

# The Prince's Trust XL Club



**Our Prince's Trust XL club offers a personal development programme for young people aged 14-16 in search of a fresh approach to learning.**



- ✳ Increase confidence and self-esteem
- ✳ Improve attendance and motivation
- ✳ Improve social skills and behaviour
- ✳ Re-engage with learning

**Latest Award Values:  
see inside**



Prince's Trust

For more information ask to speak to a member of the Prince's Trust team on:

**01442 221500**

**West Herts College**

# Prince's Trust XL Club

The XL Club is designed to raise self-esteem and encourage students to work with others on a variety of interesting projects. These build confidence, improve problem solving skills and help them find their own style of learning, which develops and encourages positive attitude and behaviour.

Run as a club, the programme provides students with the space and attention they need to learn skills and gain confidence. It encourages young people to re-engage with education by ensuring learning becomes accessible, valid, relevant and attractive.

From this they can take greater ownership of their learning and development. Activities range from basic cooking skills, sporting activities and construction work, right up to CV writing and presentation skills.



## Learning focuses on:

- \* Personal, interpersonal and team skills
- \* Active citizenship
- \* Entrepreneurship and enterprise
- \* Preparation for work
- \* Enrichment projects

Achievements are accredited to the new Prince's Trust qualification of Personal Development and Team Work at Levels 1 and 2 which lead students into further education or prepares them for the world of work.

## Who is eligible?

Young people who are:

- \* Aged 14 to 16
- \* Underachieving at school
- \* Young offenders or ex-offenders

Educational underachievers are defined as young people who have:

- \* Been excluded or suspended from school in the last two years
- \* Consistently not attended school in the last two years
- \* Experienced difficulties in school (i.e. understanding the work, concentration, behaviour, bullying, problems at home and lacking in confidence.

## Key facts

- \* 90% show positive skills development across a range of areas
- \* 88% have gone on to further education, work or training up on completion of the programme
- \* 94% would recommend it to others

### When is the course taught: Award Values

Year 10s – Thursday and Friday  
9.30am to 3.30pm

Year 11s – Monday and Tuesday  
9.30am to 3.30pm

#### Course codes:

Year 10 8529/11/1A

Year 11 8528/11/2A

#### Level 1 Award

12.5 points (tbc) 10% threshold  
Equivalent to  $\frac{3}{4}$  GCSE D-G

#### Level 1 Certificate

50 points (tbc) 40% threshold  
Equivalent to 2 GCSEs D-G

#### Level 2 Award

23 points (tbc) 10% threshold  
Equivalent to  $\frac{3}{4}$  GCSE A\*-C

#### Level 2 Certificate

92 points (tbc) 40% threshold  
Equivalent to 2 GCSEs A\*-C



## Hole in one!

The seven-week project at Top Golf in Watford taught students a variety of skills and so much more than just their golf swing. They identified their own strengths and weaknesses in learning a new sport and set their own targets and goals to achieve by the end of the seven weeks. They kept a diary of their progress and scores so they could identify their own learning and achieve their personal, interpersonal and team skills unit.

The off-campus activity created better ties between the students and attendance was very high.

**“When I first started I couldn’t even hit the ball. I’ve never played golf before but I eventually got the hang of it. My proudest moment was on week six when my score reached 77 and I beat the whole group.”**

**Sophie House**



## Budding Apprentices



Using the skills they had learnt in lessons, students created a variety of objects ranging from jewellery and hanging baskets, to mosaic tiled photo frames, door numbers

and mirrors. They were sold to other students and staff at West Herts College, as well as members of the public. The profit made was split between donating it to their chosen charity for the year – Herts Air Ambulance – and towards an end of year meal, which helped show the students the true value of money and business skills.



## Team work in the woods

An activity day on the ropes, climbing wall and crate towers at Phasels Wood helped the students build their team skills, interpersonal skills, personal goals and learning by completing a series of tasks and activities.

## Game, set and match



For the second year running XL students completed a seven-week project at Gosling Tennis Academy initiated by the LTA. Prior to the project many of the students had never picked up a tennis racquet, but before the seven weeks were up, they were serving, volleying and even putting top spin on the ball. At the beginning of each session students had to choose a warm-up activity and explain it to the rest of the group. The students also identified areas of strengths and weaknesses to help them learn a new sport.

**“This tennis project has been brilliant. We have young people who find it difficult to talk to each other in class, but they are playing tennis against each other, and working as a team.”**

**Andy Jenkins XL Club Advisor**

**“I’m amazed at the natural ability of some of these young people who have never played before.”**

**James Edgerley, Gosling Tennis Centre**

One student in particular excelled. 14 year old Louis Hogan, who proved to be a real natural, said:

**“I only started playing tennis seven weeks ago, but the coaches think I’m good so hopefully I’m going to get some more training. I’m looking forward to it.**

**I wouldn’t have done this if I hadn’t got involved with the Prince’s Trust so I’m glad that I did. Since I’ve come here, it’s changed everything – the tennis keeps me active and I’m definitely going to keep it up.**

**My XL club advisors are different from my teachers. They teach you discipline in a new way and treat you like an adult.”**

Since then, with the help of the Gosling Tennis Academy, Louis has gone one step further and is now looking forward to becoming a tennis coach and coaching other youngsters.



**Louis Hogan**



# Preparing for the world of work



Students are taught the skills to help them progress on to a full-time college course or into the workplace. This includes:

- \* Preparation of a CV
- \* How to fill in an application form
- \* Careers advice by student support at West Herts College
- \* Visits and talks by Connexions advisors
- \* Mock interviews
- \* Advice on body language, appropriate behaviour, language and dress code for interviews
- \* Presentation skills



The XL programme has helped Jess Gallagher really come out of her shell. She said:

“I wasn’t getting on at school and I didn’t like it. In fact, I didn’t really go to school and when I was there I acted up. Things have changed on XL. I do more work here than I did at school.”

XL wasn’t new to Jess, her brother benefitted from the programme and is now studying construction at college

# Community and citizenship

## Age Concern Day Centre

Team-working skills are used to great effect at the Age Concern Day Centre in Gadebridge Park, Hemel Hempstead where the students work hard together to maintain the gardens - a scheme that also shows the students the importance of voluntary work to the local community.



## Mobile Phones

Young people are renowned for being great with technology, and so who better to teach a group of older learners how to use their mobile phones – to text, talk and even use email and video calling! This helped build confidence in talking with other generations and allowed students to learn skills in helping others.



“This is a brilliant scheme to get kids, who are otherwise quite disengaged, involved in learning new skills, team work and really pushing on in life. If we can stop kids who are on the edge of the tracks, then it’s got to be good.”

Tim Loughton MP, Minister of Families and Children

“The Prince’s Trust’s ability to engage ‘hard to reach’ students is excellent and has a really pro-active approach to teaching.”

Dustin King, Dacorum Extended Education Support

“Caring, supportive, action-packed and rewarding, are all words to describe the XL Club at West Herts College. Since working with Andy and Julie, who deliver the XL programme I have seen young lives change for the better. I have seen young people develop into confident and respectful young adults. I have spoken to young people who thought education was worthless at the start of their XL course become inspired to enrol in college.”

Viki Beldam, Programme executive XL, Eastern Region

For more information ask to speak to a member of the Prince’s Trust team on:

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or visit our website:

**www.westherts.ac.uk**