

# ROC College Study Programme



ROC College is a small specialist college run by United Response, a national disability charity. ROC College offers specialized education for students aged 16 to 25 with an Education, Health, and Care Plan (EHCP). Located in the South West, it focuses on community-based learning in a supportive environment. The college provides a range of accredited qualifications and an employment pathway, aiming to enhance independence and life skills. Students engage in practical learning through work experience and receive tailored career guidance.

Section	Details
<b>Vision</b>	A society where everyone has equal access to the same rights and educational opportunities.
<b>Mission</b>	To provide high-quality education in a safe, respectful and inclusive environment that builds a foundation for lifelong learning.
<b>Approach</b>	Personalised learning, independent living skills, therapeutic input, and employability development. Collaborating with local authorities and communities.

## Pathways Overview:

Pathway	Description
Pathway for Preparing for Next Steps	Provides qualifications, tailored learning plans, and work experience to build confidence and readiness for further education or employment. Suitable for students transitioning from school to college or employment.
Pathway for Lifelong Learning	Focuses on foundational skills, independence, and community engagement through life skills and supported day opportunities. Tailored for students with EHCPs aged 16 to 25.
Pathway to Mainstream FE	Prepares students for mainstream further education by developing academic, social skills, and resilience. Designed for 16-19-year-olds but available to students up to 25.
Pathway to Work (Preparing for Work)	Offers career exploration, practical work experience, and job coaching. Supports development of employability skills for students aged 16-25.
Pathway to Work (Work Ready)	Intensive job coaching, work experience, and preparation for employment or apprenticeships. Available to students up to 25 with EHCPs.

**Note:** Please refer to the [16-19 Study Programme Guidance](#) and [Special educational needs and disability code of practice: 0 to 25 years](#) for more details. Also refer to ROC College Pathways document and ROC College CEIAG Employability Programme document for more details.

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## 1. Pathway to Next Steps

- Bespoke 1-1 curriculum based on individuals needs and aspirations
- Developing numeracy & literacy skills through community participation
- Preparing for adulthood and independence
- Access to bite-size qualifications and training
- Opportunities to complete the ROC College Bronze, Silver or Gold Trailblazer Awards
- Opportunity to complete at least 1 work experience placements
- Opportunity to complete
- Qualifications with OCN London and City & Guilds in line with career aspirations
- Complete Functional Skills Maths/English or GCSEs
- Exploring careers and interpersonal skills for work
- Opportunities to engage in activities that support Health & Wellbeing
- Opportunities to explore Independent Living, FE and Employment pathways

## 2. Pathway to Lifelong Learning

- Bespoke 1-1 curriculum based on individuals needs and aspirations
- Developing numeracy & literacy skills through community participation
- Preparing for adulthood and independence
- Access to bite-size qualifications and training
- Opportunities to complete the ROC College Bronze, Silver or Gold Trailblazer Awards
- Opportunities to engage in activities that support Health & Wellbeing
- Opportunities to access supported day opportunities
- Opportunities to explore Independent Living pathways

## 3. Pathway to FE

- Small group learning focused on; exploring courses, colleges and working towards entry requirements
- Opportunities to visit a range of local FE colleges
- Opportunities to complete Qualifications with OCN London and City & Guilds in line with FE aspirations
- Complete Functional Skills Maths/English or GCSEs
- Opportunities to apply for courses with transition support provided by the Pastoral Team
- Opportunities to engage in activities that support Health & Wellbeing
- Opportunities to explore Independent Living pathways

## 4. Pathway to Work - Preparation

- Small group learning via our 'Preparation for Work' programme focused on; exploring careers and developing skills for employment
- Opportunity to complete at least 2 work experience placements
- Opportunity to complete Qualifications with OCN London and City & Guilds in line with career aspirations
- Complete Functional Skills Maths/English or GCSEs
- Access support from a trained Job Coach
- Access to SpringPod and virtual Work experience
- Access to Job Clubs
- Exploring careers and interpersonal skills for work
- Opportunities to engage in activities that support Health & Wellbeing
- Opportunities to explore Independent Living pathways

