

# Monday 22nd June : Progression day (Cardiff City campus)

**Are you currently enrolled on a community college course or doing a family learning course?**

Join us for progress week where you can take part in 1 hour workshops, learn to access college systems and discover your progression options within the college.



## Neurotypical and autistic teenagers

Join Dr Sum Mistry to learn about the differences between the brain of a neurotypical and autistic teenagers.

Within this hour, Dr Sum will take you through the differences in the developmental changes, as well as the physical differences in the brain.



## Introduction to ESOL

Join us to learn more about our ESOL (English for speakers of other languages) courses.

Our tutor can give you a taster and an overview of the courses we offer, help you apply and make sure you have the correct funding in place (if entitled).

Whether you want to learn or improve your English skills or you need an official qualification, come and learn more!



## Starting a side hustle/careers help

Join our careers team for a session on 'starting your side Hustle' where you will learn how to bring your entrepreneurial ideas to life.

The careers team will also be there to answer any general questions you have about college courses and external job roles.



## Soap making

Get your creative juices flowing with our soap making session. You will design and create your own small soap bar, with its own colour and scent.



## Brain changes and the menopause

Join DR Sum Mistry to talk about the changes the brain goes through when someone goes through the menopause.

Focusing on how the physical brain changes through our lives, teamed with hormonal changes. Dr Sum will be able to answer any questions you may have.



To register for courses, either scan the QR code, or click the link to fill the form in.

**CLICK HERE**

