a wide range of skills that will not only support your career and life experiences but also develop your leadership skills...they're what will set you apart from the rest when applying for university or entering the job market!

Universities and employers also recognise that taking part in enrichment activities says a lot about the kind of person you are - and how you've developed during your time with us.

We've got something for everyone and encourage all students to get involved in any number of our enrichment activities alongside their timetabled studies.





# CITY OF LIVERPOOL COLLEGE STUDENTS' UNION (COLC SU)

#### COLC SU AIMS & MISSION:

- To provide high quality, relevant student-led enrichment opportunities across college.
- Striving to raise student aspirations and help them to develop, progress and achieve their goals and enhance employability.
- Build a sense of community and increase motivation, retention, achievement and enhance the student's overall college experience.
- Meet the needs of students, staff and the overall college aims.

The City of Liverpool College Students' Union (COLCSU) is an independent organisation run by students for students. It works in partnership with the College to ensure students achieve a positive experience during their time with us.

As part of the work they do, COLCSU strives to ensure inclusivity and represents students' views when in meetings with staff and management. It also organises trips and events throughout the year, provides funds for student enterprise projects, raises money for good causes and heightens awareness around specific campaigns the student body chooses to focus on.







## **ENRICHMENT BENEFITS**

Our enrichment activities aim to offer you different fun experiences, as well as the chance to gain useful skills for the potential career you have in mind.

#### **Benefits of Enrichment include:**

- A chance to learn and develop new skills
- Enhance your UCAS application and CVs
- Get extra qualifications
- Develop resilience, confidence and independence
- Give back to the local community
- Increase employability
- Enhance employability skills
- Gain Business knowledge
- Opportunity to start your own business
- Financial literacy
- Mental and physical fitness
- Life skills -e.g.cookery, teamwork
- A sense of community and belonging through working with others.





# **CLUBS, SOCIETIES**

# & TRIPS

#### **CLUBS & SOCIETIES**

If you have a specific interest, you can set up your own club and society with support from the Students' Union. Examples of previous clubs include LGBTQAI+, table tennis, board gaming, pool, creative writing and disability groups. Our clubs and societies provide you with an opportunity to meet students who share a common interest. and you can connect via weekly sessions, events and trips. Our social spaces at the Learning Exchange (Roscoe Street) and Vauxhall Road provide a place where you can relax and unwind during breaks, as well as the opportunity to play games including pool, table tennis, Xbox and PlayStation whilst also connecting with other students from across the campus.

#### **TRIPS**

Throughout the academic year, we host a diverse range of exciting trips that you can join, to make your time in College more enjoyable. Examples of these include bowling, Blackpool Pleasure Beach, Arcains, Go Karting, and much more.









## **HEALTH & WELLBEING**



#### WELLBEING

We run events and activities aimed at educating and promoting mental health and wellbeing issues, including Brew Monday, Mental Health Awareness Week and World AIDS Day.

#### **SPORTS & FITNESS**

We provide a varied sports programme that caters for all students at the College. Through this programme you can access the multi gym at the Learning Exchange as well as weekly sports sessions, including basketball, football, badminton and tennis.



#### **LEADERSHIP**

The SU really help you to meet new people, build your confidence and offer encouragement to try new and interesting activities.

### EXTERNAL PARTNER PROGRAMME

We work with a range of local partners to deliver personal development programmes Including GOAL, Liverpool FC Foundation, and National Citizen Service.

#### **NATIONAL CITIZEN SERVICE**

The National Citizen (NCS) autumn and summer programme is open to all 16- and 17-year-olds students via our delivery partners, Everton in the Community. Through NCS, young people take on new challenges through residential and outdoor activities, meet new friends and take part in community projects.



In the Autumn term, we also run a bespoke outward bounds activities programme where you'll head for the hills and leave the familiar behind. On this week-long journey of discovery, you'll take on adventures geared to overcome challenges and learn all about leadership, teamwork and self endurance



#### **ENTREPRENEURSHIP**

We have links with local partners who are ready to support students interested in setting up their own business. These business leaders include The Prince's Trust, The Women's Organisation and the Brett Centre for Entrepreneurship.

Students attend monthly entrepreneur meet ups, giving them the chance to network with other enterprising students and gain first-hand knowledge from inspirational guest speakers about what it takes to be successful.

Students have the opportunity to develop entrepreneurial skills through a number of projects and initiatives, which include our soap making and Hair2care projects.

