PETROC™

THE pod C112

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Introduction to The Pod

The Pod is a supported base room (C112) for students with a
diagnosis of Autism who are studying on a mainstream
course at Petroc's main campus in Barnstaple. Access is limited
to identified learners.

It is staffed by a team of Learning Support staff from
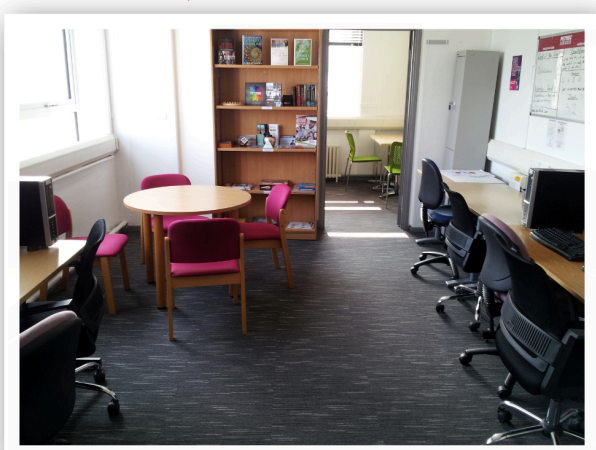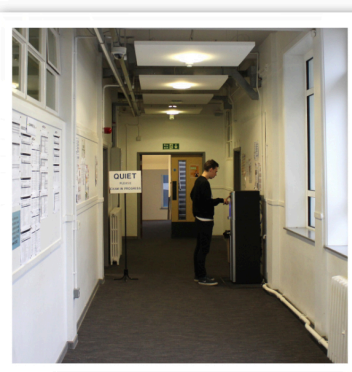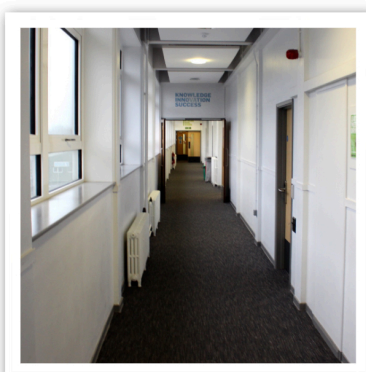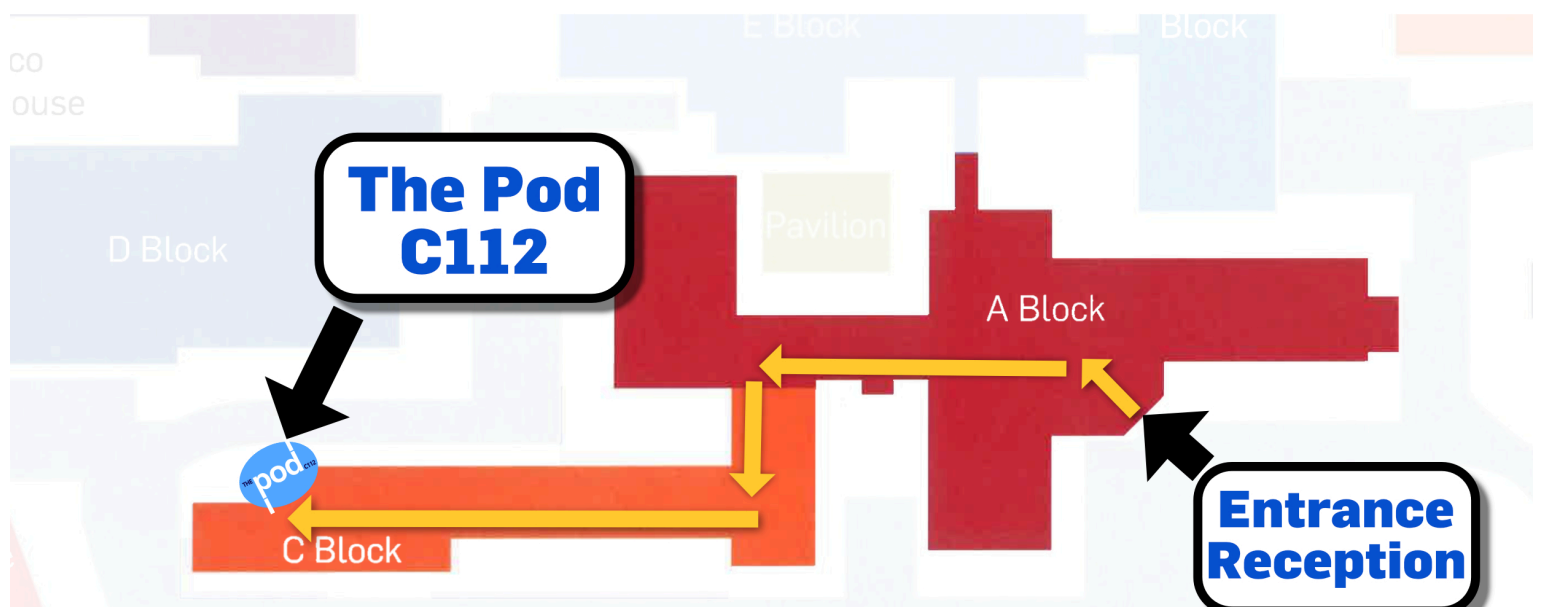8:30 until 4:30

Students can use this space predominately as a safe space
to spend their unstructured time and also as a place to
work on coursework with support from the staff. Various students
have 1-1 Additional Learning Support in the Pod.
Some students bring their class work into the Pod with
agreement with their lecturer if they are finding it difficult
to concentrate in their classroom.

