



FAO Year 9 Parents/Carers - What Next?

Please find attached an excellent resource created by Careers East Sussex to support you and your child with the choices they have and their decision making from age 14 through to 18.

FAO Year 10 Parents and Carers - University of Brighton Study Skills

As you are aware, we have very strong links with both the **University of Sussex** and the **University of Brighton**, and over the course of their five years at PCS all of our students will have had exposure to the opportunities that universities provide.

These opportunities, designed to raise aspirations, might be in the form of workshops, careers guidance interviews, university tours and visits, conferences and projects at universities as well as assemblies. University information stands are also present at our parent and carer evenings should families have any questions about Higher Education.

Over the next two terms, all Year 10 students will be engaging in four separate sessions around revision and study skills. These sessions will take place at PCS and be led by the **University of Brighton**. Every student at PCS will take part in these sessions. It will provide them with a fantastic opportunity to prepare for their mock exams in March. The sessions include:

- get in the zone for revision
- revision techniques
- decoding exam questions
- essay writing for exams.

The first of these sessions will be taking place on **Friday 30 January**. Students will find the timings of their session posted up outside the Head of Year office.

Please encourage your child to take full advantage of this opportunity.

X Social Media Platform Update

Please note that the official school presence on X has ended.

Free Parent/Carer Workshops - East Sussex Mental Health Support

[Lunch and Chat - Secondary School Children's Wellbeing](#)

[Taming the Worries @ Peacehaven Family Hub](#)

Final Reminder - Parent Voice

Our next Parent Voice meeting will be **Wednesday 28 January 2026, 5 - 6pm**. Please [click on the link](#) to confirm your attendance by **Tuesday 27 January**.



Develop your Warhammer skills this February in Lewes

Join us in **Lewes this February** for our **Warhammer weekend** focused on advancing your painting skills and confident preparation for gameplay.

We're excited to be hosting **two days of Warhammer workshops on Friday 21 and Saturday 22 February in Lewes**, designed to help young people not only make terrain and paint miniatures to a high standard, but also learn how to prepare armies, terrain and themselves for tabletop games.

Please see the attached poster.

Changes to Child fares from 1st January 2026 - Message from Brighton & Hove Buses

From 1st January 2026, child fares will be available up until 31 August following a young person's 18th birthday. This means child fares will continue to support those in further education and through the summer holidays.

To pay a child fare, young people aged 14–18 may need to prove their age if they aren't in school uniform. To avoid the risk of being charged an adult fare, we recommend getting verified in advance.

Verification is quick and easy:

- Use the in-app child verification, or
- Get a Child BusID card, available from our travel shop on North Street, Brighton, or from the depot at 43 Conway Street, Hove.

Accepted ID for children aged 14-18 when buying child tickets on the bus:

- Inapp child verification
- Child Key BusID
- UK passport
- UK driving licence
- Sussex 3iD card

For further information please contact us by phone on 01273 886200 or by email at info@buses.co.uk

Bikeability holiday courses - Message from ESCC Road Safety Education

Please find attached details of our Bikeability holiday courses running over February half term.

Smartphone Free Childhood Event

Please see the attached poster.



Get February half term locked in - Message from Brighton & Hove Albion Foundation

Soccer Schools at 7 locations across Sussex, ages 5-13

With February half term coming up in a few weeks, now's the perfect time to get your child's half term activities sorted.

We've now opened up bookings for BHAFC Soccer Schools this February - **get active, have fun, and learn new skills** in the school holiday.

There's something for everyone at our holiday camps. Suitable for **boys and girls of all abilities aged 5-13** (or girls-only sessions for ages 5-16).

Prices start from just £30, and don't miss out on **discounts** if you book more than one day!

Plus, for a limited time, new customers can take advantage of a **15% discount (new customers only)** with code **NEW15FEB26**.

[Booking link.](#)

Reminder - Food Hall, Topping Up Accounts

Please note that if students do not have money in their dinner accounts they will not be served by staff in the Food Hall.

We would like to remind parents/carers of the following:

- dinner accounts can be topped up via ParentPay (if you are having difficulties accessing ParentPay, please email us at pcs-enquiries@swale.ac.uk)
- in your account settings a notification can be set up to alert you as to when your child's ParentPay account balance is low
- students with biometric (fingerprint) consent can check their account balance daily using our balance checker, located by our Student Support Desk at Reception
- students entitled to Free School Meals should budget their allowance across break and lunch (if their entire allowance is spent at morning break time, no more purchases can be made at lunch)
- if students' accounts cannot be topped up for the following day in order to make a purchase in the Food Hall, they should bring a packed lunch instead

If your child purchases their lunch from the Food Hall, please ensure their accounts are topped up the day before as balances in accounts do not update instantly (we recommend topping up 24 hours before).

Thank you for your support.



NEW YEAR - NEW START - NEW FUTURE - FAO Parents/Carers, Message from Aspire Education

Looking to work in a school, that fits in around your family?

Join Aspire Education Academy's Fully Funded (FREE) Education Support Course.

Starting on Monday 2nd February!

6 Week Course

Half Term Break 16th-20th February

Online ONLY Education Support Course with *LIVE* webinars

1st webinar at 9:30am – 11:30am daily

2nd webinar at 12:30 - 2pm daily

3rd webinar at 4pm - 4:30pm daily Reflection and Support (this is an optional daily webinar)

Available in Levels 1, 2 & Level 3 progression

Please see the attached poster.

Tesco Groundwork Funding - Vote for PCS!

We are pleased to announce that the PCS voting boxes are now available in the below Tesco Stores. We would be extremely grateful if you could vote for our project when you next visit a local Tesco store. To vote, simply collect blue tokens at the checkout and place them in the PCS project box!

Voting boxes will be available until the end of March.

Where you can vote for PCS!

- Lewes Tesco Superstore
- Peacehaven Tesco Express
- Rottingdean Tesco Express
- Seaford Tesco Express
- Seaford Alfriston Tesco Express

VOTE for PCS!

Voting is now live! Visit one of the below stores to vote for our project.

Where you can vote for PCS!

Lewes Tesco Superstore

Peacehaven Tesco Express

Rottingdean Tesco Express

Seaford Tesco Express

Seaford Alfriston Tesco Express





Messages from PCS Careers Team



Post-16 Colleges & Open Events for 2026 Entry - Message from Get Career Confident

Please see the attached flyer.

An Excellent Opportunity For All of Our Aspirational Students

Please find attached information about the fantastic free Saturday Clubs that are being run by the University of Brighton. These have always been very well attended by students from PCS and the feedback has been 100% positive. We are delighted that our students have been offered these amazing opportunities once again and would like to encourage as many of our students as possible to apply to participate.

LIVE Q&A With Our Qualified Careers Advisors - Message from Get Career Confident

We are excited to share that we are holding another LIVE Q&A with our qualified careers advisors on Wednesday 28th January 6-7pm. This time on the topic of GCSEs Options.

If you, or someone you are supporting, is about to choose their GCSEs, join us [online](#) for a supportive, informal but informative text chat. There will be GCSE specific videos and materials highlighted, and you can ask your individual questions to the careers advisors who will be online between 6 -7pm.

Upcoming Key Dates (PCS School Calendar)

- **Monday 26 January** - Year 11 Maths Lead Lesson (PDI and lesson 1)
- **Tuesday 27 January** - U14 Girls football fixture at Willingdon
- **Tuesday 27 January** - Year 9 Duke of Edinburgh Orienteering (Both groups)
- **Wednesday 28 January** - Parent Voice (5-6pm)

PCS Vacancies

Current vacancies at PCS are outlined below and can be found on [our website](http://www.swale.ac.uk/vacancies) (<https://www.swale.ac.uk/vacancies>).

(NO CURRENT VACANCIES)

Post-16 Colleges & Open Events for 2026 Entry



Updated throughout the year. Please check dates/times before attending

Get Career Confident offer on-line resources to support young people, parents and teachers with their future options. Follow their social media for updates.

See [What Next Sussex](#) for the Post-16 Sussex-wide Directory.

College	Date of open event(s)
BHASVIC, Hove 6th Form College offering A Levels, Level 3 Vocational courses & ESOL. Offers courses at Level 3 only.	➤ Wednesday 12 November 2025, 4-8pm ➤ Thursday 13 November 2025, 4-8pm You can only apply to Varndean or BHASVIC, not both.
BN1 Arts Extended Level 3 Diploma study for Performing Arts Pathways in Dance, Musical Theatre and Acting and Creative Music Industry. Level 3 RSL Diplomas in Music & Performing Arts. Offers courses at Level 3 only.	See their website for further details and to sign up for open evening information.
Brighton Aldridge Community Academy (BACA) College A Levels, Vocational Level 2 & 3 courses, Construction courses and specialist Sport Academies (Table Tennis, Football & Cricket). Offers courses at Level 2 and 3.	➤ Thursday 16 October 2025, 6-8pm
Brighton College Opening Doors Scholarship Programme. Brighton College is an independent, fee-paying college - they offer 20 free places each year under their Opening Doors initiative. See link for details. Offers Level 3 only.	➤ Saturday 11 October 2025

