



Post 16 Options Booklet

Post 16 options

how does it all work?

What can you do?

- School
- Apprenticeships
- College
- University
- Free time

- Travelling
- Work
- Hobbies
- Traineeships
- Volunteering



This booklet will help you to plan
for your future.

Post-16 Education

What are my options?

Full-Time Study – this could be a qualification taken at a sixth form, college or training provider, totalling 540 hours of learning time per year, or around 18 hours per week.

Apprenticeships – this involves working for an employer while studying for a qualification as part of your training. Usually, work makes up 80% of an apprenticeship and at least 20% (or one day a week) should be dedicated to studying.

Traineeships – this is an option for students who would like to do an apprenticeship but may not have the experience, skills or qualifications to do so yet. Traineeships can last up to six months and involve a work placement, Maths and English qualifications and support with finding an apprenticeship.

Part-Time Study with Employment or Volunteering – this could be working in a full-time job (classed as any work that takes place over more than two months and is over 20 hours per week) or volunteering (again, over 20 hours per week) while studying part-time at a college or training provider (totalling 280 hours of learning per year).

How do I pay for post-16 education and training?

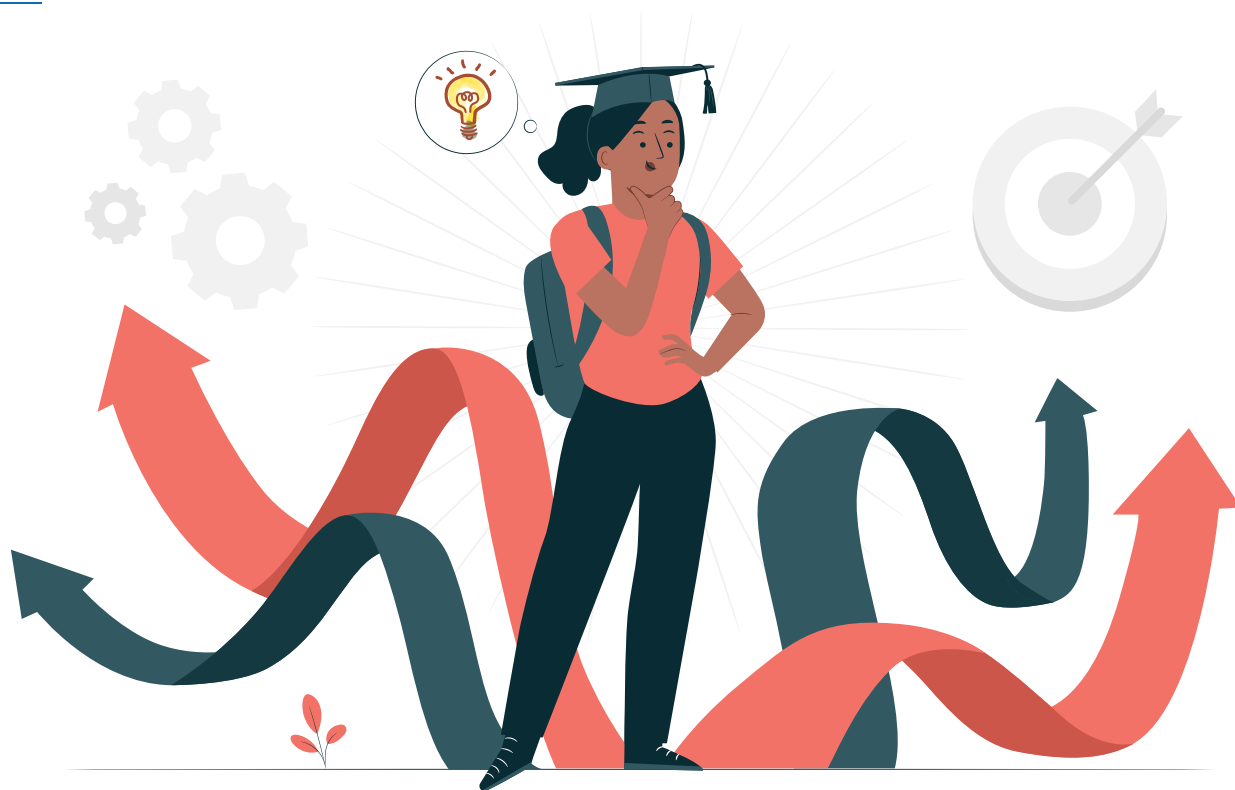
Education and training in the UK are free for young people until they turn 19.

