

Dear new students

Hi my name is Chris, I was a Level 3 professional cookery student.

Starting college can be quite daunting and makes you a little anxious, even if you're only moving to a different course you can have these feelings. I know on my first day how nervous I was, especially being an adult learner. The nerves will soon settle, so don't let these feelings hold you back, push forwards and strive to be the best you can.

By the end of your induction week you will have already settled in and met a whole new set of friends, you will be starting to learn the ropes of your course and getting to know the campus. Soon you will be going on educational trips, these are very fun ways of learning and experiencing things within your sector of education. One of my trips was to a Michelin starred restaurant in Birmingham called Simpson's. This was an amazing opportunity for me. I'd never been to a Michelin starred restaurant before; I knew that the food was going to be "the next level" but I didn't know how it was going to be. This trip enlightened me to the world of a Michelin kitchen and let me experience that side and style of the industry. The food really was phenomenal.

The support you receive throughout your time within the college is amazing, your tutor is always on-hand to help and will provide any support that you need, whether this is life inside college or outside. I struggle with self-confidence within my work, my tutor was aware of this and gave me advice and support to help me build on my confidence.

As well as your tutor there are support coaches which are always available for you to talk to if you need to.

So although this may be a scary time within your life at the minute, stick with it and reap the rewards from the education and support you receive whilst here and enjoy some of the best years of your life.

Yours sincerely

**Chris North**