

Valleys Steps
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Steps to Student
Wellbeing

With students for students



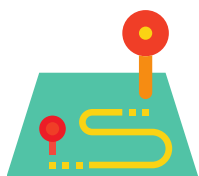
How do I use the
toolkit?

Top Toolkit Tips!



The aim of this toolkit is to help you to prepare for going back to / starting college.

There are a lot of pages, you can do as many or as few as you like. The pages are in order so they are linked and build on the ones before.



To get the most out of it, we would suggest starting at the beginning and working your way through if you can.

The instructions are either at the top of each page or in the bubbles that look like this:



If you're using the toolkit online, it might be helpful to:



Have some blank pieces of paper and a pen or pencils to make your own copies of the worksheets



Ask a trusted adult or a friend to sit with you and help you to fill it in