

DANCOP

**West
Nottinghamshire
College**

**Parent and Carer Guide-
Wellbeing Support**





AN INTRODUCTION TO DANCOP:

The Derbyshire and Nottinghamshire Collaborative Outreach Programme works to support learner to make informed choices about their future. With a base at West Nottinghamshire College face-to-face support can be provided.

CONTENTS

Pressures on Young People	Page 2
Times for increased pressure	Page 3
Mental Health	Page 4
Signs to look out for	Page 5
Other places to find help	Page 6
Key Terminology	Page 7



PRESSURES ON YOUNG PEOPLE

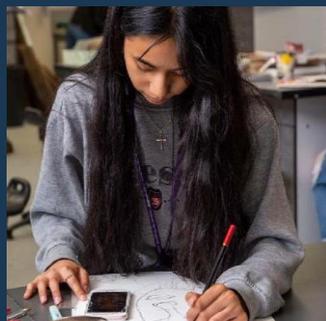
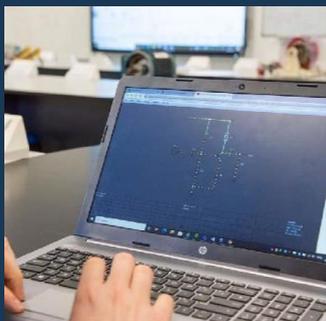
Young people face many challenges as they move towards assessment.

To be able to get a place at university or on an apprenticeship you will need to meet certain grade requirements. This may mean that there is a lot of pressure to do well.

Assessment stress is something that we often expect for young people however their lives are often a lot more complicated than they appear so stress and pressure may be coming from many directions.

Education	Home	Work	Relationships	Health
<ul style="list-style-type: none"> • Exams • Assignments • Meeting expectations • Next steps after college 	<ul style="list-style-type: none"> • Relationships with parents and siblings. • Conflict at home. • Caring for others. 	<ul style="list-style-type: none"> • Taking on too many hours. • 'Work politics' • Worrying about money 	<ul style="list-style-type: none"> • Large social groups. • Changing relationships • Romantic relationships 	<ul style="list-style-type: none"> • Mental Health • Physical Health

Many people will take on these stresses alone. Making sure that you are open with the people around you will show others that you are a safe person to talk to should they need support.



TIMES FOR INCREASED PRESSURE

There are many points in the year where

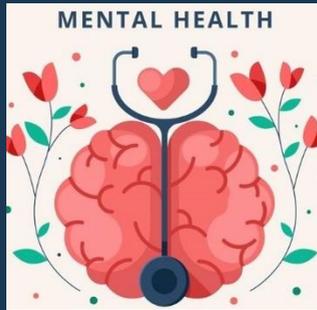
Most Exams or Assessments take place in Summer, (May through to July). Some may also take place in January.

Assignments however take place throughout an academic year meaning that stress for some students might be consistently high throughout the year.

	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul
Unit 1					Exam			Revision and Exams			
Unit 2			Assignment				Assignment				
Unit 3								Revision and Exams			
Unit 4					Assignment			Revision and Exams			
Unit 5			Assignment			Assignment			Assignment		
Unit 6								Revision and Exams			

Above is an example of what an academic year might look like for a student, this will change depending on the subjects taken. A vocational course is more likely to have more practical assessment with coursework whereas A Levels are mainly exam based.

Being more flexible in times where others are in high stress is a great way of showing support. It also allows the development of time management skills and independence.



MENTAL HEALTH

Mental health is an increasing problem within all communities. Since the pandemic many young people are struggling to cope.



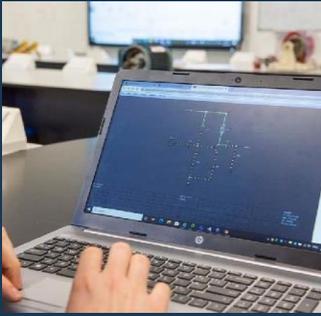
Statistics in Young People.

- 83% of young people with mental health needs agreed that the coronavirus pandemic had made their mental health worse.
- In 2018-19, 24% of 17-year-olds reported having self-harmed in the previous year
- Suicide was the leading cause of death for males and females aged between five to 34 in 2019

The most common mental health disorders in the UK according to the NHS are anxiety and depression. Like any other mental health condition these are exacerbated by stress.

WHAT CAN BE DONE TO HELP?

- **Talk-** provide reminders that stress is a natural feeling. Be there for times that they want to share.
- **Be Flexible-** make small changes are needed to accommodate revision.
- **Help-** Help others in their revision.
- **Treats-** Make time for fun activities to create more of a work-life balance.
- **Relax-** try to create a calmer environment for others by staying calm and being a voice of reason.
- **Understand** that you cannot take the problem away but you can help them cope.



SIGNS TO LOOK OUT FOR

Changes in a person’s natural behaviour may be an indicator that they are struggling with something.

On the right are common behaviours for people to display when they are stressed. This can look very different in different people. The behaviours they display to you are also dependent on other variables, such as their relationship to you.

Common Signs of Stress in Young People

- Crying,
- Mood changes/swings,
- Becoming more moody or irritable,
- Becoming more clingy,
- Change in eating or sleeping patterns,
- Routinely expressing worry,
- Complaining about and avoiding school,
- Becoming more isolated.

These behaviours tend to come from our bodies natural response to stress:

Fight

Become angry

Shout and lash out

Flight

Increased absence

Spending more time away from home.

Freeze

Staying in bed

Avoiding work, (phone)

Fawn

Underestimating potential

Aiming to please others

Regardless of how stress is displayed it might be a good idea to get the young person to try to recognise their triggers so they can prepare themselves in advance.



OTHER PLACES TO FIND HELP

The NHS	www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress/
Mind	www.mind.org.uk
Samaritans	www.samaritans.org
The Mental Health Foundations	www.mentalhealth.org.uk
Stress Management Society	www.stress.org.uk
Time to Change	www.time-to-change.org.uk
Stress Busting	www.stressbusting.co.uk

GET YOUR MIND PLAN



KEY TERMINOLOGY

HE - Higher Education	UCAS - University and College Admission Service.	UCAS Track - the system you receive university offers on.	Firm Choice - the course you would most like to go on.
Insurance Choice - Your back-up plan so you can still go to university.	SFE - Student Finance England	Tuition Fee Loan - Loan to cover your university fees.	Maintenance Loan - Loan to cover your living costs.
Means Tested - Test to see how much money you are entitled to.	HADA - Higher and Degree Apprenticeships.	Apprenticeship - Scheme where you work whilst gaining an education	Apprenticeship Wage - Lower wage which allows your employer to pay for the education you receive.

CONTACT DETAILS

Theresa Garrington

- Lead Project Officer (DANCOP)
- Theresa.Garrington@wnc.ac.uk

Louise Joynt

- Senior Administrator (DANCOP)
- Louise.Joynt@wnc.ac.uk

Megan Davis

- Study Skills Coach (DANCOP)
- Megan.Davis@wnc.ac.uk