



BTEC Student Handbook

LEVEL 3

“Vocational education programs have made a real difference in the lives of countless young people nationwide; they build self-confidence and leadership skills by allowing students to utilize their unique gifts and talents”

Conrad Burns

2016 - 2018

Learner Name			
Course Start	Sep 2014	Course Finish	June 2015

Welcome Page

Where Success Matters!

The Vocational Team welcomes you and we are pleased to have you as a student in our department. Whether you are a new student, or have been with us for some time, you are going to be our most important and valued assets.

We hope you feel comfortable with your work environment and that you value the support you will be given by your teachers. The BTEC courses do work differently to other subjects and you will be expected to work hard both in and out of your lesson to meet coursework deadlines. You will also be presented with many different opportunities to broaden your vocational learning. If you have any problems please remember to speak to your subject assessors or directly with me.

Good Luck, work hard and remember we are here to support you in your studies and to help you be successful in the sixth form.

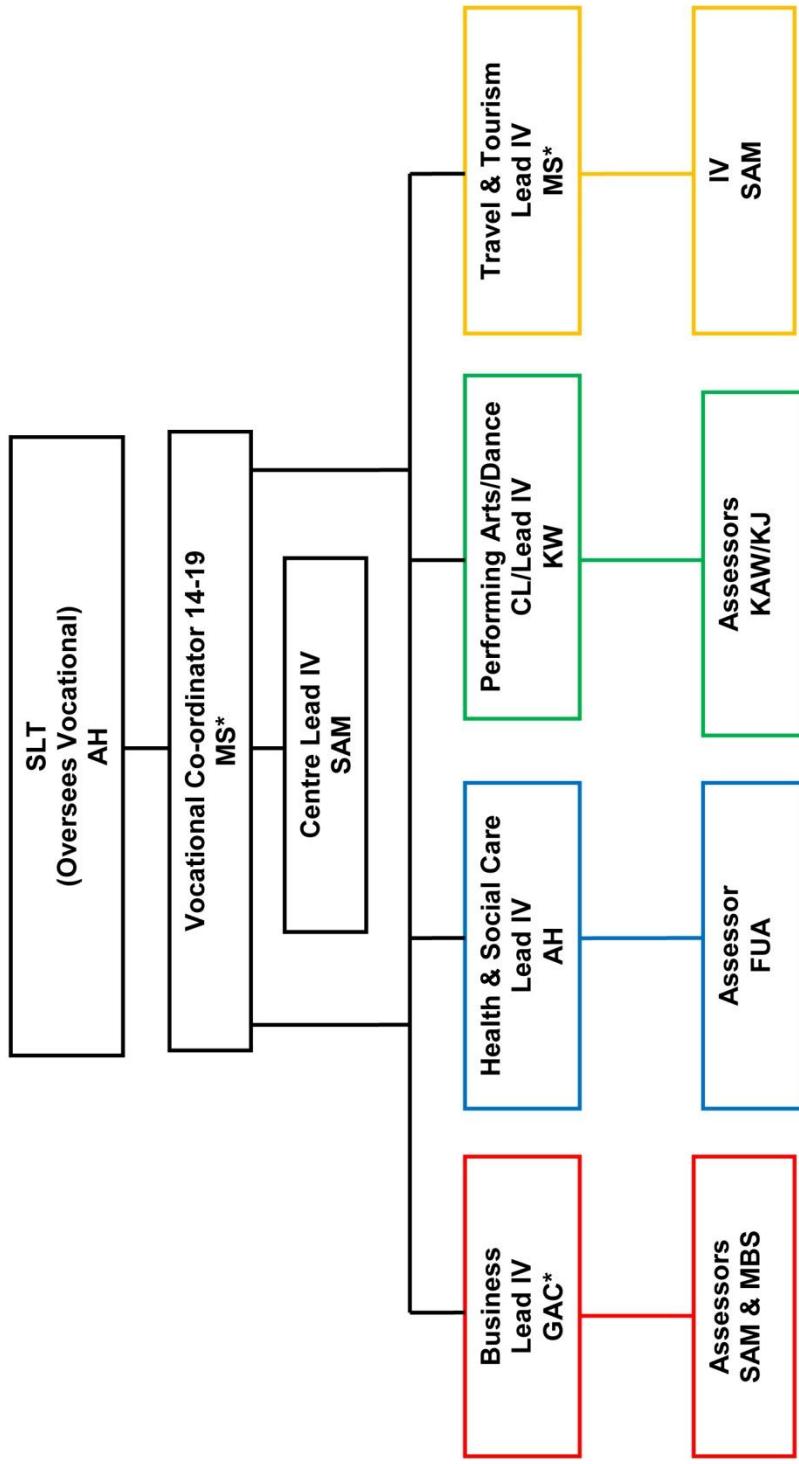
M E Butler-Salvidge

Vocational Course Co-ordinator 14-19

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**Vocational Courses BTEC
Staffing Structure 2016/17**



Assessment

Assignment Briefs

Your assessment is carried out through various types of assignments.

Assignment briefs are issued once the content for the unit of work has been delivered. They are your reference point for assessment throughout the unit and therefore should always be at hand; especially when writing coursework.

Each assignment brief will include:

- Date issued; Hand in date and assessment date.
- Qualification being studied
- Unit covered.
- Scenario.
- Description of task
- Description of evidence to be submitted
- Criteria Covered
- Resources list

Submission of Evidence

The rule framework allows for **one** submission of evidence for each assignment.

Your tutor will formally record the assessment result and confirm the achievement of specific assessment criteria.

You must submit an assignment for assessment which consist of evidence towards the targeted assessment criteria

A signed-and-dated declaration of authenticity with each assignment

Always check the brief to ensure you have completed all the necessary tasks. Coursework should be word processed unless otherwise stated. You should always keep an electronic copy of each completed assignment for your reference.

You should regard all assessment marks as provisional until an assessment sheet has been completed. However, this can still be subject to moderation and change until BTEC results day.

All work within the assignments must be your own work. It should not be copied from another student nor cut and pasted from articles on the internet. This is regarded as plagiarism. This is extremely serious and could jeopardise your obtaining the qualification.

