

Luminate

careers

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 next.





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.



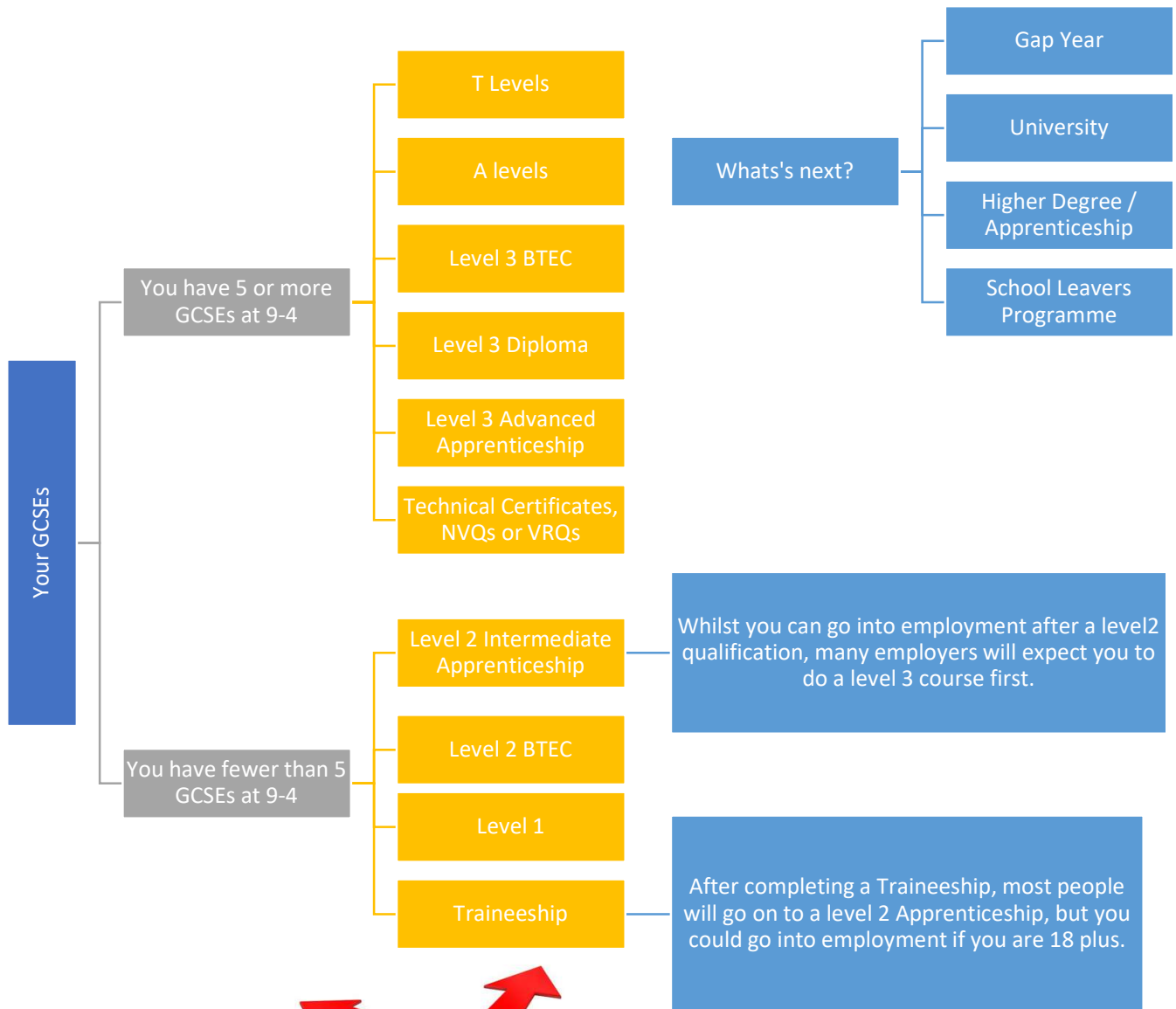
In addition, there is a 16-19 Bursary Fund to help students from low income families pay for things like transport, food and stationery, which can be accessed at any sixth form, college or training provider you attend after Year 11 - www.gov.uk/1619-bursary-fund

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>

What could I do with my predicted grades?