In addition, there is a 16-19 Bursary Fund to help students from low income families pay for things like transport, food and stationery, which can be accessed at any sixth form, college or training provider you attend after Year 11 - www.gov.uk/1619-bursary-fund

Many organisations also have their own financial support for students, so check first!

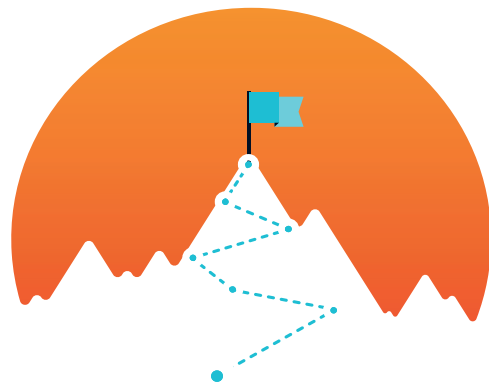
Last official leaving day:

The official last leaving day of school is always the last Friday of school, you cannot start an apprenticeship before this date: <https://www.gov.uk/know-when-you-can-leave-school>



POST16 OPTIONS MADE SIMPLE

Use the information below to help you understand the option available to you after Year 11.



IF I ACHIEVE THE FOLLOWING GCSEs ...	I CAN MOVE ONTO LEVEL ..	AND CONSIDER THESE OPTIONS ...	AND APPLY FOR ...
5+ 5+ 5+ 5+ 5+ inc English Language and Maths at a Grade 4 Exact requirements vary according to the subject	3	A LEVELS	3 or 4 SUBJECTS
4+ 4+ 4+ 4+ 4+ inc English and Maths at a Grade 4 and above CHECK YOUR LOCAL COLLEGES	3	T LEVELS	1 SUBJECT
4+ 4+ 4+ 4+ 4+ 3+ 3+ 3+ 3+ 2+ 2+ 2+ inc English and Maths at a Grade 3 Exact requirements vary according to the course	3 2 1	VOCATIONAL COURSES	1 SUBJECT COURSE
4+ 4+ 3+ 3+ Exact requirements vary according to the employer	3 2	APPRENTICESHIPS	APPLY FOR VACANCIES
What if I get grades below 2 ?	ENTRY 3 PRE-ENTRY (ENTRY 1 & 2)	VOCATIONAL COURSES FUNCTIONAL SKILLS COURSES	1 SUBJECT COURSE

Speak to your Careers Adviser to help you explore the options in more detail.

VOCATIONAL LADDER



6th Form

Sixth form colleges typically focus on A-Level (Advanced Level) qualifications – two-year courses that end in an overall examination and a grade from A*-E, with a similar structure to GCSEs but looking at the subject in a lot more depth.

Students can study



Traditional A-Levels– Subjects like Biology, Chemistry, Physics, English Literature, English Language, Mathematics, Geography, History, Languages, Religious Education, Music, Art



Alternative A-Levels– Subjects like Photography, Law, Sociology, Psychology, Business Studies, Film Studies, Media Studies, Economics, Politics, Sports Science



BTEC L3 Diplomas– Some sixth form colleges offer BTEC qualifications that can be taken alongside A-Levels. These are usually made up of a number of separate modules and include practical assessments and coursework, as well as exams. Subjects can include Health and Social Care, Applied Science, Travel and Tourism and Engineering.



Students studying A-Levels usually select three or four subjects (depending on their GCSE grades) that they want to study at sixth form and if they study four, can choose to drop one subject after their first year of sixth form. Students can also choose to study a one year AS Level qualification, which is worth 40% of an A-Level.



Sixth form colleges also offer something called the Extended Project Qualification (EPQ), an independent project that can provide students with UCAS points to put towards university.



At some Sixth forms you can also study level 1 and 2 vocational courses.



Entry Requirements– Most sixth form colleges usually ask students to have 5 GCSEs at Grade 4 or above but make sure that you do your research as some courses, such as A Level Maths, Physics, Biology and Chemistry, require students to achieve a Grade 6 at GCSE in order to demonstrate their deeper understanding of the subject.



