



St David's
Coleg Catholig Dewi Sant
Catholic Sixth Form College

RECIPES FOR SUCCESS



FAREWELL MESSAGE



As you step into the next chapter of your lives—whether it's university, work, travel or simply figuring out how to boil pasta without calling home—go with confidence, courage, and compassion. You leave St David's not only with qualifications, but with the values of our Catholic community: a sense of justice, service, and a deep belief in your own worth and potential.

In the words of the prophet Jeremiah: "For surely I know the plans I have for you, says the LORD, plans for your welfare and not for harm, to give you a future with hope."
(Jeremiah 29:11)

Saying goodbye is never easy, but it's a reminder of how much you've grown and how far you've come. Though you may be leaving College, you'll always remain part of the St David's story—and we'll be cheering you on, wherever life takes you.

We wish you all the best.

Geraint Williams -
Principal.

"Say yes to opportunities, even if it's scary. If it goes wrong, at least you have a great story to tell!"

Mrs Reypert, Launchpad

"Ride a bike, it's great for your health and the planet. Also, don't forget to get out in nature from time to time - even a simple walk to look at the trees in the local park will boost your mood and keep you appreciating the wonder of our green planet. Plants are awesome!"

Mrs Bird, Biology

"When looking for a job be open minded. You may not find something which is the perfect fit for you straight away, but getting a foot in the door can lead to bigger and better things. I started my journey at St David's as a site steward, when an unexpected opportunity to work in the Launchpad as a careers advisor came up and I love it!"

Mrs Brewster, Launchpad

"As you step beyond Further Education, remember this spiritual truth: the heart of true education is the education of the heart—so above all, be human, be kind, and be merciful to everyone you meet."

Father Benny

Don't rush to be sorted. There is no "sorted." Just a long string of small panics and occasional wins, with cups of tea in between. You will never be "sorted"

Miss O'Brien

Learn to say "I haven't a clue,"/ "I don't know," with confidence. Pretending you know what's going on rarely works out. People respect honesty.

Miss O'Brien

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BREAKFAST

SHAKSHUKA



Serves 2



Prep: 10 minutes

Cooking: 10 minutes

Ingredients

1 Onion
1 Red Pepper
1 tin of tomatoes
1 tbsp Worcestershire Sauce
A pinch of cayenne Pepper
Salt and Pepper
1 tsp mixed herbs
1 tsp garlic powder
4 eggs
1 tbsp olive oil

Instructions

1. Place the olive oil in a pan
2. Add the onions and red pepper and fry for 2 minutes
3. Add the chopped tomatoes along with the seasonings and mix.
4. Warm on a low heat.
5. Crack the eggs on top of the mixture and place lid on.
6. Leave until eggs are cooked to your liking and then serve.

Personal Touches

You could serve the Shakshuka with fresh avocado, chopped feta or Greek yogurt for extra flavour.



MORNING BAGELS



Author: Skylar Liao



Serves 1



Prep: 10 minutes



Cooking: 5 minutes

Ingredients

2 eggs
2 bagels
2 slices of ham or chicken
1 avocado
Butter
Salt and pepper

Instructions

1. Fry the egg to your liking in a frying pan and season with salt and pepper
2. Slice, then toast your bagel with butter
3. Build the bagels with fried eggs, ham, and avocado.
4. Then serve.

Personal Touches

Make sure to season your food for extra flavour. You could also poach your eggs rather than fry for a healthier option.



ARROZ CALDO



Author: Allyson Garcia



Serves 1



Prep: 5 minutes

Cooking: 35 minutes

Ingredients

50g rice
100g Chicken in pieces
1 clove garlic (minced)
¼ white onion
½ thumb size of ginger
250ml chicken broth
½ tbsp cooking oil
½ tsp fish sauce
1 spring onion
½ boiled egg
1 lemon wedge

Instructions

1. Sauté aromatics: in a pan (garlic, onion and ginger) until fragrant
2. Cook chicken: add chicken pieces and cook until lightly browned.
3. Stir in the rice: and mix well with aromatics and chicken.
4. Simmer: pour in the chicken broth, bring to the boil then lower heat and simmer for 25-30 minutes stirring occasionally until the rice is cooked and the rice becomes soft and porridge-like. Add more water if needed.
5. Season: add in fish sauce or salt to taste
6. Garnish and Serve: top with spring onions and the boiled egg and lemon wedge. Serve hot.