<p>Brighton MET College (campuses in Central and East Brighton)</p> <p>Further Education Colleges offering Level 1 - 3 vocational courses, T Levels, SEND and ESOL courses.</p> <p>*MET College is also a training provider for apprenticeships. You must have an employer to be an apprentice. Offers Entry level, Level 1, Level 2 and Level 3.</p>	<ul style="list-style-type: none"> ➤ Wednesday 15 October 2025, Open Evening ➤ Saturday 22 November 2025, Open Morning
<p>Brinsbury College, Pulborough</p> <p>Brinsbury College is also a training provider for apprenticeships. You must have an employer to be an apprentice.</p>	<ul style="list-style-type: none"> ➤ Saturday 11 October 2025, Open Morning
<p>The BRIT School, Croydon</p> <p>Performing Arts, Applied Theatre and Creative Arts.</p>	<ul style="list-style-type: none"> ➤ See their website for further details and to sign up for open evening information.
<p>Chichester College (including Brinsbury)</p> <p>Further Education College offering Level 1 - 3 vocational courses, T Levels and SEND courses.</p> <p>Chichester College is also a training provider for apprenticeships. You must have an employer to be an apprentice.</p>	<ul style="list-style-type: none"> ➤ Tuesday 7 October 2025, Open Evening ➤ Saturday 8 November 2025, Open Morning
<p>Collyer's 6th Form College, Horsham</p> <p>6th Form College offering A levels, Vocational Level 3 and T Level courses .</p>	<ul style="list-style-type: none"> ➤ Wednesday 12 November 2025 ➤ Thursday 13 November 2025
<p>Crawley College</p> <p>Further Education College offering Level 1 -3 Vocational Courses, T Levels SEND and ESOL courses.</p> <p>Crawley College is also a training provider for apprenticeships. You must have an employer to be an apprentice.</p>	<ul style="list-style-type: none"> ➤ Thursday 9 October 2025, Open Evening ➤ Saturday 8 November 2025, Open Morning
<p>DV8 Sussex (Campuses in both Brighton & Bexhill)</p> <p>Specialist Further Education College for Vocational Level 2 & 3 Courses in Music, Media and Games Development.</p>	<ul style="list-style-type: none"> ➤ Wednesday 8 October 2025, 5-7pm ➤ Saturday 11 October 2025, 10am-12pm

[East Sussex College](#)

(Campuses in Lewes, Eastbourne, Newhaven and Hastings)

Further Education College offering A levels, Level 1 - 3 Vocational courses, T Levels and SEND courses.

ESCG is also a training provider for apprenticeships. You must have an employer to be an apprentice.

Eastbourne

- Wednesday 15 October 2025
- Thursday 20 November 2025
- Thursday 19 March 2026

Hastings

- Thursday 16 October 2025
- Thursday 20 November 2025
- Thursday 19 March 2026

Lewes

- Tuesday 14 October 2025
- Thursday 20 November 2025
- Thursday 19 March 2026

Newhaven

- Thursday 20 November 2025
- Thursday 19 March 2026

[King's Sixth Form](#)

School 6th Form College offering A Levels and Level 3 Vocational courses.

Offers level 3 only.

See their website for further details and to sign up for open evening information.

[Military Preparation College, Eastbourne](#)

The Military Academy is a unique training college that helps 16+ year olds develop their fitness, vocational qualifications, and employability skills to help prepare for employment, including rewarding careers in the British Armed Forces.

Work towards BTEC qualification while preparing for armed forces entry.

See their website for further details and to sign up for open evening information.

[Newman College \(Cardinal Newman 6th Form\)](#)

School 6th Form College offering A Levels, Level 3 Vocational courses and specialist academies.
Offers Level 3 only.

- Thursday 20 November 2025, 5-8pm

[Northbrook College](#)

(campuses in Shoreham, Durrington and Worthing)

Further Education Colleges offering Level 1 - 3 vocational courses, T Levels and SEND courses.

Northbrook College is also a training provider for apprenticeships. You must have an employer to be an apprentice.

- Wednesday 8 October 2025
- Saturday 15 November 2025

<p>Plumpton College</p> <p>Land and Environmental vocational courses at Levels 1 – 3.</p> <p>Offers Entry level, Level 1, Level 2 and Level 3.</p> <p>Plumpton is also a training provider for apprenticeships. You must have an employer to be an apprentice.</p>	<ul style="list-style-type: none"> ➤ Saturday 11 October 2025, 9am-12pm ➤ Saturday 22 November 2025, 9am-12pm ➤ Saturday 17 January 2026, 9am-12pm ➤ Saturday 21 March 2026, 9am-12pm
<p>Pro-direct Football Academy</p> <p>Football education programme with BTEC Level 3 in Sport & Physical Activity.</p> <p>Location: University of Sussex.</p>	<p>Further enquiries via the website.</p>
<p>Rewards Hair Academy</p> <p>Traineeships and apprenticeships in Barbering and Hairdressing. Also a training provider for customer service/care/business admin and other sectors.</p> <p>Rewards is a training provider. You must have an employer to be an apprentice.</p>	<p>Taster day information here</p>
<p>Shoreham Academy</p> <p>School 6th Form offering A levels, Level 3 Vocational courses and T Levels.</p>	<ul style="list-style-type: none"> ➤ Thursday 6 November 2025, 6-8pm
<p>Sir Robert Woodard Sixth Form, Lancing</p> <p>School 6th Form offering A Levels and Level 3 Vocational Courses.</p>	<ul style="list-style-type: none"> ➤ Thursday 16 October 2025
<p>SupaJam</p> <p>Level 1 & 2 music technology, podcasting, recording, live performance, music journalism and video and photography. Offering carefully tailored placements to young people aged 16-25 with an EHCP.</p>	<p>Check for events at https://www.semmuk.com/open-evenings or email outreach@supajam-education.org to arrange a visit.</p>
<p>Steve Willis Training</p> <p>Apprenticeship provider in Burgess Hill.</p> <p>Apprenticeships in electrical, plumbing, gas.</p> <p>Steve Willis is a training provider. You must have an employer to be an apprentice.</p>	<p>See their website for further details and to sign up for open evening information or email apprenticeships@stevewillis.com for more details and to book.</p>
<p>Sutton & District Training</p> <p>Smaller training college in Woodingdean & Brighton. Offers various vocational & supportive courses and ESOL.</p>	<p>If you would like to have a tour of the college, or discuss the application process, contact the college on 01273 694626 or email Sadie.mansell@suttondistrict.co.uk to arrange a suitable time.</p>

<p>Varndean College</p> <p>6th Form College offering A Levels, GCSEs, Level 2 & 3 Vocational courses, T Levels and the International Baccalaureate.</p> <p>Offers Level 2 and 3.</p>	<ul style="list-style-type: none"> ➤ Thursday 6 November 2025, 4-8pm <p>You can only apply to Varndean or BHASVIC, not both.</p>
<p>Worthing College</p> <p>Further Education College offering A Levels, Level 2 & 3 Vocational courses, T levels, ESOL and specialist academies.</p> <p>Offers Level 2 and 3.</p>	<ul style="list-style-type: none"> ➤ Thursday 16 October 2025, Open Evening ➤ Tuesday 21 October 2025, Open Evening

University	Date of open event(s)
<p>University of Brighton</p>	<p>City campus</p> <ul style="list-style-type: none"> ➤ Saturday 18 October 2025 ➤ Saturday 22 November 2025 <p>Moulsecoomb campus</p> <ul style="list-style-type: none"> ➤ Saturday 11 October 2025 ➤ Saturday 15 November 2025 <p>Falmer campus</p> <ul style="list-style-type: none"> ➤ Saturday 8 November 2025 <p>In-person and virtual campus tours are available (in-person dates will be published soon).</p>
<p>University of Chichester</p>	<ul style="list-style-type: none"> ➤ Saturday 11 October 2025, 9:30am-3pm ➤ Sunday 26 October 2025, 9:30am-3pm ➤ Saturday 22 November 2025, 9:30am-3pm <p>In-person and virtual campus tours are also available and can be booked via the website.</p>
<p>University of Sussex</p>	<ul style="list-style-type: none"> ➤ Saturday 4 October 2025, 9:30am-4:30pm ➤ Saturday 1 November 2025, 9:30am-4:30pm <p>In-person, self-guided and virtual campus tours are also available and can be booked via the website.</p>

There are many other school sixth forms in East and West Sussex, you can search via:

- [West Sussex search tool](#)
- [East Sussex search tool](#)
- [What Next Sussex includes Brighton and Hove sixth forms](#)

Useful Links

Get Career Confident – careers advice and resources for young people, parents/carers and teaching staff in Sussex. Sign up to receive inspiration & information about opportunities through social media or email

<http://www.getcareerconfident.co.uk>

What Next Sussex – a directory of post-16 provision in Sussex

<https://getcareerconfident.co.uk/what-next-sussex>

National Careers Service – a government funded careers information and advice online or by telephone

<https://nationalcareers.service.gov.uk>

icould.com – Career ideas and information for your future

www.icould.com

University

UCAS – entry requirements and exploration tools for university courses

www.ucas.com

Informed Choices – advice on useful subjects for university entry (produced by the Russell Group)

www.informedchoices.ac.uk

Prospects – all about graduate careers and more

www.prospects.ac.uk

A Star Future – a guide to studying abroad

https://www.astarfuture.co.uk/countries_to_study_abroad.html

Apprenticeships

Find an apprenticeship – a search engine for live apprenticeship vacancies

www.findapprenticeship.service.gov.uk

Amazing Apprenticeships – all the key facts about apprenticeships

<https://amazingapprenticeships.com>

Volunteering

Do It – volunteer search engine

<https://doit.life/volunteer>



What's on February Half Term 2026



WEDNESDAY 18th February

LEARN 2 RIDE SESSIONS

09.00 – 09.45

10.00 – 10.45 **Fully Booked**

11.00 – 11.45

12.00 – 12.45

Cost £21.00 pp

FAMILY FUN WHIZZ

14.00 – 16.00

Cost £6.00 pp

SCAN ME TO BOOK!



SCAN ME TO BOOK!

