

# START HERE GO FURTHER



# FOUNDATION LEARNING

## Welcome to Foundation Learning at Barnet and Southgate College!

Please take a look at our suggested resources below which will help you to catch up, revise and get ready for September.

Title & Short Description	Link or Online Resource
<p><u><a href="#">STOP Doubting Yourself – Powerful Study Motivation!</a></u> Stop Doubting Yourself! Work hard and make it happen. Imagine what would be possible if you believed in yourself and if you went all in.</p>	<p>YouTube: <a href="https://www.youtube.com/watch?v=O885-LqISeM">https://www.youtube.com/watch?v=O885-LqISeM</a></p>



# FOUNDATION LEARNING

## 5 Minute Journal

A way to start your day with some techniques that will enhance your ability to think positively and get into the right mindset for learning.

*You don't need to buy a journal, all you need is*

*a pen and notepad, the questions are:*

In the morning, after you wake up: Today I am grateful for:

- 
- 
- 

Three mini goals for making today great:

- 
- 
- 

My today's affirmation is: (write who you are in positive terms e.g: "I am successful")

In the evening, before you go to bed:

Three things that happened today for which I am grateful?

- 
- 
- 

How might the quality of my day have been even better?

- 

You Tube:

<https://www.youtube.com/watch?v=RsDC3R24XOM>

## FOUNDATION LEARNING

### 'Pomodoro' – Study Skills Technique

If you are struggling with your studies, or you are looking for a new technique, you can try Pomodoro. The Pomodoro technique utilises alternating study and break times of 25 and 5 minutes, respectively. Each of these 25 minute bursts of productivity is called a "Pomodoro" which is Italian for "tomato." The Pomodoro technique was devised by Francesco Cirillo in the 1990's as a way to time the perfect cooking duration for tomatoes!



### How to Get Your Brain to Focus

The latest research is clear: the state of our attention determines the state of our lives. So how do we harness our attention to focus deeper, get distracted less, and become even more creative?

TEDx Talk

[https://www.youtube.com/watch?v=Hu4Yvq-g7\\_Y](https://www.youtube.com/watch?v=Hu4Yvq-g7_Y)

# FOUNDATION LEARNING

## GCSE English

Whether you are looking to re-take your GCSE English qualification, or you are hoping to start studying GCSE English from September 2021, some of the below links can help you to revise and get ready to start with strong foundations:

Title & Short Description	Link or Online Resource
<p><u><a href="#">BBC Skillswise</a></u> An exciting collection of resources designed to improve your English, including sections on reading, writing, spelling, word grammar, sentence grammar, speaking and listening.</p>	<p>BBC Website: All sections <a href="https://www.bbc.co.uk/teach/skillswise/english/zjg4scw">https://www.bbc.co.uk/teach/skillswise/english/zjg4scw</a> If you are preparing for GCSE English Initial Assessment, you may find helpful the ‘building up paragraphs’ section. <a href="https://www.bbc.co.uk/teach/skillswise/building-up-paragraphs/z4ts7nb">https://www.bbc.co.uk/teach/skillswise/building-up-paragraphs/z4ts7nb</a></p>
<p><u><a href="#">BBC Bitesize</a></u> A comprehensive collection of various GCSE English resources. You will need to select – GCSE English – Edexcel (This is the awarding body we use for all our GCSE English Language)</p>	<p>BBC Website: <a href="https://www.bbc.co.uk/bitesize/examspecs/zgvg6fr">https://www.bbc.co.uk/bitesize/examspecs/zgvg6fr</a></p>

## FOUNDATION LEARNING

<p><u>YouTube playlists related to GCSE English (Edexcel)</u></p>	<p>YouTube: <a href="https://www.youtube.com/channel/UC80sYgWw5HsJD6wtJPKxf-w/videos?disable_polymer=1">https://www.youtube.com/channel/UC80sYgWw5HsJD6wtJPKxf-w/videos?disable_polymer=1</a> <a href="https://www.youtube.com/channel/UCh-y7GiCgfPKzrVal64b7VQ/playlists?disable_polymer=1&amp;spfreload=10">https://www.youtube.com/channel/UCh-y7GiCgfPKzrVal64b7VQ/playlists?disable_polymer=1&amp;spfreload=10</a> <a href="https://www.youtube.com/watch?v=kMv-nG03cg4">https://www.youtube.com/watch?v=kMv-nG03cg4</a></p>
<p><u>Grammar, Spelling and Punctuation:</u> If you feel that you need to work on your grammar, spelling or punctuation, you can try one of the following links:</p>	<p>University of Bristol: A list of the exercises that have been developed to help you test your understanding of the different points in grammar. <a href="http://www.bristol.ac.uk/arts/exercises/grammar/grammar_tutorial/page_41.htm">http://www.bristol.ac.uk/arts/exercises/grammar/grammar_tutorial/page_41.htm</a></p> <p>EnglishPage.com: Detailed explanation of all verb tenses in English language. <a href="https://www.englishpage.com/verbpage/verbtenseintro.html">https://www.englishpage.com/verbpage/verbtenseintro.html</a></p> <p>Vocabulary.com: An interactive website to help you improve your spelling. <a href="https://www.vocabulary.com/">https://www.vocabulary.com/</a></p>