Qualification Levels Guide – GCSE to Degree Level

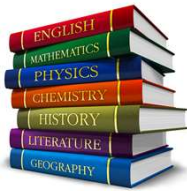
The Parents' Guide to
www.theparentsguideto.co.uk

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	T Levels	BTEC diploma BTEC certificate	Advanced apprenticeship / NVQ 3
2	GCSE Grades 4- 9 (C, B, A or A*)			BTEC first diploma	Intermediate apprenticeship / NVQ 2
1	GCSE Grades 1- 3 (D,E,F or G)			Foundation diploma / entry level qualifications	Traineeship / NVQ 1
	Academic route		Vocational route		Applied / work route

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



Colleges offer a whole range of different courses and study programmes from those that do not need any specific GCSE grades such as Entry Level courses through to apprenticeships, A Levels, Higher Education degrees, and professional or technical qualifications.

Most full-time college courses are attended by 16–19 year olds, but you will find plenty of adults studying in a college on a range of short, part-time, professional or Higher Education courses. You can study the following types of courses at college:

- ✚ **GCSE or A levels:** 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.
- ✚ **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.
- ✚ **Apprenticeships:** A student is based predominantly or completely with a paying employer and is assessed either in that workplace by a visiting assessor or by attending a college for a day or week at a time
- ✚ **T Levels:** Offer students a mixture of classroom learning and 'on-the-job' experience during an industry placement of at least 315 hours (approximately 45 days). They will provide the knowledge and experience needed to open the door into skilled employment, further study or a higher apprenticeship.
- ✚ **Foundation Courses:** Develop Math, English, study skills, confidence and employability. These courses can give students the chance to try out several different vocational areas
- ✚ **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.
- ✚ **Courses aimed at overseas students:** English Language Courses or preparation courses for university.

Apprenticeships and Traineeships



Apprenticeships



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 a minimum of £4.30 per hour (although many companies 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.



Applying for post-16 – How does it work?

Students will begin applying for their post-16 options in Autumn 2022 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-app](http://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 into 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.



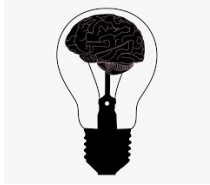


Use websites such as www.theuniguide.co.uk/ to find out whether the course you want to do after Year 11 will allow you to progress on to what you want to do afterwards. Or speak with staff at the sixth form, college or the apprenticeship you are applying to in order to get further details!

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 (Always check with individual providers)

Higher education subject	What you may need at level 3
	A levels Maths, Computer Science

<p>Computer Science</p> 	<p><i>BTECs</i> Computing, Computer Engineering, Information Technology</p>
<p>Engineering</p> 	<p><i>A levels</i> 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.</p> <p><i>BTECs</i> Engineering (there are many different specialisms) Construction and the Built Environment including Building Services Engineering and Civil Engineering.</p>
<p>Humanities and Social Sciences</p> 	<p><i>A levels</i> 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.</p> <p><i>BTECs</i> Applied Law, Business.</p>
<p>Languages</p> 	<p><i>A levels</i> The language you want to study. However, some courses do not require previous study of a language so do check.</p> <p><i>BTECs</i> This depends on if you need to have studied the language before – there are no BTECs in languages.</p>
<p>Law</p> 	<p><i>A levels</i> Essay based subjects such as English, History, Politics, Religious Studies, Sociology etc. Law is not usually required.</p> <p><i>BTECs</i> Applied Law, Business.</p>
<p>Higher education subject</p>	<p>What you may need at level 3</p>
<p>Media and Communications</p> 	<p><i>A levels</i> English, Media Studies</p> <p><i>BTECs</i> Creative Digital Media Production (includes different specialisms), Information Technology, Music Technology.</p>

<p>Medicine, Dentistry, Veterinary Science</p> 	<p><i>A levels</i> Chemistry and usually two other science-based subjects</p> <p><i>BTECs</i> Unlikely to be accepted.</p>
<p>Nursing and Midwifery</p> 	<p><i>A levels</i> Usually at least one science A Level from the three studied – often Biology or Chemistry.</p> <p><i>BTECs</i> Applied Human Biology, Applied Science, Health and Social Care, Sport and Exercise Science.</p>
<p>Psychology</p> 	<p><i>A levels</i> Psychology is desirable but not essential. Providers are usually looking for at least one science-based subject from the three studied.</p> <p><i>BTECs</i> Applied Human Biology, Applied Psychology, Applied Science, Health and Social Care.</p>
<p>Sciences</p> 	<p><i>A levels</i> The science that you want to study, plus at least one other science subject</p> <p><i>BTECs</i> Applied Human Biology, Applied Science, Sport and Exercise Science.</p>
<p>Subjects Allied to Medicine e.g. physiotherapy.</p> 	<p><i>A levels</i> Biology or other science subjects</p> <p><i>BTECs</i> Applied Human Biology, Applied Science Health and Social Care, Sport and Exercise Science.</p>

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?

