

# Course Handbook

LEEP Ahead Programme SCQF Level 4



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# Welcome and Overview

As you begin your student experience with us, you are entering a supportive and vibrant learning community built on mutual respect and collaboration.

At UHI Inverness we are committed to providing you with the resources you need to thrive academically and personally. Our Student Support Centre and The Bothy, our drop-in workshop and support venue, are open every weekday to assist you every step of the way. They are both located behind reception at the Inverness Campus.












We also offer cost-of-living support such as our foodbank, The Larder, and our free toiletries cupboard, The Cubby, which can both be found in the atrium. Additionally, we provide three free car parks and bike storage at the Inverness Campus and there are public service bus stops in our grounds.

As part of our commitment to create a healthy and inclusive environment, we are proud to maintain a smoke-free campus. Smoking and vaping are only permitted in the smoking shed by car park one. Please refrain from smoking at entrances, exits, and approaches to our campus buildings to uphold our clean and welcoming atmosphere.

We are excited to welcome you to UHI Inverness and look forward to supporting you throughout your time with us.

Please read the [Welcome Guide](#) and [Key Information Booklet](#). There is a variety of information contained in these guides, some of which will be of greater relevance to you as you work through the course. They are there to dip in and out of when you feel you need a bit more information.

## Key Contacts

Your Personal Development Advisor (PDA) is:		Amanda Campbell
Your PDA's phone number is:		07385 433438
Your PDA's email address is:		<a href="mailto:amanda.campbell.ic@uhi.ac.uk">amanda.campbell.ic@uhi.ac.uk</a>
Our Student Support phone number is:		01463 273208
Our Student Support email address is:		<a href="mailto:Student.Support.ic@uhi.ac.uk">Student.Support.ic@uhi.ac.uk</a>
Our Learning Support Team email address is:		<a href="mailto:Additionalsupport.ic@uhi.ac.uk">Additionalsupport.ic@uhi.ac.uk</a>
Our Wellbeing Team email address is:		<a href="mailto:Wellbeing.ic@uhi.ac.uk">Wellbeing.ic@uhi.ac.uk</a>
Our Library phone number is:		01463 273248
Our Library Team email address is:		<a href="mailto:Library.ic@uhi.ac.uk">Library.ic@uhi.ac.uk</a>
Campus Reception		01463 273000
The Bothy email address is:		<a href="mailto:Thebothy.ic@uhi.ac.uk">Thebothy.ic@uhi.ac.uk</a>
Highlands and Islands Student Association		<a href="mailto:Hisa.inverness@uhi.ac.uk">Hisa.inverness@uhi.ac.uk</a>

# Aims of your Course

The specific aims of your course are:

- To promote a sense of self through identifying personal skills and attributes and recognising areas for improvement
- To provide opportunities for personal growth and development within education and employment.
- To support independent living by promoting: healthy eating, cooking skills, personal safety, mental health and wellbeing and the management of personal finances.

## Structure of your Course

The units you may study are as follows:

Unit Code	Unit Title	Credit	Semester
F3GC10	Information and Communication Technology	1	IN2
J2ET44	Personal Finance: An Introduction	1	IN2
STUADV	Studies Advisor	1	IN2
F3GB10	Communication	1	IN2
H18P 44	Personal Deve self and work	1	IN2
H18X44	Personal Development: Self Awareness	1	IN2
LEEPP4	LEEP Project 4	1	IN2
J1D245	Understanding Mental Health Issues	1	IN2
J1CX45	Coping Strategies and Building Resilience	1	IN2
J1D045	Influences on Mental Health and Wellbeing	1	IN2
H20274	Cookery Skills: Techniques and Processes	1	IN2
EATHEAL 5	Eating Healthily	1	IN2

IN1 = Semester 1 IN2 = Semester 2 IN12 = Semester 1 & 2

The units that make up this qualification are a combination of those approved by Awarding Bodies, for example, SQA or Skills register units designed to enhance your learning.

# Progression Routes to Further Study and Employment

The curriculum area map clearly shows where this programme sits within this wider curriculum area, and the future progression routes which may be open to you after successful completion of this course.