## 5. Pathway to Work - Work Ready

- 1-1 Supported Internship Programme working with a Job Coach 2 days a week and a learning Mentor 1 day a week.
- Opportunity to complete work experience (2 days a week) with the same employer
- Opportunity to complete Qualifications with OCN London and City & Guilds in line with career aspirations
- Complete Functional Skills Maths/English or GCSEs
- Support applying for jobs and attending interviews
- Support applying for apprenticeships
- Opportunities to engage in activities that support Health & Wellbeing
- Opportunities to explore Independent Living pathways

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16-19 Programme Guidance	ROC College Curriculum
<p>All study programmes must have a core aim which is usually the component that has the largest number of planned hours</p>	<p>All study programmes at ROC College are designed to ensure that each student has a core aim that reflects their primary pathway. For most students, the core aim involves the pathway that aligns with their long-term career or educational goals. This is typically the component with the largest number of planned hours, such as work experience, vocational training, or independent living skills. By establishing clear and measurable objectives within each pathway, ROC College ensures students remain focused on progressing towards meaningful qualifications, employment, or further education. (See Appendix 1)</p>
<p>All study programmes should include work experience and non-qualification activities</p>	<p>Work experience is a vital component of all study programmes at ROC College, providing students with practical opportunities to apply their learning in real-world settings. Each pathway incorporates work experience aligned with student career aspirations, supported by job coaches and employer partnerships. Additionally, all programmes include non-qualification activities that foster personal growth, social engagement, and life skills. These activities, such as PSHE, volunteering, and community projects, help develop well-rounded individuals prepared for adult life and employment.</p>
16-19 Programme Guidance	ROC College Curriculum
<p><b>Study programme principles</b></p>	
<p>Study programmes should be individually tailored but will typically combine the elements below:</p>	
<p>English and maths where students have not yet achieved a GCSE grade 4.</p>	<p>ROC College is committed to ensuring that all students who have not yet achieved a GCSE grade 4 in English and maths receive tailored, high-quality teaching to improve their skills. This includes working towards qualifications from Entry Level to Functional Skills and up to Level 2. Small group sessions, one-on-one tutoring, and real-world applications are used to ensure students build confidence and competence. Supporting students in achieving these essential qualifications enhances their employability, boosts confidence, and opens further educational opportunities. Applies to all students aged 16-19 and up to 25 with EHCPs.</p>

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<p>Work experience to give students the opportunity to develop their career choices and to apply their skills in real working conditions.</p>	<p>Work experience at ROC College is designed to provide meaningful, hands-on learning in professional environments. Placements are tailored to match the student's career interests and abilities, supported by job coaches and local employer partnerships. This helps students develop transferable skills such as communication, teamwork, and problem-solving. Reflective practice is encouraged to help students understand their strengths and areas for growth. Targeted at students aged 16-25.</p>								
<p>Other non-qualification activity to develop students' character, broader skills, attitudes and confidence, and to support progression.</p>	<p>ROC College's Skills for Independence programme focuses on practical life skills essential for daily living and future independence. This includes cooking, managing finances, travel training, personal hygiene, and home maintenance. Students also learn self-advocacy, decision-making, and problem-solving skills. These sessions take place in both classroom settings and real-life environments to ensure maximum engagement and practical application. Designed to support students transitioning to adulthood.</p>								
<p><b>16-19 Programme Guidance</b></p>	<p><b>ROC College Curriculum</b></p>								
<p><b>Planned hours</b></p>									
<p>Each study programme should consist of a number of planned hours which should be a minimum of 580 hours (640 hours for 16–17-year-olds) per academic year.</p>	<p>The number of planned hours for all students that attend ROC College is 740 per academic year (19.5 hours per week x 38 weeks).</p> <table border="1" data-bbox="1131 949 2145 1093"> <thead> <tr> <th>Age Group</th> <th>Minimum Hours</th> </tr> </thead> <tbody> <tr> <td>16–17-Year-Olds</td> <td>640 hours/year</td> </tr> <tr> <td>18–25-Year-Olds (EHCP)</td> <td>580 hours/year</td> </tr> <tr> <td>ROC College Students</td> <td>740 hours/year</td> </tr> </tbody> </table>	Age Group	Minimum Hours	16–17-Year-Olds	640 hours/year	18–25-Year-Olds (EHCP)	580 hours/year	ROC College Students	740 hours/year
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<p><b>16-19 Programme Guidance</b></p>	<p><b>ROC College Curriculum</b></p>								
<p><b>Students with special educational needs and / or disabilities</b></p>									
<p>Students with SEND may face more barriers to gaining employment than their peers. Work experience may therefore be a particularly important element of their study programme to build their skills and confidence.</p>	<p>ROC College places significant emphasis on work experience as a crucial part of its study programmes, recognizing that students with SEND often encounter more barriers to employment than their peers. Through personalised placements, job coaching, and collaboration with local employers, ROC College ensures that students gain valuable, hands-on experience in real-world settings. This approach helps build confidence, develop transferable skills, and foster independence. By aligning work</p>								