MONDAY 16th February

BIKEABILITY LEVEL 1

10.00 – 12.00

Cost £12.00 pp

BIKEABILITY LEVEL 2 DAY 1

10.00 – 15.00

Cost £22.00 pp (for both days)

BIKEABILITY LEVEL 1 PLUS

13.00 – 15.00

Cost 18.00 pp

TUESDAY 17th February

LEARN 2 RIDE SESSIONS

09.00 – 09.45

10.00 – 10.45 **Fully Booked**

11.00 – 11.45 **Fully Booked**

Cost £21.00 pp

BIKEABILITY LEVEL 2 DAY 2

10.00 – 15.00

Cost £22.00 pp (for both days)

BIKEABILITY LEVEL 3

13.00 – 16.00

Cost £30.00 pp

THURSDAY 19th February

MTB LED GROUP RIDE

10.00 – 14.00

Cost £35.00 pp (Child)

Cost £35.00 pp (Adult)

Email: holidaycourses@eastsussex.gov.uk

Phone: 07766 422352 / 07584 262556



Eastbourne Cycle Centre

Where to find us

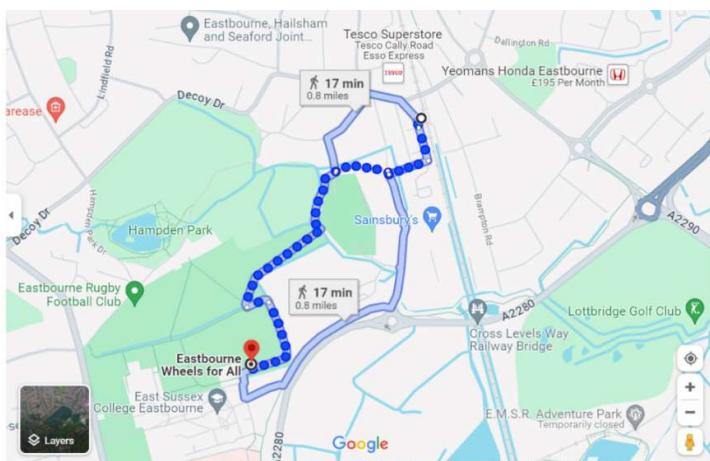
Eastbourne Sports Park
Cross Levels Way+
Eastbourne
East Sussex
BN21 2UF

What3words///
patrol.minds.fuzzy

Located next door to East Sussex Downs College.



To get to the Cycle Centre you can either come through the main gates (if open) onto the track, our centre is located to the right-hand side of the track. Or you can come into the main Sports Park reception who will be able to guide you to where we are.



The nearest train station is Hampden Park, around a 20-minute walk from station to Eastbourne Sports Park.

Geography, ecology & environmental science Saturday club - for years 10 and 11

Location: University of Brighton's Moulsecoomb campus

Dates: 31 January, 14 & 21 February, and 7 March

Time: 10am-1.30pm, with lunch included

Explore science and nature in four fun sessions. Explore how we encounter nature, investigating people-nature interactions; solve a wildlife crime using forensic science; discover where Brighton's drinking water comes from; and design your own water filter. Get hands-on and see how science connects to the world around you. [Read further details about the sessions.](#)

Application deadline is 16 January

[Geography, ecology and environmental science club poster](#)



Media holiday masterclass - for years 8 and 9

Location: University of Brighton's Moulsecoomb campus

Date: Wednesday 18 February

Time: 10am-3pm, with lunch included

Taking place on Wednesday of half term, students will experience a range of media subject tasters led by our academic staff. They'll explore sports journalism, representation in media, and media production (including a lighting, camera, and greenscreen workshop). It will be a fun, relaxed introduction to university and studying media.

Application deadline is 30 January

[Media masterclass poster](#)



Sport studies holiday masterclass - for years 7 and 8

Location: University of Brighton's Falmer campus

Date: Tuesday 31 March

Time: 10am-2.30pm, with lunch included

Discover what it's like to study sport at university.

Explore subjects including sports science, PE teaching, and strength and conditioning through a variety of different activities, seminars, and sports. Our staff and students will be supporting throughout the day.

Application deadline is 6 March

[Sports masterclass poster](#)



Formula 24 Saturday club - for years 8 and 9

Location: University of Brighton's Moulsecoomb campus.

Dates: 28 March, 11 & 25 April, 9 May, and race day TBC

Time: 10am-2pm, with lunch included

Work in teams to build, test-drive and race a Formula 24 electric racing car. Take part in a variety of engineering activities and a local race heat, sponsored by Greenpower, against teams from across the region at Goodwood Motor Circuit.

Application deadline is 6 March

[Formula 24 club poster](#)



Application form

Students should fill in the Saturday club and holiday masterclass [application form](#) with their parents/carers. Priority is given to students who meet our [widening participation criteria](#).

For our Saturday clubs we ask that students commit to attending all sessions for their chosen club and that students attending a holiday masterclass attend for the whole session.

If you have any questions, please contact us at outreach@brighton.ac.uk.

A close-up photograph of a young woman with curly brown hair, smiling broadly. She is wearing a dark blue hoodie. The background is a soft-focus outdoor scene with warm sunlight. The overall composition is dynamic, with white brushstroke lines on the left and right sides.

WHAT NEXT AT 14, 16, & 18 FOR YOUNG PEOPLE

ALL YOU NEED TO KNOW TO MAKE INFORMED
CHOICES ABOUT YOUR FUTURE

Contents

WELCOME TO YOUR FUTURE	01
The big picture	02
Who do you want to be?	03
The world of work	03
Exploring ideas for your future	04
Work experience	04
Speaking to a Careers Advisor	05
Qualification levels	05
Is it all about qualifications?	06
What about university?	06
Making good choices	06
Students with SEND	07
Top tips	07
WHAT NEXT AT 13/14 - GCSE OPTIONS	10
What are your options	11
Keeping options open and thinking ahead	11
The EBacc	11
Triple Science	11
When do you need to make decisions?	12
Questions to ask at a GCSE options evening	12
Ticklist to making an informed decision	13
WHAT NEXT AFTER YEAR 11 - POST 16 DECISIONS	14
What choices are available	15
The qualifications and pathways you can take	15
What can I study after GSCE	16
Which pathway to take	17
When do you need to make decisions	18
What Next Sussex? - A post 16 virtual fair	19
Questions to ask at a college open evening	19
Ticklist to making an informed decision	20
Finance	21
Options for students with no or few GCSEs, or who drop out	21
WHAT NEXT AFTER YEAR 13 - POST 18 DECISIONS	22
What choices are available	23
Pathways and entry requirements	24
Which pathway to take	26
When do you need to make decisions	27
Ticklist to making an informed decision	28
Questions to ask at a university/apprenticeship event	29

WELCOME TO YOUR FUTURE!

This booklet is aimed at young people aged 13 - 19. Whatever age or stage you are at we are here to help you make sense of the options open to you; to inspire and reassure and help you make informed decisions about your future.

The sections **Welcome to Your Future** and **The Big Picture** are suitable for everyone so you may want to read those first followed by the sections most relevant to you.

If you are a parent/carer or teacher we recommend you also read the accompanying booklet to this which can be found on our website.

Throughout the booklet we will refer to material on our website **www.getcareerconfident.co.uk**. If you are on social media start following our accounts now to keep up to date with opportunities, key information and advice now and in the future.

This booklet was written by Miranda Glavin, a professional careers advisor and Founder/Director of Elev8Careers based in Brighton www.elev8careers.org.uk.



 Follow us on Instagram
[@GetCCConfident](https://www.instagram.com/getccconfident)

 Follow us on TikTok
[@getcareerconfident](https://www.tiktok.com/@getcareerconfident)

Get Career Confident is funded by Sussex Learning Network through the Office for Students Uni Connect Programme and jointly run by Sussex Learning Network and Elev8Careers.



THE BIG PICTURE

Who do you want to be?

How many times have you been asked 'what do you want to be when you grow up?' Well, I have a different question for you, **'who** do you want to be?' Take a moment to close your eyes and consider:

What do I want my life to look like?
What do I want to experience in my life?
What differences do I want to make?

Some of you might immediately have answers to these questions, others might struggle a bit or a lot. However easy or hard you find it, that is fine. As you read the following pages and use the recommended resources, try and reflect on these questions.

This is important because the jobs you may well end up doing may not even exist yet. Equally, jobs that interest you now may change or even disappear! The labour market (the range and availability of jobs) may well change radically by the time you are entering employment. So it is very hard for anyone to predict their future career.

However, having goals and aspirations are very important to help give you purpose and motivation. So start to think about what is important to you and what sort of career areas might help you achieve those things.

So as you make choices for the near future have one eye on the long term and think 'is the choice I am making now contributing towards a future I think I would like?' And remember it is ok to change your mind!

The world of work

A really important part of thinking about your future is understanding what might be realistic. Some of the most popular jobs careers advisors get asked about (footballer, journalist, forensic psychologist for example) have very few positions available in the UK or they are incredibly competitive. This doesn't mean you won't succeed but it's good to explore beyond the familiar.

How much do you know about what is possible in the world of work and how things are changing?

Did you know:



The UK needs more engineers, nurses, developers, teachers, chefs



Some of the top paying jobs and sectors in the UK (many of which come under STEAM 'science, technology, engineering, arts and maths') include: jobs in technology, sales, medicine, flight engineers, business, finance, lawyers and air traffic controllers.



In Sussex the following areas are growing (which means more jobs will be available) - creative industries, digital and IT, engineering and manufacturing, environmental technology, business and financial services, healthcare and life sciences, food and horticulture industry, construction, social care, the visitor and the green economy.

