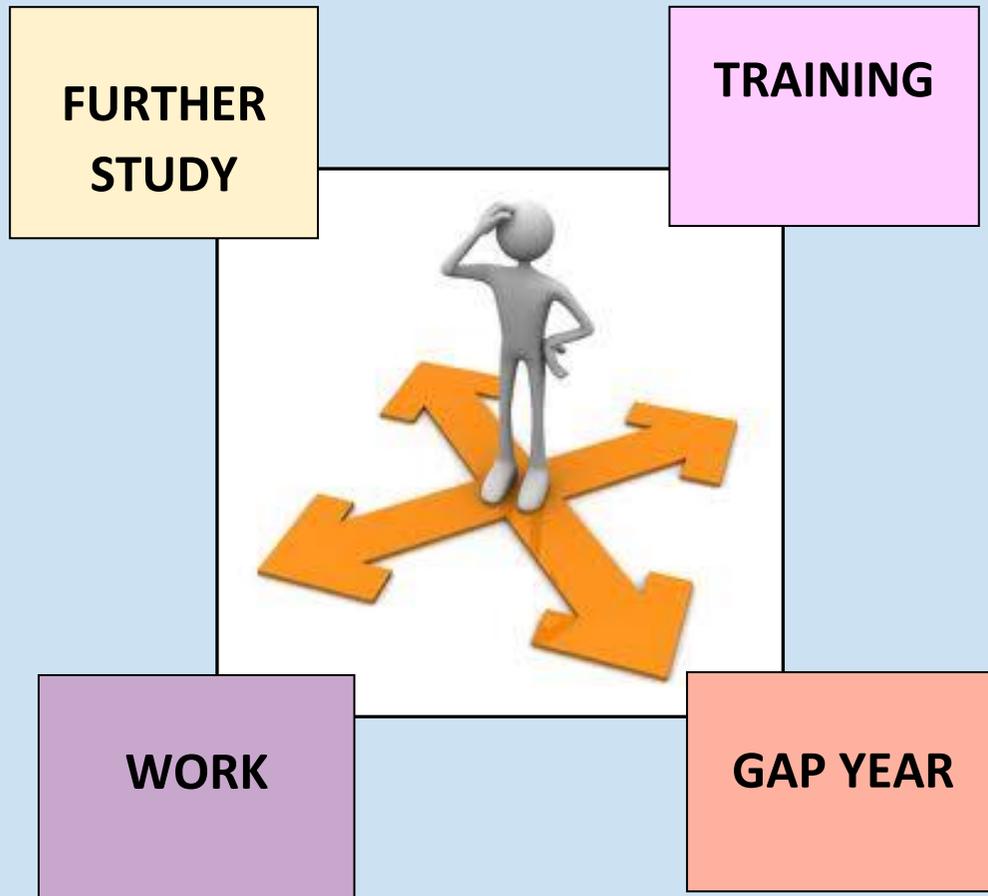


MOVING ON POST-18

So, you've finished your last A-level exams or completed your college course or apprenticeship and are now ready for the next step. You may have mixed emotions about your next step – excitement and nervousness about the unknown – and this is normal.

The good news is that there are things that you can be doing to help you prepare for your next step, whatever that may be. This guide has been produced to help signpost you to some of these things but if at the end you are still not sure what to do then this website might be useful: www.careerpilot.org.uk/information/your-choices-at-18



LOOKING AFTER YOURSELF



If you are feeling a bit anxious about moving on then you are not alone. It's natural to feel a little uncertain about what lies ahead but if you find worrying is keeping you awake at night then there is plenty of support available. This could be informal, such as friends, or more formal such as teachers. Any sort of change can be a challenge, more so this year with the Corona virus, meaning your usual social networks are disrupted. If you are feeling anxious, you could ask for support from your current Pastoral Support staff at your current school or college, or if you prefer something anonymous there are lots of charities who specifically support students.

You may find the following websites useful.

- www.studentminds.org.uk/lookingafteryourmentalwellbeing.html
- www.life-central.org/
- www.nhs.uk/conditions/stress-anxiety-depression/
- www.annafreud.org/selfcare/

The Humber Outreach Programme (HOP) has set up a website full of resources to support with pathways for the future, exam success, building resilience, wellbeing and motivation. Click here to find out more and create an account - [HOP | HOPathways \(hop-humber.co.uk\)](http://HOP | HOPathways (hop-humber.co.uk))

Don't forget that when you take your next step everyone will be new and looking to make friends. It's ok to be nervous and everyone is in the same boat. You can also join clubs or take up a hobby as these are a great way to meet people too. At university a 'Freshers' Fair' will signpost you to clubs you can join. Sometimes the university or college will have a Facebook group for all the offer holders to join which includes group chats. This is a great way to meet people before you start.