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	<p>experience opportunities with each student’s career aspirations and abilities, ROC College actively addresses these barriers, equipping students with the skills and self-assurance needed to transition successfully into employment or further education.</p>
<p>Exceptionally, for students with severe and / or complex needs, a study programme to develop independent living skills may be appropriate. The student’s EHC plan should confirm that independent living is their primary aim</p>	<p>ROC College’s study programmes are designed to meet the needs of students with severe and complex needs by offering tailored pathways that emphasize independent living skills. The <b>Pathway for Lifelong Learning</b> focuses on developing essential skills such as personal care, communication, and problem-solving. This pathway supports students in gaining independence through activities like travel training, cooking, and managing finances, aligning with EHC plans that prioritize independent living. Additionally, the <b>Preparation for Adulthood</b> programme addresses key areas like health, employment, and community participation, ensuring that students are equipped for life beyond college. For those transitioning to the workforce, the <b>Pathway to Work (Preparing for Work)</b> and <b>Pathway to Work (Work Ready)</b> provide opportunities to build workplace skills while continuing to foster independence. ROC College’s commitment to embedding these skills into all aspects of the curriculum ensures that students with complex needs receive comprehensive, individualized support to achieve their goal of greater autonomy and active community engagement.</p>
<p>Education and training should include help for students who need it to develop skills which will prepare them for work such as:</p> <ul style="list-style-type: none"> <li>● Communication and social skills</li> <li>● Using assistive technology</li> <li>● Independent travel training</li> </ul>	<p>At ROC College, communication and social skills are embedded throughout the curriculum to ensure students are prepared for the workplace and independent living. Learners and staff eat together daily to foster social interaction and improve communication skills, reinforcing teamwork and interpersonal development. Monthly learner-led social events, such as bowling, karaoke, and restaurant visits, provide additional opportunities for students to build confidence and engage with peers in community settings. The <b>Preparation for Adulthood</b> and <b>Skills for Independence</b> programmes place significant emphasis on travel training, equipping students with the skills to navigate public transport and travel safely. In IT sessions, students are taught how to effectively use assistive technology, ensuring those who require additional support can enhance their digital literacy and independence. These initiatives, along with residential trips organized in collaboration with Eat That Frog, create a holistic approach that prepares learners for both employment and independent living.</p>

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16-19 Programme Guidance	ROC College Curriculum
<b>Students who are not yet ready for Level 2 qualifications</b>	
<p>Students who are not yet ready to begin a qualification at Level 2 should be offered a tailored study programme that support them to progress to education at a higher level, employment, or prepare them for adult life</p>	<p>ROC College ensures that learners who are not yet ready to begin Level 2 qualifications receive a personalised and supportive study programme designed to promote progression towards higher education, employment, or independent living. The bespoke curriculum is structured to develop foundational skills through subjects such as <b>Maths, English, IT, PE, and PSHE</b>, ensuring that students build core competencies essential for future success. Alongside academic learning, the <b>Skills for Independence</b> component focuses on practical life skills, including food preparation and travel training, empowering students to navigate daily life with greater confidence. The <b>Pathway to Employment</b> introduces learners to the world of work by fostering essential working skills, facilitating employee encounters, and providing enterprise opportunities and structured work experience. This tailored approach ensures that every student is equipped with the tools and experiences necessary to progress at their own pace, ultimately supporting their transition into adulthood, further education, or the workforce.</p>
<p>Pastoral and specialist support should be in place to ensure students engage and make progress</p>	<p>At ROC College, pastoral and specialist support is embedded into every aspect of the student experience to ensure learners remain engaged and can make meaningful progress. Each student has access to <b>personal mentoring</b> through dedicated pastoral staff who provide one-on-one guidance, helping to address personal, emotional, and academic challenges. Regular <b>well-being check-ins</b> ensure that any emerging issues are identified and addressed promptly, fostering a supportive environment where students feel heard and valued. For those requiring additional support, ROC College offers <b>therapeutic services</b>, including access to counsellors and crisis support, promoting emotional resilience and mental health. Transition support is also a core element, helping students adapt to college life, progress within their studies, and prepare for their next steps into further education, employment, or independent living. This holistic approach ensures that all learners receive the individualized care and support they need to thrive both academically and personally.</p>
16-19 Programme Guidance	ROC College Curriculum

