

Learner Support Team
Safeguarding Team

01803 422082
01604 491131

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safeguarding@moulton.ac.uk

SKILLS4PUBS

STUDY PLAN

We are here to support you throughout the duration of your training programme. You can contact the team, during office hours, on the above number and e-mail, as well as the safeguarding lead at any time.

For support in learning you can contact your tutor via e-mail. If required, they will phone you but they are unable to share their mobile number.

Top Tips for Distant Learning

Focus on the end goal.

- These qualifications will improve you CV and job applications, increasing the chances of getting the job you want.
- Focus on how you will feel and the benefits you will receive when you gain that qualification or job.
- Remind yourself that every moment studying means you're a step closer to your goal!



Plan your learning.

- Planning your learning can help you manage your time efficiently and make studying a regular habit. Some people prefer to study little and often and others like to do hours of studying.
- Planning also helps you to book your study time around other commitments,
- Make sure you plan for everything, from learning, taking notes, assessments and referred questions/units.

Minimise distraction.

- Having a quiet and comfortable space to study is important. Partners and energetic little ones can be a big distraction so make it clear when you need some peace and quiet. Barricading yourself in a room with ear plugs should be a last resort.



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Take a break.

- Without regular breaks, it can be easy to lose motivation and to start viewing studying as a chore.
- During studying, hourly breaks of five or 10 minutes can be an opportunity to have a snack, stretch your legs and take stock of what you've learnt so far.

Eat and sleep well.

- Getting enough sleep and eating well can help you get the best out of your studying time.
- Tiredness will mean you end up bullying your brain into studying and that's not a good headspace to be in.
- Drinking lots of water and having healthy snacks whilst studying helps to stay focused.
- Failing that, a huge bar of chocolate might be just as motivating!

I Eat Well
I Sleep Well
And I Feel
Even Better



Just do it!

- Sometimes, motivation can be simply about having the will power to turn off the television and get on with it!
- Even if you really don't feel like studying, force yourself to start and chances are you will be absorbed in your subject material in no time.
- If you're still struggling after 20 minutes, it might be a good day to take a break. Just make sure you come back to it the following day.

Learn from your mistakes.

- If you're new to distance learning or haven't studied in a while, it can take some getting used to but don't let setbacks demotivate you. Maybe you didn't plan properly and ended up doing everything at the last minute or perhaps you didn't achieve passes the first time round as you hoped. Use the feedback from your tutor to help you to develop your answers and use this to apply to the next assignment. Your tutors are there to help and guide you, so any problems – just ask and they will be more than happy to help.

mistake
+
correction
=
learning



Keep it fun.

- Learning doesn't just have to be from your text books. You may have found something within your studies that you have discovered an interest in - so watch documentaries and YouTube videos; read journals and newspaper articles; follow blogs; keep your eyes open for free local talks.
- Studying can broaden your knowledge, help you understand real-world applications of theories and keep the topic fresh which will really show in your answers too!

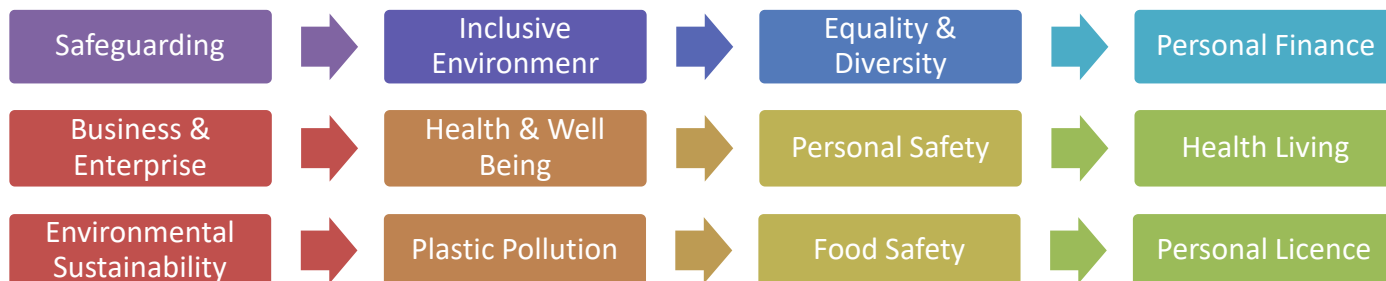
- You will study using on-line resources provided to you for free.

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QUALIFICATIONS



Exams

- Exams usually take between 5-10 minutes, with a maximum time available of 40 minutes
- They consist of twenty multiple choice questions, with one correct answer to choose from four options
- They are sat under exam conditions, no phones etc.