Check your emails! Universities and colleges will send out lots of information about all sorts of things before you start and it will come by email, so do check them regularly.

If you're worried you've chosen the wrong path then don't panic. Talk to your tutor or careers advisor as they may be able to help you to 'swap not drop' i.e. change to another option rather than dropping out completely.

SORTING OUT YOUR FINANCES

Some students may feel anxious about the cost of things such as transport, meals or equipment required. Depending on the route you have chosen, you may have to factor new things in such as work clothing or accommodation costs.

The 16 to 19 Bursary Fund helps disadvantaged pupils pay for things they need to support their education or training. Examples include clothes, books, or other equipment for your course and transport and meals on the days that you're studying or working. This website lists other types of funding available:

www.ucas.com/further-education/post-16-finance-and-support/funding

Also check with your local parish council too to see if they offer a bursary which can support with costs such as buying textbooks. Your school or college may have information on this. Look out for special student deals too such as the student version of Microsoft Office. When you register as a student you will receive a free student card which entitles you to a wide range of discounts from shopping to travel cards.

Make sure that if you are going to university that you have applied for student finance. This helps to pay for tuition fees and living costs.

www.gov.uk/student-finance

Wait until you hear from the university or college before buying textbooks or equipment. The textbooks can be very expensive but you may find you can access them for free using the university's online library.

Open a student bank account as there are often deals and freebies, such as travel cards. Set yourself a budget and stick to it. Work out what you need to spend and don't forget to include food, accommodation and travel costs! If you've not had to budget before you might find this website helpful:

www.savesthestudent.org/money/student-budgeting/student-budgeting.html

LIVING AWAY FROM HOME

Moving away can be a daunting prospect if you have not lived away from home before. Make sure you research the area where you will be living and Google the houses or accommodation blocks before moving in so you can get a feel for where you would like to live. Go to as many open days as you can or at least visit the city. Work out your transport to and from your accommodation and invest in a bus or rail card. Check information about what you can and can't take to your accommodation e.g. mini-fridges, kettles. Taking a couple of home-comforts, such as your own duvet or blanket, will help ensure you don't feel too homesick in your first couple of weeks. Take out contents insurance and mark your valuables with UV security pens. Universities and colleges sometimes have a social media page with group chats for the different accommodation blocks and courses. You may be able to find all your flatmates before moving in which makes it a lot less daunting. You will also need to buy a tv licence too if that is not included in your accommodation and remember to register to vote at your university address too.

Unless you are going to be living in fully catered accommodation you are going to have to cook for yourself. Take some basic foods with you such as pasta, rice, cereals and canned foods as well as a set of pans, cooking utensils, crockery and cutlery. Frozen pizzas and microwave meals are great alternatives to take-aways on nights where you don't feel like cooking but don't forget to buy fruit and vegetables too to create a healthy balance. Make sure you check out the local supermarket and don't rely on the corner shop which could be far more expensive. Learn some basic recipes and practice before you leave home. Try watching a couple of YouTube videos or cooking programmes to get a basic understanding. These websites have a range of recipes:

www.bbcgoodfood.com/recipes/collection/student-recipes

realfood.tesco.com/student-recipes.html

www.thestudentfoodproject.com/



Register with a doctor near where you will be living, and possibly a dentist too. See your current doctor before you leave home to check your immunisations are up to date, especially for measles, mumps and meningitis and possibly get a Covid vaccine now too. Get your teeth checked at the dentist and have any work done before you arrive. The start of term isn't the best time to be having braces fitted. Also talk to your home doctor about contraception, especially if you're going to need repeat prescriptions for the pill or would like an IUD fitting.