Exploring ideas for your future

How many jobs can you think of right now? Most people struggle to think of more than ten but there are thousands of possibilities in the world! That means there are thousands of options for your future which is very exciting but also can feel quite overwhelming.

So what can you do? The first thing to do is to be as informed as you can be. Reading this booklet is a great first step so well done.

The next step is to do some research. On the website www.getcareerconfident.co.uk there are lots of resources to support this process. The SeeToBe videos www.getcareerconfident.co.uk/resources/see-to-be-videos introduce you to people working in all sorts of different areas who mostly have a connection to Sussex. Have a look at some of these and see if any inspire you! Choose careers unfamiliar to you as well as ones that immediately grab your attention. At the end of each video there is information about pathways and work experience to help you if you decide that job is something that interests you.

Next have a look at the How To videos (www.getcareerconfident.co.uk/resources/how-to-videos). You can filter these by year group but it's worth scrolling through all of them to see which will help you right now! A good one to start with is *How to choose the right career path*. You could also try *Top 5 Most Popular Careers & Alternatives!* and *Ethical careers to change the world*.

Have a watch of our video *Using Online Resources to Explore Careers* which looks at different online resources to help you explore ideas. You may also want to have a look at the following websites: www.careerpilot.org.uk – activities to help you explore choices and pathways.

www.icould.com – lots of videos of people in a range of jobs and shows how school subjects can connect with careers.

Try a quiz to see what career suggestions come up

(remember these will just be ideas not the only careers you can do!)



Long quiz: www.prospects.ac.uk

Short quiz: careerswales.gov.wales/buzzquiz

Short and visual quiz: www.icanbea.org.uk/app/game/interests

nationalcareers.service.gov.uk – information on nearly 1000 jobs.

Work experience

The pandemic has meant work experience options have had to adapt and as a result there are many more virtual opportunities. These are still very helpful and reflect the fact many jobs are now remote. We have lots of virtual work experience options available at getcareerconfident.co.uk/work-experience/virtual-workexperience

If you have some ideas for your future, and even if you don't have any clear ideas, one of the best things you can do is to gain some work experience. This will help you:

- Reality check whether the career you think you like is what you expect it to be. You might love it... or hate it! Either way it is good to find out.
- Develop skills and experiences which will improve your chances of getting your first job/apprenticeship/university place
- To meet people who may give you a job/support you in your early career

Whether you volunteer long term, do a week or less of work experience (see our video [Why Do Work Experience](#)) or gain a paid internship for the summer, you will discover more about the world of work and yourself than you can ever hope to do from just researching at a desk. Even if your school doesn't offer work experience you can still organise it yourself during the holidays. To find work experience:

- speak to anyone and everyone you know
- put that you're looking for experience on your social media

- identify and contact companies in your local area that interest you. You may have to try quite a few but this in itself is a helpful experience and builds confidence and resilience
- have a look at our in person work experience opportunities at <https://www.getcareerconfident.co.uk/work-experience/workexperience>.
- try volunteering websites such as www.do-it.org. Most towns and cities also have local volunteering opportunities, for example in Brighton and Hove there's www.communitybase.org/volunteering

Speaking to a Careers Advisor

Most schools give students the opportunity to meet with a careers advisor, especially when you have decisions to make at ages 14, 16 and 18. If you are unsure or nervous about a careers interview, have a watch of our video *What to expect in a careers interview*. Speaking to a professional careers advisor can help you make sense of your options and plan for a future that is right for you. You can start with a few questions to one of our careers advisors using our live chat function from www.getcareerconfident.co.uk.

Qualification levels

A really important part of understanding what choices are available to you is being familiar with qualification levels. Not knowing what level of qualification you are studying can really impact on your future!

One way of thinking about qualifications is like levelling up on a computer game. To progress to the next part of the game you have to complete certain tasks which demonstrate you can cope with the harder challenges ahead.

If a game started out with all the hardest enemies coming at you at once you wouldn't have a chance because you're not yet familiar with how to play the game. Study is the same! Level 2 introduces you to what to expect in a subject, Level 3 gives you a more in depth understanding and Level 4 and above starts to make you an expert. When you are considering your next steps, think about what level of study or training interests you and check what kind of levels you might need for any aspirations you have.

QUALIFICATIONS BY LEVEL

QUALIFICATION/ LEVEL	SUMMARY OF LEARNING	EXAMPLES OF QUALIFICATION
ENTRY LEVEL	Basic knowledge and skills	Entry Level 1, 2 and 3 in subjects such as Life skills.
LEVEL 1	Basic knowledge and skills and ability to demonstrate applying the knowledge gained.	GCSE grades 1 - 3, ASDAN Level 1 Certificate, NVQ Level 1
LEVEL 2	More detailed knowledge gained in specific subject and ability to demonstrate knowledge in a range of tasks	GCSE grades 4 - 9, NVQ Level 2, BTEC Firsts
LEVEL 3	Deeper and higher level understanding and demonstration of skills, knowledge and application of knowledge. Can lead to university, further education and apprenticeships.	A Levels and AS Levels, Foundation Diploma in Art and Design, BTEC Subsidiary Diploma, BTEC Diploma, BTEC Extended Diploma, NVQ Level 3, Music grades 6, 7 and 8 in an instrument, T Levels
LEVELS 4-8	Very high level of learning specialising in one subject or vocational area.	Level 4 - 5 = Higher Level Apprenticeships, NVQ Level 6 = Bachelor Degree (3 year university degree) Level 7 = Masters Degree Level 8 = Doctorate

Did you know?

People with a degree earn
£100,000 more over their lifetime
than those without

Is it all about qualifications?

The short answer is no! The long answer is sometimes! What we know is:

The more qualifications you gain, the more you can earn and the more options you have.

Some jobs require specific qualifications. For example GCSEs in Maths and English are usually a basic requirement for most jobs.

However, there are many people out there who did not get the grades they needed either first time round or at all, who have gone on to have fulfilling lives doing what they want!

But they are often skilled in other areas. What you lack in qualifications you may need to make up for in other things such as having excellent SOFT SKILLS (you might also hear them being called employability or enterprise skills). You might have talked about these in school or college and you can find out more about them in our video '[what are career skills?](#)'.

Some examples include:

- Communication
- Resilience
- Initiative
- Critical thinking
- Leadership
- Confidence
- Team-work
- Creativity

Whether you do well in your studies or not, developing these skills is hugely important. So as with everything in life - work hard and try your best!

What about university?

If you think university is something you might want to do then it is very important to have that in mind when choosing GCSEs and making post 16 choices. www.informedchoices.ac.uk is written by 24 leading UK universities and is a useful website to look at. It's also worth looking at www.ucas.com if you have a particular career or degree in mind as you can check what GCSEs, A Levels and other Level 3 qualifications may be required by different universities for specific degrees.

When you are making choices about what to do next think about whether you can say yes to the following questions:

- 1. Do I like it?**
- 2. Am I good at it (or have potential to be)**
- 3. Is it useful for my future?**

If you can answer yes to at least two of these questions put it on the short list! When deciding on a subject to study do remember to check the modules of the course (for example history at A Level at college may be very different to a university's course).

Making good choices

Lots of young people and their parents or guardians have concerns about choosing the 'right' course or path, especially at degree level. Firstly, be reassured that many employers don't mind what degree a young person has, just that they have one.

But if you do have career goals in mind it's really important that you do sufficient research to make sure you future proof your choices. It's also a good idea to consider a wide range of possible careers.

For example, you may think you want to be an actor (hugely competitive and only a few people make a career of it) but there are hundreds of unseen jobs within the film, tv and theatre industry, some of which may be even more perfect for you!

Or maybe you're interested in health care but are put off by the high entry requirements for medicine. However, there are hundreds of jobs in the NHS with varying qualification requirements, many of which ideally require specific degrees (see <https://www.healthcareers.nhs.uk>).

Top tips

Below are some concerns and questions we hear regularly from young people and our answers. Remember if you have a specific question you want answered use our chat function on www.getcareerconfident.co.uk.

How can I revise effectively?

Everyone learns differently so the most important thing is to try out different revision techniques and see which ones work best with the way you learn and your brain retains information. Have a look at these tips from the University of Sussex (www.sussex.ac.uk/skillshub/?id=296).

Students with Special Educational Needs and Disabilities (SEND)

If you have a special educational need or disability you may have an Education Health and Care Plan (EHCP) which lasts till you are 25 and can mean you are able to stay in further education for free till this age. You do not have to have an EHCP to receive additional support from your school, college or university and it is always worth speaking to your provider about your individual needs. There is further information on SEND and EHCP and the options with study and training at www.gov.uk/children-with-special-educational-needs/special-educational-needs-support and watch our [SEND video here](#).



How can I stop leaving everything to the last minute?

The psychology behind why people procrastinate (keep postponing things they need to do) and leave things to the last minute (when the risk of failing builds adrenaline which forces you to act) is worth a read! (www.exploringyourmind.com/leave-everything-last-minute-adrenaline-rush)

But more importantly how can you stop this behaviour?

1. Break down the task at hand in to smaller tasks so you aren't overwhelmed
2. Don't wait to 'feel' motivated. Starting something will help with motivation.
3. Reward yourself for early completion.



I'm feeling really unmotivated

Are your teachers/parents/carers telling you to work harder, try more, finish that assignment etc but...you just can't be bothered?! Maybe this one piece of work feels insignificant in the grand scheme of things but add up those pieces of work and not doing them may make a huge difference to the opportunities you have in your life. So whatever you are doing (or currently not doing!) try and make it fun, achievable and connect it with a bigger purpose that is important to you. And if you really don't want to do it give yourself a reward for completion. Afterwards enjoy the feeling of self respect and accomplishment from trying your best (and always remember failure is not a bad thing; it's an important part of learning!!)

