



Preparing for Next Steps after College

Tips and advice to help prepare you for next steps after college

Hi students!

I hope you are staying safe and well!

I know life might feel very uncertain at the moment so I wanted to give you some key information to make sure you are as prepared as possible for your next steps!

Work through the slides, watch the videos relevant to you and make sure you are feeling confident for whatever the future holds!

Take care,

Miranda, Careers Advisor

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What we are going to cover

1. Looking after yourself
2. What are your options for after year 12/13/14 (lesson 1)
3. Researching career ideas (lesson 2)
4. Post 18 Choices - University (lesson 3)
5. Post 18 Choices - Apprenticeships (lesson 4)
6. Post 18 Choices - Further Education (lesson 5)
7. Post 18 Choices - Work (lesson 5)
8. Post 18 Choices - Work Experience/Internships/Volunteering (lesson 6)
9. Post 18 Choices - Travel (lesson 7)
10. How to Choose (lesson 8)
11. Remember - this won't be forever!



1. Looking after yourself

1. Your mental Health is the most important thing - have a read of [Unicef's top tips](#).
2. Be kind to yourself. Even small [achievements](#) count! Listen to Lizzo's [advice](#)!
3. Keep working - learning online is different and it can be difficult to stay [motivated](#) but remember the work still counts and your brain and future you, will thank you!
4. Bored? Then watch our [video](#) for suggestions for free online courses and read our Boredom Breakers [handout](#).
5. Get help from Get Career Confident! Keep up to date on [Instagram](#), watch our [videos](#) and book a careers [interview](#) for more help.



2. What are your options for after year 13?

There are some decisions you will need to make with deadlines in the autumn term of year 13 so you need to start your research now. First watch our [video](#) introducing the options.



There are a number of options ahead of you after year 13:

University

Apprenticeships

Further Education

Work (employment or freelance)

Work Experience/Internships/Volunteering

Travel

Some of you may also be considering leaving college now or moving to another course or provider. If this is the case contact your school careers advisor or [Get Career Confident](#).

Now write down any questions (on the next slide) you have so far and any ideas about what you might like to do after year 13/14. Speak to friends, family and your school careers advisor. Remember you can also ask questions on our chat option or book a virtual careers appointment at www.getcareerconfident.co.uk. No question is a silly one!



What are your options for after year 12/13/14? contd

Write here the questions that you may like to ask after watching the video. Record your answers here so you can refer back to them later if you need to. (Think about who you can ask and where you can ask them, check previous slides to help).

3. Post 18 Choices - Researching career ideas

Some of you may already have ideas about what you want your future to look like and some might not. Now is a really good time to look ahead to the future and research careers. You can then make sure what you do after year 13 keeps open careers that interest you.

Have a watch of the [SeeToBe videos](#) on the Get Career Confident website. Do any of these interest you?

Now use the websites below to explore career ideas, pathways and get informed about the different options available. Are you surprised by anything you discovered?



Research & Exploration

[Careers Quiz](#) (long)

[Careers Quiz](#) (short)

[Careers Quiz](#) (short and visual)

[Job Info](#)

[Specific websites](#)

[Informed Choices](#)



3. Post 18 Choices - Researching career ideas contd

Did any of the SeeToBe Videos interest you? Which ones?

Why do you think that is?

Having looked at the other website - what career options do you like the sound of?

What kind of pathway do the careers that interest you require? e.g. university, an apprenticeship, work experience.....

4. Post 18 Choices - Pathways - University - Is it the right path for you?



For many young people university is a great option. First have a look through this [website](#), watch our [video](#) which details how to start the process of considering if university is right for you and what you need to do to start researching courses. Have a read of these university [mythbusters](#) too.

If you are trying to decide if university is right for you have a read of this article looking at the [pros and cons](#). Now write down YOUR most important reasons for and against going to university. Which reasons are the most important for you?

Reasons For +	Reasons Against -

4. Post 18 Choices - Pathways - University - What pathway is right for me?



Step 1- Use this section to consider some key information you'll need before you start to consider which options are most suitable.

Post-18 Choices

IntoUniversity 

What course/s are you currently studying or have previously studied? (Is this a [level 3 course](#)? - If no then see Post-16 options)

What is your predicted grade/s or the grade/s you have already achieved? (Then use [UCAS Tariff Points calculator](#) to work out your equivalent tariff points)

Do you know what subject/career you're interested in pursuing? (If not, first use the [job sector quiz tool](#) on Career Pilot using your personal [not](#) school email)

Are there multiple routes into that career or different degree level choices for that subject? (Use [UCAS course search](#) to support with this)

Use this flowchart from [IntoUni](#) to help you discover the best higher education pathway for you.

For a better quality image and to access the hyperlinks in this flowchart click [here](#).

You can also try the [A Level explorer](#) which makes suggestions of degrees linked to your current courses.

Step 2- Start at the star once you know; your current course title/level, grades (predicted) and UCAS tariff points.



