



YOUR

NEXT

CHAPTER

STARTS

HERE

**RETURN TO STUDY
PROGRAMME 2024,
LANCASTER CAMPUS**



WELCOME

TO THE UNIVERSITY OF CUMBRIA'S RETURN TO STUDY PROGRAMME 2024

"The Return to Study Programme helped me to gain some essential skills to progress into my dream career. The tutors were supportive and helpful throughout my time. It's a great opportunity for anyone. The University of Cumbria is a lovely university with amazing support."

– Lucy Vaughan, past Return to Study Programme participant who progressed to our BSc (Hons) Occupational Therapy degree

Congratulations on gaining a place on our Return to Study Programme! We are thrilled to welcome you. Whether you're confident you want to go to university but you want to brush up on your study skills first, or you're simply unsure if degree study is the right path for you, we have designed this programme with you in mind.

Over the course of eight evening sessions, we will provide you with the tools, guidance and support you need to decide on your next steps and return to education with confidence and clarity. What's more, at the end of the programme we will support you in applying for your chosen degree.

We understand that returning to study can be daunting, but rest assured, you're not alone. Our experienced tutors are committed to creating a welcoming environment to help you explore your goals and unlock your full potential. From honing your study skills to considering your options for your future, we're here for you every step of the way.

Your decision to invest in your education is a powerful step towards personal growth, career advancement, and lifelong learning, and we're honoured to be a part of your next chapter!



MEET THE TEAM



JODI GREGORY, ACADEMIC SKILLS

Jodi Gregory is Lecturer in Academic, Personal and Professional Skills, and delivers the academic skills sessions within the Return to Study Programme. Jodi began her career teaching English to speakers of other languages, before moving into her current work. Jodi is dedicated to fostering personal growth, resilience, and a sense of belonging among her students.



TRACY COWLE, SOCIAL WORK

Tracy Cowle is Principal Lecturer in Children, Young People and Families. Tracy has 25 years' experience working in the youth and community sector, including in the NHS and voluntary sector organisations. Her research interests include youth work as a profession, youth work skills and development, management and leadership, and community development.



EMMA SPELLMAN, OCCUPATIONAL THERAPY

Emma Spellman is Senior Lecturer and Programme Leader for our BSc (Hons) Occupational Therapy degree. With over 20 years' experience working as an occupational therapist in hospitals and community settings in the NHS, Emma began her academic career in 2015, and is passionate about high-quality occupational therapy education and service provision.



ALISON BUCKLEY, NURSING

Alison Buckley is Senior Lecturer in Nursing and Pathway Leader for our BSc (Hons) Adult Nursing degree. Before joining the University of Cumbria in 1996, Alison was a senior nurse at Manchester Royal Infirmary and Addenbrookes Hospital, Cambridge, working in neurology, neurosurgery, and neurocritical care and acute brain injury services.



"The programme gave me clarity on my desired path and enabled me to attain the entry requirement for the nursing degree. The supportive environment and professional tutors made it an excellent opportunity for anyone interested in advancing their education. By the end of the course, I was digitally equipped, my academic writing had improved, and I was energised to embark on a journey of reaching what I had previously perceived as impossible."

— Cecilia Njoroge, past Return to Study Programme participant who progressed to our BSc (Hons) Adult Nursing degree

RETURN TO STUDY PROGRAMME TIMETABLE

Date	Session Details
28 May	5.30pm-6.30pm: Introduction to Your Course 6.45pm-8.00pm: What It Means To Be a Health Professional
30 May	5.30pm-6.30pm: Digital Skills for Higher Education Study 6.45pm-7.45pm: Study Skills 1 – Writing Skills Note: these sessions are obligatory for prospective Integrated Foundation Year students only. Others may choose whether they want to attend.
4 June	5.30pm-8.20pm: Course Talk and 'About My Programme' Q&A
6 June	5.30pm-7.30pm: Study Skills 2 – Sources Information
11 June	5.30pm-7.30pm: Subject Sample Session
13 June	5.30pm-7.30pm: Study Skills 3 – Reading and Information Sorting
18 June	5.30pm-8.00pm: Interprofessional Case Study Scenario

Date	Session Details
20 June	5.30pm-7.30pm: Study Skills 4 – Referencing and Essay Workshop
27 June	Final essay submission and degree application deadline
4 July and 5 July	Interviews for degree applicants



SUPPORT AFTER YOUR RETURN TO STUDY PROGRAMME

Your Return to Study Programme is just the beginning! At the end of the programme, we will support you in applying for your chosen degree. If you're successful in your application, there will be an array of support available to you once you join us as a student in September.

Money Advice

Worried about money? We're here for you. Our confidential money advice service is free for applicants and students. With expert advisers across the university, we can provide help and information on a wide range of issues such as funding eligibility and student loans. If you need any support in managing your money, we can also help you to plan your finances.

Disability Support

We are all unique and all have our own ways of learning. Our aim is to provide a supportive environment in which everyone can flourish. If you're looking for support with a disability or specific learning difficulty, we can offer you an individualised SpLD action plan alongside other services that will enable you to access your chosen course.

Health and Wellbeing

We all go through times where we need a helping hand or someone to listen to our problems. Personal, emotional, and psychological issues can impact your ability to study. Your wellbeing is very important to us, which is why our Mental Health and Wellbeing team are on hand to help and support you.

