**Power in Partnership/Riverside College**

**Case Study May 2023**

**Power In Partnership Ltd**

Student - CS

LEVEL 1 EMPLOYABILITY

25/8/22 – 02/12/22

CS enrolled with PIP with the hope that she could improve her confidence and overcome her social anxiety whilst also being able to talk more and make friends. CS is a very polite and friendly person but massively struggles with her mental health and therefore became more withdrawn throughout high school and the idea of attending a main-stream college sent her anxiety through the roof. She was then really suffering with social anxiety and low confidence. Luckily someone she knew from high school was also due to start which gave her the confidence to walk through PIP’s door.

CS really wanted to improve her Maths and English and be able to cope in a larger College environment. She soon realised the relaxed, informal setting here at PIP suited her much better and she was able to concentrate on her work with tutor’s assistance. During her first few weeks CS was extremely shy and quiet and barely spoke to anyone. CS was receiving regular 1-1 support from the tutors and we arranged regular breaks when we could see she was feeling uncomfortable or she seemed overwhelmed.

After weeks of attending and more students enrolled, CS started to talk more and was looking more relaxed and at ease, she seemed a lot more settled and made friends with a group of learners who were in the same training room and of a similar mindset to herself, her confidence was growing and she was enjoying getting out of the house.

CS was communicating much better, flying through her portfolio and practising for her exams, it was during this we realised the extent of her anxiety when she was near to tears thinking about sitting her exams, we were able to reassure her, it would be nothing like in school sitting in a big group, we would be in a private space and a familiar face would be sitting in the room invigilating. Despite this on the day of her exams, she’d worked herself into a frenzy, was very emotional and was beating herself up, saying she couldn’t do it, she was so nervous and said she’d forgotten everything she had revised and was particularly dreading sitting maths.

As to not overwhelm her and the pressure of the required timing, the decision was made for her to try and sit her English exam and to re-order her maths exam. The functional skills tutor was then able to support CS further going over her notes and things she was unsure about when leading up to the maths exam and helping her to feel more at ease to try again.

Moving forward to the end of her course CS has now fully completed her L1 Employability Certificate and was absolutely thrilled when she received the news she had passed her L1 Mathematics and L2 English. CS has made new friends, she is able to communicate a lot better and will speak first instead of waiting to be spoken to, she is also a lot more focused. She is still improving her confidence and anxiety symptoms but the difference from when she first came to now is just amazing.

Next steps - CS is moving onto further education with the hope to achieve a L2 in Mathematics and is feeling more focused and positive about her future. She hopes to travel to Italy and in the future is interested in Health & Social Care and hopes to become a midwife. She also loves writing poetry and spoke about wanting to write her own book and I believe she will succeed in this.