Deadlines

You must meet the deadline stated on your assignment brief; failing to meet the stated deadline will mean you are **NOT** entitled to a resubmission date and the Lead Internal Verifier will not be permitted to authorise a resubmission date.

Feedback to students

Once you are working on the assignments which you will submit for assessment, you must work independently to prepare and produce evidence for assessment.

Before starting the assessment task, your teacher will ensure that you understand the:

- **Assessment requirements**
- **Nature of the evidence you need to produce**
- **Importance of time management and meeting deadlines**

Once you begin the work for your assessment your tutor must not:

- **Provide specific assessment feedback on the evidence you produce before it is submitted for assessment**
- **Confirm achievement of specific assessment criteria until the assessment stage**

Your tutor **can** continue to give general feedback and support, particularly around the development of knowledge, understanding and skills

Once assignments have been submitted your tutor will create an assessment record.

Assessment records for all assignments completed will include the following information:

- Unit title
- Issue date
- Submission deadline
- Date submitted
- First submission/ resubmission
- Authorisation of resubmission (if applicable)
- Target criteria covered
- Criteria achieved (yes/no)

- Assessment comments- this will include comments on how you achieved or did not achieve specific criteria
- General comment from assessor
- Assessor declaration and signature
- Learner comment and signature

Re-submission Policy and Procedures

Please be aware of the importance of **meeting** formal assessment deadlines in order for your tutor to accept evidence for assessment or for re-submission.

Every assignment contributes towards the final qualification grade the rule framework allows for one resubmission of evidence for each assignment.

Re-submissions can only be authorised by a Lead Internal Verifier, however, for them to authorise the re-submission following conditions must be met:

- You have met initial deadlines set in the assignment, or has met an agreed deadline extension
- Your tutor can judge that you will be able to provide improved evidence without further guidance
- The assessor has authenticated the evidence submitted for assessment and the evidence is accompanied by a signed-and-dated declaration of authenticity by you

If you do not meet the above conditions you will **NOT** be authorised for a resubmission.

You will be given a deadline for resubmission within **10 working days** of you receiving the results of the assessment

Retakes

If you have met all of the conditions listed above in opportunities for resubmission, but still **NOT** achieved the targeted pass criteria following resubmission of an assignment, the Lead Internal Verifier **MAY** authorise one retake opportunity to meet the required pass criteria.