YAM & EGG SAUCE



Author: Temilade Maradesa



Serves 2



Prep: 15 minutes

Cooking: 20 minutes

Ingredients

1 tomato
1 onion
1 scotch bonnet chili
1 bell pepper
Vegetable oil
Yam or Potatoes
Maggi seasoning cubes
Eggs
Salt

Instructions

1. Cut up the yam or potatoes and boil in salted water.
2. Then for the egg sauce, chop and mix your tomato, onion, chili and pepper and sauté in a little oil. Add in the seasoning and then pour in the eggs.
3. Cook and mix together.
4. Serve with the cooked yam or potatoes.

Personal Touches

This Nigerian fusion dish is full of flavour, but the yams can be substituted for potatoes or sweet potatoes.



Floss. Not the dance. Your teeth.
Unless you want to bankroll your
dentist's new Range Rover.

Miss O'Brien

Don't compare yourself to your
mate who's moving to Dubai to
work in finance. You're on a different
timeline. Also, it's 45°C there, a
bottle of water is £4.50 and they're
probably crying inside.

Miss O'Brien

Know how to make beans on toast.
And how to level it up. Add cheese.
Or sriracha. Go mad.

Miss O'Brien

Always have a decent coat. This
country's weather is emotionally
unstable. Invest in a good coat with
your student discount.

Miss O'Brien

Go on weird trips. Take the National
Express to a town you've never
heard of. Have a £3.50 meal deal by
a canal. It's good for the soul.

Miss O'Brien

Invest in decent socks. No one tells
you how much joy warm feet can
bring. Also it keeps the heating bills
down!

Miss O'Brien

LUNCH

PRAWN GARLIC BUTTER LINGUINE



Serves 2-3



Author: Tasin Sadman



Prep: 10 minutes

Cooking: 20 minutes

Ingredients

250g linguine pasta
200g frozen prawns
4 cloves garlic
50g butter
2 tbsp olive oil
1 lemon
Fresh parsley
Salt and pepper

Instructions

1. Thaw frozen prawns in a colander under cold running water.
2. Slice and crush the garlic and parsley, then juice half a lemon and keep the other half for garnish.
3. Boil the linguine with a pinch of salt and cook according to package instructions, then preserve $\frac{1}{2}$ cup of pasta water when draining the pasta.
4. Meanwhile, use a large pan, heat butter and olive oil over medium heat, then add the crushed garlic and sauté for about 30 seconds until fragrant.
5. Add the now thawed prawns to the garlic butter mixture. Cook until pink, seasoning with salt and pepper.
6. Add the cooked linguine to the large pan and toss to coat. Adjust consistency with water if needed.
7. Finally, squeeze fresh lemon juice over the pasta.

Personal Touches

Add herbs and toss everything together for extra flavour and colour. Enjoy!



FUL MEDAMES



Author: Safaa Omer



Serves 3-5



Prep: 7 minutes



Cooking: 15 minutes

Ingredients

Ful medames or fava beans
3 tomatoes
2 onions
Olives
Olive oil
Hummus
Cumin powder
Fresh bread or pitta bread

Instructions

1. Pour a little olive oil in a small pan on a medium heat
2. Wash and chop the tomatoes and onions into small pieces. Add them to the pan letting them cook to colour.
3. After cooking for a little while add the ful medames/fava bean to the pan
4. Use the cumin powder for some more flavour and mix it with the beans, tomatoes and onions.
5. Using a potato masher smash the ful medames whilst cooking but not too much.
6. Lastly add to a bowl, top with hummus and drizzle with olive oil and maybe some chili powder.
7. Serve with olives on the side with some fresh bread or pittas.



FAJITA CHICKEN PASTA



Serves 3



Author: Lilly-Mae Simons-Evans



Prep: 5 minutes

Cooking: 25 minutes

Ingredients

Diced chicken breasts
Lazy garlic
Tomato puree
Fajita seasoning
Double cream
Cheese

Instructions

1. Dice the chicken
2. Add fajita seasoning to the chicken
3. Put chicken in a pan and cook
4. Boil pasta in a separate pan in salted water
5. Add 3 teaspoons of lazy garlic to the chicken
6. Add 1 tablespoon of tomato puree
7. Add 100ml of water to the chicken
8. Add 200ml of double cream to the chicken and stir
9. Drain the pasta and add to the chicken and sauce and mix together
10. Top with some cheese, then dish out pasta and enjoy!