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## GCSE English

Whether you are looking to re-take your GCSE English qualification, or you are hoping to start studying GCSE English from September 2021, some of the below links can help you to revise and get ready to start with strong foundations:

Title & Short Description	Link or Online Resource
<p><u>BBC Skillswise</u> An exciting collection of resources designed to improve your English, including sections on reading, writing, spelling, word grammar, sentence grammar, speaking and listening.</p>	<p>BBC Website: All sections <a href="https://www.bbc.co.uk/teach/skillswise/english/zjg4scw">https://www.bbc.co.uk/teach/skillswise/english/zjg4scw</a> If you are preparing for GCSE English Initial Assessment, you may find helpful the 'building up paragraphs' section. <a href="https://www.bbc.co.uk/teach/skillswise/building-up-paragraphs/z4ts7nb">https://www.bbc.co.uk/teach/skillswise/building-up-paragraphs/z4ts7nb</a></p>
<p><u>BBC Bitesize</u> A comprehensive collection of various GCSE English resources. You will need to select – GCSE English – Edexcel (This is the awarding body we use for all our GCSE English Language)</p>	<p>BBC Website: <a href="https://www.bbc.co.uk/bitesize/examspecs/zgvg6fr">https://www.bbc.co.uk/bitesize/examspecs/zgvg6fr</a></p>

# FOUNDATION LEARNING

YouTube playlists related to GCSE English (Edexcel)

YouTube:

[https://www.youtube.com/channel/UC80sYgWw5HsJD6wtJPKXf-w/videos?disable\\_polymer=1](https://www.youtube.com/channel/UC80sYgWw5HsJD6wtJPKXf-w/videos?disable_polymer=1)

[https://www.youtube.com/channel/UCh-y7GiCgfPKzrVal64b7VQ/playlists?disable\\_polymer=1&spfreload=10](https://www.youtube.com/channel/UCh-y7GiCgfPKzrVal64b7VQ/playlists?disable_polymer=1&spfreload=10)

<https://www.youtube.com/watch?v=kMv-nG03cg4>

Grammar, Spelling and Punctuation:

If you feel that you need to work on your grammar, spelling or punctuation, you can try one of the following links:

University of Bristol:

A list of the exercises that have been developed to help you test your understanding of the different points in grammar. [http://www.bristol.ac.uk/arts/exercises/grammar/grammar\\_tutorial/page\\_41.htm](http://www.bristol.ac.uk/arts/exercises/grammar/grammar_tutorial/page_41.htm)

EnglishPage.com:

Detailed explanation of all verb tenses in English language. <https://www.englishpage.com/verbpage/verbtenseintro.html>

Vocabulary.com:

An interactive website to help you improve your spelling. <https://www.vocabulary.com/>

# FOUNDATION LEARNING

## 19<sup>th</sup> Century Literature:

As a part of your GCSE English, you will be studying 19<sup>th</sup> Century Literature.

Here are some links where you can engage in reading or test your knowledge through interactive quizzes.

## British Library:

Quizzes about the 19th Century: <http://www.educationquizzes.com/gcse/history/britain-1815-1851-the-1832-reform-act-and-the-issue-of-poverty>

<http://www.kensquiz.co.uk/quizzes/history-quizzes/19th-century-history-2/>

<http://www.funtrivia.com/html5/index.cfm?qid=66>

<http://www.quizfreak.com/how-well-do-you-know-19th-century-trivia/results.html>

# FOUNDATION LEARNING

## Further GCSE English guidelines:

If this is your first time applying for a GCSE English course, or you do not have GCSE English Grade 3, you will be asked to complete a GCSE English assessment, so that we can ensure this programme is right for you. As a part of this assessment, you will be asked to complete either an imaginative or transactional writing task (250 words). We suggest that to prepare for this, you should look into the above tasks and resources that relate to writing letters, speeches or a short story. In addition, you will be assessed on your grammar, spelling and punctuation.