The Lead Internal Verifier must only authorise a retake in exceptional circumstances where they believe it is necessary, appropriate and fair to do so.

The retake will be a NEW task or assignment targeted only to the pass criteria which you did not achieve in the original assignment.

The assessor will agree and record a clear deadline before you start the retake.

Your tutor will not be able to award a merit or distinction grade for a retake.

You will **not** be allowed any further resubmissions or retakes

Marking and moderation

All assignments are marked by your teacher in relation to the set criteria appropriate to each unit learning outcome. You will be awarded a pass; merit or distinction grade for each unit completed and evidence produced that meets the grading criteria.

The assessment process is then subject to internal verification from a second marker from within the Vocational faculty. Moderators second mark samples of work to ensure that marking is consistent and reflects appropriate standards of achievement.

Edexcel will also check the grading of randomly selected assignments to make sure marking is correctly done.

Appeals Procedure

- Any discrepancies that the student feels has taken place are first discussed with the candidate and the assessor.
- If no headway is made at this point, the assessor and IV meet to discuss the appeal. The assessors will then feedback to the candidate the IV's decision.
- The candidate is at liberty to discuss this decision with the IV.
- If this does not clear the situation then the information will be passed onto the QN – Mrs Butler- Salvidge, if the candidate is still not happy with outcome the External Verifier for the subject will be asked to make a decision, which can be upheld by the Awarding Body.
- This should give a prompt, fair and accurate feedback to the candidate.

Learner declaration

Please sign the statement below to declare that you understand the importance of meeting deadlines and you understand the procedures for resubmissions and retakes.

I certify that all work submitted is my own. I am aware of the importance of meeting deadlines and the procedures for resubmissions and retake opportunities.

Name:

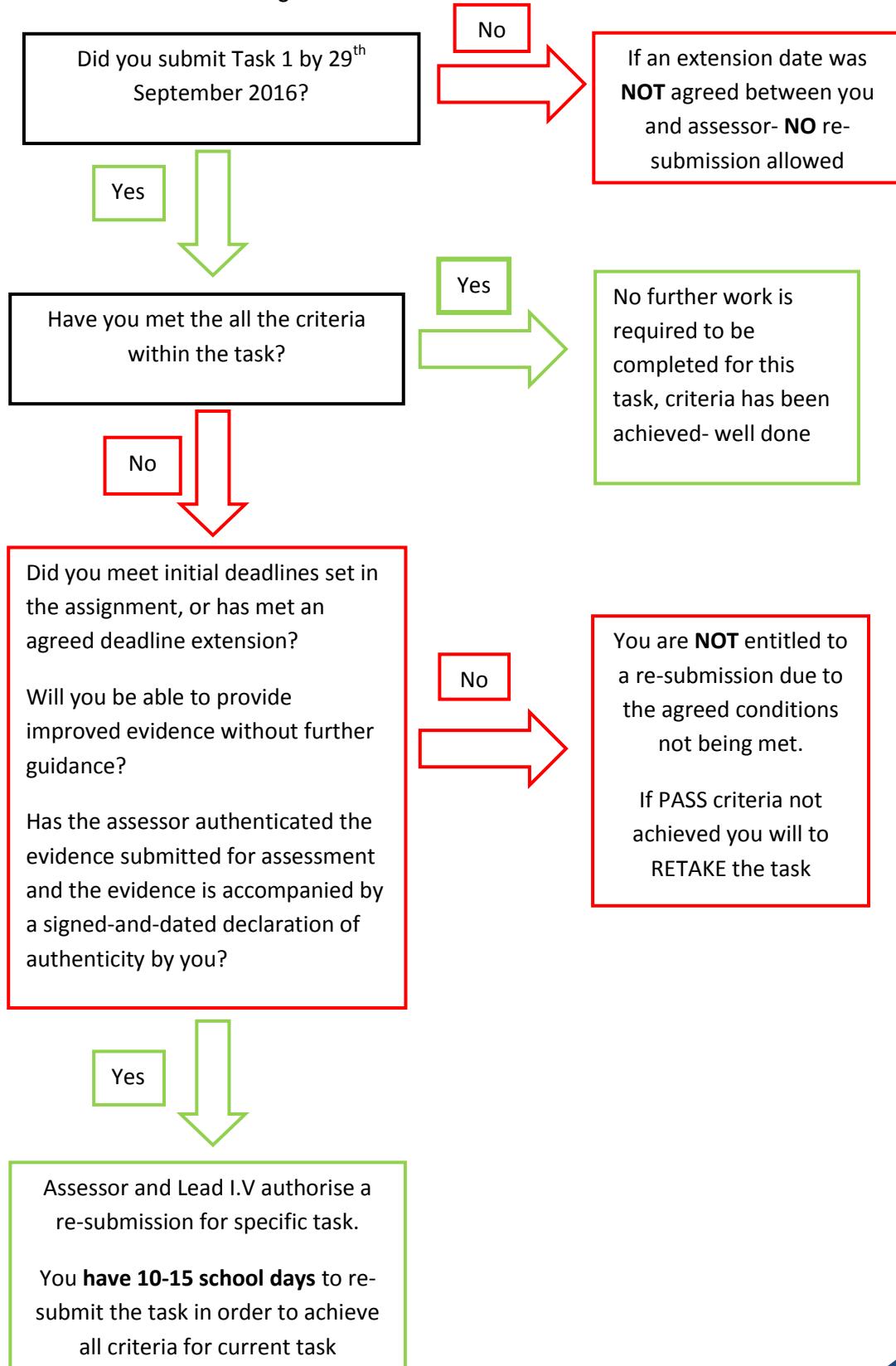
Signature:

Date

Submission Diagram

Example:

You have been set a deadline for the 29th September 2016- the diagram below will outline the submission and resubmission guidelines:



Welcome!



"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

Leo Buscaglia

Across the next two years you will be completing the BTEC National Qualification in Health and Social Care.

The health and social care sector is a major employer of almost 4 million people in the UK, many of which are highly skilled. Almost 1.7 million job openings are expected over the period to 2020. It also makes a vital contribution to all other aspects of the economy and society by creating a healthy and productive workforce and by caring for the ageing and the vulnerable.

Services provided by the sector will touch every individual and family in the UK. a practical and vocational qualification.

As the qualification was designed in close collaboration with industry, it is fully supported by the Sector Skills Council (SSC) for the sector, Skills for Health. A range of professional organisations/employers in the sector has also confirmed their support for this Pearson BTEC Level 3 course in Health and Social Care. This means it is a highly respected route for those who wish to move into employment in the sector, either directly or following further study.

A significant proportion of recruitment in this sector is at graduate level.

The Pearson BTEC Level 3 Subsidiary Diploma in Health and Social Care (QCF) also provides a well-established route into a variety of specialist Higher Education (HE) courses in this sector, when taken alongside other qualifications appropriate for the desired course of study. UCAS has reviewed the qualification to assess its value for access to higher education, and has allocated UCAS points.

Due to the high proportion of coursework, it is vital that the work produced is your own and that you feel that the grade awarded is a fair assessment of your work. It is also important that you remain disciplined and hard working through the entirety of the course and that your behaviour continues to reflect this intention.

Qualification and course structure

The Edexcel BTEC Level 3 Subsidiary is taught over 360 guided learning hours (GLH). It has core and optional specialist units. Learners must complete the three core units, and a choice of three optional specialist units to reach a total of 360 GLH or 60 credits.

This BTEC National Subsidiary Diploma is internally assessed by your subject teacher, and units of work will be sampled for Standards Verification by external assessors.

Edexcel BTEC Level 3 Subsidiary Diploma Award in Health and Social Care

Unit	Core units	Assessment method	Credit
1	Developing Effective Communication in Health and Social Care	Internal	10
2	Equality, Diversity and Rights in Health and Social Care	Internal	10
3	Health, Safety and Security in Health and Social Care	Internal	10
Optional specialist units			
4	Development Through the Life Stages	Internal	10
10	Caring for Children and Young People	Internal	10
11	Safeguarding Adults and Promoting Independence	Internal	10

The three core units are studied in year 12. These must be fully completed to grading in order for students to progress into year 13.

