

CENTRAL BEDFORDSHIRE COLLEGE



Central
Bedfordshire
College

WHAT SORT OF STUDENTS DO WE HAVE?

- Jeremy – went to mainstream school, did some GCSEs and a Level 1 BTEC award.
- Had high levels of anxiety



- Now he's progressed to a Level 3 IT course and is doing really well – he even goes to the front of the class to put things on the Smartboard!

WHAT HELPED JEREMY DO SO WELL?

- Time out to reduce anxiety
- LSA support in class
- Regular 1:1 reviews with this tutors
- 1:1 support with ALS tutors



CHARLIE

- Went to special school
- Had difficulty controlling his anger
- Sometimes needed time out to calm down



- He joined Pathways where he spent 4 years on courses developing his independence skills
- Now he's out and about accessing the community

HOW DOES COLLEGE HELP?

- Longer transitions so people are comfortable with college before they start



- Staff who understand about Autism

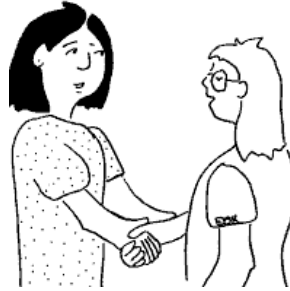


- Staff who will listen

A screenshot of an email form. The form has a purple header with the word "Assessant" in white. Below the header are five input fields: "Name", "Email", "Website", "Subject", and "Message". At the bottom right of the form is a "Send Email" button.

OTHER HELP

- 1:1 support when needed



- Time out when anxious or stressed

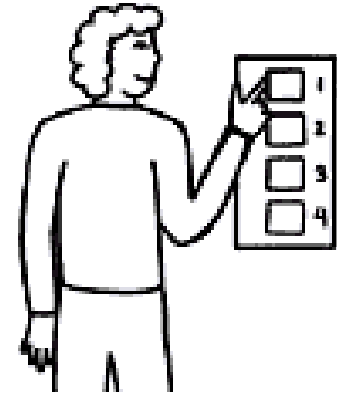


- Learning Mentors to support people 1:1 when they are anxious or worried



AUTISM-SPECIFIC COURSES

- TEACCH groups
- Next Steps



PLANS FOR NEXT YEAR

- Peer support and skills development groups



- Our new “Comfy Room”

COMFY ROOM

- “Sometimes I get worried and anxious when I’m at college”
- “If we had a quiet room people could get themselves calmed down and they wouldn’t get so angry”
- “Life’s a journey”



COMFY ROOM

- “Sometimes I get a bit overwhelmed and I would like somewhere to go to get back to me”
- “Relaxing music in a relaxing room would really help”