I can't decide what I want!

Have you got enough information? It is very hard to make decisions with little information. Use the videos and other resources in this booklet to help you think through your ideas. And remember that any decision you make is not for the rest of your life! While it is a good idea to anticipate where a course of study may lead, it is also ok to decide to do something because you enjoy it best at that moment in time.

I'm worried I won't do well enough

GCSE and A Level results days can be very stressful. Years of expectations and hopes all culminating in one piece of paper is a huge amount of pressure and sometimes the results are not as expected. While good grades do help you to progress more easily, academic results are not the be all and end all. If you fail, you can retake (true for English and maths GCSE and most A Levels and BTECs and degrees). There are always alternative routes to achieve a goal and with some creative thinking it is always possible to move forward even if it is not the route originally planned.

I want to be a professional footballer/influencer/actor

Careers advisors hear from many young people that want to be 'professional sports people', 'Youtube stars', or 'a forensic scientist' (the TV show CSI has a lot to answer for!) While these and other niche or specialist careers are of course possible, they all require a combination of talent, luck and perseverance. Strong aspirations are fantastic but don't put all your eggs in one basket and look beyond the stand out careers to the other options behind the most visible and obvious jobs.

My parents/carers have different aspirations for me

Many adults question some of the choices young people make including the ones regarding future plans and in many cases this might be justified! However, if you are finding your family has very different ideas for your future try and speak to an impartial source such as a careers adviser or trusted teacher together to make sure you are making informed decisions that are right for you.

I can't decide whether to apply to university this year

If university is on your horizon but you are considering a gap year it is worth making an application while still at college and you have the support of a careers advisor and tutors. You can then ask to defer (where they hold your place for you) for the following year and then you have it waiting for you rather than having to make an application by yourself. Some degrees (such as midwifery and performing arts schools) can take a number of tries so it's worth applying sooner rather than later.

I'm worried about the cost of university

For many people the idea of finishing university with debts of £50,000 or more is a worrying prospect. But it is really important to remember that you only repay what you can afford (this amount changes every year and you can check at www.gov.uk/repaying-your-student-loan/when-you-start-repaying). In the worst case scenario if despite obtaining a degree, you only earn a low salary then you may never have to pay back any money borrowed. Basically this means that you will only be 'charged' for your degree if it has contributed positively to your future earnings.

I'm worried about trying something new

It's much easier to choose courses or careers which are familiar or seem easy. But this way of thinking can limit your options or mean you miss out on opportunities to fulfill your potential. Have a look at our SeeToBe videos (www.getcareerconfident.co.uk/resources) and expand your horizons by asking people you meet questions about their jobs. From your doctor, to the broadband engineer, to the local cafe owner. They will all have stories to tell and will help you develop a broader understanding of different pathways and confidence that there are many options open to you.

I'm feeling really stressed about school/college/work/life!

A lack of confidence, depression and/or negative thinking can make decision making an even more difficult process. The most important thing is to make sure your wellbeing is addressed and that may mean postponing decisions till you are in a better position or mood. Try to limit any feelings of being overwhelmed by breaking decisions into small achievable goals e.g look at one college prospectus today. The website www.youngminds.org.uk has some really useful resources. And remember when it comes to work, good enough is good enough!

I can't decide what I want!

How can I stop leaving everything to the last minute?!



WHAT NEXT AT 13/14 GCSE OPTIONS

GCSE is the first time you will be able to make a choice about what you want to study! This is an exciting opportunity but it can sometimes be difficult to make decisions. Before you read on, watch the Year 8 and 9 GCSE Choices video on the Get Career Confident website (www.getcareerconfident.co.uk/resources/how-to-videos) to get an overview of what you need to be considering.

What are your options

Students normally pick their GCSE options in either Year 8 or 9. Most students will be required to study core subjects including Maths, English and Science. You can then pick additional subjects from a list which varies depending on your school. Some subjects you will have already studied and some might be new to you. Make sure you look at them all, as you never know what might suit you. Most courses will be called GCSEs but some will also offer BTECs. BTECs are generally more coursework than exam based which may suit you. However, this potentially can have implications on later subject choice. For example doing a science BTEC would make it very difficult to go on to take a science subject at A Level.

Keeping options open and thinking ahead

To move from Level 2 study (which is GCSE) on to Level 3, you generally need to have passed at least 5 GCSEs including Maths and English Language at grade 4 or more. There are also certain subjects that if not studied at GCSE can be tricky to come back to at a later date. These include languages, art, and music. Furthermore if you want to study some subjects beyond A Level you will need to achieve certain grades at GCSE. The following gives an idea of subjects you need to prioritise either taking at GCSE or doing well in.

EBacc and Triple Science: Things to consider



The EBacc

As well as maths, English and science, your school may encourage you to study a humanity and language subject. If you study these core subjects and gain grade 5 and above then you have completed what's known as the EBacc. Some schools have a policy that requires students to take the EBacc but if you don't think that the EBacc qualifications are right for you (perhaps you have ability and strong interest not in EBacc subjects), arrange to speak to a Senior Leader in your school early in the options process. In terms of your future options, currently only one university, 'University College London', requires a language to be studied at GCSE level for any of their courses. Even then, they do not discriminate against those that have not studied and instead you can take a language course once you attend.

Watch our video [GCSE choices - The English Baccalaureate \(EBacc\)](#) for more information.

Triple Science

Careers advisors often hear 'is triple science at GCSE really hard?' Think of it this way: different people find different subjects hard. It's the same as saying is art hard, or is Spanish hard. If you enjoy a subject and have some ability in it then go for it! Triple science is a great introduction to the separate sciences you could take at A Level so if you are interested, are willing to study and have the opportunity then take it!

WHICH SUBJECTS SHOULD I STUDY AT GCSE?



I want to study A Levels

You'll usually need 6 or more GCSEs including English and Maths at Grade 4 and above (some colleges require 5 GCSEs at grade 5 and above)



I want to study Psychology A Level

May require a 6 in GCSE Maths



I want to study Music A Level

Usually requires a 6 in GCSE Music plus grade 5 or more in an instrument



I want to study Biology, Chemistry, Physics or Maths at A Level

Usually requires a 6 in GCSE Combined Science or a 6 in a single science subject, plus 6 in one other science, plus a 6 in Maths



I want to study Art A Level

Usually requires a 5 in GCSE Art



I want to study a language at A Level

Usually requires a 6 in the language at GCSE

There are entry requirements for other subjects too. You can look at the colleges near you at www.getcareerconfident.co.uk/what-next-sussex/what-next-sussex-directory to see what kind of requirements they have. Remember these are provided to help you, because if you struggle to achieve these grades at GCSE it is unlikely you could cope with the demands of the subjects at a higher level. Other than grades, colleges (and universities and employers) are also interested in what a young person is like as a student so they do take behaviour and attendance into account. So keep in mind your performance at school can impact your future options

When do you need to make decisions?

Beginning of Spring Term Year 8 or 9: Most schools will introduce GCSE options. Usually you will have talks by teachers on the different subjects, an options evening that parents/carers and students can attend, a one to one with your form teacher and sometimes a careers interview.

End of Spring Term: You will normally have picked your subjects by now to start them the following September.

While some schools will allow you to change your mind most schools will need you to stick with your choices once they have completed the timetable so choose wisely!

Questions to ask at a GCSE options evening

- How many subjects can I take?
- What does the course cover?
- Is the course different to what I have studied so far?
- What is the percentage of coursework vs exam?
- Is this subject necessary for any specific A Levels or university degrees?
- What are the results like for this subject?

Ticklist to making an informed decision

Before you make your final choices have a look at the below. Can you tick yes to all at least most of the questions? If yes then great you are nearly ready! Just to ensure you are making an informed choice, have a watch of [GCSE Options - Good and Bad](#).

If you still have doubts, then do contact Get Career Confident via chat at www.getcareerconfident.co.uk.

	Yes	No
Have you read the options booklet?	<input type="radio"/>	<input type="radio"/>
Have you attended an options evening?	<input type="radio"/>	<input type="radio"/>
Have you listened to talks on all the subjects (including any new ones)?	<input type="radio"/>	<input type="radio"/>
Have you done some research into any career ideas you might have? Are there specific subjects you need to take at GCSE?	<input type="radio"/>	<input type="radio"/>
Have you spoken to:		
Your Teachers	<input type="radio"/>	<input type="radio"/>
Your Parents/Carers	<input type="radio"/>	<input type="radio"/>
Your Careers Advisor	<input type="radio"/>	<input type="radio"/>
Current students studying subjects you're considering	<input type="radio"/>	<input type="radio"/>



WHAT NEXT AFTER YEAR 11 POST 16 DECISIONS

Towards the end of Year 10 your school will start to talk to you about making decisions for what to do after Year 11. You might hear this being called Post 16 decisions (post means after).

Many colleges have deadlines to apply in the autumn term of Year 11 so it's really important you have thought carefully about what you want to do and made decisions and applications that you are happy about.

Have a read of our [Year 10 - 11 preparing for your next steps after Year 11](#) detailed lessons and look at the recommended videos and resources below to find out more about the different options.

You can also read more on our [Results Day Handout](#).

