



JOHN  
RUSKIN  
COLLEGE

ORBITAL SOUTH COLLEGES

# 6 Top Tips to Improve Your CV!

YOUR  
LATEST  
STUDENT  
NEWS

Autumn 2021

# THE ZONE

Packed with  
✓ News  
✓ Events  
✓ Resources

**Intergenerational  
Care Event**

**PLUS**

**The Latest  
Enrichment Activities**

**Celebrating  
Black History Month**

**NOW ON**





# Welcome

## Latest News & Events



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Welcome to our jam-packed autumn edition of The Zone student newsletter.

In this edition, we're sharing with you what your fellow students have been up to this term, from taking part in competitions and trips to hosting an Intergenerational Event for the local community!

In celebration of World Kindness Day on the 13 November, we explore other upcoming awareness dates for your diary.

If you're starting to think about your future career, we have also put together some helpful tips to help boost your CV and make you stand out from the crowd.

## NEW FULL-TIME GUIDE LAUNCHED!

We've launched our new Full-time Course Guide for 2022/23 showcasing a wide range of Full-time and T Level courses.

We have introduced **NEW Level 3 T Level** qualifications, designed to give you a head start towards the career you want. They are equivalent to 3 A Levels bringing together classroom and industry placements, designed in collaboration with a range of employers from different industries. We are offering T Levels in Construction, Digital, Education & Childcare and Engineering & Manufacturing sectors.

**Pick up your copy of the guide from reception or Client Services today. Alternatively, you can view the courses online at [www.johnruskin.ac.uk](http://www.johnruskin.ac.uk)**



## EXAM CERTIFICATES

If you are a returning student, your tutor will let you know when your certificates are ready for collection.



**The Atrium**  
Hair, Beauty & Spa

Offering an extensive range of hair, beauty and spa treatments at affordable prices, our fully operational training salon is open to the public, staff and students.

**50%  
STUDENT  
DISCOUNT**

**BOOK YOUR APPOINTMENT TODAY**

**[receptionhb@johnruskin.ac.uk](mailto:receptionhb@johnruskin.ac.uk)  
020 8651 1131 Ext 158**

## Intergenerational Care Event

This term, members of the local community were treated to a day of pampering courtesy of students from Hair & Media Make-Up Level 3 and Body & Spa Therapy Level 3 as part of the Intergenerational Care Event. This event is run in partnership with the Manju Shahul-Hameed Foundation and the Croydon BME Forum, bringing together two generations and coinciding with Black History Month celebrations.

Held in the College's training salon, The Atrium, guests were treated to a range of mini pampering treatments such as massages, manicures, blow dries and make-up sessions, followed by lunch in the College café.

It was great to see students excited to practise the skills they had learnt, whilst giving back to the Croydon community and taking part in a Q&A session sharing each other's backgrounds and life stories.

"I've really enjoyed meeting and having a chat with the guests who came down today. It's been so nice for us students to give back to the local community." Make-Up student.



## Celebrating Black History Month

This October we celebrated Black History Month at JRC. Black History Month recognises inspirational events and individuals of African and Caribbean backgrounds across many generations around the world.

Students across the College were invited to celebrate their heritage by taking part in our Culture Sharing Get Together Event in The Hub.

It was a great opportunity for students to learn about each other's backgrounds, cultures and history in a friendly and inclusive environment. To show pride in their heritage, students and staff from a range of African or Caribbean backgrounds, dressed in clothes reflecting their culture and shared some delicious treats from their countries as well!

The LRC also put on a display of informative non-fiction and literary books by iconic Black figures.

**Want to learn more about Black History Month?**  
Visit: [www.blackhistorymonth.org.uk](http://www.blackhistorymonth.org.uk)





**NOW ON**



**Follow us  
on TikTok**

## Did you know we're now on TikTok!

For those who don't know, TikTok is a social video app that allows users to share short videos, adding filters, text or catchy music.