STUDYING

Options: University, College Advanced, Higher or Degree Apprenticeship

The Parents' Guide to
www.theparentsguideto.co.uk

Level	Qualification / educational route		
8	Doctorate (PhD)		NVQ 8
7	Masters degree (MA)		Degree apprenticeship / NVQ 5, 6, 7
6	Bachelors degree BA or BSc		
5	Foundation degree FdA or FdSc	Higher National Diploma (HND)	Higher apprenticeship / NVQ 4
4	Higher National Certificate (HNC)		
3	A levels Grades A-E	International Baccalaureate	Advanced apprenticeship / NVQ 3
	T Levels	BTEC diploma BTEC certificate	
2	GCSE Grades 4-9 (C, B, A or A*)		Intermediate apprenticeship / NVQ 2
1	GCSE Grades 1-3 (D,E,F, G or U)		Traineeship / NVQ 1
	Academic route	Vocational route	Applied / work route

Universities and colleges offer a range of courses from levels 1 to 8 so you should be able to find something to suit you. Universities tend to focus on offering degree qualifications i.e. level 5 upwards whereas colleges offer a much wider range including:

- [Vocational subjects](#) - these are related to a broad subject area such as business, health and social care, etc. - so they can lead to a large variety of employment areas or university courses.
- Practical vocational courses (often now called technical or professional programmes) that lead to specific jobs such as hairdressing, plumbing, or engineering.
- [Apprenticeships](#) based with a paying employer, where you will be assessed either in the workplace by a visiting assessor, or by attending college for a day or week at a time.
- Courses that prepare people for Higher Education, such as [Access Courses](#) or the [Art Foundation course](#)

- Vocational HE courses, such as [Foundation Degrees](#), [Higher National Diplomas \(HNDs\)](#) and [Certificates \(HNCs\)](#)
- [Foundation Courses](#) to develop Maths, English, study skills and employability skills. These courses can give students the chance to try out several different vocational areas.

Wherever you choose to study, getting ahead with your reading is a good way to start getting prepared. Email the university or college department to see if there is any bridging work or recommended reading before you start. Even if it's on the reading list, you don't necessarily need to buy it. Most books you will only read once so borrow them if you can from your home local library to read over the summer and use your university or college library once you get there. Good places for discount or second hand books are Amazon, eBay, Abebooks, Alibris and Oxfam Online. Make sure you get the right 'edition'. Sometimes students in the year above sell off the previous year's books – look out for adverts on noticeboards and social media. Some courses offer course induction sessions and these are a great way to find out what you need.

Study skills



At school you were told what to do in each lesson and you moved from lesson to lesson when the bell rang. Post 18 you will find your time is less regimented with unsupervised study periods.

You are expected to use this study time wisely and independently. Some courses post-18 will require a great deal of study and others will be more hands-on and practical. However, regardless of which course(s) you take there will be some element of reading and

research to do. The following resources may be helpful in preparing you for independent study.

Note-making

- www.oxfordlearning.com/5-effective-note-taking-methods/
- Cornell notes medium.goodnotes.com/study-with-ease-the-best-way-to-take-notes-2749a3e8297b?gi=19d6e7c92871

Reading & research skills

- www.skillsyouneed.com/learn/study-skills.html
- www.crickhowell-hs.powys.sch.uk/wp-content/uploads/2009/11/Essential-Study-Skills.pdf

Online courses

- MOOCs are online free short learning opportunities. MOOC stands for Massive Open Online Course. You do not need qualifications to start these courses. The courses are a chance to try something new, develop an area of interest, learn something which will help you get the job or course you want, etc. Although not all the courses might offer a formal qualification, the knowledge gained from doing one could help you prepare for a higher-education-level course or help you choose a course. www.careerpilot.org.uk/information/your-choices-at-18/free-online-courses-moocs-great-for-cvs-personal-statements
- 'FutureLearn' offer a diverse selection of free online courses from some of the world's leading universities and other cultural institutions. They also offer taster courses for school leavers to give them a sense of university-level study called 'FutureLearn Choices', which last for three to eight weeks. www.futurelearn.com/

Don't worry if you've only just decided that university is for you, and you haven't applied for a university place. [Clearing](#) is a great last minute opportunity where you sign up and they help you to find a suitable place. There are also options to study and work at the same time if you can't decide which is best for you.

TRAINING

Options: Apprenticeships, school leaver programmes, traineeships

Apprenticeships offer the opportunity to combine study with paid employment resulting in a professional qualification. 'Degree apprenticeships' are relatively new and enable students to get BSc or BA degree status. Apprenticeships are often referred to as "earn while you learn" route to qualifications as they do not have tuition fees and apprentices are paid and also given the opportunity to undertake learning in a college, university or other educational establishment.

www.gov.uk/apply-apprenticeship

School leaver programmes offer opportunities to join the workplace straight after sixth form studies and commence skills development and career progression through experience as well as studying to obtain a nationally recognised qualification. Entry requirements vary from employer to employer. Typical school leaver programme will last between 12 months and five years and may include obtaining a qualification as part of the programme.

