

GCSE Results.....What Next?

Stay Calm!

It is completely normal to be anxious but remember whatever the outcome there are always options. Try to occupy yourself with other activities and make the focus about other things and practice some mindfulness (see <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/> and www.youngminds.org.uk). If you have taken any BTECs then you will already have an idea of some of your results which will hopefully give you some reassurance.

Heading to a 6th Form or College?

Results as Expected

If your results are what you were predicted, then it should be a smooth transition. You will have had information from the school or college you are planning to attend about your first day. If you haven't then do give them a call. If you have had a change of heart about your subjects or want to check what else is possible then it is also worth looking at the other options below.

Results Better than Expected

If you have done better than you were predicted then well done! Normally this will not affect your next steps. However, if you were on the borderline of expecting 4-5 grades 4 you may have been offered a combination of level 3 and level 2 or just L2 courses and it may be you can now just do level 3 courses. Do speak to your chosen college to see what they can offer you and make sure you are happy with the courses offered!

Results Worse Than Expected

Firstly take a deep breath! Though it can feel devastating there are always options. Firstly call your college or 6th Form to discuss your options. If you were planning on doing level 3 courses (A Levels or BTECs) and have over 5 A*s - Cs (grade 4 and above) including English and maths you may well still be able to do your courses (although some A Levels require grades B/5 or above if you have studied the subject at GCSE).

If your college can not offer you alternatives that you are happy with it is worth trying some other colleges or 6th forms as they may have courses that interest you. If you have generally done well (4s and above in most subjects) but have not passed English or maths then you will need to retake these but you may be able to do this alongside the courses you were planning on taking!

If you have not passed most of your GCSEs then you will likely be doing level 2 (GCSE level) courses for another year after which you may be able to move on to a higher level. If you have not passed any then you might start on level 1 courses.

Remember even if you are starting on a lower level course now you can and will catch up!

Other Options

Other Courses, Colleges and 6th Forms

Over the summer your interests may have changed. When you get your results do have another think about the courses and place of study you have chosen. This is the first time you get to decide exactly what you want to study and you want to make sure the courses are right for you! Have you looked at the syllabus (the content of the course)? Spoken to your teachers? Checked what kinds of careers the courses can lead to? If you are not sure, speak to admissions at the place you are intending to go and see what else they can offer you as well as looking elsewhere. Other colleges and 6th forms may have places available on academic (A Level and BTEC) and vocational (NVQs etc) courses. Make sure you are happy with your choice!

Apprenticeships and Traineeships

If you would rather work and study than just study full time 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.gov.uk/apply-apprenticeship and at www.apprenticeships-in-sussex.com/. If you like the sound of an apprenticeship but don't yet feel ready for full time work then a traineeship may be suitable for you. You can find out more and search for traineeships on the apprenticeship website above. Be mindful that during the Covid-19 crisis there will be less apprenticeships available.

Work with Training

Going straight into employment is certainly a possibility although it may take a lot of effort and hard work. If you are under 18 then you will have to do some training alongside your work. This training may be part of the job or you can work part time while studying at college separately. Have a look at as well as www.notgoingtouni.co.uk. Also have a look at work experience and volunteering alongside study such as opportunities at www.do-it.org. Be mindful that during the Covid-19 crisis there will be less job opportunities available.

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

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