In addition to the study/social space there is a quiet room.
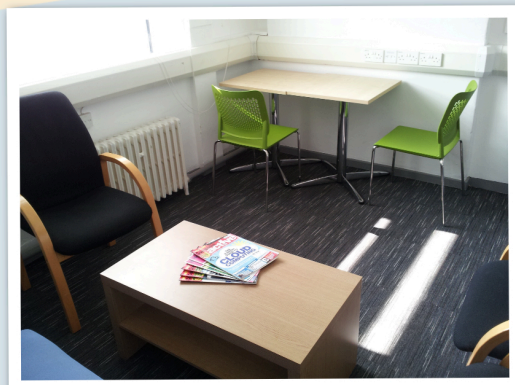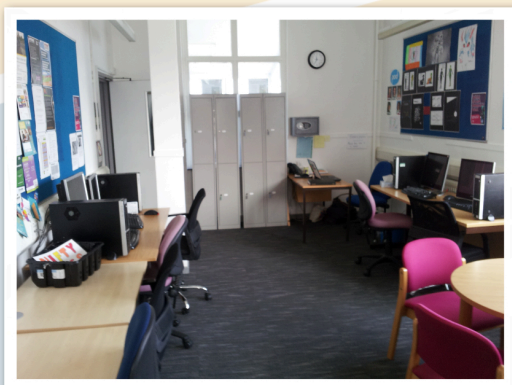
There are computers, games and books available for students to use.

The Pod staff can liaise with lecturing staff and professional tutors
and parents when necessary. We can run personal and social
development sessions and help solve everyday issues.

The Pod C112

Entrance Reception

A Block

C Block

D Block

E Block

Block

Pavilion

We want The Pod to be safe and welcoming for all our students so we ask that you:

- Respect staff and fellow students and use appropriate language

- Follow College I.T policy

- Be prepared to discuss your problems or concerns with staff

- Tidy up your own mess

- Be responsible for your own belongings: you can ask for a locker if required

- Share the resources with fellow students

- Not invite other students to use this space

- Wear headphones if listening to music or playing computer games

- Only eat or drink in the identified social space

- Go to lessons on time

Student views on the Pod

"It has a nice quiet relaxed atmosphere where I can study or just come and get away from the noise and bustle of main college life."

"The Pod has been very consistent when I've needed to do work or relax."

"It provides a safe place to go in between lessons and there is always someone to talk to if I have any problems."

Self Help Guide

Sometimes at college we can face challenging situations, unexpected change or difficult social situations. The Staff in the Pod are available from 8:30am until 4:30pm to help you make the right decisions in these circumstances. We can sit and discuss appropriate strategies for potential anxieties so when they arise you have a selection of options.

What do I do if I am late or miss my bus?

My strategy:

1

Other strategies: Catch the next bus or phone the Pod or go to the main reception and tell the staff there or phone home or if you get to college late go to your lesson and explain to the lecturer why you are late.

What do I do if I feel really anxious?

My strategy:

2

Other strategies: Go to the Pod, talk to your tutor, talk to someone at home.

What if I do not understand what I need to do in my lesson?

My strategy:

3

Other Strategies: Speak to the lecturer, look on Moodle/VLE or tell the staff in the Pod

What if someone says or does something that upsets me?

My strategy:

4

Other Strategies: Walk away from the situation, contact Pete Gammon the Respect Officer; go straight to the Pod or talk to a member of staff and explain politely that you are upset.

5

What if my lesson is cancelled?

My strategy:

Other Strategies: Go to the Pod; check your emails for information; catch up with other work.

6

What if the Fire Alarm sounds?

My strategy:

Other Strategies: You must go out of the building to fire evacuation point: Follow staff/students to the evacuation point: Put in ear plugs/headphones to block out the noise once you are outside:
When you are allowed back in you could go back to The Pod until you feel less anxious.

7

What if I do not know where to go for my lesson?

My strategy:

Other strategies: Go to The Pod and ask staff; go to Reception and ask staff; ask a friend who is in the same class; look at your timetable.

8

What if I do not like going to the Foodhall for lunch?

My strategy:

Other strategies: Bring in a packed lunch or go to The Pod; buy some food in the shop or Corner Café

Any other potential causes for anxiety

My strategy

College Map

This map shows the fire assembly points around college.
If you are in the Pod please go to fire assembly point 2.

Main Entrance

Main Reception

Side Gate

1

2

3

4

4a

5

Bungalow

A Block

Pavilion

C Block

Lifestyle

THE POD

D Block

K Block

Eco House

Painting & Decorating

Auto body Workshop

Hard Court

Animal Care

J Block

E Block

F Block

G Block

Art Studio 1

Art Studio 2

Liberty

Staff Car Park

Student Car Park

Auto Workshop

Engineering Centre