



Hi {{Recipient.FirstName}}

Welcome to the May issue of Learning News!

In this short but sweet issue we've included advice on how to cope with anxiety in support of Mental Health Awareness Week which took place earlier this month. This may be particularly relevant for those of you revising for exams right now, as it's very common to experience feelings of anxiety during this time. In addition, we've included some useful revision tips supplied by the Additional Learning Support team to help you if you are preparing for exams.

We also bring some exciting news that the Installation and Maintenance Electrical Apprenticeship has been hailed by the Government as a 'gold standard for green skills'. This demonstrates the important role electricians of the future will play in helping to achieve the UK's net zero targets.

Finally, we've included a useful guide to help you understand the official title of the apprenticeship you are undertaking with links to the occupational Standard, hosted on the Institute for Apprenticeships and Technical Education's (IfATE) website. Happy reading!

Latest updates

Electrical apprenticeship chosen to mark the King's Coronation

The Installation and Maintenance electrician apprenticeship is one of six apprenticeships highlighted as the 'gold standard' for green skills training.

This recognises the critical role this occupation plays in responding to climate change and working towards net zero goals. The apprenticeship will have the Coronation emblem bestowed on it.



[Read more here >>](#)

Protect your mental health

15 to 21 May 2023

**Mental Health
Awareness Week**



#ToHelpMyAnxiety

The Mental Health Foundation has chosen 'Anxiety' as its theme for Mental Health Awareness Week, which took place this month.

"Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a

mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious

when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.” (Mental Health Foundation 2023)

As a JTL learner we recognise that there are lots of factors in your lives that may cause you stress and anxiety, this may be starting a new job, starting at a new college, financial concerns with being on an apprentice wage, family commitments and many more.

JTL's Safeguarding Team has put together a helpful fact sheet which includes tips and tricks for dealing with Anxiety.

[Read the Factsheet >>](#)

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. It's important to take some time to relax whilst revising, even just getting outside for 5 minutes or talking to a friend or relative on the phone.

Don't forget JTL is partnered with the [Electrical Industries Charity](#), offering free and confidential support services via telephone **0800 652 1618** or email support@electricalcharity.org

Know your apprenticeship



Your apprenticeship is based on an occupational Standard created by employers in our sector. The Standard describes the skills, knowledge and behaviours needed for someone to be competent in the job role. Find yours by clicking on the title of your apprenticeship in the list below:

Standard Name	Level	Number
Installation/ Maintenance Electrician	L3	ST0152

<u>Plumbing and Domestic Heating Technician</u>	L3	ST0303
<u>Building Services Engineering Installer</u>	L3	ST0065
<u>Building Services Engineering Craftsperson</u>	L3	ST0062
<u>Building Services Engineering Service and Maintenance Engineer</u>	L3	ST0061
<u>Gas Engineering Operative</u>	L2	ST0155
<u>Fire, Emergency and Security Systems Technician</u>	L3	ST0189
<u>Gas Network Operative (Utilities)</u>	L3	ST0204
<u>Gas Network Craftsperson (Utilities)</u>	L3	ST0205
<u>Water Industry Network Technician</u>	L3	ST1292
<u>Water Industry Treatment Process Technician</u>	L3	ST1291

And finally ...

So, that's all from us for now. The next issue will be sent to you in July.

In the meantime, if you have any general questions or concerns about your learning, please contact your Apprentice Support Officer, Training Officer or call JTL's customer services team on **0800 085 2308**. You can also email info@jtltraining.com.

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

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