Recommended Videos

(at www.getcareerconfident.co.uk/resources/how-to-videos)

- ▶ [Choosing what to do after Year 11 - An overview](#)
- ▶ [Vocational vs Academic Pathways after Year 11](#)
- ▶ [Where can I study After Year 11](#)
- ▶ [What can I study after Year 11](#)
- ▶ [Making Your Final Decision for after Year 11](#)
- ▶ [Introduction to T Levels](#)

It's also worth having a look at the apprenticeship videos below to get an idea whether you want to try and apply to apprenticeships too. Have a look at [www.gov.uk/apply-apprenticeship](#) and [www.apprenticeships-in-sussex.com](#) to get an idea of what is available.

Apprenticeship Videos

(at www.getcareerconfident.co.uk/resources/apprenticeships-videos)

- ▶ [Introduction to Apprenticeships](#)
- ▶ [How to choose an Apprenticeship](#)
- ▶ [How to find an Apprenticeship](#)
- ▶ [Making an apprenticeship application, examples!](#)

What choices are available?

Depending on where you live and how far you are willing to travel you have a number of options. If you have watched the videos you will know you can study in:

- Further Education Colleges (FECs)
- 6th Form Colleges
- School 6th Form Colleges
- Specialist Colleges (that focus on a particular subject)
- Small providers that offer vocational training and personal development course
- Apprenticeship training providers

Get Career Confident has an [online directory](#) where you can explore all the providers in Sussex by the qualifications they offer and the type of provider and see where they are on a map!

Deciding which type of learning environment is right for you depends on what you want to study and what kind of institute appeals to you! For example, if you want to study popular A Levels subjects you will likely be able to do that at most FECs, 6th form colleges and school 6th forms near to you.

If you want to do a specific apprenticeship or study a more unusual course you may only have one choice of place to train or study.

The qualifications and pathways you can take

To move from Level 2 study (which is GCSE) on to Level 3 you generally need to have passed at least 5 GCSEs including Maths and English Language at grade 4 or more. Have a look at the below to get a sense of the options open to you. Make sure you check specific college entry requirements as they may differ from the suggestions below. You can look at the colleges

near you on our website to see what kind of requirements they have.

Remember these grade requirements are provided to help you, because if you struggle to achieve these grades at GCSE it is unlikely you could cope with the demands of the subjects at a higher level.

Other than grades, colleges (and universities and employers) are also interested in what a young person is like as a student so they do take behaviour and attendance into account. So keep in mind your performance at school can impact your future options

WHAT CAN I STUDY AFTER GCSES?

I want to study A Levels

6 or more GCSEs including English Language and Maths at Grade 4 and above (some colleges require 5 GCSEs at grade 5 and above) to study 3 A Levels.

If you want to study 4 A Levels you will need at least 7 GCSEs at grade 6 and above, if not more.

I want to study BTECs (at Level 3)

5 GCSEs at grade 4 and above including English.

I want to study the International Baccalaureate (IB)

7 GCSEs at grade 6 and above including English, Maths and Science.

I want to study T Levels

5 GCSEs grade 4 or more including English and maths

I want to study a vocational course

It depends on the level. For Level 3 you will normally need 4 GCSEs grade 3 and above. Entry level, Level 1 and 2 may need fewer GCSEs or possibly none.

I want to do a traineeship or apprenticeship

There are no entry requirements for traineeships. Entry requirements for apprenticeships vary but many will prefer English and Maths grade 4 and above. You might find the apprenticeship you take is Level 2 (the same level as GCSE) if it is a new subject for you. Or it might be Level 3 so may want you to have more qualifications.

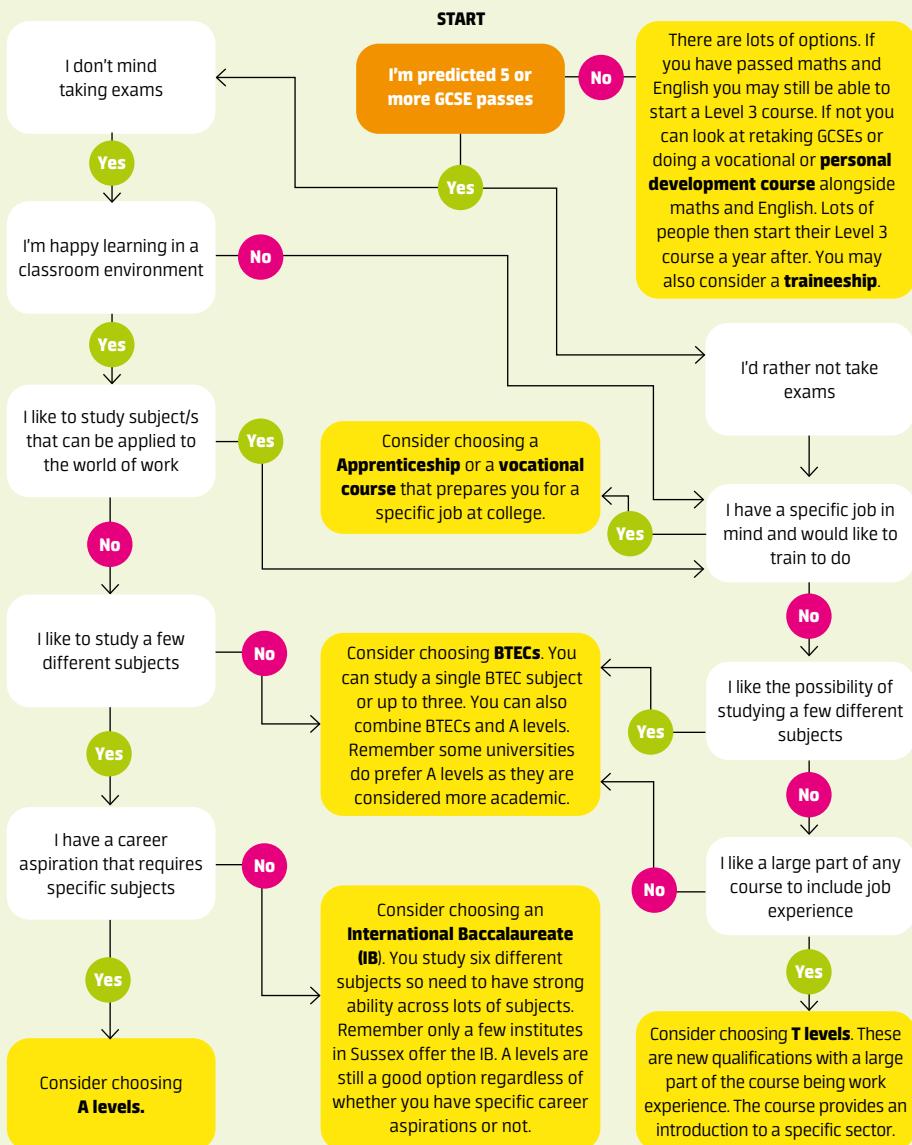
Remember you must apply for a college place as well as you are not guaranteed an apprenticeship.

I want to do a personal development course

Many personal development courses including Entry Level and Level 1 courses often won't have any specific academic entry requirements.

Which pathway to take?

Deciding what and where to study is a big decision. You might already have a clear idea about what you want to do next or you might still be wondering which is best for you. Use our pathway finder to see what might be the best next step based on your answers



When do you need to make decisions?



Summer term Year 10 – early autumn term Year 11

Most schools will start talking about next steps after Year 11 through assemblies, talks and offering an appointment with a careers advisor. You will also have the chance to attend college taster days.



September – November Year 11

Colleges and other providers will have their open evenings.



December Year 11

Some colleges have a hard deadline usually early in December so make sure you don't miss handing in your application! Apply to at least two colleges.



January – March Year 11

College interviews conducted, make sure you watch our [Preparing for Your College Interview](#) video.



Spring/summer term Year 11

Accept your college place (the college will provide a deadline to accept your place)

You can start to apply to apprenticeship vacancies which you can start once you finish year 11.

What Next Sussex? - A post 16 virtual fair

Every autumn Get Career Confident hosts a huge virtual fair for all young people during the day and again in the evening. Colleges, apprenticeship providers, employers, universities and others will be there to answer your questions live and you can find out all about how to make the best decision for your future.

Visit our website www.getcareerconfident.co.uk/what-next-sussex to register your interest for the event, for lots of useful videos on choosing next steps after year 11 and to search all the different providers available across Sussex.



A virtual event showcasing routes and pathways after Year 11



Questions to ask at a College open evening

- What are the entry requirements for this course?
- What is the difference between the BTEC course of this subject and the A Level version?
- If the subject is a BTEC is it equivalent to 1, 2 or 3 A Levels?
- Do you offer T Levels?
- What is the percentage of coursework vs exam?
- What does the course cover?
- How many courses can I take?
- What level is the course - 1, 2 or 3?
- What can this course lead to? e.g. work/ university/apprenticeships
- What extra-curricular activities do you offer?
- What are the results like for this subject?
- When will the interview be?
- What SEND support do you provide?

Ticklist to making an informed decision

Before you make your final decision about where and what to study or train have a look at the below. Can you tick yes to all or at least most of the questions? If yes then great you are ready! If you are still feeling unsure then contact Get Career Confident via chat at www.getcareerconfident.co.uk.

	Yes	No
Have you watched the recommended videos and considered the different options of where and what you can study and/or apprenticeship routes?	<input type="radio"/>	<input type="radio"/>
Have you read at least three prospectuses/ looked at three different providers online?	<input type="radio"/>	<input type="radio"/>
Have you attended an open evening in person or virtually?	<input type="radio"/>	<input type="radio"/>
Have you done some research into any career ideas you might have? Are there specific subjects you need to take at A Level for example?	<input type="radio"/>	<input type="radio"/>
Have you attended our event What Next Sussex (see page 19)	<input type="radio"/>	<input type="radio"/>
Have you spoken to:		
Your Teachers	<input type="radio"/>	<input type="radio"/>
Your Parents/Carers	<input type="radio"/>	<input type="radio"/>
Your Careers Advisor	<input type="radio"/>	<input type="radio"/>
Current students studying subjects you're considering	<input type="radio"/>	<input type="radio"/>

Finance

There are no course fees for young people aged 16-19 carrying on to full-time further education or training. There are also funds available for travel, accommodation, even food depending on your circumstances. Have a look at www.ucas.com/further-education/post-16-finance-and-support/funding. Child Benefit continues, if eligible, while you are in full-time further education until you have completed your course.

