

Dear new student

I was in your position a year ago and was worried about going to college because of having to deal with a big change.

But this was probably the best decision I have made for me to develop and improve on myself. When I started I knew no one on the course I was doing and I was shy, quiet and nervous and didn't really speak to anyone, but since starting college my confidence has improved a lot.

I have achieved more than I was expecting to and I made friends with people I'd never met before. Also, there is always someone to go to if you are struggling with anything because college has a great student support team which you can go and talk to about anything and they will do their best to help.

The course I'm studying now is the Level 2 Technical Certificate in Professional Cookery and I have improved and developed skills such as leadership, communication, organisation and confidence. College is a big change and even though it feels nerve wracking at first and you may be feeling anxious, you will soon get used to it, make new friends, build up your confidence. You will understand why was I so nervous at the beginning, and I know this was because I was in the position and knew no one on my course and have very low confidence and was shy and anxious but after probably the first few weeks I was fine and had friends I knew I could trust and people I knew I could go to if I needed help with anything.

Hope this helped you.

Regards

Ebony