Colleges and Training Providers

Over-Seas

English Language Courses or preparation courses for university.

Vocational Courses

Vocational Subjects: An example of these is Applied General Qualifications and these can be taken alongside other vocational courses or A levels. They are related to a broad subject area such as creative and media. Vocational Courses: These include both courses that lead to broad subject areas such as Health and Social Care and also courses that are related to specific jobs such as plumbing.

Learning For Leisure

These courses are usually part-time and often in the evenings. They may involve learning more about a hobby or interest e.g. ceramics, art.

Develop Math, English, study skills, confidence and employability. These courses can give students the chance to try out several different vocational areas.

Foundation Courses

BTEC

BTEC L3 Diplomas– Some sixth form colleges offer BTEC qualifications that can be taken alongside A-Levels. These are usually made up of a number of separate modules and include practical assessments and coursework, as well as exams subjects can include Health and Social Care, Applied Science, Travel and Tourism and Engineering.

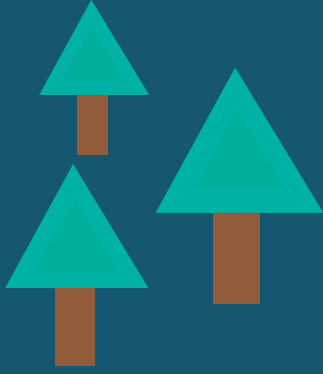
GCSE

The GCSE offer at each college will vary but all English and math will be offered to those who have not achieved a 4 yet.

A-LEVELS

Traditional A-Levels–Subjects like Biology, Chemistry, Physics, English Literature, English Language, Mathematics, Geography, History, Languages, Religious Education, Music, Art.

Apprenticeships and Traineeships



Involve working for an employer in a specific role while being trained to do the job by experienced staff, in a combination of on-the-job and off-the-job training at a college or training provider (this must be at least 20% of the apprenticeship).

Apprenticeships must be at least one year long and

all apprentices must be paid the current hourly minimum wage for their age (some companies do pay more!).

Apprenticeships can now be undertaken in a variety of industries, including Engineering, Graphic Design, Software Development, Hair and Beauty and Catering (and can be started as soon as an individual turns 16 and has left full-time education, although you can apply beforehand).

Apprenticeships come in four different levels:

Intermediate/Level 2 (equivalent to GCSE) – usually requires Maths/English at GCSE

Advanced/Level 3 (equivalent to A-Level) – usually requires 5 GCSEs at Grade 4+

Higher/Level 4-5 (equivalent to Foundation Degree) – usually requires L3 or A-Levels

Degree/Level 6-7 (equivalent to University Degree) – usually requires 3 A-Levels or similar

Traineeships – Opportunity for students aged

16-24 who do not have the relevant qualifications, experience or skills to start an apprenticeship but are interested in progressing on to one in the future. Traineeships involve a programme of up to six months of study, including a work placement, qualifications in Maths and English and support with finding a job or apprenticeship once the course is completed. Students are not paid for taking part but can apply for a 16-19 Bursary Fund to help with costs.

IS AN

APPRENTICESHIP

RIGHT FOR YOU?

An Apprenticeship can open doors to a bright future for your career. Find out if it's the right path for you.

1

WHAT IS IT?



A mix of learning on the job and studying



Get paid while you're getting work experience



Gain a recognised qualification that employers respect



Commitment - it can take 1 - 4 years to complete

2

IS IT RIGHT FOR YOU?



Is it a good route into the career you want?



Do you want to continue learning and developing skills



Are you keen to get into the world of work and have a real job?

3

HOW TO APPLY



Find vacancies through the National Apprenticeship Service



Ask your local college or learning provider for help



Apply directly through company websites



Arrange a meeting with your Careers adviser

4

WHAT WILL YOU GAIN?



Work experience



Professional skills



A respected qualification



Money - you'll earn as you learn



Confidence in yourself and your skills

5

WHAT NEXT?



Apply for a job with your current employer



Get a job elsewhere with your qualifications and experience



Progress onto a higher apprenticeship or degree course



Use your skills and confidence to help you climb the career ladder

Applying for post-16

How does it work?

