I have come that they may have LIFE
AND HAVE IT TO THE FULL.

JOHN 10:10
10:10 Programme

10:10 is Carmel’s Pastoral and General RE Programme taking inspiration from the quote from the teaching of John 10:10 ‘I have come so that they may have life and have it to the full’.

As part of the programme of study at college, all students are allocated one 10:10 lesson per week. It is split into two main sections, 10:10 Personal Achievement Tutor and 10:10 General RE. As a Catholic college, we have a great focus on nurturing the whole person and our 10:10 Programme ensures that our students not only achieve academically, but also personally.

10:10 PAT

As part of 10:10, each student is allocated a Personal Achievement Tutor (PAT).

The aim of our pastoral programme is to ‘ensure that each individual realises their full potential’. Your PAT looks after you when you first arrive and monitors your progress throughout your time here to ensure that each individual realises their full potential.

They are your first point of contact to turn to for help and advice should you have a problem.

- Your Personal Achievement Tutor will support you in all aspects of college life including:
  - guidance in your studies
  - help with study skills
  - advice regarding possible career progression and application to Higher Education
  - arranging any extra help or support you may need during your learning.

What will I study?

The main focus of the 10:10 Personal Achievement Tutor sessions will be on your career progression and the development of employability skills. Themes throughout the two year programme will focus on interview techniques, CV creation, applications to university and personal statements, plus apprenticeships and assessment centre skills. To support your studies, there will also be trips to universities and apprenticeship fairs. The aim is to equip you fully for the next stage in your career.

I find the 10:10 tutor group sessions very useful; they’ve helped me decide what to do after college and learn how to prepare for this.

The insights offered into universities and apprenticeships is great and well balanced. The support given by my tutor regarding my Personal Statement has helped me receive offers from all five of my UCAS applications. There are also talks from external visitors in these sessions which have been really beneficial.

Adam McGrath
Wade Deacon
Studying: Business Studies, Maths, Physical Education
**10:10 RE**
The 10:10 RE Programme is at the heart of our mission and ethos as a Catholic college and plays a central role in the education of all students at Carmel.

The key aims of 10:10 RE are:
- to support the college ethos, based within the Gospel Values
- to ensure every student at Carmel has the opportunity to explore and examine ethical issues and moral debates
- to encourage skills of communication, reasoning, reflection and debate
- to encourage students to develop as a 'WHOLE' person, not just academically
- to provide opportunities for social, moral, spiritual and cultural education to underpin and support the remainder of students' academic studies.

**What will I study?**
In 10:10 RE we aim to cover a wide range of topics which enable you to develop your own thinking skills. It is important to note that it is not religious instruction; we are not telling you what to think, just to think!

Themes throughout the year focus on personal identity and responsibility, human rights, equality and diversity as well as notable dates throughout the social and liturgical year.

**What is One World Day?**
One World Day is a full-day event organised by the 10:10 RE team, which takes place during the first term of college. Lessons are suspended for the day and students have a tailored timetable of talks and workshops from guest speakers.

The theme each year centres on justice and equality. Guest speakers have included: Shaun Attwood, Bernie Hollywood MBE, Yellow House, Mike Garry- Poet and many local charities and organisations.

**Foundation Learning**
All of our Foundation Learning students also have 10:10 RE lessons which follow a specialised programme of study, focusing on and investigating the Gospel Values such as love, forgiveness, charity and awe & wonder.

**MEET THE TUTORS**
**RE TEAM**
Sarah Daley (Head of Department)
Christine Taylor
Hannah Moss
Glenn Skelhorn (Head of Philosophy, Ethics & Religion)

You can find the RE team in the Chaplaincy office.

**During my first year at Carmel, I have found that the tutor group sessions have helped me settle into college life and have also offered great insight into possible routes to further education, university, apprenticeships or a gap year.**

The Personal Achievement Tutors are always more than happy to offer support with any aspect of college life.

When I leave college, I hope to obtain a basketball scholarship to an American university and I've had extensive discussions with my PAT about this, as well as other back up options.

Finley Moss
Lymm High School
Studying: Business Studies, Physical Education, Maths

**Lasallian Developing World Project**
I love the atmosphere at Carmel as it feels so welcoming and has a very positive feel to it. I really enjoy all the amazing opportunities we are given.

The college feels very inclusive and they really care about the opinions of the students.

The 10:10 sessions provide the opportunity to voice your opinion on events that are happening in the world now and it’s also another chance to meet new people as well.

Our tutor group sessions provide us with the information and help we need about Uni applications and apprenticeship routes. We are given loads of opportunities for Uni trips and to attend talks from guest speakers.

What’s impressed me most about Carmel is how included you always feel as you are able to freely express yourself. I really enjoy all the charity events and opportunities we are able to take part in.

When I leave college, I hope to go to university to study Veterinary Science.

Lucy Barker
De La Salle
Studying: Biology, Statistics, BTEC Science (dual)

‘10:10 has helped open my mind to different issues in society and has made me a lot more aware of them than I would have been without the lessons.’

‘I found out new things and how people like to be referred to in society, this is important as it helps us in situations in real life.’

‘The lesson gives me a greater insight in things I didn’t know much about, allowing me to form my own opinions.’

‘These lessons have made me think differently, to acknowledge other peoples’ opinions as well as develop my own.’