Traineeships are a type of vocational training and can last six weeks to six months. They are a great way to prepare for apprenticeships (if you don't have the minimum entry requirements) or to get first-hand experience of what a job is like. They are for 16-23 year olds, and young people with learning difficulty assessments up to age 25.

www.ucas.com/further-education/apprenticeships-and-traineeships/traineeships-and-school-leaver-programmes



WORKING

Options: Job - with or without training or study, work for yourself, start a business, internship, join the armed forces

The world of work can be an exciting option and doesn't necessarily need to rule out further study at a later date. If you do plan to get a job after school or college, think carefully about the kind of work you want to do and the reasons for doing it. Do you plan to start in an entry level position and gradually work your way up to a higher position as they begin to gain more experience? Or do you want to start earning, and use this time to reflect on what they might like to do next?



For most jobs you will need to prepare a CV, a document which summarises your education, skills and experience, and a covering letter. If you've not done this before you might find the tips on this website helpful: www.prospects.ac.uk/careers-advice/cvs-and-cover-letters/how-to-write-a-cv www.bbc.co.uk/bitesize/careers also has advice if you feel you don't have any skills to write about!

Preparing for interview

All potential employers will want to interview you. This may now be online, such as by Skype. There are ways you can prepare yourself for this such as writing a CV and practising interview skills. Doing a role play with someone else using some common interview questions can really help with practising saying your answers out loud.

- barclayslifeskills.com/i-want-to-prepare-for-an-interview/school/10-step-guide-to-interview-prep/
- www.reed.co.uk/career-advice/interview-techniques/preparing-for-a-job-interview/

Action Station is where you can find the latest local information and advice about job hunting as well as updated lists of available apprenticeships and jobs [Action Station - skills and employment support - North Lincolnshire Council](#)



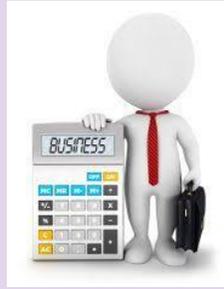
The North Lincs 'Youth Hub', which is part of Action Station, is specifically for 18-24 years olds to support you into work or training. You can access this service through the Action station website.

If you're not sure whether working or studying is right for you then you can sometimes combine doing both. Options for working while training or studying include:

- Employer supported training - if you already have a job, it's worth asking your employer if they will support you in gaining a qualification related to your sector. Sometimes, they will be happy to contribute to the cost of this, as it will enhance your skills for the future and make you a more valuable and productive employee.
- [Part-time degree](#) - many universities offer degrees on a part-time basis, which means you can work while you study. When [choosing your universities](#), check to see whether the course you want to study is available part-time.
- Vocational degrees - these courses contain strong practical work links, and include subjects such as Medicine, Dentistry and Nursing. This means that as well as academic learning, you will also spend a large proportion of time gaining hands-on experience.
- [Foundation degrees](#) - these are preparatory courses lasting one or two years that allow school leavers to gain the entry requirements needed to study for a degree.
- [HNC/D](#) - a Higher National Certificate or Diploma is a work-related course that is more vocationally focussed than a traditional degree. Typically, they take between and four years to complete.
- Employer Sponsored Degrees - the top professional services firms e.g. [PWC](#) and [KPMG](#) offer school and college leaver programmes where you join the company as an employee, they pay you a good salary (which can be up to £20,000 if in London), on top of which they pay all your tuition and accommodation fees for your accountancy degree and guarantee you a permanent position after you complete your degree. Despite the long hours and very hard work you'll have to put in as you'll be working and studying at the same time, the limited places are hotly contested.
- [Distance learning](#) - this involves taking a course where you learn remotely, and don't have any regular face-to-face contact with teachers in a classroom or a lecture theatre. [The Open University](#) allow you to study for a degree at home whilst working.

Interested in working for yourself?

Increasing numbers of students are choosing to set up their own business after leaving school or college either full-time or alongside work or study. There are plenty of resources and organisations out there that will help you get started, including how to access or apply for funding. You might find this website helpful to start you thinking:



www.studential.com/enterprise

There are many local and national schemes which offer grants and mentoring to people wanting to start their own business. Here are a few:

- **The Prince's Trust** - a youth charity that helps young people aged 11 to 30 get into jobs, education and training. www.princes-trust.org.uk/
- **Local Enterprise Partnership** - there are 38 across the country working with local partners to create business and job opportunities heylep.com/
- **New Enterprise Allowance** - offers money and support to help you start your own business www.gov.uk/government/collections/new-enterprise-allowance-campaign
- **Peter Jones Enterprise Academy** (yes him off Dragon's Den!) www.peterjonesfoundation.org/

Need to find out more about the world of work?