### Share your content!

Have you got a video to share? Maybe it's a make-up look, your Sports routine or a Science experiment, we'd love to showcase student content on our TikTok page.

Email [marketing@johnruskin.ac.uk](mailto:marketing@johnruskin.ac.uk) to get involved.  
If you've got the app, scan the code to follow us!



Scan the QR code  
with your phone



## OPEN EVENT DATES

Do you have any friends or family that want to find out more about the College and the courses we offer?

Our Open Events are a great way to come and explore the College facilities and find out more about our range of Full-time, Part-time, Apprenticeship and Higher Education courses. Our experienced tutors will be on hand to answer any questions they may have!

Upcoming Open Events:

- Saturday 20 November 2021 - 10:00 – 14:00
- Tuesday 1 March 2022 - 17:30 – 19:30

Pre-register online at [www.johnruskin.ac.uk](http://www.johnruskin.ac.uk)



## COVID-19 SAFETY REMINDER



**HANDS**



**FACE**



**SPACE**



**FRESH AIR**



It's recommended that students, staff and visitors remember to wear a face covering in all communal areas around College as well as when travelling on public transport (unless exempt due to health reasons). Face coverings reduce the spread of Coronavirus droplets from coughs, sneezes and speaking, alongside regular hand washing and social distancing.

## ACTIVITY PROGRAMME

AUTUMN TERM

Looking to get fit, join a team or want to get creative? Check out the autumn term Activity Programme at [www.johnruskin.ac.uk/Enrichment](http://www.johnruskin.ac.uk/Enrichment) to see what's on offer. We have fun activities like table tennis, gym and dance classes. Or perhaps you fancy trying something different like Arts & Crafts or Athletics? There's a range of things on offer for you to choose from.

**It's important you book a session before you attend. To book your place, pop into Client Services and speak to Harvey Kellard or email: [enrichment@johnruskin.ac.uk](mailto:enrichment@johnruskin.ac.uk)**



## DATES FOR YOUR DIARY

- **Halloween**  
31 October
- **World Vegan Day**  
1 November
- **Remembrance Day**  
11 November
- **World Kindness Day**  
13 November
- **Anti-Bullying Week**  
15 - 19 November



**YOU ARE NOT ALONE!**

Our Wellbeing Hub on the JRC website is packed with resources, tips, videos and contact details so you can get the support you need.

Visit [www.johnruskin.ac.uk/about-jrc/support-for-students/wellbeing-hub](http://www.johnruskin.ac.uk/about-jrc/support-for-students/wellbeing-hub) to explore the Hub!

Wellbeing Hub

## Your Mental Health



We understand that at times you may experience pressures and challenges in life. Our Safeguarding Team can provide individual support through any aspect of your time at College and ensure you get the help you need.

In addition to this we also have our Wellbeing & Inclusion Teams. They are here to foster a positive cultural environment and help you to flourish and feel comfortable in being your authentic self.

Visit Client Services or ask a member of staff **if you require support or email [safeguardingofficer@johnruskin.ac.uk](mailto:safeguardingofficer@johnruskin.ac.uk)**

## TOP TIPS TO IMPROVE YOUR CV!

Have you started to think about the world of employment? A good CV is essential to make a positive impression to potential employers. Here's our top tips to get you started.



### Contact Details

Make sure you include all of your contact information; mobile number, home number, home address and email address.

### Opening Statement

Always include a short opening statement (two or three sentences) that outlines who you are and what your skills are. Identify the things that make you different from other applicants.

### Employment History

Show your employment history starting with the most recent position. List your job title, company name, dates of employment and outline your main responsibilities and reason for leaving.

Make sure that you include any relevant work experience (eg placements through college or summer internships), as these may be more interesting to the employer than your Saturday job.

### Key Skills

Read over the job description and write down all the key skills they require. Afterwards, scan through and see which ones are relevant to you and include them in your CV.

### Education

If you haven't received your results yet don't worry, you can still include your predicted grades. Make sure you include all relevant qualifications.