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Sexual and Reproductive Health	
<p>Providers should support students in accessing the information and support they need to have positive relationships</p>	<p>At ROC College, fostering positive relationships is an essential part of the curriculum, ensuring students develop the skills and understanding necessary for healthy interactions in their personal and professional lives. Through the <b>PSHE curriculum</b>, students participate in structured sessions covering topics such as emotional well-being, boundaries, consent, and respectful communication. These sessions are designed to equip learners with the tools to build and maintain positive relationships, both within the college environment and in the wider community. Additionally, pastoral staff provide <b>one-on-one mentoring and well-being check-ins</b>, creating a safe space for students to discuss relationship challenges and receive guidance. Collaborative projects, social events, and group activities further encourage teamwork, empathy, and cooperation among peers. By embedding relationship education into everyday learning and providing ongoing support, ROC College helps students cultivate meaningful, respectful relationships that contribute to their overall personal development and future success.</p>
<p><b>16-19 Programme Guidance</b></p>	<p><b>ROC College Curriculum</b></p>
Youth social action	
<p>Providers are encouraged to incorporate youth social action (such as volunteering, campaigning and fundraising) into study programmes alongside other work experience</p>	<p>At ROC College, youth social action is an integral part of the student experience, fostering a sense of responsibility, community engagement, and personal growth. As part of their study programmes, students are actively encouraged to participate in <b>volunteering, fundraising events, and community-based projects</b>. These activities not only enhance social skills and teamwork but also help students develop a stronger sense of purpose and belonging. Learners regularly take part in <b>fundraising initiatives</b>, such as sponsored walks, bake sales, and charity drives, often leading these efforts as part of their <b>Pathway to Employment</b> and <b>Skills for Independence</b> programmes. Volunteering opportunities are integrated with local organisations, providing valuable experience while reinforcing the importance of contributing to the community. By embedding social action alongside work experience, ROC College ensures students gain the confidence, empathy, and leadership skills necessary to thrive in both professional and social environments.</p>

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16-19 Programme Guidance	ROC College Curriculum
<b>Other non-qualification activity</b>	
<p>All students are expected to take part in other meaningful non-qualification activities alongside work experience, which should take account of their needs and future plans. For example:</p> <ul style="list-style-type: none"> <li>• Activities which develop confidence, character and resilience</li> <li>• Group work which develops skills in team work, communication, problem solving and leadership</li> <li>• Careers education</li> <li>• Life skills (including how to travel independently; how to cook and eat healthy, staying safe, personal finance)</li> </ul>	<p>At ROC College, non-qualification activities are carefully woven into every student's study programme to ensure they develop the confidence, character, and resilience needed for future success. Students engage in <b>team-building activities, social events, and group projects</b> that enhance communication, problem-solving, and leadership skills. The <b>Skills for Independence</b> programme provides practical life skills training, including <b>cooking, healthy eating, personal finance, and independent travel</b>, equipping students to manage daily tasks and make informed decisions. Careers education is embedded throughout, with students participating in <b>workshops, employer encounters, and mock interviews</b> to prepare them for the world of work. Additionally, students take part in <b>volunteering and social action projects</b> that promote teamwork and community engagement. By aligning these activities with each student's aspirations and needs, ROC College ensures a holistic approach to learning, supporting personal growth and readiness for adulthood, further education, or employment.</p>
16-19 Programme Guidance	ROC College Curriculum
<b>Careers guidance for young people</b>	
<p>All programmes must focus on progression to the next stage of education or employment</p>	<p>At ROC College, every study programme is designed with a clear focus on progression, ensuring that students are fully prepared for their next stage of education, employment, or independent living. Through personalised learning plans and continuous assessment, students develop the academic, vocational, and life skills necessary to achieve their long-term goals. Pathways such as <b>Pathway to Mainstream FE</b> and <b>Pathway to Work</b> provide structured routes that support progression to further education, apprenticeships, or paid employment. The <b>Preparation for Adulthood</b> programme reinforces essential skills that prepare students for independent living and active community participation. Careers education is embedded throughout all pathways, offering <b>job coaching, CV writing workshops, and work experience</b> to ensure students gain the skills and confidence to transition smoothly into the workforce. By aligning study programmes with each</p>