The Edexcel BTEC Level 3 90 credit Sub Diploma is taught over 720 guided learning hours (GLH). It has core and optional specialist units. Learners must complete the eight core units, and a choice of four optional specialist units to reach a total of 720 GLH or 120 credits.

This BTEC National Diploma is internally assessed by your subject teacher, and units of work will be sampled for Standards Verification by external assessors.

Edexcel BTEC Level 3 Sub Dip Award in Health and Social Care

Unit	Core units	Assessment method	Credit
1	Developing Effective Communication in Health and Social Care	Internal	10
2	Equality, Diversity and Rights in Health and Social Care	Internal	10
3	Health, Safety and Security in Health and Social Care	Internal	10
4	Development Through the Life Stages	Internal	10
5	Anatomy and Physiology for Health and Social Care	Internal	10
6	Personal and Professional Development in Health and Social Care*	Internal	20
7	Sociological Perspectives for Health and Social Care	Internal	5
8	Psychological Perspectives for Health and Social Care	Internal	5
Optional specialist units			
10	Caring for Children and Young People	Internal	10
11	Safeguarding Adults and Promoting Independence	Internal	10
12	Public Health	Internal	10
14	Physiological Disorders	Internal	10

*Unit 6 requires all students to complete **100 hours** work experience within 3 different Health and Social Care settings. This is not optional but a compulsory aspect of the Diploma course; failure to achieve 100 hours will result in students failing the Diploma and will be awarded the Subsidiary Diploma Qualification.

Placement Ideas:

Hospitals- we work closely with Epsom Hospital who have provided a number of our students with a week's placement based in Epsom Hospital- A&E; Neo-Natal; Cardiology; Operation Practitioner

Care Homes- Elderly; Adults with Learning Difficulties

Mental Health Institutions

Hospices

Youth Clubs

Introducing new BTEC Nationals in Health and Social Care starting from September 2016

The new BTEC Nationals use a combination of assessment styles to give students confidence so they can apply their knowledge to succeed in the workplace- and have the study skills to continue learning on higher education courses and throughout their careers. Students on the new BTEC National apply learning through a range of practical assessments

- Assignments: Set and marked by teachers; verified by Pearson. Still the main form of assessment for all BTEC Nationals.
- Tasks: provide students with work-based challenges in timed, realistic work conditions.
- Written exams: Students create written answers to practical questions in exam conditions.

Choice of course sizes – in detail

Here we will take an in-depth look through your BTEC Nationals in Health and Social Care showing the unit choices for each qualification and how your students can progress.

Certificate (180 GLH)	
QAN	601/7193/5
Equivalent in size to	0.5 A Level
Total number of Units	2
Aim	To provide students with an introduction of the Health and Social care sector, normally to be taken alongside other level 3 qualifications.
Progression to	Further study at level 3, higher education or training in Health and Social Care or a related sector

2 MANDATORY UNITS

1. Human lifespan Development (90 GLH)
5. Meeting Individual Care and Support Needs (90 GLH)

Extended Certificate (360 GLH)	
QAN	601/7197/2
Equivalent in size to	1 A Level
Total number of Units	4
Aim	To give a broad overview of the Health and Social Care sector, forming part of a programme of study including other courses e.g. BTEC Nationals or A levels.
Progression to	Further study at level 3, higher education or training in health and social care or a related sector.
Optional unit choices	6. Work Experience in Health and Social Care 10. Sociological perspectives 11. Psychological perspective 12. Supporting Individuals with Additional needs 14. Physiological Disorders and their Care

3 MANDATORY UNITS

Mandatory Units – Learners complete and achieve all units
1. Human lifespan Development (90 GLH)
2. Working in Health and Social Care (120 GLH)
5. Meeting Individual Care and Support Needs (90 GLH)

Learners complete 1 Optional Unit

Types of assessment	Mandatory unit types
Assignment – Set and marked internally	<input checked="" type="checkbox"/> Mandatory Unit that must be passed
Task - Set and marked by Pearson	<input checked="" type="checkbox"/> Mandatory Synoptic Unit
Written exam – Set and marked by Pearson	<input checked="" type="checkbox"/> Must achieve at least 2 of the total units

For more details, see page 18.

