



Student Transition Toolkit





Welcome!



This toolkit has been designed to help you over the summer, before your college journey begins!

Starting a new chapter can be exciting, but we also recognize that it can be daunting & overwhelming at times

We have developed this toolkit to help you with this.

Included is some general wellbeing guidance and useful information on how you may access support during this time and when you start college, should you need it.

This for you to use at your own leisure throughout the summer period.





What's in here?

- Starting College
- Anxiety, Worry and Stress
- Anxiety & Worry Diaries
- Mindfulness
- APPLE
- Mindful Breathing Techniques
- Help and Support available at college

Starting College

How are you feeling about starting college?

Are you feeling very excited and can't wait or maybe a little apprehensive or even, extremely anxious?

It's normal to have mixed feelings or feel nervous, even if you are looking forward to starting college. Adapting to change of any sort can cause stress and anxiety.

Please know that you are not on your own & there is help and support available to you.

We are experts at making our learners feel supported and finding you the right help & support to help make this transition go as smoothly as we can for you.





Anxiety, Worry & Stress

Anxiety can be a positive thing!

It is the thing that spurs us on in sports events and in exams to do well and it means we care. However, sometimes, anxiety and worry can cause us stress and it's important we deal with those. It's perfectly normal to worry about starting college or to feel anxious about it.

It isn't often that we get asked to identify what is making us worried and what is making us stressed so it's important we remember to do this.

If we carry our worries around in our heads, it becomes very hard to deal with each problem at a time.

If you can identify your worries, you should be able to put them on paper one by one and identify strategies you may or may not have to cope with them.

Helpful coping strategies include things like exercise, talking, shopping and taking a bath. These coping strategies help us to build resilience & ensure we try to keep on top of our wellbeing.

Everybody has entirely different coping strategies. Note yours down if it's helpful.



UNDERSTANDING AND AWARENESS

Anxiety is the body's response to situations that can be interpreted as threats.

You can use this to start identifying things that make you feel anxious & identify some helpful strategies to manage.

What are some things that trigger your anxiety?				
What physical symptoms do you experience when you are anxious?				
What are some thoughts that you have when you are anxious?				
What do you do to cope when you are anxious?				

Worry Diary

This might be really useful to help manage some worries you may have about starting college, You can use this to follow on from the previous activity

What are you worried about?					
What triggered it?					
Is it a practical or hypothetical worry? *					
Is there anything you can do about it?					
If yes what can you do					

Mindfulness

THE BASICS:

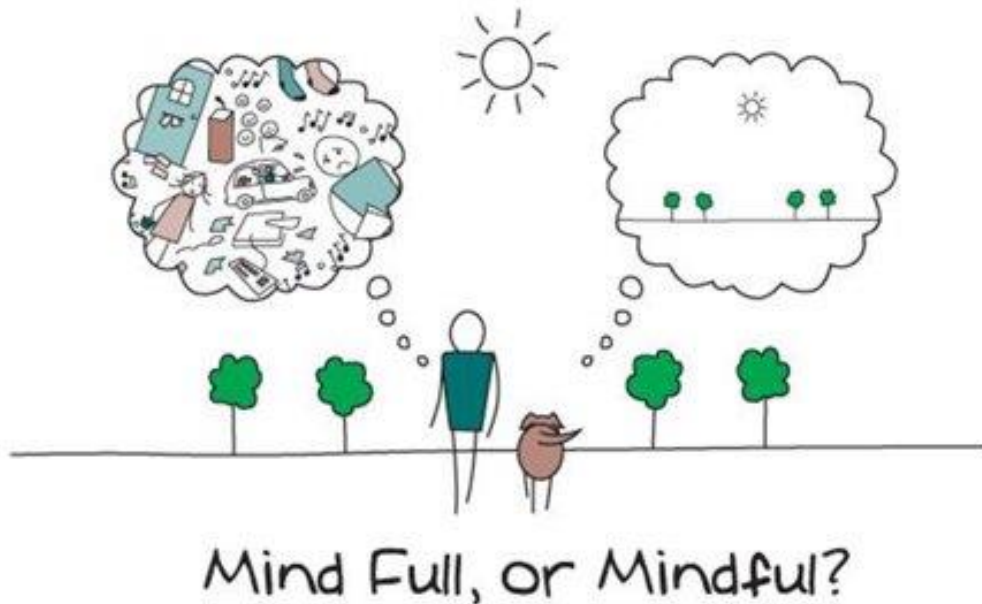
What is mindfulness?

Mindfulness is a way of paying attention to the present moment, using techniques like meditation, breathing and yoga. It helps us become more aware of our thoughts and feelings so that, instead of being overwhelmed by them, we're better able to manage them.

How can mindfulness help?

Mindfulness can be used as a tool to manage your wellbeing and mental health. We all have times when we feel down, stressed or frightened; most of the time those feelings pass, but sometimes they develop into a more serious problem, and this could happen to any one of us.

It's important to maintain your mental health; but being mentally healthy doesn't just mean that you don't have a mental health problem.