Students will begin applying for their post-16 options in the Autumn term of year 11 and the application process for sixth form, college and apprenticeships takes place throughout the course of the academic year.

YEAR 11 TIMELINE



SEPT-OCT

One-to-one career guidance sessions with our careers advisers commence. Explore college and 6th form websites to learn about different courses. Research employers who employ apprentices in your chosen sector. The more research you do the better decision making. Register to attend open evenings.



OCT - DEC

One-to-one career guidance sessions continue. Attend open evenings to learn more about what colleges and 6th forms have to offer. Begin to make applications, you can apply to as many providers as you want. Aim to apply for at least two to give yourself options. many 6th forms will have an application deadline, end of Dec/Jan.



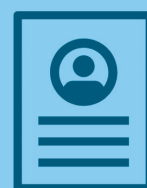
JAN - FEB

Follow-up one-to-one career guidance sessions continue. Applications for college are still open. College & 6th form interviews will begin. Apprenticeships will now begin to be advertised throughout the year, prepare for interviews and assessment centres. Ensure you apply for College/6th form as a back-up.



MARCH - APRIL

One-to-one career guidance follow-up sessions. Applications for college courses and apprenticeships. Interviews continue and offers will be made. Accept all your offers, keep your options open. There will be many more apprenticeship vacancies to apply for at this point, expect to apply for lots.



MAY-JULY

You might be invited for a college taster day. College applications will still be open. The main focus should be preparing for exams. Let your school know what offers have been made. You can start an apprenticeship on or after the last Friday in June. Year 10 will begin to start learning about post 16 options.



GCSE RESULTS DAY

Collect your results and enroll with your chosen provider. If you haven't achieved the grades needed - phone the provider. Speak with a careers adviser.



There are different ways for students to apply for sixth form, college and apprenticeships, which we will look at below:

💡 UCAS Progress (www.ucas.com/further-education/post-16-options) - Online platform that allows students to produce multiple applications for as many sixth form or college courses as they like (see below)

💡 Sixth Form and College Websites – Some colleges do not appear on UCAS Progress but have online application forms on their websites.

💡 Find an apprenticeship (www.gov.uk/apply-apprenticeship) - The government's apprenticeship portal, which allows students to make an account and search and apply for apprenticeships in their area.

💡 Job Sites – Job search engines such as Indeed, Reed and GetMyFirstJob can also be used to find and apply for apprenticeship and traineeship vacancies.

💡 Vinspired (<https://vinspired.com/>) – Volunteering website where students can search for local opportunities.

NOTE: Apprenticeship and Traineeship applications run throughout the academic year and students must be 16 and have finished full-time education before starting.

Apprenticeships have a much more detailed application process than sixth form or college and may require students to find their own placements if taken via colleges. We have more information on www.luminatecareersandcoaching.co.uk/resources/about applying for apprenticeships.

Choosing the right option for you...

When deciding what to do it is important to think about:

💡 What grades you are likely to get

💡 What job or sector you might want to work in in the future?

💡 Your preferred way of being assessed, for example do you prefer coursework or exams? If you prefer coursework, then BTECs or vocational qualifications may be right for you.



Thinking about going to university If you are thinking of going to university then you will need a level 3 qualification and some courses may specify which subjects, they accept as entry requirements. Some points that you need to take in to consideration.

You will usually be asked for 3 A levels or equivalent, such as a BTEC level 3 Extended Diploma.

Each university or college will have their own entry requirements, including the grades you will need at GCSE and level 3 – check out <https://digital.ucas.com/search> to find out more about entry requirements.

Some universities will not accept BTEC qualifications for certain courses or may require at least one A level alongside it.

If you are taking a BTEC qualification you may have a choice of optional units – which units you take may impact on your choice of future course.

Where can this option take me in the future?

If you are thinking about a destination after post-16, such as university or higher/degree apprenticeships, it is important to know whether the qualifications you are taking from 16-18 can help you to progress on to these pathways.

Use websites such as www.theuniguide.co.uk/ to find out whether the course you want to do after Year 11 will allow you to progress on to what you want to do afterwards. Or speak with staff at the sixth form, college or the apprenticeship you are applying to in order to get further details!