Do you want/need to commit to a 3-year course?

Yes

Do you want to combine working with studying part-time at a university?

Yes

No

Then explore [Foundation Year](#) routes as these can provide an insight into a career or subject without requiring a 3-year commitment.

No

Do you want to undertake a course which has industry experience?

Yes

Do you want to combine working (and being paid) with studying part-time at a college?

Yes

Then explore [Higher Apprenticeship](#) route. (It's worth remembering after completing a Higher Apprenticeship you can then progress to a Degree Apprenticeship similarly to a Foundation Degree and a Top-up).

Explore [HNC's and HND's*](#)

Explore [Foundation degrees*](#)

Then explore [Degree Apprenticeship](#) routes. (It's worth remembering however, that a [Foundation Degree](#) followed by a [Top-up](#) is also a 3-year route but often offers smaller group sizes and lower entry requirements).

Then explore [Bachelor's Degree](#) routes. (It's worth remembering you can still opt for placement years or part time work if you want some experience).

Do not fear if you think that Higher Education (HE) is not for you, then contact your local IntoUniversity centre to book in a 121 employability session.

*These routes are very similar in that they offer experience alongside a course, however the range of subjects available for students to choose from is more limited.

SECONDARY FOCUS

4. Post 18 Choices - Pathways - University - What research can I do now?



There is lots of research you can do right now to help get you started exploring the best course and university for you. Follow these steps so you are well prepare for making a decision and writing an application you are happy with. Record any important info you discover on the next slide.

1. Join [UCAS Hub](#) to help keep all your university (and apprenticeship!) research in one place. There's a helpful video [here](#) on how to best use it. There's more support [here](#) too.
2. Attend virtual careers fairs. The [UK University search fair](#) is available till July 17th or have a look at the list [here](#).
3. Get insider information from current university students through [UniBuddy chat option](#).
4. Listen to some webinars to find out more about universities, courses and other important information. Have a look at the ones on offer [here](#) and [here](#) and [here](#).
5. Follow universities that interest you on social media and if possible visit them later on in the year (even visiting the town they are in is better than nothing if open days are not possible).
6. Students considering dance, drama and music have a look at this [website](#).

4. Post 18 Choices - Pathways - University - What have you discovered in your research?



Name of University	University 1	University 2	University 3	University 4	University 5
What do you like about the university?					
Is there anything you are not sure about?					
What course/s interest you at the university?					

You can pick up to 5 courses (all at the same or ideally different universities).

Try to pick at least a few courses you think you can get into, an aspirational one and a backup option.

4. Post 18 Choices - Pathways - University - Applications, Personal Statements & Deadlines



Once you have identified universities and courses that you are interested in the next step is to start your personal statement and application. Watch our video on [how to register](#) on UCAS and then [how to complete your application](#).

Find out about [personal statements](#) and get help **writing** yours [here](#). Get Career Confident will also be releasing personal statement videos at the end of June but watch our top tip one [here](#).

Remember if you are interested in **Oxford, Cambridge, medicine, veterinary science or dentistry** then the application deadline is October 15th! Have a read of [this](#) to help you if Oxford or Cambridge (Oxbridge) are on your horizon. [Conservatoires](#) - music colleges - are also early, usually October 1st. The deadline for most other courses is January 15th but most colleges will expect you to complete your application in the autumn term so they can add a reference.

Top tip: *If university is something you are considering even as a remote possibility we recommend you make an application while you have the support of college. That way you have the option available to you and if you decide you don't want to go that's fine (or you can defer your place to the next year) but if you do then you have a place waiting for you. Keeping options open is always a good idea!*

5. Post 18 Choices - Pathways - Apprenticeships



If you have an idea of the kind of career that interests you and there is an apprenticeship pathway available then this could be a great choice for you.

1. First watch our videos on:
an [overview of apprenticeships](#) as well as the ones [showcasing some local apprenticeships](#)
(write 'apprenticeship' in the search box).
2. If you think this is something that might be for you watch our videos on [how to choose an apprenticeship](#) and [how to find one](#)
3. Have a read of this [guide](#). It is very thorough and it will cover everything you need to know as well as show you how to start searching for and applying to apprenticeships.
4. Students may have to start an apprenticeship lower than the qualification they already have (if it is in a completely new area they haven't any experience in).
5. Some employers are now offering **degree apprenticeships**. Have a look at those on offer [here](#).
6. When you start your apprenticeship make sure you get a discount [card](#).



Apprenticeships

6. Post 18 Choices - Pathways - Further Education



Education is free between the ages of 16 and 19 and there are various courses you can study in that time. Some students may wish to continue in further education for a number of reasons such as:

1. If you decide university is for you but you haven't achieved the results you expected or you haven't taken the subjects necessary to follow the pathway for the career that interests you, have a look at Access Courses. These are available at most FE colleges such as [GBMet](#) and [East Sussex College](#).
2. If you want to study art you might want to consider an [Art Foundation course](#).
3. Some students might want to retake a subject or study at another college. If you have only done one year at your current place of study you can usually move elsewhere and do the two years required to complete a full level 3 qualification.