APPLE (A Mindfulness Technique)

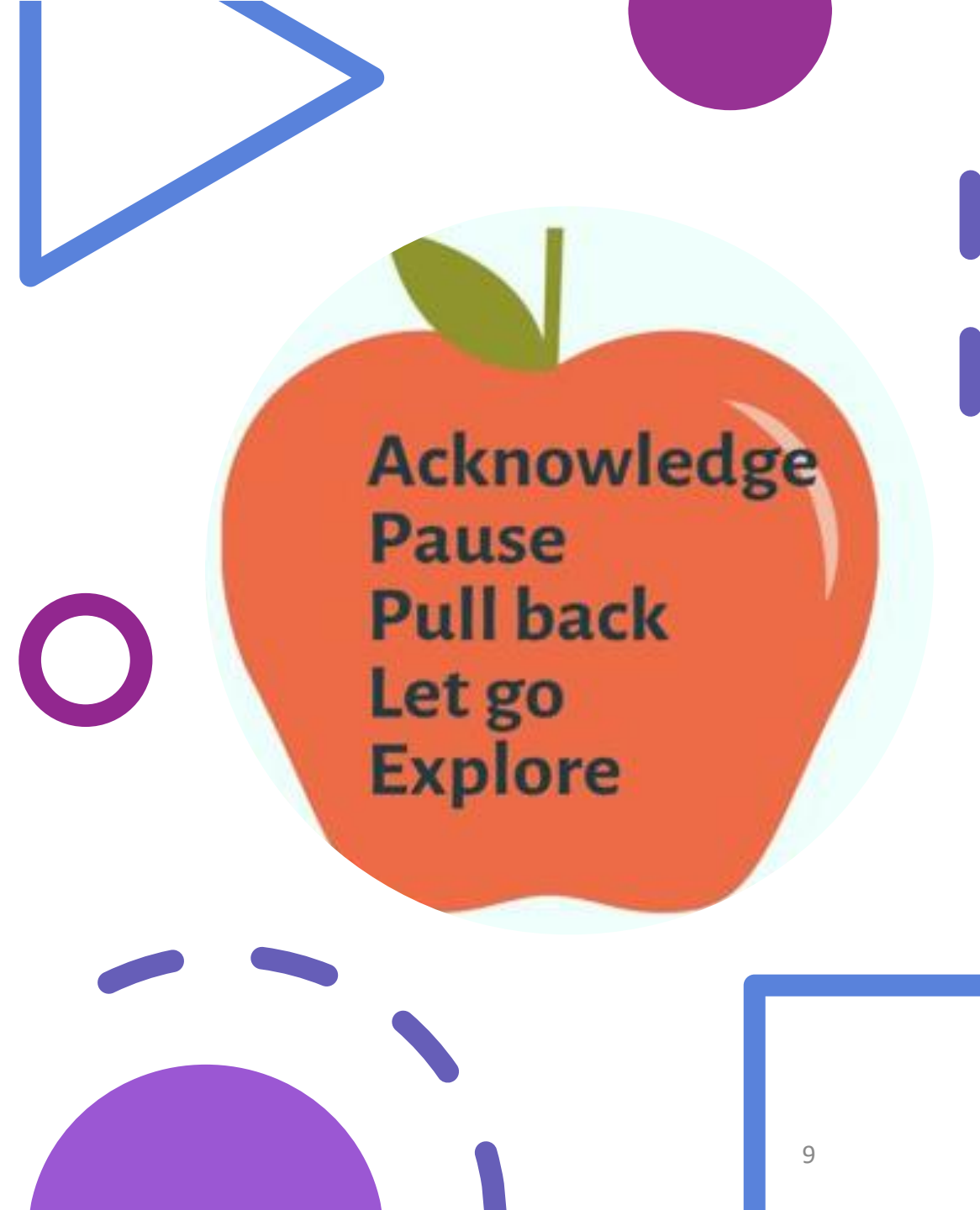
ACKNOWLEDGE - Notice and acknowledge the uncertainty as it comes to mind.

PAUSE - Don't react as you normally do. Don't react at all. Pause and breathe.

PULL BACK - Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary. It is only a thought or feeling. Don't believe everything you think. Thoughts are not statements or facts.

LET GO - Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.

EXPLORE - Explore the present moment, because right now, in this moment, all is well. Notice your breathing and the sensations of your breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell. Right now. Then shift your focus of attention to something else – on what you need to do, on what you were doing before you noticed the worry or do something else – mindfully with your full attention.



Mindful Breathing Techniques

This page allows you to learn the skills needed to carry out mindful breathing techniques.

These can be especially useful if you struggle to sleep at night or find it difficult to switch off from modern life and the fast pace that it can sometimes go at!