Foundation Diploma (510 GLH)	
QAN	601/7199/6
Equivalent in size to	1.5 A Levels
Total number of Units	6
Aim	To provide students with a base of study in the Health and Social sector and who aim to progress to higher education, and ultimately employment in Health and Social Care.
Progression to	Further study at level 3, higher education or training Health and Social Care or a related sector.
Optional unit choices	6. Work Experience in Health and Social Care 10. Sociological perspectives 11. Psychological perspective 12. Supporting Individuals with Additional needs 14. Physiological Disorders and their Care 19. Nutritional Health

Diploma (720 GLH)	
QAN	601/7194/7
Equivalent in size to	2 A Levels
Total number of Units	8
Aim	To provide a substantive part of a study programme for learners who want a strong core of the Health and Social Care sector study, with space for additional subjects studied to offer breadth or focus to their study programme.
Progression to	A career in Health and Social Care, via higher education or entry-level employment such as apprenticeships.
Optional unit choices	6. Work Experience in Health and Social Care 10. Sociological perspectives 11. Psychological perspective 12. Supporting Individuals with Additional needs 14. Physiological Disorders and their Care 19. Nutritional Health 23. The English Legal System 24. Employment Law 25. Aspects of Civil Liability Affecting Business 26. Aspects of Criminal Law Impacting on Business and Individuals 27. Work Experience in Business
Learners complete 2 Optional Units	Optional work placement of at least 100 hours

Structures of the qualifications at a glance

This table shows all the units and the qualifications to which they contribute. The full structure for this Pearson BTEC Level 3 National in Health and Social Care is shown in Section 2. You must refer to the full structure to select units and plan your programme.

Key

	Unit assessed externally	 M	Mandatory units	 0	Optional units	 HS	Health Studies
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Unit (number and title)	Unit size (GLH)	Certificate (180 GLH)	Extended Certificate (360 GLH)	Foundation Diploma (510 GLH)	Diploma (720 GLH)	Extended Diploma (1080 GLH)	Extended Diploma (1080 GLH)
1 Human Lifespan Development	90	M	M	M	M	M	M
2 Working in Health and Social Care	120		M	M	M	M	M
3 Anatomy and Physiology for Health and Social Care	120					M	M
4 Enquiries into Current Research in Health and Social Care	120				M	M	M
5 Meeting Individual Care and Support Needs	90	M	M	M	M	M	M
6 Work Experience in Health and Social Care	60			0	0	M	M
7 Principles of Safe Practice in Health and Social Care	90			M	M	M	M
8 Promoting Public Health	90				M	M	M
9 Infection Prevention and Control	60					0	0
10 Sociological Perspectives	60		0	0	0	0	
11 Psychological Perspectives	60		0	0	0	0	
12 Supporting Individuals with Additional Needs	60		0	0	0	0	
13 Scientific Techniques for Health Science	60						0
14 Physiological Disorders and their Care	60		0	0	0	0	
15 Microbiology for Health Science	60						0
16 Policy in Health and Social Care	60					0	
17 Caring for Individuals with Dementia	60					0	0
18 Assessing Children's Development Support Needs	60					0	
19 Nutritional Health	60			0	0	0	0

continued overleaf

BTEC National extended certificate (360 GLH)

Students have to complete: 3 mandatory units and 1 optional unit

BTEC Foundation Diploma (510 GLH)

Students will complete: 4 mandatory units and 2 optional units

BTEC Diploma (720 GLH)

Students will complete 6 mandatory units and 2 optional units

Schools for Children with Learning and/ or Behavioural Problems

Welcome!

Travel broadens the mind!

Don't tell me how educated you are, tell me how much you have travelled – Mohamed



The journey not the arrival matters - TS Eliot

Tourists don't know where they've been, travellers don't know where they are going... - P Theroux

This is one of the fastest growing sectors in the UK and if you want to be part of this industry, then this course is the starting point of your journey.

Key features of these BTEC qualifications in Travel and Tourism

The BTEC qualifications in this specification have been developed to give students the opportunity to achieve a nationally recognised level 3 qualification. These qualifications have been designed to provide an all-round introduction to the travel and tourism sector for those who wish to further their careers in one of its many connected industries, including retail travel, visitor attractions, accommodation, transport and tour operations.