Internships are a great way to do that, they are essentially work experience offered by an organization for a limited period of time. The length of internships can vary but usually run for a fixed length of time, typically a number of weeks or months. Smaller companies such as retail businesses or media agencies typically offer shorter internships. A work-shadow opportunity may only last one to two weeks depending on the type of role that is being shadowed.

There are three different types of internships:

1. **Work Shadowing** – this is where you follow one or more members of a team throughout their day-to-day routine, allowing you to learn from industry professionals.

2. **Vacation Schemes** - These are offered by some of the larger Management, Financial, and Accountancy firms. They act as training programmes and as a way for firms to assess candidates for future roles within the company. These schemes also give candidates the opportunity to see if the company is right for them.
3. **Work Placements** - often part of a degree programme. They tend to be available in fields like Finance, Consultancy, Marketing, and Management. Work placements are designed to give students a taste for working life in their chosen profession and help add to a more well-rounded education whilst at university.

Thinking of joining the armed forces?

The land, air and sea-based armed forces take part in combat, peacekeeping and humanitarian missions around the world to defend the country and promote its interests.

You can be in some of the armed forces roles at 16 with your parent/carer's permission but more usually people join at 18 or after further study or work. If you want to join later you could enrol on a uniformed services course at college or become a reserve or 'active-duty volunteer'. This is where you work or study elsewhere but join the armed forces for a specified number of days each year for which you will be paid.

There are a range of roles within each branch of the armed forces from soldiers and pilots to engineers, medics and intelligence analysts, depending on your skills, interests and qualifications. You usually have to pass physical and medical examinations as well. If you know which branch of the armed forces you want to join you can find out more and apply directly on their websites:

- apply.army.mod.uk/
- www.royalnavy.mod.uk/careers or www.royalnavy.mod.uk/royalmarines
- www.raf.mod.uk/RECRUITMENT

If you are interested in studying then you can apply to the armed forces and see if they will fund your study. This way you get all your fees paid for as well as being paid.

If you are not sure which branch of the armed forces would suit you best then find out more on this website: www.prospects.ac.uk/jobs-and-work-experience/job-sectors/law-enforcement-and-security/armed-forces-careers

TAKING A GAP YEAR

Options: Volunteering, upskilling yourself

A gap year can be taken while entry to university is being deferred, once a place has been accepted (allowing a year between leaving school and starting university), or if university is not the next step at all.

Gap years can be an excellent choice for students wanting to gain new skills and experience, to pursue a hobby or sport, earn money, spend time deciding what career path they want to take or have a break from work and study. Often it involves travelling to new and exotic destinations for either work or volunteering. However, with the current global pandemic opportunities will be more limited so it's important to consider alternatives to traveling abroad. If you are still intent on a gap year abroad then follow the latest Foreign Office travel advice, travel with a recognised reputable provider and always make sure you have medical and travel insurance.

- Try 'Year Out Group' which links to a range of gap year providers: yearoutgroup.org/
- 'Project Trust' offers a range of travel opportunities for your gap year: [Gap Year in Africa, Asia or Latin America with Project Trust](#)

If you're still looking for inspiration for a gap year try these websites:

- www.ucas.com/alternatives/gap-year/gap-years-ideas-and-things-think-about
- upwithpeople.org/uwp-blog/5-steps-to-planning-your-gap-year-abroad/

However, be warned! For some a gap year can be distracting and, if not well-planned, could prove directionless, which is unlikely to be beneficial. Before committing to a gap year, make sure you have clear goals to make your time out from work or study a productive and fulfilling one and something to put on your C.V.

AND FINALLY ...

Remember that it is normal to feel anxious about moving on. Waiting is the hardest part, so in the days and weeks leading up to when you start, the best way to overcome your worries is to try and shift your mind off it and on to other more productive things. Keeping your mind occupied with things that make you feel calm or at ease, such as listening to your favourite music or hanging out with friends, will all help as will taking steps to get yourself prepared. Turn the anxiety into something productive by using some of the ideas in this leaflet to get yourself ready for the next step of your education journey.

Good luck!