7. Post 18 Choices - Pathways - Work



Some students want to go straight into work after college. Think carefully about the kind of work you are looking for and what it means for your career. For example are you just looking to earn money and get some experience or are you hoping to get your first foot on the career ladder in a sector that interests you?

If you are just looking to earn money and build some employability skills then jobs in retail, hospitality and care are usually open to young people with little work experience.

If you want to get into a specific area of work then a combination of applying for jobs and speculative applications may be the way forward. Speculative applications means approaching organisations that interest you directly and asking if they are hiring or willing to take you on for a trial/work experience to get your foot in the door. Making a profile on [LinkedIn](#) is a good place to start to connect with employers.

Top Tip: Don't just spend all your time sending the same CV out to jobs advertised on Indeed! Try a variety of job hunting techniques and make sure your CV is tailored to the job you are applying for. Our films on Job Hunting and CV Writing will be out in June on the [How To](#) section of our website.



7. Post 18 Choices - Pathways - Work contd



Looking for part time or full time work to earn money and build some skills? Have a look at the following sites:

B&H and East Sussex Youth Employability Services frequently share job opportunities on their social media pages. For Brighton & Hove visit their [facebook page](#). For East Sussex visit their [facebook page](#). For West Sussex visit their job ads [here](#). [Brighton & Hove Jobs](#) also has lots of entry level jobs

If you are thinking more about starting a career in an industry then the following sites have training positions for school leavers. You'll find quite a lot of these are actually apprenticeships as many employers have chosen to convert their school leaver programmes into apprenticeships:

[All About School Leavers](#)

[Milk Round](#)

[Not Going To Uni](#)

[Amazing Apprenticeships](#)

[Rate My Apprenticeship](#)

[Student Ladder](#)

If you are interested in working for yourself have a look at the organisations that can support you [here](#).

8. Post 18 Choices - Pathways - Work Experience, Internships and Volunteering



Many careers require a significant amount of experience before you start getting paid properly. This can be tricky for many people but it is possible to work in another paid job while also developing the skills and contacts you need for your chosen career through working for free in your ideal sector.



In summary:

Work experience is usually short term shadowing of an employer
Internships are usually longer term, should be paid and interns normally have significant responsibilities and a workload
Volunteering is giving your time for free to support others/a cause

Top Tip: Taking part in online or face to face work experience/internships/volunteering is can make a huge difference to your career prospects. It helps you to road test ideas and see if the reality matches your expectations. It also demonstrates evidence of your interest in an area of work to potential employers and universities. **We also have lots of online personal development suggestions [here](#) for you to consider.**

8. Post 18 Choices - Pathways - Work Experience, Internships and Volunteering contd



Here are some suggestions of places to look for opportunities:

Work experience

Get Career Confident have collated some opportunities [here](#). You can also contact employers directly to ask. There's also a number of virtual work experience opportunities such as:

[Medical](#)

[Barclays](#)

[Speakers for Schools](#)

[Inside Sherpa](#)

[Invest In](#)

[Scape Group](#)

[Eton X](#) (employability courses)

Internships

[BBC](#)

[Creative access](#)

[Student Ladder](#)

[Advertised through LinkedIn](#)

[Prospects](#)

[Bright Network](#)

Volunteering

[Do It](#)

[Concordia Volunteers](#)

[Community Works](#)



9. Post 18 Choices - Pathways - Travel

Right now travel opportunities are obviously limited. However you can start to think about exploring and planning trips in the future.

Remember if you are going to uni there is usually a 3 month summer holiday so you can even travel and study!

You'll find that a lot of gap year companies will charge a lot to provide you with an organised trip. You can also organise your own but won't have the same level of support so think about what you need from your time away!



Have a look at the following sites to kick off your research:

[Some things to consider](#)

Low cost volunteering opportunities at [Concordia Volunteers](#) and [Plan My Gap Year](#)
[Inspiration and itineraries](#) & [Ideas for a budget break](#)

10. Post 18 Choices? - How to decide



You should hopefully now have some clear ideas about what you would like to do. Write down on the next slide your top choice and a back up choice for your post 18 plans.

Can you answer these questions:



1. Do you have enough information to feel confident your choices are the best ones for you
2. If you said no to question 1 do you know where to get further information?
3. Do your choices keep open future careers that interest you

Are you able to answer yes to all 3 questions?

Yes! Well done you are ready to make an informed decision about your plans for after year 13. Check with your college careers advisor that there's nothing else you need to consider or chat with us on our [website](#)

No? Don't worry - decision making can be hard! Make sure you get help from your college careers advisor or chat with us on our [website](#).

7. Post 16 Choices? - How to decide

Lesson 6



What is your top choice of what to do after you leave college?



What is your back-up choice?

Why should you have a back-up choice?

Remember this won't be forever!