For example: - If you want to study Dentistry at university, you usually need to take A-Levels in Chemistry and Biology/Maths/Physics. - Some universities do not accept BTEC L3 Extended Diplomas (although 95% do!) - Apprenticeships have varying entry requirements – some ask for 5 GCSEs at Grade 4 or above while others ask for 2-3 A-Levels.

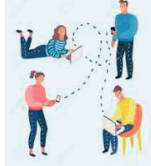
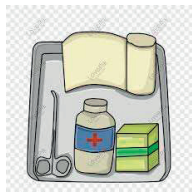
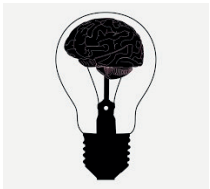


Here is a brief guide to some possible subject choices:

(although please always check with individual providers)

Higher education subject	What you may need at level 3
Computer Science 	A levels Maths, Computer Science BTECs Computing, Computer Engineering, Information Technology
Engineering 	A levels Maths, Physics Biotechnology and Chemical Engineering degrees usually require two science A levels, with Biology / Chemistry as one of them, depending on which type of Engineering you do. BTECs Engineering (there are many different specialisms) Construction and the Built Environment including Building Services Engineering and Civil Engineering.
Humanities and Social Sciences 	A levels Essay based subjects such as English, Geography, History, Law, Politics, Religious Studies, Sociology etc. For a subject such as Economics then Maths may be required. BTECs Applied Law, Business.
Languages 	A levels The language you want to study. However, some courses do not require previous study of a language so do check. BTECs This depends on if you need to have studied the language before – there are no BTECs in languages.
Law 	A levels Essay based subjects such as English, History, Politics, Religious Studies, Sociology etc. Law is not usually required. BTECs Applied Law, Business.

Subject choices:

Higher education subject	What you may need at level 3
Media and Communications 	A levels English, Media Studies BTECs Creative Digital Media Production (includes different specialisms), Information Technology, Music Technology.
Medicine, Dentistry, Veterinary Science 	A levels Chemistry and usually two other science-based subjects BTECs Unlikely to be accepted.
Nursing and Midwifery 	A levels Usually at least one science A Level from the three studied – often Biology or Chemistry. BTECs Applied Human Biology, Applied Science, Health and Social Care, Sport and Exercise Science.
Psychology 	A levels Psychology is desirable but not essential. Providers are usually looking for at least one science-based subject from the three studied. BTECs Applied Human Biology, Applied Psychology, Applied Science, Health and Social Care.
Sciences 	A levels The science that you want to study, plus at least one other science subject BTECs Applied Human Biology, Applied Science, Sport and Exercise Science.
Subjects Allied to Medicine e.g. physiotherapy. 	A levels Biology or other science subjects BTECs Applied Human Biology, Applied Science Health and Social Care, Sport and Exercise Science.

How do I make my final decision about post-16?

Making a decision about where to go after Year 11 can be tricky, particularly while you are busy revising for your final GCSE exams, so it is important to consider the following that might help with decision making:

What will doing this option be like?

Whatever you choose to do after Year 11, you will probably be doing it for at least one year, so it is important that you know that the learning environment and style of learning will be right for you. Why not...

💡 Speak to sixth form or college staff and students at one of the many Open Days or Open Evenings that take place throughout the year – the websites for each sixth form or college will have these dates on.

💡 Research more about the sixth form, college or apprenticeship provider online to find out about what you would study as part of your qualification or what support the organisation can provide you with while you are studying e.g. help finding work experience, financial support like a free bus pass or food allowance, assistance from the careers team to help you move on after finishing your course etc. Sixth form and college websites have all the information you need!

Want to get prepared?

💡 Search for courses you are interested in doing after Year 11 and check the entry requirements.

💡 Search and apply for apprenticeships online

💡 Learn more about the options available after finishing school, including sixth form, college, apprenticeships and university – <https://careerpilot.org.uk/> is a useful resource for this.

💡 Read about how your subjects link to different careers – <https://www.myworldofwork.co.uk/my-career-options/choosing-my-subjects> can help with this.

💡 Think about your skills and qualities, what jobs might suit you? The Buzz Quiz (<https://icould.com/buzz-quiz/>) is a good starting point for this.