Personal Touches

Add herbs and toss everything together for extra flavour and colour. Enjoy!



SALMON & EGG BAGELS



Serves 2



Prep: 2 minutes

Cooking: 4 minutes

Ingredients

1 Bagel
2 Eggs
Smoked Salmon
1 Lemon
Cucumber
Butter

Instructions

1. Toast and butter bagels
2. Place smoked salmon on the bagels
3. Poach 2 eggs in boiling water
4. Place the drained eggs on the bagels
5. Squeeze a little lemon juice over the bagels.
6. Serve with cucumber sticks as a garnish.



Don't trust people who don't like dogs, or who say things like "I just tell it like it is." — they usually don't.

Miss O'Brien

Have a favourite mug. You'll need it on the days when nothing else feels quite right.

Miss O'Brien

Embrace every opportunity with a FOMO attitude.

Miss Hampshire

Opt into 'round-ups', most banks allow you to do this and you will be amazed how quickly the pennies add up. It's perfect for people who are 'bad at saving'.

Miss Hampshire

Learn how to take good notes, you're going to need them.

Miss Hampshire

Scan all of your important documents and qualifications and save them to a drive or the cloud now! You're going to lose your ID or a certificate at some point, and you're going to need all the code things.

Miss Hampshire

DINNER

VEGAN SAUSAGE & TOMATO PASTA



Serves 2



Author: Freya Walters



Prep: 10 minutes

Cooking: 20 minutes

Ingredients

Worcestershire sauce
5 cherry tomatoes
5 vegan sausages
Tomato puree
Italian Seasoning
200g pasta
1 white onion
1 garlic clove

Instructions

1. Place the vegan sausages in the air fryer and cook to packet's instructions.
2. Whilst the sausages cook, boil the pasta in a saucepan to the packet's instructions.
3. Chop 5 cherry tomatoes into either halves or quarters and finely slice the white onion.
4. Slice and crush the garlic clove into a fine paste.
5. Once your 5 vegan sausages have cooked, slice them into chunks.
6. Meanwhile, drain the pasta and add the vegan sausages, tomatoes, onions and garlic to the saucepan.
7. Stir in with the tomato puree and add 2tbsp of worcestershire sauce until fully blended.
8. Add the italian seasoning as a finishing touch and stir in again for extra flavour, then dish out and enjoy!

Personal Touches

You could add spinach or chili flakes to add further protein and flavour.



CHICKEN FAJITAS



Author: Lucy and Isha



Serves 2



Prep: 10 minutes



Cooking: 25 minutes

Ingredients

1 tbsp chilli flakes
1 tbsp paprika
1 tbsp ground coriander
1 tbsp ground cumin
1 tsp salt
1 chicken stock cube
1 pepper
1 onion
2 skinless chicken breasts
1 can of tomatoes
Tortilla wraps

Instructions

1. Dice the chicken breasts and take care with handling and wash hands thoroughly.
2. Mix the chili flakes, paprika, ground cumin, ground coriander and salt together and coat the diced chicken. (tip: place chicken inside sealed tupperware with spice mix and shake until fully coated.)
3. Follow package instructions for adding boiling water to 1 chicken stock cube.
4. Finely slice the onion and peppers, then fry in a medium sized pan.
5. Cook the diced chicken in a separate pan, then add canned tomatoes and the chicken stock cube together.
6. Slowly stir and allow the sauce to dissolve and thicken to a suitable level.
7. Add the onions and peppers to the mixture then spoon out the chicken and sauce into the tortillas and enjoy!

Personal Touches

You could add mayonnaise, chipotle or sour cream to your tortilla for extra flavour.



CHICKEN ARRABIATA



Author: Macey Dudley



Serves 2



Prep: 5 minutes

Cooking: 15-20 minutes

Ingredients

200g rigatoni pasta
2 garlic cloves
Diced chicken
5 cherry tomatoes
Black pepper
Salt
Spinach
Small bottle of red wine
Parmesan
Lloyd Grossman Pasta
Sauce – tomato and chilli

Instructions

1. Start to boil the pasta in salted water to packets instructions.
2. Season the diced chicken with salt and pepper then toss into a pan.
3. Whilst cooking, add in the sliced and crushed garlic cloves with a dash of red wine
4. Cut the cherry tomatoes in halves or quarters then add to the pan with the Lloyd Grossman pasta sauce.
5. Add in the spinach and allow to wilt.
6. Drain the pasta out and then add and into the pan stirring together.
7. Serve with plenty of parmesan.