Parents/carers will receive a letter while you are in Year 11 asking to confirm plans. Child Benefit payment does not continue if you start an apprenticeship but the salary provided by the employer will be much more than any benefits previously received. Further information here www.gov.uk/child-benefit-16-19.

Options for students with no or few GCSEs, or who drop out

There are various options if you think you might not get many or any GCSEs. There are short personal development courses available such as The Princes Trust. These courses offer training in specific areas, skill building and English and Maths GCSE or functional skills. Most large Further Education Colleges and some small providers offer these courses. The following organisations can direct you and help if you don't have a course to attend.

In **Brighton** the Youth Employability Service create a monthly guide to local opportunities which is posted here www.facebook.com/yesbrightonhove

In **East Sussex** visit
www.facebook.com/YSEastSussex

In **West Sussex** visit
www.yourspacewestsussex.co.uk





WHAT NEXT AFTER YEAR 13 POST 18 DECISIONS

Towards the end of Year 12 your college will start to talk to you about making decisions for what to do after Year 13. You might hear this being called Post 18 decisions (post means after).

There's a number of different pathways available to you so it's really important you consider each carefully and think about where each may lead. Remember you can study for free between the ages of 16 and 19 (that's a possible 3 years at college).

First watch the following videos to get an introduction to the different things you need to be considering:

- ▶ [Planning Your Next Steps After College](#)
- ▶ [How to Choose The Right Career Path](#)

These videos are available at
[www.getcareerconfident.co.uk/resources/
how-to-videos](http://www.getcareerconfident.co.uk/resources/how-to-videos)

What choices are available?

Depending on where you live and how far you are willing to travel you have a number of options. Which is right for you depends on what direction you want to take. For example, certain careers require specific subjects to be studied beyond college, whereas others need particular training.

If you are still not sure what career or higher education course interests you then you might want to work or travel, or gain some work experience to explore ideas and possibilities. Whatever you decide, the important thing is to engage with the decision making process because if you don't, you might find yourself drifting with no plans or purpose. This can feel very uncomfortable and the longer you spend not in education, employment or training the harder it is to start again.

Have a read of our [Preparing for Next Steps After College](#) handout and look at the recommended videos and resources below to find out more about the different options.

You can also read more on our [Results Day Handout](#) ([www.getcareerconfident.co.uk/
downloads/downloads-year-13-14](http://www.getcareerconfident.co.uk/downloads/downloads-year-13-14)).

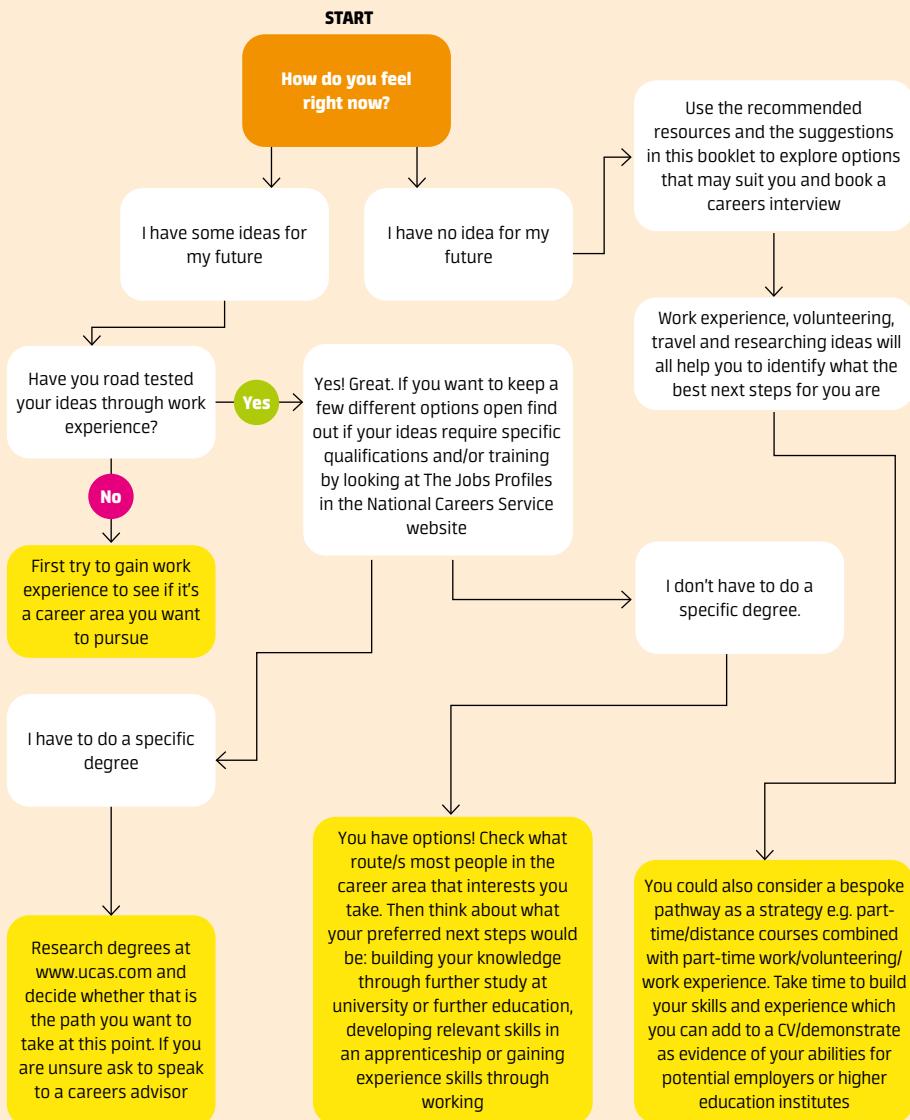
Pathways and entry requirements

Pathway	Resources	Requirements
I want to study at university	<p>Videos on getcareerconfident.co.uk</p> <ul style="list-style-type: none"> ▪ Researching University - tips to help you decide if uni is for you ▪ Can I Afford To Go To University ▪ How to Choose What to Study at University ▪ How to Choose a University ▪ University Virtual Fairs ▪ Degree Apprenticeships What Are They ▪ How to Register for UCAS ▪ How to Make a UCAS Application ▪ UCAS Application Common Errors ▪ Writing Your University Personal Statement ▪ www.ucas.com ▪ www.informedchoices.ac.uk ▪ www.discoveruni.gov.uk/is-uni-for-me/ ▪ www.opendays.com 	Most universities will expect you to have GCSEs in English and Maths (some will accept Functional Skills) and some will want more GCSEs and specific grades. In addition you'll need to have studied 3 A Levels (or the equivalent e.g. BTECs or the IB). Some will just look at UCAS Tariff points (each grade you receive is equal to points - find out more here) so you can sometimes get onto a course with only two A Levels. However, other courses will want specific grades in specific subjects. Have a look at www.ucas.com for specific university course entry requirements.
I want to do an apprenticeship	<p>Videos on getcareerconfident.co.uk</p> <ul style="list-style-type: none"> ▪ Introduction to Apprenticeships ▪ How to choose an Apprenticeship ▪ How to find an Apprenticeship ▪ Making an apprenticeship application, examples! ▪ Degree Apprenticeships What Are They ▪ www.gov.uk/apply-apprenticeship ▪ www.apprenticeships-in-sussex.com 	Entry requirements will depend on the apprenticeship level. Most will want GCSEs in English and Maths (although some will help you gain them). Others will want a number of GCSEs and A Levels. You might find the apprenticeship you take is Level 3 or even Level 2 (the same level as GCSE) if it is a new subject for you. Think carefully about what you will get from the apprenticeship. You may have to start at a lower level than what you have already studied especially for students with weaker level 3 qualifications and no experience. However, if it is a foot in the door with a good or interesting company it may well be worth it! Degree Apprenticeships normally have similar entry requirements to university courses.
I want to work	<p>Videos on getcareerconfident.co.uk</p> <ul style="list-style-type: none"> ▪ Job hunting for full-time work ▪ Job hunting for part-time work ▪ Job Hunting - What not to do ▪ The hidden job market ▪ Accessing the hidden job market ▪ Writing a CV that will get you a job! ▪ Tailoring your CV and covering letter for a full time job ▪ Tailoring your CV and covering letter for a part time job ▪ Self Employment 	Entry requirements for jobs vary hugely. Some hospitality and care work for example ask for very little qualifications or experience, whereas some jobs will want very high levels of qualifications, training and experience. If you are hoping to go straight into work from school adjust your expectations of what you can apply for and start looking while you are still studying. This is even more important now while the economy recovers from the pandemic as there will be fewer jobs available.