Learners could then have the opportunity to enter employment in the travel and tourism sector or to apply through UCAS to study a degree course.

Rationale for these BTEC qualifications in Travel and Tourism

Travel and Tourism is a dynamic industry that is constantly changing. It is affected by both internal and external pressures on a day to day basis. This sector continues to grow at a rapid pace, with the amount of travel undertaken by individuals for both leisure and business purposes continuing to increase. This rapid expansion has led to huge demand for a more flexibly skilled workforce. Units in the qualifications reflect the ever-increasing need for staff with diverse skills, who are able to handle a wide variety of situations.

The course is delivered through a range of different assessment opportunities that allow students to demonstrate a variety of skills, including role play and oral assessment; however written assignments will form the main core of assessment. Learners should take responsibility for their own learning and achievement, There will also be a need to adhere to coursework deadlines.

The results in this subject are outstanding and above the national average. Most girls on this course have taken the decision to further their studies and apply through UCAS for degree courses at university in this subject area.

Where possible relevant visits will support working examples of industry, Therefore you will be expected to participate in visits to venues both locally and in London in order to see travel and tourism first hand.

The Edexcel BTEC Level 3 Subsidiary is taught over 360 guided learning hours (GLH). It has core and optional specialist units. Learners must complete the three core units, and a choice of three optional specialist units to reach a total of 360 GLH or 60 credits.

This BTEC National Subsidiary Diploma is internally assessed by your subject teacher, and units of work will be sampled for Standards Verification by external assessors.

Edexcel BTEC Level 3 Subsidiary Diploma (60 credit) Award in Travel and Tourism

Unit	Core units	Assessment method	Credit
1	Investigating the travel and tourism sector	Internal	10
2	The business of travel and tourism	Internal	10
3	The UK as a destination	Internal	10
Optional specialist units			
4	Customer service in travel and tourism	Internal	10
6	Preparing for employment in travel and tourism	Internal	10
7	European destinations	Internal	10

The three core units are studied in year 12. These must be fully completed to grading in order for students to progress into year 13.

90 credits (equivalent to one full A Level and an AS)

The Edexcel BTEC Level 3 Diploma in Travel and Tourism is a 90 -credit and 720-guided-learning-hour (GLH) qualification that consists of **four** mandatory units **plus** optional units that provide for a combined total of 90 credits.

Edexcel BTEC Level 3 Diploma (90 credit) in Travel and Tourism

Unit	Core units	Assessment method	Credit
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1	Investigating the travel and tourism sector	Internal	10
2	The business of travel and tourism	Internal	10
3	The UK as a destination	Internal	10
4	Customer Service in travel and tourism	Internal	10
Optional specialist units			
6	Preparing for employment in travel and tourism	Internal	10
7	European destinations	Internal	10
8	Long haul destinations	Internal	10
12	Responsible tourism	Internal	10
15	Holiday representatives	Internal	10

Welcome!

To be successful, you have to have your heart in your business, and your business in your heart. – *Sr. Thomas Watson*



Why choose BTEC Business Studies?

Not only is it the greatest subject in the world, but it is a practical too! The course is designed to appeal to both full-time learners interested in a career in business and to those who already have experience of working in the sector. The four core units give learners an introduction to and understanding of the business environment, management of resources, marketing and communication – all fundamental to the success of business organisations.

The flexibility of the specification gives our department opportunities for imaginative, innovative and creative lessons and assignments to be planned. The specification also addresses sector needs and skills gaps such as in the finance, administration and management areas.

Where possible we will plan visits and ask speakers to attend, so that students can gain a real feel for the subject and the world of work.

Business Studies qualifications are in demand from employers, as they like to see that their employees have the skills and knowledge to progress in their careers.

What could this qualification lead to?

University degree courses such as Business Management, or specialist degrees such as Business and Marketing, management roles in well known businesses and it could allow you to complete work experience in organisations in your chosen industry.

30 credits (equivalent to one AS Level)

The Edexcel BTEC Level 3 Certificate in Business is a 30-credit and 180-guided-learning-hour (GLH) qualification that consists of **three** mandatory units that provide for a combined total of 30 credits.

