

## A Level Results.....What Next?

### **Don't Panic!**

It is completely normal to be anxious about results but remember whatever the outcome there are always other options. Try to occupy yourself with other activities: holidays, work, volunteering, sports, reading, seeing friends. Make the focus about other things and practice some **mindfulness** (see [www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspx](http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspx) and [www.youngminds.org.uk](http://www.youngminds.org.uk)). If you have also taken BTECs then you will already know some of your results which will hopefully give you some reassurance.

### **Heading to University?**

#### Results as Expected

If your results are what you were predicted or you were offered an unconditional place, then it should be a smooth transition to university. If you have had a change of heart or want to check what else is possible then check the options below.

#### Results Better than Expected

If you have done better than you were predicted and want to explore alternative courses then you can try '**Adjustment**'. This is a particularly good option if there was a course you were really keen on but your predicted grades held you back from applying to. Adjustment is available till the 31st of August and you will see the option to register in 'track' when you log in to UCAS. The course you have already been accepted for will not be affected unless you confirm an alternative in adjustment. Remember though you need to consider this new course and/or university as carefully as you did your initial one. Don't let your improved grades and the limited time you have to decide your choice cloud your judgment. You can find out more at the UCAS website under undergraduate adjustment.

Again if you have had a change of heart or want to check what else is possible then it is also worth looking at the other options below.

#### Results Worse Than Expected

Firstly take a deep breath! Though it can feel devastating there are always options. Firstly **speak to your university admissions**. It may be your application was strong enough that one grade off will not matter. If this is not possible then there may be other similar courses your university can offer, so check with them first. You can also look at **Clearing** which is available till September. Search the clearing courses available at <http://search.ucas.com/>. As with Adjustment make sure you have researched and understood any new choices before you accept a place. Don't let the pressure of decision making force you into a choice you are not happy with. The other option is to retake the subjects you were not happy with. Speak to your school or college to find out the options available.

## **Other Options**

### School Leaver Programs

Many large organisations offer school leaver programs where they will train you as you work. Many of these training programmes are now degree apprenticeships so you also gain a degree once the training is completed! Have a look at the [200 Most Popular Employers for School Leavers](#) as well as [www.allaboutschoollleavers.co.uk/employer-rankings](http://www.allaboutschoollleavers.co.uk/employer-rankings) and [www.notgoingtouni.co.uk](http://www.notgoingtouni.co.uk).

### Apprenticeships

There is now a huge range of apprenticeships available at different levels and in different career sectors. Earn, learn, get experience and a qualification. See what's available here: [www.apprenticeships.org.uk](http://www.apprenticeships.org.uk). It's also worth looking at the degree apprenticeships on offer - check <https://careerfinder.ucas.com/jobs/apprenticeship/#browsing> and <https://amazingapprenticeships.com/vacancies/>.

### Employment

Going straight into employment is certainly a possibility although it may take a lot of effort and hard work. Have a look at what is available locally on search engines and speak to friends and family to see if anyone has an opening where they work.

### Volunteering/Work Experience/Internships

Many career areas require lots of experience before you can secure a fully paid job. Have a look at [www.do-it.org](http://www.do-it.org) for a range of volunteering opportunities. Securing work experience (often short term and informal) and internships (usually more long term with agreed duties) often requires speaking to companies directly and offering your skills and willingness to learn.

### Travel

Spending time abroad can be a great way to meet new people, learn new skills and explore new ideas and experiences. There are lots of gap year companies (that charge for the trip) but also look at [www.concordiavolunteers.org.uk](http://www.concordiavolunteers.org.uk).

### Self Employment

If you have an idea for a product or service then self employment could be a possibility. There are a range of organisations that can support you such as <https://www.princes-trust.org.uk/help-for-young-people/support-starting-business>

Confused? Got questions? Email us at [hello@getcareerconfident.co.uk](mailto:hello@getcareerconfident.co.uk), visit our website [www.getcareerconfident.co.uk](http://www.getcareerconfident.co.uk) and follow/DM us on [Instagram](#)

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