

HARLOW COLLEGE

# STEP UP

The stepping stone to  
progress in education  
or the workplace  
for those aged  
16-24.



# WHAT IS STEP UP?

This course will help to prepare, support and give confidence to learners who may be out of education, employment or training and are unsure of their next steps.

The course is all about providing learners with a stepping stone to progress into a job, training in the workplace or further education, with like-minded people who are all looking for that one opportunity to step up to their future.

## WHAT WE COVER:

On the Step Up programme, you will cover a whole range of units from the list below, based upon your goals and future aspirations. The units include:

- Career Planning
- Mental Wellbeing
- Digital Skills for Everyday Life
- Budgeting
- Setting Personal Goals
- Skills for Employability
- Interview Skills
- Developing a Personal Learning Programme
- Searching for a Job

We also help to develop your wider skills, such as:

- Communication Skills
- Problems Solving
- Confidence Building
- Study Skills
- Preparation for Employment

The classes are small and we aim to provide lots of support and individual guidance based on your needs. Many young people find the process of searching for a job, knowing what to do next or applying for education a challenging process.

**STEP UP TO CONFIDENCE**  
**STEP UP TO SKILLS**  
**STEP UP TO YOUR FUTURE**

## CONTACT US:

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