Careers and Development

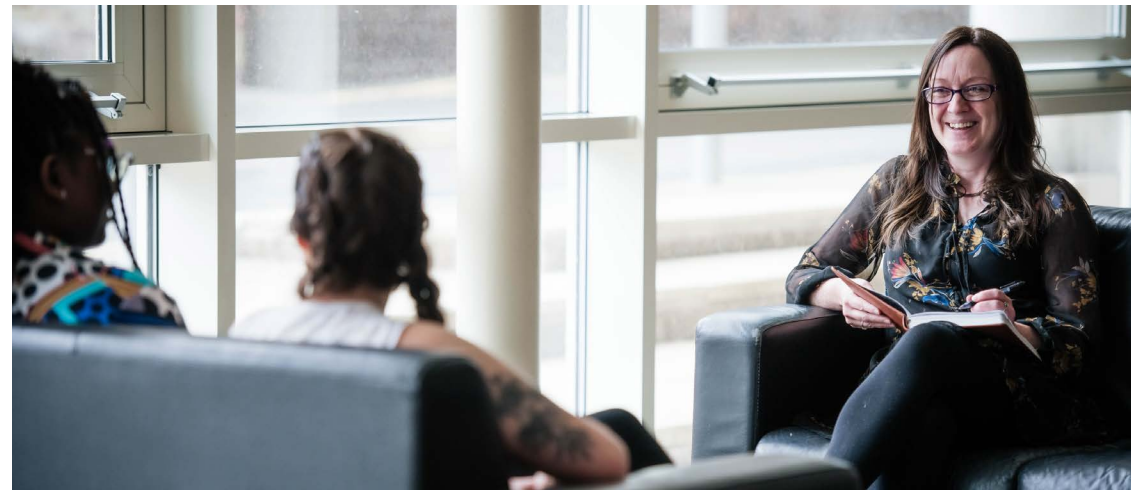
We know how important your career is to you. That's why we are committed to boosting your career prospects by offering a range of support services, including careers and employability events, workshops, drop-ins, and advice on career management, skills development, and how to find work opportunities.

You can access our services via the careers hub My Career Enriched, the Student Enquiry Point, by phone, and online.

My Career Enriched

You will have access to the Careers and Employability service from the day you arrive, throughout your studies, and for up to three years after you graduate. This will enable you to:

- Search for graduate jobs, part-time work, work experience, industry placements and paid internships.
- Book one-to-one advice and guidance appointments and practice interviews.
- Search for and book onto careers fairs and employability events.
- Submit your CV, cover letter or application form for tailored feedback.
- Complete mini online courses to improve your employability skills.
- Attend practical workshops on building and enhancing your CV, applications, interviews, success in your sector, options with your degree, job search skills, business start-ups, freelancing, and much more.





INSTITUTE OF HEALTH

Will your story be one of making a lasting impact on the world? For you, studying at university is about gaining the skills you need to work towards the greater good of society.

Will your story be one of striving for a particular career? For you, your university education is a pivotal step towards achieving your dream career, where you stand out against your competitors with an experienced edge.

Will your story be one of pursuing your passions? For you, studying at university is about delving deeper into your interests. A career will come in the future, but for now, it's about the experience and developing yourself.

It's truly never too late to go to university and gain your degree. Whatever you want your story to be and whatever your reasons for wanting to study at university, our specialist Institute of Health is the ideal environment to pursue your goals.

Love your story with our Institute of Health.



Health

LANCASTER CAMPUS

Address

University of Cumbria,
Bowerham Road,
Lancaster,
LA1 3JD

Telephone

01254 590 800



CAMPUS KEY MAP

- R Main Reception
- ▶ Building Access
- ♿ Accessible Entrance
- P Car Park
- ♿ P Designated Disabled Persons Parking Bay
- 🚲 Bicycle Shed
- 🚬 Designated Smoking Area
- ♿ Loop System
- 👶 Maternity Room
- Pay and Display Parking
- Designated Care Share
- Outdoor Classroom

UNIVERSITY BUILDINGS

- | | |
|---|---|
| 1 Alexandra Building (AXB)
Video Conferencing Facilities | 18 Humanities Building (HB) |
| 4 Bishop Cross Building (BCB) | 19 Ingelton House |
| 5 Café Martineau | 20 Kate Shuttleworth Lecture Theatre (KSLT) |
| 6 Chapel | 21 Library - Harold Bridges |
| 7 College Main
Video Conferencing Facilities | 26 Askwith Building (AB) |
| 8 College North (N) | 28 Print Unit |
| 9 College South (S) | 32 Sport Complex (LSP) |
| 10 Dalton Building (DB) | 34 The Keep (K) |
| 11 Donald Coggan Building (DC) | 35 Waddell Halls |
| 13 Fieldhead (F) | 37 Pre- School Centre |
| 14 Gateway Building | 38 Sentamu Building |
| 17 Hugh Pollard Lecture Theatre (HPLT) | |

GETTING HERE

University of Cumbria
Bowerham Road
Lancaster
LA1 3JD

FREE PARKING on campus

By Car: Exit the M6 at Junction 33 and follow the A6 North for 5 miles towards Lancaster. At the Pointer Roundabout, take the 3rd exit. Continue along Bowerham Road – campus is on your left.

By Train: Our Lancaster campus is a 20-minute walk from Lancaster Train Station. Alternatively, take the Number 4/4X bus from the train station to Malvern Avenue – the bus stop is located outside campus.



University of
CUMBRIA