### Hobbies & Achievements

This is where you can list any non-employment interests. Provide details on any hobbies or volunteering work you've been involved in.

List any achievements, awards or recognition you've received, and any skills you've got, such as languages you can speak or musical instruments you can play.

### Check

Remember to always proof read your CV for spelling and grammar mistakes or ask a friend to have a read and give constructive feedback.



Our Careers Hub is a one-stop-shop for everything careers-related at JRC. Read inspiring work experience stories from our students, meet our Careers Team and discover what's on offer for students throughout the year.

Head to [www.johnruskin.ac.uk/careers-hub-menu/careers-hub](http://www.johnruskin.ac.uk/careers-hub-menu/careers-hub) and see how you can GO FURTHER.

**NEW**

## T-LEVELS

### THE NEXT LEVEL QUALIFICATION

Level up your College experience by getting to grips with our **NEW** T Level courses in Construction, Digital, Education & Childcare and Engineering and Manufacturing sectors starting next September!

Designed in partnership with employers to give you the skills and knowledge to get on in the workplace. You'll combine classroom learning with real work placements. 1 T Level is the equivalent of 3 A levels.

**For more information, chat with our Client Services team or email:**  
[clientservices@johnruskin.ac.uk](mailto:clientservices@johnruskin.ac.uk)



## Thinking about University?

Did you know that **East Surrey College** in **Redhill** also offers University Level Courses? JRC and ESC are part of Orbital South Colleges. ESC offer a wide range of University Level Courses so stay local and study at ESC!

### You will benefit from:

- ▶ Low tuition fees
- ▶ Industry experienced tutors
- ▶ Flexible entry requirements
- ▶ Smaller class sizes

For more info or to apply visit  
[www.esc.ac.uk](http://www.esc.ac.uk)



## PART-TIME COURSES

Do you or someone you know want to learn a new skill or gain a qualification? Check out our wide range of short courses for adults (19+) running throughout the year – it's really easy to sign up! There's something different each term so why not start the new year with a new skill or hobby?

It's not too late to sign up for classes starting in November.

A part-time course is an excellent opportunity to develop your skills, improve your employability or just get out and try something new!

To view the full range of part-time courses visit:  
[www.johnruskin.ac.uk](http://www.johnruskin.ac.uk)



PROGRESS YOUR CAREER > RETURN TO WORK > DEVELOP A NEW SKILL

## Apprenticeship Week 07 - 13 February 2022

The annual week-long celebration of Apprenticeships, which takes place across England, showcases how Apprenticeships have helped employers of all sizes and sectors, and people of all ages and backgrounds. Look out nearer the time for all the exciting Apprenticeship talks we have lined up for you with industry experts.

Coming  
Up Next  
Year...

## National Careers Week 07 - 12 March 2022

National Careers Week (NCW) focuses on providing careers guidance to young people leaving education and supports them in assessing their future career opportunities, bringing together students, local employers and advisers through careers events and activities.

## Careers Quiz Discover your ideal job!

Don't know what to do once you leave College?

Find your ideal job match to your personality and a list of courses previous students studied in order to get there.

Visit to get started:  
[www.ucas.com/explore/career-quiz](http://www.ucas.com/explore/career-quiz)

## GCSE ENGLISH & MATHS REVISION SESSIONS

NEED  
EXTRA HELP  
WITH YOUR  
ENGLISH OR  
MATHS?

If you would like to attend additional GCSE revision sessions, please contact [Richard.GULLEY@johnruskin.ac.uk](mailto:Richard.GULLEY@johnruskin.ac.uk) for more information and to reserve your place!



## Get in touch

Whether you want to shout about your course, have completed a great work placement, or want to share some competition success, we'd love to hear from you!

Email [marketing@johnruskin.ac.uk](mailto:marketing@johnruskin.ac.uk) or message us on social media to get your story featured on our social media pages.

# KEEP UP TO DATE

Join us online to be the first to hear about student news and events! We post everything from student stories and work to important JRC updates.



John Ruskin College

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