



Hi {{Recipient.FirstName}}

Welcome to the May issue of JTL Learning News.

In this packed issue you will find a link to a short film on the importance of completing your Functional Skills. Remember, you can't complete your apprenticeship without passing these.

We've also included a reminder about protecting your mental health along with the contact details for the Electrical Industries Charity. In addition, we've included some revision tips to help you with exams, as well as an enlightening article on the difference between assistive and accessible technology.

You will also find some tips on how to stay 'Festival Safe' this summer and details of the WorldSkills UK 2022 finals taking place in November which you can register to attend.

Finally, we've included information about some free training courses that may be of interest to you, particularly for those of you who are coming to the end of your apprenticeship.

**Latest updates**

## The importance of Functional Skills



Watch our short, [video](#) which explains how having good maths and English skills will help you with your work.

So, let's get you on track to complete your Functional Skills qualifications if you haven't already!

Email [info@jtltraining.co.uk](mailto:info@jtltraining.co.uk) or speak to your Training Officer or Apprentice Support Officer.

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## Protecting your mental health

As it was Mental Health Awareness Week at the start of May, we thought it would be a good time to remind you about the free and confidential Apprentice Support Programme that is available to all JTL apprentices.

It is provided by Electrical Industries Charity and their trained advisors can assist with mental health concerns, financial and debt advice, support for carers and legal advice.



You can contact them by email [support@electricalcharity.org](mailto:support@electricalcharity.org) or telephone 0800 652 1618.

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## Exams coming up?

### Here's our top 3 revision tips

Exams may be just around the corner and revising can be difficult at the best of times. It is easy to develop bad revision habits, so here are the top 3 revision tips from the Additional Learning Support team to support your achievement and minimise stress.



**1. Get organised** – it can be difficult to fit revision around work, college and family life so use a revision timetable to focus on what needs to be done. Block out times you are available to study (be realistic) and times you aren't. Add what needs to be completed in each revision session, breaking down topics helps, then display your plan somewhere you can see it (and therefore more likely to stick to it!). Electronic revision timetables are also available; check out [Get Revising](#) and the [BBC Bitesize](#) for some free planners, or apps like Timetable or My Study Life.

**2. Repetition** – don't just revise a topic once and move on. Complete regular refreshers and pay extra attention to areas you are weaker at or the topics your mock assessments flagged up.

Keep shortening your revision notes each time to revisit a topic so your mind continues to interact with what needs to be remembered.





**3. Create a positive mindset** - Set manageable goals that will help you stay motivated and get something out of every revision session. Start each study session with a positive affirmation such as, 'today, I am going to achieve...' Remember, sitting exams can be a stressful time and if you are struggling it is important to talk to someone.

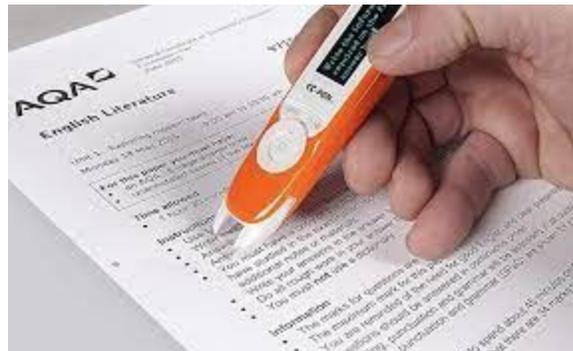
JTL is partnered with the Electrical Industries Charity, offering free and confidential support services via telephone 0800 652 1618 or email [support@electricalcharity.org](mailto:support@electricalcharity.org)

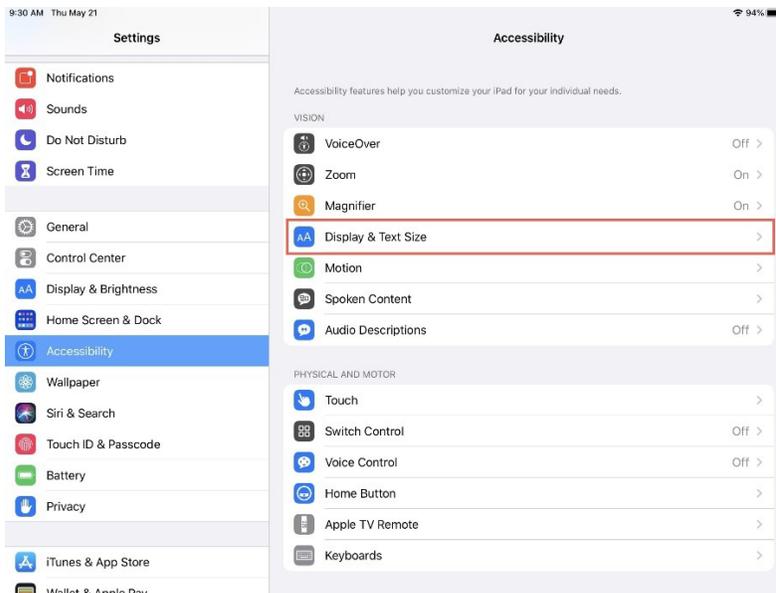
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## Could technology help you learn more effectively?