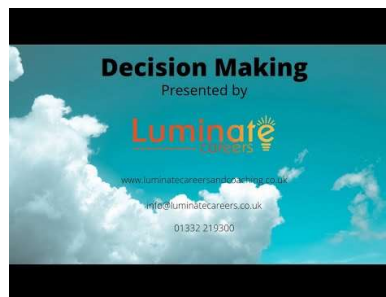
- ✚ Search for courses you are interested in doing after Year 11 and check the entry requirements.
- ✚ Search and apply for apprenticeships online
- ✚ Learn more about the options available after finishing school, including sixth form, college, apprenticeships and university – <https://careerpilot.org.uk/> 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!



Questions I may need to ask?

How does the course timetable fit in with arrival/departure times of the transport?

What will happen if not enough people apply for the course?

Is transport provided by the college, sixth form or training provider and at what cost?

What careers guidance is available to help with my next steps?

What GCSE grades do I need for the course/apprenticeship?

If I apply, what happens next?

What help will the sixth form/college give me to find a suitable placement?

Are there extra costs for equipment, uniform, visits, text books, meals etc?

What support is available to students with special educational needs or disabilities?

What financial help is available if I cannot meet the costs associated with the course e.g. transport, trips, uniform, equipment etc?

Which days of the week do students attend – every day or on specific days of the week?

If, once I have started the course, I feel that it is not right for me who should I speak to?

What is the usual class size for the course?

When will I hear whether I have an interview or are to be offered a place?

If I am applying for a one-year Level 1 or 2 course, what can I move on to afterwards?

What is the balance between taught and independent study time e.g. lectures, classes and self-study?

What are the pass rates for particular courses and what are the average grades that students achieve on the programme?

Do you need GCSE grades in particular subjects and what happens if I do not achieve particular entry grades?



What opportunities are there for work experience as part of the course?

What do students typically progress on to after completing the course?

Are specific grades required to move on to the next level?

Useful Websites

Careers information

- ✚ <https://luminatcareersandcoaching.co.uk/> - our website has lots of resources and links.
- ✚ <https://nationalcareers.service.gov.uk/> provides careers advice and information on a wide range of jobs, training courses, resources and funding.
- ✚ <https://d2n2.startprofile.com/page/post16-options> guide to local options.
- ✚ <https://icould.com/> to explore lots of different careers and entry routes.
- ✚ www.careerpilot.org.uk/ helps you plan your route, build a profile, find a provider and search job sectors. For A Levels, vocational qualifications, apprenticeships and more.
- ✚ www.myworldofwork.co.uk/my-career-options/choosing-my-subjects can help you explore your options and find the career that's right for you.
- ✚ <https://successatschool.org/> search career paths, explore career zones to obtain lists of different jobs/sectors and how to get there (whether you're going to uni or not).
- ✚ www.allaboutschooleavers.co.uk/ gives information on current apprenticeships and school leaver programme opportunities but you can also complete a careers test and 5 industry sectors will be suggested for you to explore.
- ✚ <https://barclayslifeskills.com/> helps young people to understand and develop the key skills they need to go forward into the world of work.
- ✚ The national online careers film and video library from www.careersbox.co.uk/ features real people in real jobs to help young people make informed decisions.
- ✚ www.studentladder.co.uk/ gives information for students in year 12 and 13 on work placements, graduate schemes and internships.
- ✚ www.allaboutcareers.com/ gives information for 16-24 year olds looking for graduate schemes, graduate jobs, apprenticeships, placements & internships.
- ✚ www.ucas.com/further-education/post-16-qualifications gives lots of information on Post-16 education options and www.ucas.com/ucas/after-gcses/find-career-ideas/explore-jobs helps explore jobs linked to subjects, job families and skills.
- ✚ www.lmiforall.org.uk/widget/ gives information on the local labour market.
- ✚ www.tlevels.gov.uk/ gives more information on the new T Levels.

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.stepintothenhhs.nhs.uk/
- ✚ Explore careers within the Construction Industry using www.goconstruct.org/
- ✚ Explore careers within Engineering using www.tomorrowengineers.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.