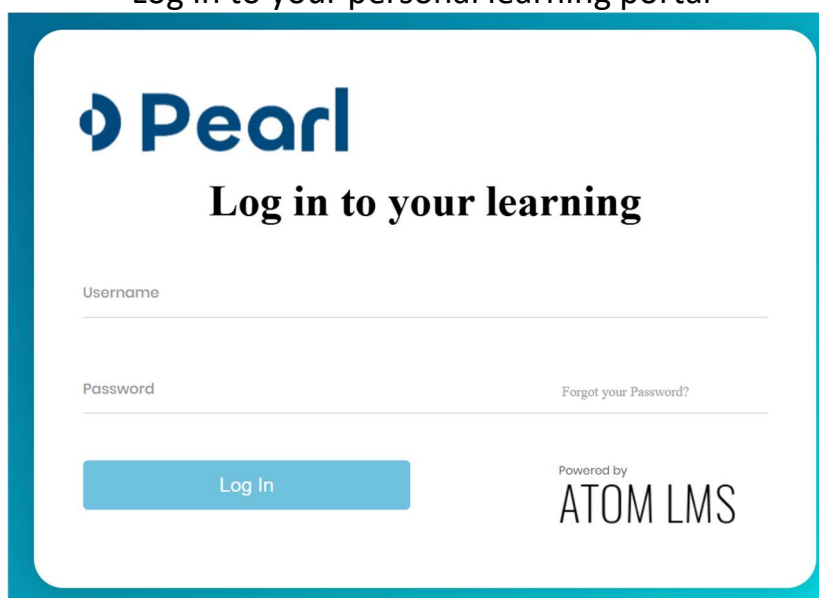
This Guide

Your study plan acts as a guide. We have stated the maximum number of hours you should study, however these guided hours are designed for stop / start learning in the classroom over a longer period of time. You will be much more productive studying at home in blocks of hours and are likely to complete in considerably less time. You will get a feel for this after your first unit / exam.

You should study the qualifications in the order they are laid down in the below schedule.

Get started – Your Guide

Log in to your personal learning portal



Select Courses

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MENU ▾



COURSE CONTENT | Ascentis Thrive

UNIT 1 Ascentis Level 1 Award Personal Safety (RQF) (603/4938/4)			00:18:52	09/12/2026
UNIT 2 Ascentis Level 1 Award Personal Health and Wellbeing (RQF) (603/4280/8)				
UNIT 3 Ascentis Level 1 Award Equality and Diversity (RQF) (601/2671/1)			00:51:42	20/08/2026

Work through the learning resources at your own pace

Your Selected Qualifications

Qualification	AIM Ref	Level
Level 2 Award for Personal Licence Holders	60328356	Level 12
- Know the nature, purpose and period of validity of a Personal Licence - Understand the application process and legal duties when applying for a Personal Licence - Understand the legal duties of a Personal Licence Holder - Understand the roles, responsibilities and functions of licensing authorities - Understand the Licensing Objectives and the importance of partnerships in promoting these objectives - Understand the nature and strength of alcohol and the effect on the body - Understand the law in relation to premises licences		

Qualification	AIM Ref	Level
Ascentis Level 2 Award in Food Safety in Catering	60003431	Level 2
- To take responsibility for their own food safety and keeping food safe - To understand the importance of keeping themselves clean and hygienic - To understand the importance of keeping work areas clean and hygienic		

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Qualification	AIM Ref	Level
Level 1 Award in Understanding Safeguarding for Work, Education and Life	60358518	Level 1
- Know the meaning of safeguarding in work, education, and life contexts - Know different types of abuse and their recognition features - Understand the possible safeguarding issues caused by modern technology - Understand the meaning of 'discrimination' and 'victimisation' - Understand the importance of disclosing safeguarding concerns to professionals		

Qualification	AIM Ref	Level
Level 1 in Understanding an Inclusive Environment	60359493	Level 1
- Understand the concept of an inclusive environment and the benefits to society - Understand that poor or abusive family relationships can present barriers to developing an inclusive environment - Know the laws and regulations that support the vulnerable and victims of abuse and discrimination - Understand characteristics of sexual relationships and different sexualities in contributing to inclusive environments		

Qualification	AIM Ref	Level
Level 1 Award in Equality & Diversity	60126711	Level 1
- Understand what is meant by equality - Understand what is meant by diversity - Understand how the law impacts on equality and diversity - Be able to promote best practice within the organisation		

Qualification	AIM Ref	Level
Level 1 Award in Managing Personal Finance	5007233X	Level 1
- Understand the sources of income and expenditure - Understand the need to balance income and expenditure - Know how to reduce expenditure - Understand more of the products provided by banks and building societies		

Qualification	AIM Ref	Level
Level 1 Award in Understanding Employment, Business & Enterprise	60062496	Level 1
- Understand employment responsibilities and rights - Understand the skills and requirements of running a business - Understand enterprise within business - Understand customer service.		

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Qualification	AIM Ref	Level
Level 1 Award in Personal Health and Well-Being	60342808	Level 1
- Understand the importance of a healthy lifestyle. - Know about sex and relationships - Understand ways of building confidence and self-esteem. - Understand the impact of body image		

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Qualification	AIM Ref	Level
Level 1 Award in Healthy Living	50102862	Level 1
- Understand how to keep a healthy body weight - Understand the requirements of a healthy diet - Understand why a healthy lifestyle is important		

Qualification	AIM Ref	Level
Level 1 Award in Environmental Sustainability	50104196	Level 1
- Understand the basic concepts of sustainability - Understand the importance of natural resources - Understand the global environmental impacts of agriculture and industry and how they might be reduced - Understand the benefit of sustainable communities		

Qualification	AIM Ref	Level
Level 1 Award in Preventing Plastic Pollution	60344052	Level 1
- Understand the types and uses of plastics. - Understand the methods used to manage plastic wastes. - Understand the problems associated with plastic pollution in the marine environment. - Understand how plastic pollution can be reduced.		