

CAREER FOUNDATIONS

Our **Career Foundations** course prepares you for the world of work. You will develop the skills employers value, including writing CVs and applications, preparing for interviews, teamwork, time management and professional behaviour.

Through practical, workplace-based learning, you will also build confidence, creativity, problem-solving skills and an enterprising mindset. By the end, you will have a recognised qualification and be ready to progress into employment, an apprenticeship or further study.

ASSESSMENT

Internal and external assignments.

COURSE STRUCTURE

One year, full time at BCX.

ENTRY REQUIREMENTS

Accessible entry requirements - this course is open to all.

PROGRESSION

By the end, you'll be ready for further study, employment, or an apprenticeship in your chosen industry.



GROWTH

BCX is not just about studying - it's about developing and growing as a person. At BCX experience will prepare you for life.

Our **GROWTH** programme focuses on six key areas to help you become your best self.

G

GIVING BACK

Engaging with your community through volunteering, mentoring, and social action.

Think leadership, care, and being a role model!

R

RESILIENCE AND WELLBEING

Building mental strength, emotional awareness, and healthy habits.

Mindfulness, mental health awareness, and staying mentally strong.

O

OPPORTUNITIES TO ENRICH

Exploring new ideas, challenges, creative projects, and cultural experiences.

Competitions, entrepreneurial projects, trips and creativity.

W

WORK AND LIFE SKILLS

Preparing for independence with careers advice, financial literacy, and life skills.

Careers guidance, understanding banking and budgeting, and skills to succeed.

T

TECHNOLOGY AND DIGITAL SKILLS

Developing confidence online, digital literacy, and IT capabilities for the future.

Safe social media, digital content creation, using computers for study and work.

H

HEALTH AND PHYSICAL ACTIVITY

Staying active, healthy, and energised through sport and fitness.

Sports teams, clubs, trying new activities, nutrition, and health lifestyles.