Pathway	Resources	Requirements
I want to study in Further Education	<p>If you are considering a third year at college or changing courses tune in to What's Next Sussex - A Post 16 Virtual Fair. Every autumn Get Career Confident host a virtual fair for all young people in Sussex during the day and again in the evening for their parents and carers too. Colleges, apprenticeship providers, employers, universities and others will be there to answer your questions live and you can find out all about how to make the best decision for your future. Visit our website www.getcareerconfident.co.uk/what-next-sussex for more information and information about pathways. The information will also be available after the live event.</p>	<p>You may want to study further at college or another provider for a number of reasons:</p> <ol style="list-style-type: none"> 1. Retakes - if you have not gained the grades you hoped for then first speak to your current college as they may be able to offer you retakes. If not you can try other local colleges. 2. Change of Path - if you decide you want to study a different subject at A Level or move onto a vocational subject at a different college you have 3 years of free education between 16 and 19 so you may be able to do another year or so for free. 3. Access Course - between ages 19 and 23 if you have finished and not gained the equivalent of 2 A Level passes you can do a year-long access course for free which will provide entry to university. 4. Personal Development - perhaps you have left college early, have a business idea you want to explore or need extra help getting your first job. There are lots of courses that can help you. 5. Art Foundation - if you took all arts subjects at college (e.g. the BTEC Extended Diploma in Art and Design, or Art, Photography and a Design or Digital Media subject at A Level or BTEC) you may be able to apply straight to an arts course at university. If not (and they may still want you to, even if you have studied arts based courses at college) then a foundation year in art is often required. If you are 19 or under when the course starts this is a free, one year course offered at further education colleges (including Sussex based ones) and art colleges. The art foundation course develops students' skills in art and helps you to identify which area to specialise in your university degree.
I want to travel	<ul style="list-style-type: none"> Have a read of the options at www.independentgapadvice.org for ideas. www.concordiavolunteers.org.uk 	<p>There are plenty of options for holidays and working holidays as well as volunteering both in the UK and beyond. This can be a great way to develop your skills, broaden your outlook and help you make informed decisions about your future</p>
I want to volunteer or get work experience	<ul style="list-style-type: none"> www.getcareerconfident.co.uk/work-experience/workexperience www.getcareerconfident.co.uk/work-experience/virtual-workexperience www.volunteer.bhcommunityworks.org.uk Sites such as www.concordiavolunteers.org.uk are a good place to look as well as www.independentgapadvice.org 	<p>As with travel opportunities, volunteering and work experience opportunities (including internships) both in the UK and abroad are hugely beneficial to your future so try and access opportunities either in person or virtual.</p>
I want to start my own business	<ul style="list-style-type: none"> Watch How to Be An Entrepreneur www.princes-trust.org.uk/how-we-can-help/support-starting-business 	<p>If you have a business idea or like the idea of working for yourself then use the resources to explore what steps you need to take. You may find working for someone else first, especially a small business, will help develop the necessary skills.</p>

Which pathway to take?

Deciding what and where to study is a big decision. You might already have a clear idea about what you want to do next or you might still be wondering which is best for you. Use our pathway finder to see what might be the best next step based on your answers.



When do you need to make decisions?



Summer term Year 12 – Autumn term Year 13

Most colleges will start talking about next steps after Year 13 through assemblies, talks and offering an appointment with a careers advisor. You can attend university open days, either virtually or in person, and some universities offer summer schools. You will need to write your personal statement and complete your UCAS application during this period.



October 16th

Deadline for Oxford and Cambridge Universities (Oxbridge) and medicine, veterinary science and dentistry degrees. If you are considering Oxbridge [watch our video Oxbridge Applications - Top Tips!](#)



Sept - November Year 13

Colleges will have their own internal deadline for university applications.



January 31st

UCAS deadline for applying to universities. Some degree apprenticeships and training programmes also have a similar deadline. After January 31st you can still apply to university but universities can't guarantee they will consider your application. If you apply after June 30th you will enter Clearing. If you got your application in before Jan 31st but have not had any offers from your choices you can apply through UCAS Extra



Spring term Year 13

University interviews conducted (some may be later or earlier). Make sure you prepare in advance and have a look at these tips.



Spring/summer term Year 13

Accept your university place and apply for funding and accommodation.

Look for jobs and most apprenticeship opportunities.

Ticklist to making an informed decision

Before you make your final decision about where and what to study, train or work, have a look at the below. Can you tick yes to all or at least most of the questions? If yes then great you are ready! If you are still feeling unsure then contact Get Career Confident via chat at www.getcareerconfident.co.uk.

	Yes	No
Have you watched the recommended videos and considered the different options for your future?	<input type="radio"/>	<input type="radio"/>
Have you attended an open evening in person or virtually for any study or training routes that interest you?	<input type="radio"/>	<input type="radio"/>
If you want to go straight into work, have you started to explore what jobs are available and made some applications?	<input type="radio"/>	<input type="radio"/>
Have you done some research into any career ideas you might have? Do you have enough information to know that the choices you are making will keep open options that interest you?	<input type="radio"/>	<input type="radio"/>
Have you spoken to:		
Your Teachers	<input type="radio"/>	<input type="radio"/>
Your Parents/Carers	<input type="radio"/>	<input type="radio"/>
Your Careers Advisor	<input type="radio"/>	<input type="radio"/>
Current students studying subjects you're considering	<input type="radio"/>	<input type="radio"/>

Questions to ask at a university/ apprenticeship event

- **What are the entry requirements for this course?**
- **What does the course cover?**
- **How is the subject taught?**
- **How many teaching hours are there?**
- **What can this course lead to? e.g. work/ further higher education courses?**
- **What clubs or societies are there?**
- **What are the results like for this subject?**
- **Will there be an interview?**
- **Is there any extra funding available?**
- **What is the university or training provider's reputation?**
- **How much is the cost of living where the university/apprenticeship is?**
- **Can you give me examples of what your previous students have gone on to do?**
- **What support is there for special educational needs and disabilities?**





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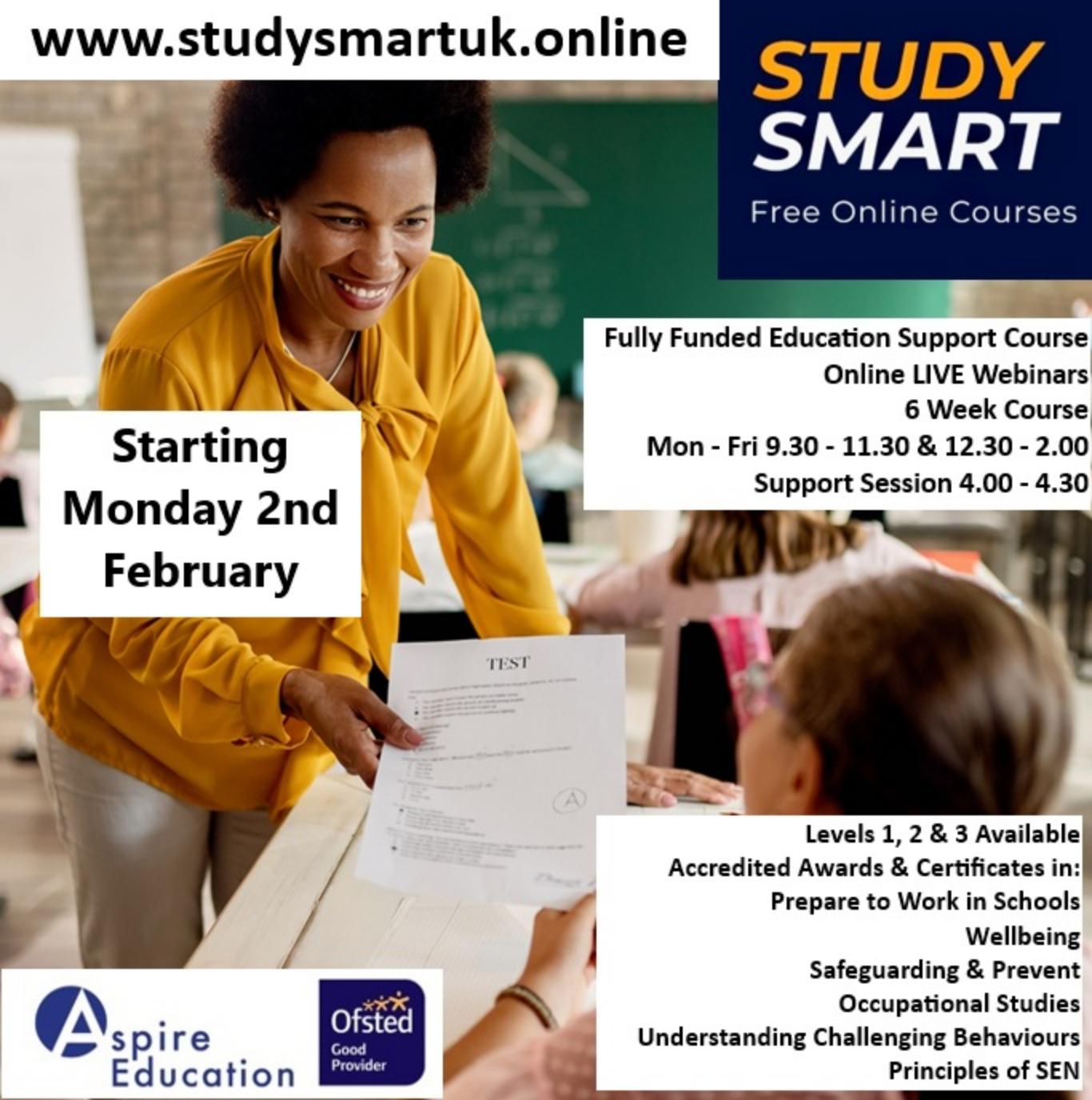
Get Career Confident is funded by Sussex Learning Network through the OFS's Uni Connect programme and jointly run by Sussex Learning Network and Elev8Careers.



www.studysmartuk.online

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A photograph of a smiling teacher with dark curly hair, wearing a yellow blazer, holding a test paper with a grade 'A' on it. She is leaning over a desk in a classroom setting.

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