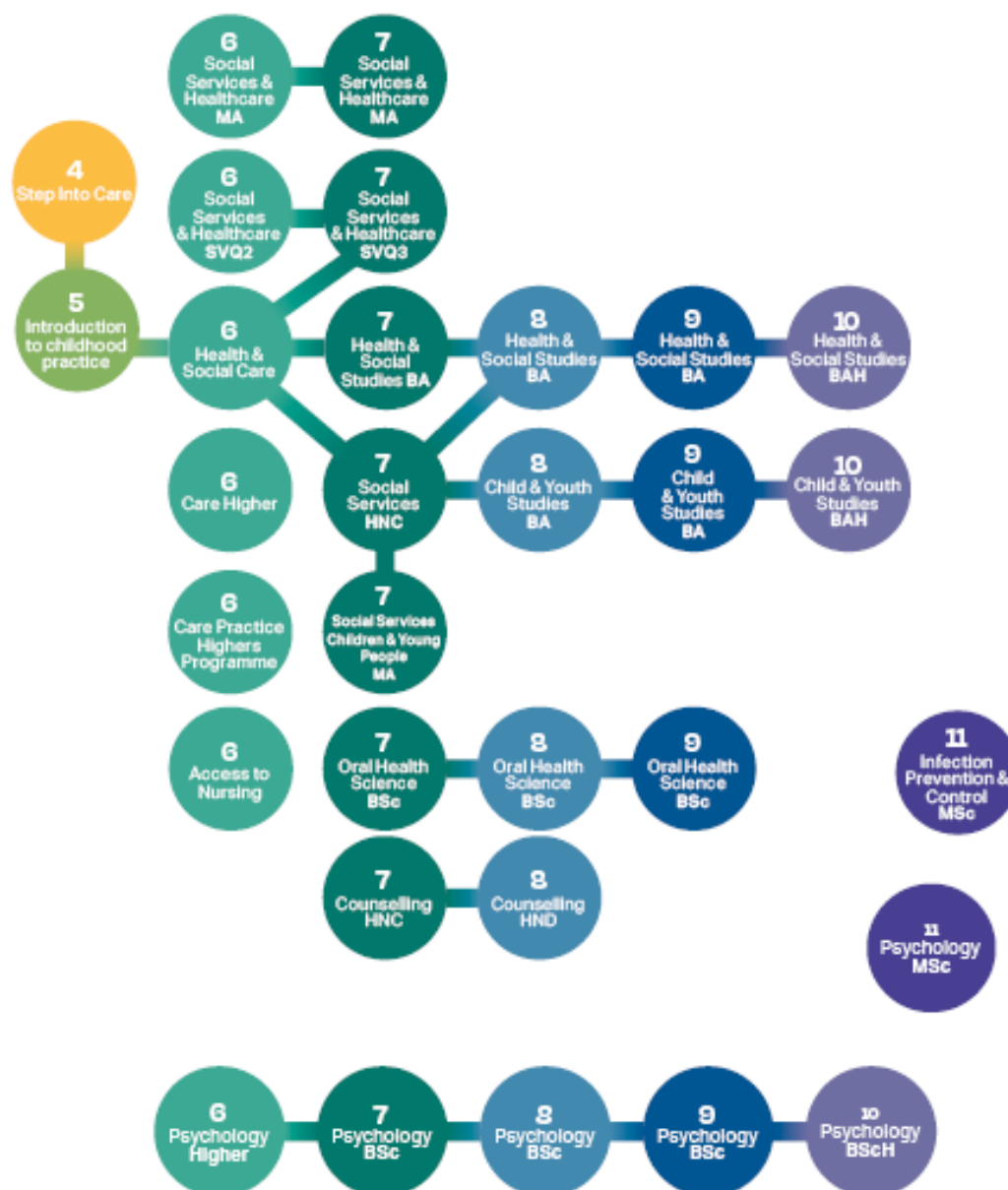
You may wish to continue your studies and apply for a place on the L6 Health and Social Care course, or L5 Childhood Practice.

## **Other options may include:**

- Employment in a care environment
- Highers and Nationals
- Apprenticeships
- Non care related subjects such as Arts, Sports and Humanities

You will discuss all these options and anything else with your Personal Development Advisor (PDA) during your personal interviews throughout the year and specifically when discussing progression

## Care, Social Care & Healthcare progression routes



### Short Courses

COSCA Certificate Counselling Skills

Administration of Medication PDA

Mental Health Peer Support Worker PDA

Workplace Assessment Using Direct and Indirect Methods PDA

Leading and Managing Care Services CPD Award

Health and Social Care Supervision PDA

Internal Verification of Workplace Assessment PDA

# Get Tech Ready

You will be using lots of different digital tools and systems as a student with us.

The following information will help you prepare for starting your studies.