#### **COLC SU PARLIAMENT**

Each year a President and Vice President are elected to run the COLC Students' Union. These roles are open to all current students and are parttime/paid positions designed to fit around a student's studies. The President and Vice President run the parliament meetings, organise trips and events, support executive officers and meet with the College Principal and managers to represent the views of students.

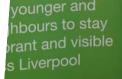
There are also several voluntary executive officer roles available which are open to current students. These include Women's Officer, Disability Officer and LGBTQAI+ officers. As well as the executive officer roles, there are officer positions available for each campus with the main focus geared to running campaigns, setting up groups, helping to decide how the budget is spent as well as meeting with college managers to ensure the





# LIVERPOOL CARES















# LIFE EXPERIENCE

#### **CULTURE & DIVERSITY**

We are committed to celebrating our diverse students and the cultural heritage that runs throughout the city. A wide range of events are planned and delivered by current students, which include Black History Month, World Hijab Day, Pride, International Women's Day, MACFEST and EID. We also invite guest organisations into College to join us in educating and celebrating with our wider student community at events such as MACFEST, Anthony Walker Foundation and Axess.

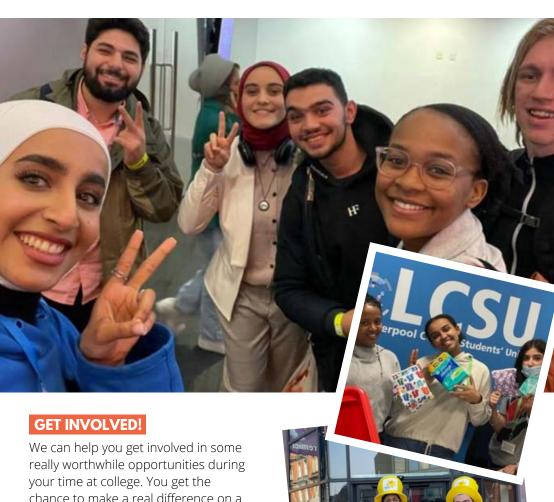
#### **GUEST SPEAKERS**

Throughout the year we invite a range of industry experts into College from across the region to talk about subjects that are relevant to both your studies and the world at large. These include Agent Marketing, Anthony Walker Foundation, Choice Life project and GenderSpace UK. These business leaders deliver talks on important issues such as Anti-Racism, Transgender matters, drugs and alcohol awareness and business and enterprise projects.





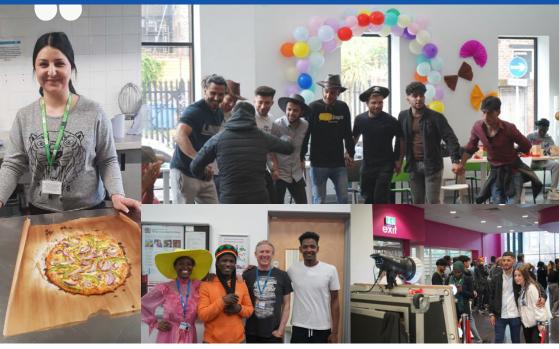
# **VOLUNTEERING**



really worthwhile opportunities during your time at college. You get the chance to make a real difference on a range of great projects we run throughout the year, supporting local charities such as Marie Curie, Whitechapel Homeless Centre and Claire House. Volunteering is also a great way to add interest and personal achievement to your CV and UCAS applications.







# **CARE EXPERIENCED LEARNERS**

Care Experienced learners whose second language is English (ESOL) took part in a range of activities throughout their time in college. They were introduced to different performing arts disciplines recently that included: How to play a musical instrument; the basics of hip-hop dance moves; an intro to theatre and writing stories and writing and making music. The students also enjoyed a trip to Toxteth TV studios to discover the work involved behind the scenes when making and recording songs.

The learners were invited to several wellbeing workshops, including mindfulness dance sessions and a wellbeing trip to Lush for a class in skincare and whole-body massage techniques. They finished off their visit by making a take-home item using Lush's extensive range of natural ingredients. The students also took part in a range of fun events that included day trips to Blackpool Pleasure Beach and Knowsley Safari Park, several coffee mornings as well as an ESOL end of year party at the College's Learning Exchange building.





# GOT ANY QUESTIONS?

#### **Contact:**

**SU Enquiries:** 

Beverley Abbott, Student Engagement Officer: beverley.abbott@liv-coll.ac.uk 0151 252 3738

**Sports Enquiries:** 

Jahan Asadizadeh, Gym Instructor: jahan.asadizadeh@liv-coll.ac.uk 0151 252 3318

Students' Union Office G/27, The Learning Exchange, Roscoe Street