CHICKEN CURRY



Author: Alistair Maurice



Serves 4



Prep: 5 minutes



Cooking: 30 minutes

Ingredients

Skinless Chicken Breast
Canned tomatoes
Double cream
Rice
Chillies
1 tbsp turmeric
Fresh chives
1 Onion

Instructions

1. Begin with washing and boiling the rice to packets instructions.
2. Blitz your canned tomatoes into a smooth sauce and set aside.
3. Chop the chicken breasts into small chunks and fry in a pan on a medium heat until golden.
4. Finely slice the onions and chillies and then add to the chicken and fry until golden.
5. While waiting for the chicken to cook, finely slice a handful of fresh chives.
6. Add the blended tomatoes, turmeric and chives to the pan and bring to the boil.
7. Once boiled add the double cream and simmer for 10 minutes.
8. Once the rice has finished cooking, place onto plates and serve with the curry on top. Enjoy!



GARLIC CHICKEN PASTA



Serves 2



Author: Chloe Surnitt



Prep: 5 minutes

Cooking: 15-20 minutes

Ingredients

Chestnut mushrooms
Spinach
200ml double cream
200g pasta
2 skinless chicken breasts
100g parmesan cheese
1 onion
2 garlic cloves
1 tsp salt
1 tsp pepper
1 tsp paprika
1 tsp garlic granules
1 tsp oregano

Instructions

1. Begin with finely slicing the onions and garlic cloves, but chop the mushrooms in half.
2. Then boil the pasta in salted water in a saucepan and follow packet's instructions.
3. Slice the chicken breasts into small chunks then season with salt, pepper, paprika and garlic granules.
4. Place the seasoned chicken in a pan on a medium heat and cook until all the way through, then set aside.
5. Add the diced onions into the pan and cook until golden.
6. Then add the garlic and cook for two minutes, after toss in the mushrooms and spinach.
7. Once cooked, set the pan to low heat and pour in double cream.
8. Add salt and pepper and the chicken and keep stirring, then bring to a simmer.
9. Add 100g of parmesan and stir until thick, if too thick add a little water to loosen.
10. Drain the pasta, serve then add the sauce and chicken ontop. Enjoy!



CHILI CON CARNE



Author: Sadiqha Alam



Serves 2



Prep: 5 minutes



Cooking: 20 minutes

Ingredients

1 pack of Ben's rice
1 tin chilli con carne sauce
250g minced beef
1 garlic baguette

Instructions

1. Begin by heating the oven and placing the garlic baguette to cook at packet's temperature instructions.
2. Meanwhile, cook and break-up the mince beef in a pan
3. Cook the packed rice in the microwave to packet's instructions.
4. Pour in the sauce when the beef is cooked and season with salt and pepper.
5. Pull out the garlic baguette from the oven and serve with the chili beef and rice. Enjoy!

Personal Touches

You can add kidney beans if you like as well as onions and peppers for extra flavour.

Put Chilli Con Carne on top of a slice of garlic bread, top with cheese, and grill. Thank me later!

Miss Hampshire



Do things on your own; find joy in your own company.

Miss Hampshire

Skills you actually need as an 'adult':
how to fix a printer, basic first aid,
self-defence, how to make witty
come-backs on the fly, conflict
management, and how to make
rice.

Miss Hampshire

Saying please and thank you still
applies even if you're not a child
anymore.

Miss Hampshire

DESSERTS

BRIOCHE FRENCH TOAST



Serves 1-2



Author: Rishi Paul



Prep: 5 minutes

Cooking: 15-20 minutes

Ingredients

2 brioche bread slices
2 tsp Sugar or icing sugar
1 Medium sized egg
50ml of milk
Oil or butter
Maple syrup
Blueberries
Raspberries
Banana

Instructions

1. Whisk 1 egg with milk until yolk is no longer visible, then coat 2 brioche slices.
2. Place a pan on medium heat and coat it with oil or butter.
3. Place both brioche slices into the pan to fry, flipping with a spatula until both sides are a golden brown colour.
4. Place the cooked brioche slices on a plate and coat with sugar or icing sugar.
5. Pour maple syrup and fruit ontop then serve. Enjoy!