Edexcel BTEC Level 3 30 Credit Certificate in Business Studies

Unit	Core units	Assessment method	Credit
1	The business environment	Internal	10
2	Business Resources	Internal	10
3	Introduction to Marketing	Internal	10

60 credits (equivalent to one A Level)

The Edexcel BTEC Level 3 Subsidiary Diploma in Business is a 60-credit and 360-guided-learning-hour (GLH) qualification that consists of **four** mandatory units **plus** optional units that provide for a combined total of 60 credits.

Edexcel BTEC Level 3 60 Credit Subsidiary Diploma Award in Business Studies

Unit	Core units	Assessment method	Credit
1	The business environment	Internal	10
2	Business Resources	Internal	10
3	Introduction to Marketing	Internal	10
4	Business Communication	Internal	10
Optional specialist units			
13	Recruitment and Selection in Business	Internal	10
18	Managing a business event	Internal	10

90 credits (equivalent to one and a half A Levels)

The Edexcel BTEC Level 3 90-credit Diploma in Business is a 90-credit qualification that consists of **four** mandatory units **plus** optional units that provide for a combined total of 90 credits.

Edexcel BTEC Level 3 90 Credit Diploma in Business Studies

Unit	Core units	Assessment method	Credit
1	The business environment	Internal	10
2	Business Resources	Internal	10
3	Introduction to Marketing	Internal	10
4	Business Communication	Internal	10
Optional specialist units			
9	Creative product promotion	Internal	10
10	Market research in Business	Internal	10
12	Internet marketing in business	Internal	10
13	Recruitment and Selection in Business	Internal	10
18	Managing a business event	Internal	10

Welcome!

Dance is your pulse, your heartbeat, your breathing. It's the rhythm of your life. It's the expression in time and movement, in happiness, joy, sadness and envy.



Jaques D'Amboise

WHY DANCE?

If you enjoy the thrill of performing to an audience, are passionate about choreography, can work independently and as part of a team then dance is for you!

The BTEC Level 3 Subsidiary Diploma in Performing Arts Dance is part of the Carshalton High School for Girls DNA Elite 6th Form Dance Programme. The BTEC course was selected as part of the programme due to the variety of units it offers and the opportunity to personalise learning to suit the needs of the dancers on the course. The course is two years in duration and the units have been selected to provide learners with a variety of skills that will enable dancers to progress to further areas of study within dance.

The performance industry is highly competitive and dancers wishing to pursue this line of work need to be hard working and committed. However, this is not the only the career prospect if you study dance. Choreography, teaching, notating, journalism, company manager, rehearsal director and dance therapist are just a few of a wide range of careers that you can access through completing the BTEC course.

For those students who love dance but have their heart set on a different career, dance gives you the opportunities to develop key transferable skills. Problem solving, team work, meeting deadlines and developing confidence are just a few of the skills that you will develop on this course.

For each unit you will be expected to produce practical and theory evidence. Practical work will be recorded and theory work will be collated in a portfolio of work. You are assessed on both practical and the theory portfolio work. It is vital that both elements are completed in detail and that deadlines are met.

As well as performing on a regular basis you will also be responsible for organising and running the two main school dance performances. From front of house to lighting this opportunity will give you the experience of dance life both on and off the stage.

To help enrich your dance experience workshops and visits to performances are essential.

The Edexcel BTEC Level 3 Subsidiary is taught over 360 guided learning hours (GLH). It has core and optional specialist units. Learners must complete the two core units, and a choice of four optional specialist units to reach a total of 60 credits.

This BTEC National Subsidiary Diploma is internally assessed by your subject teacher, and units of work will be sampled for Standards Verification by external assessors.

COURSE STRUCTURE

Edexcel BTEC Level 3 Subsidiary Diploma in Performing Arts (Dance)

Unit	Core units	Assessment method	Credit
7	Performing to An Audience	Internal	10
38	Dance Performance	Internal	10
Optional specialist units			
39	Choreographic Principles	Internal	10
40	Choreographing Dances	Internal	10
42	Healthy Performer	Internal	10
54	Dance Appreciation	Internal	10

**PUSH YOURSELF
BECAUSE, NO ONE
ELSE IS GOING
TO DO IT FOR YOU.**