If you are a learner who does not feel that the grade you received when you previously sat GCSE English representative of your abilities, there will be an opportunity for you to retake your GCSE exams in November. Please remember to revise the following: comprehension, language and structure, evaluation, comparison of writer's ideas and writing (content, organisation and spelling, punctuation and grammar).



# FOUNDATION LEARNING

## Functional Skills English

If GCSE English is not for you, and instead you are planning to join one of our Functional Skills English classes we recommend that you look into the following resources.

Title & Short Description	Link or Online Resource
<p><u>Skills Workshop</u> This website contains a wide range of resources for all levels ranging from Entry Level 1 – Entry Level 2 – Entry Level 3 – Level 1 – Level 2</p>	<p>Skills Workshop: <a href="https://www.skillsworkshop.org/">https://www.skillsworkshop.org/</a></p>
<p><u>Grammar, Spelling and Punctuation:</u> If you feel that you need to work on your grammar, spelling or punctuation, you can try one of the following links.</p>	<p>University of Bristol: A list of the exercises that have been developed to help you test your understanding of the different points in grammar. <a href="http://www.bristol.ac.uk/arts/exercises/grammar/grammar_tutorial/page_41.htm">http://www.bristol.ac.uk/arts/exercises/grammar/grammar_tutorial/page_41.htm</a></p> <p>EnglishPage.com: Detailed explanation of all verb tenses in English language. <a href="https://www.englishpage.com/verbpage/verbtenseintro.html">https://www.englishpage.com/verbpage/verbtenseintro.html</a></p> <p>Vocabulary.com: An interactive website to help you improve your spelling. <a href="https://www.vocabulary.com/">https://www.vocabulary.com/</a></p>



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## Functional Skills English

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### Sentence structure:

#### YouTube:

How to improve your sentence structure Level 1 and Level 2:

<https://www.youtube.com/watch?v=pHdzv1NfZRM>

Types of sentences Entry Level 2, Entry Level 3, Level 1, Level 2:

Part 1: <https://www.youtube.com/watch?v=smgYeUomfyA>

Compound and complex sentences Level 1 and Level 2: Part 2: <https://www.youtube.com/watch?v=eN2NMvUrtP0>

# FOUNDATION LEARNING

## GCSE Maths:

If you are hoping to join one of our GCSE Maths classes, we suggest that you practice number, ratio, algebra, proportion, rates of change, geometry and measure, probability and statistics. .

Title & Short Description	Link or Online Resource
<p><u>Maths Genie</u> This website contains resources (videos, exam questions and solutions) covering the entire GCSE Maths curriculum. If you are retaking GCSE Maths, you should start with resources labelled as Grade 3. In addition, you can access GCSE Maths exam papers (including mark schemes, solutions and video solutions). Please select Edexcel/Pearson as this is the awarding body we use.</p>	<p>Maths Genie: Teaching and Learning resources: <a href="https://www.mathsgenie.co.uk/gcse.html">https://www.mathsgenie.co.uk/gcse.html</a> GCSE Maths exam papers: <a href="https://www.mathsgenie.co.uk/papers.html">https://www.mathsgenie.co.uk/papers.html</a></p>

# FOUNDATION LEARNING - MATHS

## Functional Skills Maths:

If you are hoping to join one of our Functional Skills Maths classes, we suggest that you practice times tables, words used in maths, basic subtracting by borrowing, long multiplication and division.

Title & Short Description	Link or Online Resource
<u>Time tables:</u> This is an interactive website where you can practice times tables.	Study Maths: <a href="https://studymaths.co.uk/game.php?gameID=1">https://studymaths.co.uk/game.php?gameID=1</a>
<u>Words used in maths:</u> This is an interactive online maths dictionary for students which explains over 630 common mathematical terms and maths words in simple language with definitions.	Maths Dictionary: <a href="http://www.amathsdictionaryforkids.com/">http://www.amathsdictionaryforkids.com/</a>
<u>Basic subtracting by borrowing:</u>	YouTube: <a href="https://www.youtube.com/watch?v=YfXiaEjTnQM">https://www.youtube.com/watch?v=YfXiaEjTnQM</a>