FRUIT CRUMBLE



Author: Samuel Shearman



Serves 2



Prep: 5-10 minutes

Cooking: 30-40 minutes

Ingredients

20oz butter
40oz self-rising flour
1 tsp Cinnamon
20oz Sugar
Apples or berries

Instructions

1. Preheat oven to 190°C, place sweetened, peeled and soaked fruit into oven-proof bowl.
2. Mix butter and self-rising flour together until resembles breadcrumbs.
3. Add sugar and cinnamon and continue to mix
4. Spread the mixture evenly over the fruit and place in oven.
5. Leave to cook for 30mins until golden brown and fruit is cooked through.

Personal Touches

You can add sugar ontop of the crumble, once it's finished baking for extra sweetness.



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EMAILING A LECTURER FOR HELP

Subject: Question about [Module Name] Assignment

Dear [Lecturer's Name],

I hope you're well. I'm [Your Name], a student in your [Module Name] class. I have a question about [specific topic/assignment] as I am unsure how to approach it. Could we arrange a time to discuss this, or is there guidance you'd recommend?

Thank you,
[Your Name]

REQUESTING SUPPORT SERVICES

Subject: Request for Support

Dear [Support Officer's Name],

I hope this message finds you well. I'm a new student starting at [University Name] this term and would like to arrange a meeting to discuss potential support options.

Please let me know when might be a good time.

Kind regards,
[Your Name] [Student Number if applicable]

SORTING ACCOMMODATION ISSUES

Subject: Maintenance Request – [Brief Description]

Dear Accommodation Team,

I hope you're well. I'm currently staying in [Room/Flat Number] at [Accommodation Name] and have noticed an issue with [describe issue – e.g. the shower not draining].

Could someone take a look at this when possible?

Many thanks,
[Your Name]
[Contact details]

REQUESTING TO JOIN A SOCIETY/CLUB

Subject: Interest in Joining [Society Name]

Hi [President/Club Contact Name],

I'm interested in joining [Society Name] and wondered if you're accepting new members or have any upcoming taster events.

Could you please send me details of how to get involved?

Thanks very much,
[Your Name]
[Course or Year, if relevant]

RECIPES

FOR SUCCESS

SMOOTH TRANSITION

Ingredients:

- Curiosity and confidence (or at least courage!)
- Self-awareness and openness to change
- A notebook or planner – to help with journaling and keeping track of your plans
- Support from friends, family, and services

Method:

1. Gather your resources: know your support services, plan your finances, and get a sense of what your next steps feels like.
2. Stir in new experiences slowly. Take time to adapt.
3. Season with kindness—especially toward yourself.
4. Accept change as part of the recipe for independence.

Serving suggestion: reflect on your appetite for change, as well as who you are and who you want to become... and then, go at your own pace!

INDEPENDENT LIVING

Ingredients:

- Comfort items: weighted blanket, noise-cancelling headphones, fidget toys
- Easy meals & snacks: ready-to-eat or quick-to-make food
- Personal ID: passport, National Insurance number
- Medication & First Aid basics: daily medication, plasters, pain relief
- Money tools: bank details, bank card, Student Finance info
- Bedding: duvet, pillows, sheets
- Laundry & room tools: basket, hangers, doorstop (great for making friends!)
- Towels: bath, hand, tea towels, plus dishcloths & sponges
- Toiletries: toothbrush, toothpaste, shampoo, soap, toilet roll
- Kitchen kit: plates, bowls, mugs, cutlery, frying pan, saucepan, utensils, chopping board, baking tray, Tupperware
- Clothing: everyday wear, smart outfit, sportswear, pyjamas, warm/waterproof coat
- Tech: laptop, chargers, extension lead, power bank
- Extras: reusable water bottle, backpack or tote bag, stationery, scissors
- Personal ingredients: patience, courage, sense of humour—and a journal for reflections

Method:

1. Lay out all your items by category (kitchen, bedroom, bathroom, etc.) based on daily and

sensory needs.

2. Pack items into clearly labelled boxes or bags to make unpacking easier.
3. Prepare a 'first night bag' with bedding, toiletries, a charger, and comfy clothes.
4. Stay hydrated and take breaks while packing—don't try to do it all at once.
5. Keep your most important items (ID, bank card, comfort items) close to hand for arrival day.
6. Prioritise setting up your bed and a few comforting items when you first arrive.