Start volunteering to gain valuable work-related skills and experience –

<https://vinspired.com>



Improve your employability skills and start recording your experiences in a CV

– www.barclayslifeskills.com



Think about how you can improve your employability skills – see

<https://luminatecareersandcoaching.co.uk/resources/> for more information.

At Luminate we also have our own dedicated You Tube channel with plenty more resources to get a quick snapshot of what your options may be and how to make those all-important decisions. Check it out by searching @Luminatecareers on You Tube.

Luminate Careers may be working in your school however you can also email us on info@luminatecareers.co.uk with any questions!

Luminate

careers



Useful Websites

Careers information



<https://luminatecareersandcoaching.co.uk/>



<https://nationalcareers.service.gov.uk/>



<https://d2n2.startprofile.com/page/post16-options>



<https://icould.com/>



www.careerpilot.org.uk/



www.myworldofwork.co.uk/my-career-options/choosing-my-subjects



<https://successatschool.org/>



www.allaboutschoolleavers.co.uk/



<https://barclayslifeskills.com/>



www.careersbox.co.uk/



www.studentladder.co.uk/



www.allaboutcareers.com/



www.ucas.com/further-education/post-16-qualifications



www.ucas.com/ucas/after-gcses/find-career-



[ideas/explore-jobs](#)



www.lmiforall.org.uk/widget/



www.tlevels.gov.uk/

Post 18 options

For alternative ideas if you are not going to university check out www.notgoingtouni.co.uk/ and www.future-talent.com/

Specific sector information

Explore careers within the Health Sector using www.healthcareers.nhs.uk/ and www.stepintothenhs.nhs.uk/

Explore careers within the Construction Industry using www.goconstruct.org/

Explore careers within Engineering using www.tomorrowseengineers.org.uk/

For an apprenticeship in Technology, Project Management or Business then look at www.qa.com/learners/become-an-apprentice/

Apprenticeships

www.gov.uk/apply-apprenticeship and www.gov.uk/find-traineeship enables you to search and apply online for apprenticeship and traineeship opportunities.



For more information on apprenticeships check out www.apprenticeshipguide.co.uk/ which gives information on the different types of apprenticeships and also helps to find the right one for you, either through a school subject you enjoy or by choosing what you are interested in (e.g. - working with people, working outdoors, etc.).



<https://amazingapprenticeships.com/parents/> gives lots of apprenticeship resources for students, parents and schools. Use 'Vacancy Snapshot' which provides useful information on well-known employers which may help you with your application. The UK's leading job resource for young people seeking apprenticeships is



www.ratemyapprenticeship.co.uk/



www.getmyfirstjob.co.uk/ gives information on apprenticeship, traineeship opportunities, advice articles and industry guides.



Create your profile and start applying for your perfect apprenticeship with <https://theaimgroup.co.uk/>

Higher Apprenticeships



You can also access information on 'Higher and Degree' apprenticeships through www.ucas.com/alternatives/apprenticeships/apprenticeships-england/what-apprenticeships-are-available/higher-apprenticeships,



https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/781848/Uni_Appr_guide2019_web2.pdf and www.prospects.ac.uk/jobs-and-work-experience/apprenticeships/degree-apprenticeships.

Volunteering

For more information on volunteering opportunities check out <https://vinspired.com/>, <https://do-it.org/> and www.ncvo.org.uk/.

The National Citizen Service (<https://wearencs.com/summercan>) also be a really good way for 15-17 year olds to develop their skills and experiences.

Information for parents



https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/711088/Parent-Guide-Apprenticeships.pdf information and benefits about apprenticeships as a key route into a successful career.



www.parentalguidance.org.uk/ gives articles, news, updates and helpful information for parents and carers about the best way to advise your son or daughter.



<https://targetcareers.co.uk/parents-and-teachers/313443-resource-zone> has lots of magazines on different careers and resources.

Other support



www.suttontrust.com/ is an educational charity in the United Kingdom which aims to improve social mobility and address educational disadvantage.



www.shaw-trust.org.uk/ supports disabled and disadvantaged people to prepare for work, find jobs and live more independently.



www.princes-trust.org.uk/help-for-young-people gives you the skills, tools, training and confidence you need to secure the job you want.