5 GCSEs Package	Business GCSE Package	Progress to Industry	Progress to Creative Industries	Progress to Business & ICT
GCSE Business Sociology English Literature	BTEC LEVEL 1 CERTIFICATE IN VOCATIONAL STUDIES (5 units)	BTEC LEVEL 1 DIPLOMA IN VOCATIONAL STUDIES (10 units)	BTEC LEVEL 1 DIPLOMA IN VOCATIONAL STUDIES (10 units)	BTEC LEVEL 1 DIPLOMA IN VOCATIONAL STUDIES (10 units)
GCSE ENGLISH LANGUAGE	GCSE ENGLISH LANGUAGE	GCSE ENGLISH LANGUAGE	FS ENGLISH ENTRY 3 - LEVEL 2	FS ENGLISH ENTRY 3 - LEVEL 2
GCSE MATHS	GCSE MATHS	GCSE MATHS	FS MATHS ENTRY 3 - LEVEL 2	FS MATHS ENTRY 3 - LEVEL 2
Work Experience	GCSE English Lit & Business Work Experience	Work Experience	Work Experience	Work Experience
TUTORIAL	TUTORIAL	TUTORIAL	TUTORIAL	TUTORIAL



# FOUNDATION LEVELS - BARNET



<b>GCSE Humanities Package</b>	<b>Progress to L1 / Bridging Programme</b>	<b>Move Up E3 Programme</b>	<b>Back on Track Programme (January start)</b>
<b>GCSE Business Sociology English Literature</b>	<b>BTEC LEVEL 1 CERTIFICATE IN VOCATIONAL STUDIES (5 units)</b>	<b>BTEC ENTRY 3 CERTIFICATE IN VOCATIONAL STUDIES (5 units)</b>	<b>BTEC LEVEL 1 CERTIFICATE IN VOCATIONAL STUDIES (5 units)</b>
<b>GCSE ENGLISH LANGUAGE</b>	<b>GCSE ENGLISH LANGUAGE or FS ENGLISH</b>	<b>FS ENGLISH ENTRY 3 - LEVEL 2</b>	<b>FS ENGLISH ENTRY 3 - LEVEL 1 or GCSE</b>
<b>GCSE MATHS</b>	<b>GCSE MATHS or FS MATHS</b>	<b>FS MATHS ENTRY 3 - LEVEL 2</b>	<b>FS MATHS ENTRY 3 - LEVEL 1 or GCSE</b>
<b>Work Experience</b>	<b>Work Preparation</b>	<b>Work Preparation</b>	<b>Work Preparation</b>
<b>TUTORIAL</b>	<b>TUTORIAL</b>	<b>TUTORIAL</b>	<b>TUTORIAL</b>

<b>Bridging</b> September to July	<b>Back on Track</b> January to July
BTEC LEVEL 1 CERTIFICATE IN VOCATIONAL STUDIES (5 units)	BTEC LEVEL 1 AWARD IN VOCATIONAL STUDIES (3 units)
GCSE ENGLISH LANGUAGE <u>OR</u> FUNCTIONAL SKILLS ENGLISH	GCSE ENGLISH LANGUAGE <u>OR</u> FUNCTIONAL SKILLS ENGLISH
GCSE MATHS <u>OR</u> FUNCTIONAL SKILLS MATHS	GCSE MATHS <u>OR</u> FUNCTIONAL SKILLS MATHS
WORK EXPERIENCE <u>OR</u> OPEN UNIVERSITY PREPARATION FOR WORK COURSE	
TUTORIAL	TUTORIAL



# FOUNDATION LEVELS - COLINDALE



# WHAT EQUIPMENT DO I NEED?

- A4 lined paper
- A4 folder/ring binder
- Pens and pencils
- Bag
- Scientific calculator for GCSE maths
- Student ID badge

# HOW DO WE LEARN AT BSC?

- Ready- we are all on time, in class or online and ready to learn
- Respectful- we all listen, share ideas, ask questions and respect everyone, including people of all ages, nationalities, genders and sexuality.
- Safe- we understand the right to learn without fear and we will all help each other to keep everyone safe



# WHO CAN I CONTACT FOR ADVICE OR HELP?

## Barnet Campus

Helen Brown- Curriculum Manager

0203 764 4091

[Helen.Brown@barnetsouthgate.ac.uk](mailto:Helen.Brown@barnetsouthgate.ac.uk)



Barnet Campus- EN5 4AZ



# WHO CAN I CONTACT FOR ADVICE OR HELP?

## Southgate Campus

Zoë MacGechan - Curriculum Manager

020 3764 4285

[zoe.macgechan@barnetsouthgate.ac.uk](mailto:zoe.macgechan@barnetsouthgate.ac.uk)



Southgate Campus - N14 6BS



# WHO CAN I CONTACT FOR ADVICE OR HELP?

- Colindale Campus
- Shay Dolan - Curriculum Manager
- 0203 764 4385
- [shay.dolan@barnetsouthgate.ac.uk](mailto:shay.dolan@barnetsouthgate.ac.uk)
- 7 Bristol Avenue, NW9 4BR



# WE LOOK FORWARD TO WELCOMING YOU.

