



LIFE BEYOND

COLLEGE

Term 1 | September 2025

NEWS

LETTER

STAFF



Life Beyond College Newsletter

Welcome to our Life Beyond College newsletter! Here, we share tips, news, and opportunities to help your young person prepare for work, further learning, and life beyond college.

At Fir Tree College we have a Transition and Progression Co-ordinator, Eve, who, alongside other staff, helps students develop the skills and confidence to make their own choices and prepare for life after college. At Fir Tree College, every day is a step towards building independence and preparing for the future. We know that every student's future will look different, and that's something to celebrate. What matters most is that each young person is happy and able to live a fulfilled and purposeful life, whatever that may look like for them.

TOP TIPS FOR Transition

- **Ask for Support** – Reach out to staff, peers, or friends when you need guidance.
- **Take Care of Yourself** – Prioritize sleep, breaks, and self-care to stay resilient.
- **Set Realistic Goals & Celebrate Small Wins** – Break tasks into manageable steps and acknowledge progress.
- **Embrace New Challenges** – Step out of your comfort zone and try things that feel unfamiliar.
- **Stay Flexible** – Be ready to adapt if plans change unexpectedly.
- **Keep a Positive Mindset** – Focus on opportunities, not setbacks.

WHAT'S ON?



Embrace Wigan and Leigh is a user-led charity dedicated to supporting people and their families. They have a range of projects that aim to enhance the lives of the people we support. They host a range of activities and social events to bring people together. They also support with workshops for Sleep Solutions, Responding to Behaviour and Understanding ADHD.

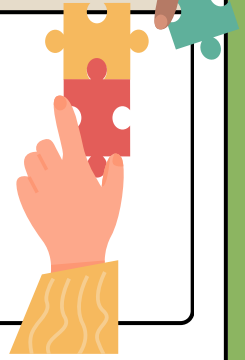
<https://www.embracewiganandleigh.org.uk/adults/events-weekly/>



CHALLENGE Yourself

Set yourself a challenge to build your confidence!

- Write down 3 things that you have succeeded at during your first few weeks at college.
- Try one activity this week that feels new or slightly uncomfortable.
- Reach out to one new person.



Skill in the SPOTLIGHT

Resilience

Resilience means being able to bounce back from challenges or setbacks and keep trying, even when things don't go to plan.



Coming UP

In October, all learners at Fir Tree College will be meeting with the careers advisor. We will be sending out a form to allow parents to have their say and contribute to this meeting.

HOW WE CAN WORK Together

While we're proud of the work we do at college, we know that transitions are most successful when everyone is involved. We ask parents and carers to actively support the transition process at home so that our young people are fully prepared and confident for their next steps.

- If they're learning life skills (e.g. cooking, travel, money), give them opportunities to do the same at home
- Encourage them to be making phone calls independently- even if this starts with family members or friends
- Visit a new place each month: new parks, libraries, cafés — building comfort with change.
- Timekeeping practice: use alarms/timers to build punctuality. Start home tasks at set times.

Mindset MATTERS

Every time you try something new, you learn and grow. Small steps can lead to big changes.

