



*'University didn't seem like an option for me until 2018, when I started doing some research and found out I am actually able to study around the profession I was practicing at that time. Health and Social Care seemed the perfect choice for me as I enjoyed my job but wanted to improve my professional aptitudes. Being able to study for my degree at University of Bolton has been and still represents such a beautiful journey, during which I was blessed to learn many things relevant to the topics I'm interested. I've also met kind colleagues, and very supportive tutors. I am grateful for the opportunity I was given and would definitely recommend University of Bolton as the best place to study.'*

Alex Manole (left image), BSc Health and Social care year 2

*'Studying at University of Bolton has been a positive experience for me and I still see it this way, even through the covid-19 pandemic. The support I received throughout the whole experience has been extremely appreciated and I had been given the chance to meet friendly, helpful people, some of which I now see as my friends. The classes are small, which allows individuals to speak up and the tutors' support is mostly appreciated as they are always there to guide or advice. I've also been able to grasp understanding of the multitude of opportunities this degree will be offering me following graduation and I am thankful for everyone at University of Bolton.'*

Ion Manole (right image), BSc Health and Social care year 2



My name is Ambia, I have completed my undergraduate degree with the University of Bolton. I studied Health and Social Care which was a very interesting degree to study. The course enabled me to develop my skills and knowledge in various ways. I had the opportunity to go on placement and gain a first hand experience of how it would be like in practise. I was able to choose where I wanted to complete my placement as everyone had their own career paths they wanted to embark on. I always knew I wanted to become a teacher. Therefore, I was able to complete my placement in Bolton Lads and Girls. Furthermore, the University of Bolton provided an opportunity for me to become a P.A.S.S Leader in my second year of study. Being a P.A.S.S Leader enabled me to boost my confidence in facilitating groups of learners and supporting them in assignments and study skill sessions. Facilitating first year learners made me discover my passion for helping and teaching students. Correspondently, this made me realise I wanted to do PGCE 14+ as I enjoyed working with young and mature adults. I was able to relate to them more which then led me to applying for my PGCE 14+ with University of Bolton. I am currently completing my placement with the Health and Social Care department, where teachers believed in me and supported me to get to where I am today. The University as a whole is student led, as student's opinion is very important to them to ensure the learning is effective. The support system is fantastic as the lecturers and tutors are always there to provide support. **Ambia Begum**

I chose University of Bolton because as a mature student I wanted an establishment that would treat me as an individual not a number. I wanted the opportunity to feel included, not excluded from studying. I have always believed it is never too late to pursue my dream career and neither is it too late to educate and challenge myself to be a better person in future. The tutors within BSc Hons health and social care department made me feel valued and treated me as an individual.

I started from foundation year as a first-time mum and a lone parent. I have pushed myself with all the amazing tutor support, encouragements, and worked with every feedback from tutors and it has been worth every challenge faced. Even through the pandemic the tutor support and other student support services I needed to help ease my journey, not forgetting careers and library services, has been ongoing and amazing.

Most importantly my teamworking, presentation research skills together with other vital skills and knowledge acquired along my journey has massively improved.

With this BSc health and social care degree I feel I have one key that can unlock a thousand doors!

Esinam Seshie

Final year BSc health and social care student



“I began my university journey with no idea what to expect as a mature student and have been delighted with the resources on offer and consistent support from tutors. Personal tutorials, online resources for academic writing, referencing and research skills and careers advisors have had a particularly positive impact on my future prospects and overall grades. The Health and Social BSc course encourages self-awareness and personal development which has been great for my confidence and motivated me to reach out to employers to secure placement opportunities. I am looking forward to completing my degree and enrolling for an MA in Social Work at The University of Bolton.”

**Kiye Simister, BSc health and social care, year 2**

## BSc (Top-Up) Health and Social care

“Ever since I enrolled at the University of Bolton for the final year of Health and Social Care, my journey has been very smooth and exciting. From the first day, I received full support from the tutors, especially the Programme Lead, Tracy Corbett, who promptly responded to every query I had about the course, timetable etc. Tracy guided me at every step, making me feel comfortable and helping me to settle in. The lessons have been excellent with ample help and support from all the tutors to complete the assignments, particularly the final dissertation. The Mybolton App has been a really useful tool to navigate through all the resources and help that is available to the students.

Even though this year has been exceptionally challenging and unpredictable due to Covid, the teachers have been thoroughly professional, adapting to the new environment and giving us their best in a very difficult situation. They have also proved to be very compassionate and understanding to the needs of students. I have also witnessed that the university has been extremely generous with schemes offering financial help and support to students who are struggling, like the laptop loan scheme and others.

Overall, I am happy to say that I made the right decision by enrolling at the University of Bolton and I feel I am in safe hands to do well for my degree. In fact, hearing personal inspirational stories of my tutors, I have been motivated to continue my post-graduation studies in the future”.

Student - Arif and Nafisa Patel

“My journey as a health and social care student at Bolton university has been an amazing experience; at the University of Bolton, myself and my peers were lucky enough to experience extensive support and assistance from the members of staff/lecturers in the health and social care course, I was able to gain an understanding of different aspects such as critically evaluating information as well as communicating effectively with other individuals, making decisions, problem-solving and interpersonal skills. Furthermore, I feel blessed enough to move forward within the health field, knowing I hold the necessitated knowledge and skills to have an impact on patients and service users, which I was able to gain from the incredible and beneficial experience at Bolton university”.

Student - Nafisa Aden (BSc Year 3)

Health and Social Care



### **Yasmin Rahbar: BSc Year 3 – Health and Social Care**

I was made redundant from a community-based job which I thoroughly enjoyed, trying to find a similar role in the health and care sector was a struggle without having formal qualification in areas of health care expertise. I really wanted to work in the community and make a difference to people's lives. At that time, a role had been advertised as a Health Improvement Practitioner, I also thought about applying for a degree course in Health and Social care as a progression route, I had two options. Firstly, I went for the job role and was short listed unfortunately I was unsuccessful. However, this made me think more about doing a degree.

I went along to an open day, the atmosphere was very welcoming, and the staff were very helpful in providing me with lots of information about the course, I even had an opportunity to speak to the course lead who was helpful, friendly and reassuring. This helped me make my mind as to what I wanted to do..

Starting a Health and Social care degree at the University of Bolton was one of the best decisions I have ever made, I have never look back. I started my degree in 2018 as a mature student, initially I had concerns and reservations as to what it will be like to study at a degree level? would I fit in being an older student? and would I be able to work around my family commitments? However, I was pleasantly surprised at how accommodating the University was in terms of my personal needs and requirements and my experience as a student has been extremely positive and empowering.

The course itself offered me a broad spectrum of interesting topics and compelling lectures all highly relevant to the course. I have to say that I have had the most incredible support from all my lecturers not just in terms of guidance and feedback but also in willingness to help, flexibility, care, support, reassurance and understanding towards any problems or concerns I have had. In my second year I co- presented a health promotion event on obesity, a topic that I had a keen interest from a socio economic and health concern point of view and perspective. This opportunity alongside findings in my report helped me to develop greater knowledge and understanding towards other factors influencing incidences of obesity. my findings within my report demanded further research, therefore, I decided to develop this knowledge to bring forward a case for my final year dissertation project.

I do feel that my experience in university has definitely helped me to achieve my full potential, enabling me to feel more ready and confident when applying for job roles also when faced with decisions and challenges within practice.