We have also listed some of the main services you will be using when you start with us:

MyDay, our student portal – Some of the key tiles include:

- Brightspace, our virtual learning environment
- Mail
- UHI Print
- Absences & Timetables

The screenshot shows the MyDay student portal dashboard. At the top, there's a navigation bar with the UHI logo, 'Student Home', and 'PERSONALISE'. Below this is a large banner featuring three students and a statistic: '81% Student satisfaction Sàsachadh oileanach'. To the right of the banner is a 'Newsroom' section with several news items, including 'Money May - Benefits, Grant Advice and Student Funding' and 'Who Cares? Scotland - Emergency Services Engagement Event'. Below the banner and newsroom is a 'Research' section with various service tiles. On the left side, there's a sidebar with navigation options like 'Send feedback', 'DASHBOARDS', 'NAVIGATION', and 'APPS'. At the bottom of the dashboard, there are several service tiles including 'Brightspace', 'Mail', 'UHI Print', and 'Absences & Timetables'.



# Personal Support Whilst Learning

Congratulations on taking a brave step onto a new pathway to learning!

We understand that throughout the course of your learning journey you may experience personal difficulties or life events which make studying more challenging. Our aim is to offer the care, support and guidance required to help you achieve your goal of successfully completing your studies.

If you are studying full time at SCQF Level 6 or below (Further Education **FE** level) you will be assigned to a **Personal Development Advisor (PDA)**.

Your **PDA** should be **your first point of contact** for any support needs, queries or concerns you may have.

## Your PDA

We have a team of Personal Development Advisors (PDAs) who will be available to provide advice and guidance to support your personal development while you study with us. The PDA is not academic support but is a focal point for pastoral care and will work in partnership with your academic teams to support you whilst you study.

Your PDA is Amanda Campbell

If you need to see your PDA during College hours, you should make an appointment via email or in an emergency on the mobile number provided or via the Student Support Centre.

General student support will also be offered through the Student Support Centre which is open during term time from 0830 to 16.30hrs, Monday to Friday.

**You can contact me on:**



Mobile: 07385 433438



[amanda.learmonth.ic@uhi.ac.uk](mailto:amanda.learmonth.ic@uhi.ac.uk)

If your PDA is not available you can contact the other PDA in your curriculum area, or our Student Support team – [Katy.Turton.ic@uhi.ac.uk](mailto:Katy.Turton.ic@uhi.ac.uk) (Monday, Tuesday, Friday am);  
[Student.Support.ic@uhi.ac.uk](mailto:Student.Support.ic@uhi.ac.uk)



# PDA Time

You will be scheduled to have specific time with your PDA throughout the course of the year. It is very important that you attend these sessions as they are designed to help you manage your wellbeing and ability to study effectively.

Sessions could include:

- Induction and orientation information
- Team building activities
- Wellbeing and resilience tools
- Coping with stress strategies
- Employability, careers advice and preparation
- Finance and budgeting information, support, and guidance

Your PDA can also help you with a wide range of other concerns you may have such as:

- Attendance and attainment concerns
- Course information and choices
- Finance – funding support, applying for hardship funds, if required
- Help filling in forms – course and funding applications
- Accommodation – help and advice on where to look
- Childcare information – local nurseries
- Progression after your course – What to do next and where to look for help and support

Your PDA can also refer you to more specialist services for wellbeing, counselling, general and additional support for learning, funding, welfare needs and additional help and guidance for managing your transition into student life.

This list is by no means exhaustive. Your individual needs are important to us, whatever the situation, we will listen and try to help.

If your PDA is not available, you can drop into the Student Support Centre behind reception at the Inverness campus and the team will aim to provide the answers you need or find someone who can.

**The Student Support Centre is open from 0830 to 1630, Monday to Friday.**

Alternatively, you can contact us –



01463 273208



[Student.Support.ic@uhi.ac.uk](mailto:Student.Support.ic@uhi.ac.uk)

## Recommended Texts / Reading List

There are no set recommended texts for this course, but your tutors may advise further reading pertaining to individual subjects.

You can take out 15 books at a time from the Library and there is a drop-box and in the Ground Floor Atrium where you can leave books if the Library is closed.

## Lost Property

Lost property can be handed in to the reception desk at the Inverness campus or Balloch campus. Items such as clothing, bags shoes will be held for **one month** only. After such time these will be sent to local charities. Items such as earphones and water bottles will be destroyed after **one month**. Valuables items (passports, driving licences, mobiles, purses, wallets, bags and jewellery) will be taken to the Police on a **monthly** basis.

**Bank cards** are **not** considered valuable and will be kept for **one** week before being destroyed by the Estates Team or our Data Protection Officer, who will shred on our behalf.

Items containing food or drink will be disposed of immediately.

## Opening Times

Opening times can be viewed on our webpage. Please select the relevant campus:

[Study - Our campuses \(uhi.ac.uk\)](#)

## References

### **Useful information about UHI Inverness**

Includes strategies, publications and Student Code of Conduct

[About us - Publications \(uhi.ac.uk\)](#)