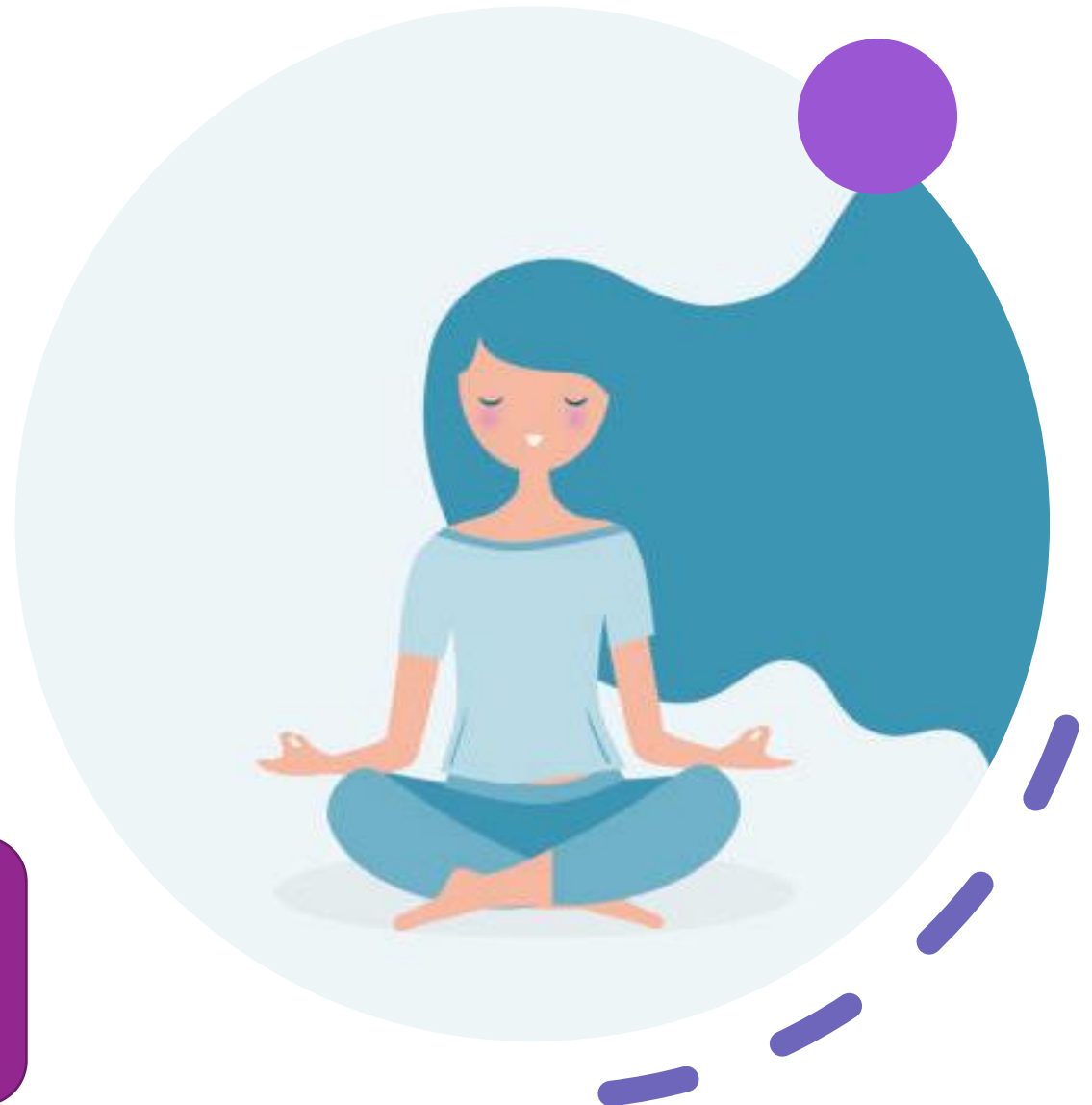
These exercises take a bit of practice, and they are unique to you as an individual. Once you become accustomed to them it can be helpful to build them into your daily routine.

Breathing exercises are a chance for you to step out of the daily grind and to allow time to be present with yourself; that is, being present with yourself, and with whatever arises in your mind and body

You can access a range of resources [HERE](#)

Exercise:

Take a minute to observe your breathing. Breathe in and out as you normally would: notice the time between each inhalation and exhalation; notice your lungs expanding. When your mind wanders, gently bring your attention back to your breath.



Help & Support

You are not alone and can access support now, even before you start college, in the following ways:

- For general information please visit the college website : www.weston.ac.uk
- You can access all our online resources through Wellbeing@Weston. Follow the link to access [Wellbeing@Weston](#). It has information on:
 - The Welfare Team [Welfare and Pastoral Support - Home \(sharepoint.com\)](#)
 - Sport Academies [Weston Sport](#)
 - a dedicated Helplines & Resources page [Helplines & Resources](#)
 - other useful information to support your learning at college.
- If you have any concerns that you wish to talk to one of our Welfare Officers about before the start of term, please email welfare@weston.ac.uk
- We would also recommend that you visit and sign up to [Togetherall | A safe community to support your mental health, 24/7](#) by registering using your college email address that has been assigned to you.

We look forward to meeting you soon!