### Assistive and Accessible Technology - What's the difference?

**Assistive Technology** is any device, software or equipment that is designed for a specific task and helps people work around any challenges or disabilities they have whether cognitive or physical. An example of assistive technology could be a reader pen, which is a portable tool used to scan then read words aloud (or listen to the text using headphones). This is useful when reading textbooks or in exams (but must be your normal way of working before use in exams).





**Accessible Technology** is technology that's been designed with the needs of many different users in mind. It's technology with built-in features that can be customised to maximise potential in the workplace, in the classroom and in your free time. An example of accessible technology includes your smart phone which has features such as

changing text size, text to speech features and voice control to speak commands to your phone.

### Benefits of technology:

- Prevent work-related injuries e.g., repetitive strain injury
- Provide alternative communication aids e.g., using voice recognition software
- Increase productivity by completing tasks faster or multitasking e.g., listen to text on the go, dictating your shopping list whilst walking the dog.
- Promote independence and autonomy e.g., reading independently
- Facilitate memory and recall e.g., by listening rather than reading if you are an auditory learner

If you think any of the technology outlined above would be beneficial for you when studying, in class, in the workplace or in examinations and you would like to find out more, contact the Additional Learning Support Team today. Email

[learnersupport@jtltraining.com](mailto:learnersupport@jtltraining.com)

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**Be 'Festival Safe'**

Soon, many of us will be packing our pop-ups tents and wellies for a high-old time at the first festival in a while, or ever. For most, their weekend will be exciting and eventful. For others, it may be memorable for the wrong reasons.

The Festival Safe website aims to help first-time festival (and hardened

veterans) have a safe experience. Amongst other topics, the site includes a section on alcohol and other drugs, including:



- Understanding The Law
- General Harm Reduction Guide
- Alcohol Harm Reduction Guide
- Drugs Harm Reduction Guide
- Drug Testing

[Find out more about Festival Safe >>](#)

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## WorldSkillsUK national finals announced



The National Competition Finals for WorldSkillsUK 2022 will be taking place at the following venues from Monday 14 November:

- Barking & Dagenham College
- Belfast Metropolitan College
- Blackpool & The Fylde College
- Cardiff & Vale College
- Edinburgh College
- Middlesbrough College

Top students and apprentices from across the country will compete for gold medals in 62 finals held across these six venues, from the new industry 4.0 competition in London, to aircraft maintenance in Cardiff and culinary arts in Belfast.

If you'd like the opportunity to enjoy the spectacle and excitement of the finals, register your interest to attend on the WorldSkills UK website. Here you'll also find the full list of competitions at each venue.

[Register here >>](#)

Designed by industry experts, WorldSkills UK competitions help young people grow personally and professionally developing their technical and employability skills and boosting their confidence.

If competitors impress at the national final, they could be in with a chance of representing the UK in the 'Skills Olympics' in France in 2024.

Finally, the winners of each competition will be announced by Steph McGovern in a special live medal ceremony show broadcast from her 'Packed Lunch' studio on Friday 25 November.

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## Earthing & bonding FREE bitesize course

Power Up your knowledge with JTL's latest FREE bitesize course which focuses on Earthing and Bonding.

The course is designed to help you understand the role of earthing and bonding, and earth fault loop impedance play in ensuring electrical safety and is a great way to recap and refresh your learning.



[Learn more >>](#)

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## Test yourself with IntroEx - free digital tool



You can test your basic understanding of explosive atmospheres with CompEx's free digital tool 'IntroEx', hosted on the CompEx website.

The IntroEx takes approximately 20 minutes to complete and provides an

overview of some of the basic principles of explosive atmospheres.

The content covers five elements including 'What creates a fire or explosion?' and 'Examples of common ignition sources'.

[Test your knowledge >>](#)

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**And finally ...**

So, that's all from us for now. The next newsletter is due out in June, which will be the final issue for this academic year.

As always, if you have any general questions or concerns about your learning, please contact your Training Officer or Apprentice Support Officer in the first instance, or else you can call JTL's customer services team on 0800 085 2308. You can also email [info@jtltraining.com](mailto:info@jtltraining.com).

**With best wishes,  
From the JTL team**

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