Top tips:

- Ask someone to help you move—it's quicker and less stressful with support.
- If possible, visit your future town or city beforehand to reduce nerves on moving day and get familiar with your surroundings.

SURVIVING FRESHERS' WEEK

Ingredients:

- 1 timetable of welcome events
- 1 quiet space for downtime
- A list of local essentials e.g. shops, hospital, etc.
- Empathy and understanding

Method:

1. Plan one event a day—no need to do everything!
2. Join something (like a society or group) that reflects your interests.
3. Schedule in breaks – respect your own social limits.
4. Scope out food and self-care options.
5. If you've moved into a shared flat, chat with your flat mates about noise, guests and cleaning – be direct but respectful. You may wish to have a cleaning rota, for instance.

Top tip: Visit your future town/city ahead of time if possible to familiarise yourself with your new local area – it will help reduce anxiety on moving day.

Journal prompt: Visit your future town/city ahead of time if possible to familiarise yourself with your new local area – it will help reduce anxiety on moving day.

A FOCUSED STUDY SESSION

Prep time: 5 minutes

Ingredients:

- Pomodoro timer (25 mins work / 5 mins break)
- Headphones or a white noise app
- Fidget toy or doodle pad
- To-do list (Top 3 tasks only)

Method:

1. Set timer. Work on one task.
2. Break after each Pomodoro.
3. Take a longer break after 4 rounds.
4. Reward yourself!

EFFECTIVE NOTETAKING SAMPLER

Flash cards:

- **Front side:** Write the topic, date, and a short summary.
- **Back side:** List the key points, breaking them into clear sections.
- **Tip:** Use different colours for topics, facts, or definitions to make them stand out.

Mind maps:

1. Start with a main topic in the centre.
2. Add sub-topics or related themes around it.
3. Draw lines or arrows to show connections between ideas.
4. Add sources or references for your research.

Cornell notes method:

- **Left column:** Keywords or short cues.
- **Right column:** Main notes from your lecture or reading.
- **Underneath:** A short summary of what you've learned.

HELP & SELF-CARE SUPERPOWERS

Flash cards:

- Knowledge of where to go for help
- One trusted contact
- Confidence to say "I need support"
- List of 3 go-to relaxation activities
- Self-care plan
- University support services info

Method:

1. Save numbers/emails of support services.
2. Talk to one person if you're struggling.
3. Remember: getting help is a strength, not a weakness.
4. Create a calming kit (snacks, blanket, playlist).
5. Keep emergency contacts close.
6. Know where and when to ask for help.

Cornell notes method:

- Student Support Centre – universities will often have 'Disability Services' (like the College's LSC) and 'Wellbeing & Support Services' (like St David's Student Services and Wellbeing) – get in touch with them before you start at university if you know you'd like support, as this will help provide a smooth transition for you.
- Academic advisor or tutor
- Peer support or mentor scheme
- National helplines e.g. Samaritans (call 116 123) or SHOUT (text SHOUT to 85258) for 24/7 mental health and emotional support.

DOING LAUNDRY WITHOUT SHRINKING ANYTHING

Ingredients:

- Laundry basket
- Colour sorter (dark/light/white)
- Detergent and fabric softener
- Washing machine instructions

Method:

7. Read clothing labels.
8. Separate colours.
9. Wash on 30°C unless labels say otherwise.
10. Dry flat or hang—avoid tumble drying delicate items.

BUDGETING BASICS

Ingredients:

- Student loan information (maintenance / living costs funding)
- Budget planner
- Meal planner
- Bank account with savings pot
- List of monthly/termly expenses

Method:

1. Break down maintenance funding per term.
2. Calculate fixed vs flexible expenses (e.g. accommodation costs are fixed, but food shopping will be flexible)
3. Use round-ups or auto-savings. (Opt into 'round-ups', most banks allow you to do this and you will be amazed how quickly the pennies add up. It's perfect for people who are 'bad at saving'.)
4. Check for student discounts.
5. Blank meal planner – with sections for breakfast, lunch, dinner and snacks for Monday to Sunday, plus space to write a shopping list

GOODBYE &
GOODLUCK



St David's
Coleg Catholig Dewi Sant
Catholic Sixth Form College