

Options

XTRA

...is the College's Enrichment Programme - a wide range of opportunities which allows you to try something different, make new friends, have fun and acquire new skills and experiences while adding to your CV.

The programme is divided into **4** main areas:



1 Wednesday Afternoon Enrichment...

SPORTS Come and take advantage of the many sporting opportunities, with regular fixtures against other Colleges. In the past this has also led to being selected to play in the British Colleges Championships. Options include both men's and women's football, netball, basketball, lacrosse and golf (Marple only).

PERFORMING ARTS We have great facilities and a growing reputation for the quality and variety of work in Performing Arts so why not be part of it? Options include a performance workshop, street dancing, various musical activities and the College Choir (Marple), traditionally resulting in a performance at the local church carol concert.

2 Subject Led Activities...

PERFORMING ARTS Our experienced and enthusiastic teachers offer activities for anyone who enjoys Drama and Music. These are highly recommended if you are taking Performing Arts subjects as they will help you succeed in your main programme. Art and Design students can take part in a year long certificated course to help strengthen their drawing skills and build up an excellent portfolio of evidence for university applications.

IF YOU ENJOY WRITING why not be part of the team of cartoonists, photographers, writers and proof readers that produce the 'Zeen' - our College Magazine? You will have the opportunity to write about music, fashion, sport and College gossip! Alternatively you can join the creative writing group.

AT THE FILM CLUB you will be able to see films you wouldn't normally see, with time dedicated to debate and discussion. Do not expect Hollywood blockbusters or Bruce Willis in a dirty vest...you have been warned!

THE MODERN LANGUAGES offer includes Latin and 'Holiday Spanish'. You will also have the opportunity to be involved in foreign excursions including a residential visit to France.

OTHER SUBJECT LED ACTIVITIES include the opportunity to join in debates on how social, cultural and political changes have shaped modern Britain. If this interests you then 'Politics to Popular Culture' may be the option for you.



3 Personal Development...

These varied opportunities are either timetabled (they run at certain times) or non-timetabled (you carry them out independently when you are free).

OPPORTUNITIES INCLUDE work experience, the Duke of Edinburgh Award, various cultural events, cheerleading, basic sign language, an opportunity to be involved in planning and fundraising for the annual World Challenge Expedition and the College Christian Union. The College also has a link with 'V Involved' - a national award scheme for young people taking part in voluntary work.

IN JUGGLING AND CIRCUS SKILLS you will be inspired by the best juggling clips from the 'net, learn from our own experts and have a session with a professional juggler. You'll also have the chance to show off your skills while representing the College at local festivals.



4 The Tutorial Programme...

The Tutorial programme offers a range of visiting speakers, charity events, a focus on health and lifestyle issues and a range of opportunities organised by the Student Union for and with you in mind.

RECENT EVENTS ORGANISED BY THE SU include the annual 'Leavers' Ball' at a Manchester hotel, packing shoe boxes, selling sweets, donning fancy dress, sponsored leg waxing, walks and performing arts extravaganzas all for charity. New ideas and suggestions are always welcome; tell us what you are interested in and we will always try to put it on!

AS PART OF THE COLLEGE'S LEARNER VOICE initiative you will have the chance to join focus groups throughout the year to share your views and ideas for the Options Xtra programme – any suggestions for new activities that are used could be rewarded with prizes! This is your chance to speak up and "Have Your Say!"



"Have Your Say..."

For further information visit
www.camsfc.ac.uk or email
optionsxtra@camsfc.ac.uk



We look forward to seeing you at the
OPTIONS XTRA Fair in September!