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	<p>student's aspirations and abilities, ROC College ensures that learners leave with the qualifications, experiences, and personal development necessary for successful next steps.</p>
<p>Post 16 providers are required to secure access to independent careers guidance up to the age of 18 (and for 19 - 25-year-olds with EHC plans)</p>	<p>ROC College is committed to providing all students with access to <b>independent careers guidance</b> as part of their study programmes, ensuring they receive the support needed to make informed decisions about their futures. Careers guidance is available to students up to the age of 18 and extends to those aged 19-25 with Education, Health, and Care (EHC) plans. ROC College works closely with <b>external careers advisors and job coaches</b> to deliver impartial advice tailored to each student's skills, interests, and long-term aspirations. Regular <b>one-on-one career planning sessions, employer encounters, and workplace visits</b> ensure that students explore a wide range of opportunities in education, training, and employment. This comprehensive approach, embedded across pathways such as <b>Pathway to Work</b> and <b>Pathway to Mainstream FE</b>, ensures that all students receive the guidance they need to transition successfully into their next stage, fostering confidence and clarity in their career paths.</p>
<p>Young people should be supported to participate in discussions about their aspirations and needs. Support should be aimed at promoting student independence</p>	<p>At ROC College, student voice and participation are central to shaping their educational journey, ensuring that programmes align with their aspirations, strengths, and needs. Through <b>regular one-on-one reviews, goal-setting sessions, and personalised learning plans</b>, students are actively involved in discussions about their future ambitions and the support required to achieve them. Staff work collaboratively with students, families, and external professionals to create a nurturing environment that encourages self-advocacy and confidence. The <b>Pathway for Lifelong Learning</b> and <b>Preparation for Adulthood</b> programmes emphasize developing independence by fostering skills in <b>decision-making, problem-solving, and personal responsibility</b>. Students are encouraged to take ownership of their progress, participate in leadership roles, and contribute to planning social activities and community projects. This student-centered approach not only enhances personal growth but also equips learners with the tools and resilience needed to navigate adulthood and future employment or education with confidence.</p>

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## Appendix 1

### Core Curriculum Elements:

Element	Details
English and Maths	Required for students without GCSE grade 4. Tailored qualifications from Entry Level to Functional Skills and up to Level 2. Applies to all students aged 16-19 and up to 25 with EHCPs.
Work Experience	Personalised placements supported by job coaches to develop career choices and real-world skills. Targeted at students aged 16-25.
Skills for Independence	Life skills including cooking, travel training, and personal development. Designed to support students transitioning to adulthood.
Traineeships and Internships	Available to students preparing for employment, offering hands-on experience and practical work skills. Aligned with individual career goals and EHCP outcomes.
PSHE Curriculum	Empowers students with knowledge, skills, and resilience to navigate personal, social, and health-related challenges. Fosters holistic development.
Preparation for Adulthood	Focuses on independence, health, education, employment, and community participation. Tailored to equip students with the skills necessary for adult life.
British Values Curriculum	Promotes respect, tolerance, and responsible citizenship. Ensures students understand their rights, contribute to society, and respect diversity.