

NORTH EAST
SCOTLAND
COLLEGE



STUDENT SUPPORT GUIDE

STUDENT
ADVICE
CENTRE



The Student Advice & Support Team (SAST) is based in the Student Advice Centre at City, Altens & Fraserburgh campuses. Whether you need extra support with your studies, special arrangements in the classroom or just someone to chat to we're here for you!

We can support you with:

- **Alternative Assessment Arrangements (AAAs)**
- **Needs Assessment and Disabled Students Allowance (DSA)**
- **Study Skills including time management, assistive technologies and Learning Tools Library information**
- **UCAS, CVs and Employability**
- **Wellbeing – Physical, Mental and Financial**
- **Dedicated support for estranged students, student carers and care experienced students**

ALTERNATIVE ASSESSMENT ARRANGEMENTS

If you have a disability, learning difficulty, health condition, or a temporary issue like an injury, you might be able to get **Alternative Assessment Arrangements (AAAs)** to make exams and assessments fairer. This could mean extra time, a reader or scribe, assistive technology, adapted papers, or a quieter space to sit your assessment.

If you think AAAs could help you, chat with the **Student Advice & Support Team (SAST)** or check out MyNESCol for more info. You can book an appointment through the MyNESCol Booking System once you're enrolled.

**BOOK AN APPOINTMENT
WITH
STUDENT ADVICE
AND SUPPORT**

WELLBEING SUPPORT AT NESCOL

Your mental health matters! Book a Wellbeing Appointment via MyNESCol for advice and support on mental health or finding the right service for you. Our Wellbeing Hubs in NESCol libraries offer a quiet space with mindfulness books, puzzles, and comfy seating.

Check out the Wellbeing Toolkit, the **WellNES Podcast**, and our Gender-Based Violence course on **MyNESCol**. Plus, join workshops and events throughout the year, run by SAST and the Students' Association. Need extra support? Sign up for **Spectrum Life** using your student details.

STUDY SKILLS

Struggling with studying? Check out the **Study Toolkit** on MyNESCol for tips on organising your time, note-taking, presentations, essay writing, and exam prep.

Need extra help? Book a 1:1 session for support with revision techniques, digital tools, numeracy, report writing, and more. We'll also show you how to make the most of free apps, Office 365, MyNESCol, and Yuja to boost your learning.

NEEDS ASSESSMENTS

If you have a disability, learning difficulty, or health condition, you may benefit from a Needs Assessment to access extra support like assistive technology, learning tools, or funding through the Disabled Students' Allowance (DSA).

Our team can guide you through the process and help you find the best support for your needs.

MONEY MANAGEMENT SUPPORT

Worried about money? We can help!

- **Budgeting Support** – Get advice on managing your finances with resources and 1:1 financial wellbeing appointments
- **Foodbank Referrals** – If you're struggling, SAST can confidentially refer you to Aberdeen City & Aberdeenshire Foodbanks. Don't go hungry – reach out for support.
- **Cost of Living Help** – The Students' Association offers initiatives like free breakfasts, Student Pantry and Student Kitchens to ease financial pressures—find out more on their [webpage](#).





Student Carers

Student Carers are students who provide unpaid care to a relative, friend, or neighbour who needs help due to illness, disability, mental health issues, or addiction. Their responsibilities may include tasks like cooking, personal care, managing finances, administering medication, or offering emotional support.

NESCol understands the challenges Student Carers face and provides support to help balance their studies and responsibilities.



[Supporting Student Carers at NESCol](#)

**SAST DROP-IN
MONDAY,
WEDNESDAY
& FRIDAY
12PM-1PM**



[Supporting Estranged Students at NESCol](#)

ESTRANGED STUDENTS AND STUDENT CARERS

Estranged Students

Estranged Students are those who study without family support due to a breakdown in relationships. This can include no contact or limited, challenging contact with family, often caused by issues like abuse, personality clashes, or differing values.

NESCol is committed to supporting these students by offering advice on entry requirements, transition, learning support, funding, and employability, as well as academic support, campus contacts, and guidance on external support services.

Care Experienced Students

At NESCol, we are proud corporate parents and support our Care Experienced Students from the application process through to graduation. "Care Experienced" refers to anyone who has been looked after during childhood.

Care Experienced Students will receive regular newsletters and invitations to join "**Our NESCol S.P.A.C.E.**"—a safe, supportive space to connect with other students who share similar experiences.

If you're an Estranged Student, Student Carer or Care Experienced and need support, please get in touch with our named contacts: **Lianne Marriott** (l.marriott@nescol.ac.uk) or **Aimee Ridgeway** (A.Ridgeway@nescol.ac.uk)



[NESCol Care Experience Students](#)



AIMEE RIDGEWAY



LIANNE MARRIOTT

Learning Support Assistant Team

The Learning Support Assistant (LSA) Team provides help in classrooms and workshops to support learning and ensure health and safety following a needs assessment. LSAs are available at all campuses, and how long they are needed depends on the individual. You might also see LSAs during campus tours, supporting assessments, on class trips, or offering one-on-one help.



UCAS, TRANSITIONS & EMPLOYABILITY

Thinking about what to do after college? We can support you with UCAS applications, CV and cover letter help, and direct you to our partners at Skills Development Scotland for job searching, interview skills, or even support starting your own business!

If you're thinking about going to university but unsure how to apply, we can help with UCAS points, references, clearing, and more. We'll guide you through the process and help with your personal statement.

Keep an eye out for Drop-In Sessions with Robert Gordon University and the University of Aberdeen, advertised on Social Media and MyNESCol.

activecampus

Active Campus offers students at NESCol a range of recreational sessions and opportunities to stay active, supporting both physical and mental wellbeing. Facilitated by the Active Campus Coordinator, the initiative is funded by Scottish Student Sport and Sport Scotland, aiming to enhance student wellbeing through accessible and inclusive activities. You will find everything you need to know on MyNESCol's "Student Life" section. linked to this [page](#).

STUDENT ADVICE AND SUPPORT TEAM

AUGUST

Inductions

All our NESCol Teams look forward to welcoming you back on Campus. We are back on campus and now able to offer both virtual and face-to-face appointments.

NOVEMBER

UCAS

UCAS & Transitions Week



A week-long event dedicated to those students looking to move on to university. We will have workshops and guest speakers from our University and HE partners to ensure you have everything you need to submit a top-class application.

DECEMBER

Sparkle Winter Festival



Sparkle is NESCol's annual winter celebration, featuring festive activities and wellbeing events to bring the college community together.

FEBRUARY

Care Day

MARCH

Employability, Enterprise and Careers Month

Everything you need to know about navigating today's job market from building an amazing CV to aptitude testing and interviews. In addition to this, those students with aspirations of becoming their own boss can receive support from our team and our external partners. Employability, Enterprise and Careers Month not is not to be missed.



Young Carers Action Day

APRIL

Care Experience History Month

JUNE

Carers Week



**SAST DROP-IN
MONDAY,
WEDNESDAY
& FRIDAY
12PM-1PM**

**NORTH EAST
SCOTLAND
COLLEGE**



www.nescol.ac.uk

T: 0300 330 5550

E: enquiry@nescol.ac.uk

Registered as a Scottish charity – number SC021174