

FREE!

Independent Student Advice Service



Who we are

The Independent Student Advice service is provided by Anglia Care Trust to support young people to stay in education and to improve their levels of attendance, achievement and wellbeing.

The service is available to young people:

- Who are within full time Primary, Secondary or Further education
- Who live in the Suffolk area
- And who are willing and able to engage with the service and keep regular contact with their Independent Student Adviser.

How it works

Independent Student Advice is carried out through weekly face-to-face sessions within the school, with interim telephone and text message support.

The support is delivered by our Independent Student Advisers who are Volunteers trained by Anglia Care Trust to deliver an unbiased, professional service to young people. The volunteers offer their time and commitment because they want to help make a difference to young people's lives. They will build a relationship based on honesty, trust and an understanding of the needs of the young person.

For more information please call **01473 622888** or email **RosieGordon@AngliaCareTrust.org.uk** for a referral form

The student's main concerns will become part of a support plan that the Adviser and student will work on together over a period of time. A key benefit of the Student Advice relationship is that the young person receives one to one time with an experienced independent person that they can trust.

What we can help with

- Low level anxiety, such as social anxiety/general worries
- Phobias, such as fear of exams or public speaking
- Coping with and managing change or transition
- Confusion about course choices
- Support with managing coursework and revision
- Lack of motivation or aspiration
- Support with organisational skills
- Lack of confidence & fear of failure
- Inability to recognise skills and strengths
- Support and guidance when choosing a university/course

What students say

- "Thank you for giving me ideas on what I want to do in the future"
- "My Adviser helped me build confidence to make decisions"
- "I feel that this has really helped me, I feel in control."
- "My Adviser helps me to stay positive and has taught me to look at things in different ways"
- "I now feel positive about my future; my Adviser is helping me think about my future education"
- "I think this is a thing every student should have."

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