

Post-16 choices

So what can I do after Year 11?

There are lots of courses and training opportunities to choose from so there's bound to be something out there to suit you. You can choose to do:

QUALIFICATION	DESCRIPTION	LENGTH OF TIME	ASSESSMENT	LEVEL OF STUDY	AWARDS UCAS POINTS?	ENTRY REQUIREMENTS	WORK EXPERIENCE	WHAT DOES IT LEAD TO?
APPRENTICESHIPS <small>www.apprenticeships.gov.uk</small>	A real job with training and a salary.	1 Year minimum	Apprenticeship dependent (inc. demonstrations, presentations and/or exams)	2/3 With the possibility to progress to higher apprenticeships up to level 7	No	- Employer dependent - Age 16+ - Evidence of interest and ability to complete	Yes (paid job, with at least 20% off the job training)	- Higher level or degree apprenticeship - University/College - Work
A LEVELS	An academic qualification, similar in style to GCSEs, that prepares you for further study.	2 Years	Mostly exams at the end of the course	3	Yes	For individual schools and colleges to decide (commonly 5 GCSEs at grades 4 and above)	No	- Apprenticeship - University/College - Work
T LEVELS <small>www.tlevels.gov.uk</small>	A technical study programme, equivalent to 3 A levels, with an industry placement that makes up 20% of the course. T Levels are designed to give you the skills that employers need.	2 Years	Exams, projects and practical assignments	3	Yes	Set by each school/college	Yes (80% classroom, 20% work)	- Apprenticeship - University/College - Work
TECHNICAL/VOCATIONAL QUALIFICATIONS <small>(e.g. some Pearson BTECs, Cambridge Technicals, City and Guilds Diplomas, AQA Technicals, VET Qualifications and many others)</small>	Qualifications which teach you how to do tasks specifically related to the industry and role you want to be in.	Course dependent	Course dependent (coursework & exams)	1+	Some (course & awarding organisation dependent)	Course dependent	Course dependent	- Apprenticeship - College - Work
APPLIED QUALIFICATIONS <small>(e.g. some Pearson BTECs and some Cambridge Technicals, BTEC Diplomas, AQA Certificates, NCFE Applied and many others)</small>	Qualifications that prepare you for further study by combining academic learning with practical skills to give you a broad overview of working in a sector.	Course dependent	Course dependent (coursework & exams)	3	Yes	Set by each school/college	Course dependent	- Apprenticeship - University/College - Work
TRAINEESHIPS <small>www.gov.uk/government/collections/traineeships</small>	A work focused study programme that prepares you for an apprenticeship or work.	6 Weeks - 6 Months	A formal job or exit interview with written feedback. Coursework and exams are course dependent	N/A	No	Have little to no work experience and qualified below Level 3	Yes	- Apprenticeship - Work

There are 3 main things you can choose between:

- continuing to study under the Study Programme at college, sixth form or training provider: either A Levels, T Levels or equivalent, or a mixed programme which could include some form of workplace experience or continued study of English and maths towards a good GCSE grade. We have an [online course finder](#) where you can search and apply for courses.
- starting an [Apprenticeship](#) or [Traineeship](#) - train for an NVQ (National Vocational Qualification) while earning a wage and learning the skills for a particular type of job. If you are 16-18 and want help applying for an apprenticeship or Traineeship contact: [YES Youth Employability Service](#) on 01323 410803 or 01424 722045 - or message us at [facebook.com/YESEastSussex](#)
- full-time work or volunteering combined with part-time accredited education or training. "Full-time" means for 20 or more hours each week. "Accredited" could be in work-based learning or by attending college as well as going to work for about a day each week

I'm confused and I need help!

Don't panic, help is at hand. The 'September Guarantee' means that if you are 16 or 17 and about to leave school or a one-year college course, you are guaranteed to get help with what to do next, plus the offer of a place on a course to suit you. You can also talk to:

- your teachers – have a chat to the teachers of your favourite subjects
- older friends or family who also had to make choices at 16
- your parents or carers – they know you best, but bear in mind that they may not know much about the subject or career you want to take

If you're aged 13 to 18 you can contact a Careers Adviser at the [National Careers Service](#) for free information, advice and support on a range of issues. If you're [aged 19 or over](#) you can also contact the service.

Visit websites that offer advice on what to do next, such as [What you can do after GCSEs](#)

[Research the local careers market](#) to see what kind jobs are out there and what you could do

Ask an Advisor

If you are a young person aged 16-18, or a worried parent who wants to help their son or daughter but don't know how, then contact us and we'll get back to you within 48hrs (except at weekends) to point you in the right direction.

Contact the [Youth Employability Service](#)

Full time study



Full Time study are those courses that you study at a school or college.

The types of full time courses you can study can include:

- A levels
- T levels
- Vocational courses such as BTECs, HNDs and NVQ's
- International Baccalaureate

Higher National Diplomas (HNDs) are a further education qualification for 14-19-year-olds in England. They aim to provide more options for practical learning, less classroom-based than A-levels, and to encourage more young people to continue studying. They are ideal for those who are aiming to work in a specific and specialist industry, such as Travel and Tourism or Finance.

National Vocational Qualifications (NVQs) are work-based awards in England, Wales and Northern Ireland that are achieved through assessment and training. In Scotland they are known as Scottish Vocational Qualifications (SVQs).

International Baccalaureate (IB) is a programme of education for 16-19-year-old students, this is an internationally recognised course, taken by students all around the world. Until recently in the UK it was only taught in a minority of independent schools, but is now on offer at some state schools. It is available at about 125 schools in total across the UK, with 118 of these offering the IB as a post-16 option.

The IB leads to a qualification called the IB Diploma, which is well respected by universities and is also an advantage for young people hoping to study overseas. The IB Diploma is recognised by 126 universities in the UK, including Russell Group universities.

The logo features a stylized blue sunburst or fan shape on the left, composed of multiple curved lines radiating from a central point. To the right of this graphic, the word "Apprenticeships" is written in a large, white, sans-serif font.

Apprenticeships

Do you want to start your career and earn some money at the same time?

An [apprenticeship](#) might be what you are looking for.

On an apprenticeship, you will combine practical training in a job with study. When you complete an apprenticeship, you receive a nationally recognised qualification, and you have gained important work experience that can help you to get a job.

There are six different levels of apprenticeships, and apprenticeships can last from one year to five years depending on what level they are. Apprenticeships can start at any time of year – you don't have to wait until September.

How can I find an apprenticeship?

[The National Apprenticeships website](#) provides further information about apprenticeships and lists current apprenticeship vacancies. Click 'Find and apply for apprenticeships' on the homepage, and register as a new user to log in. If you would prefer to speak to someone on the phone, you can call the contact line on 0800 015 0400.

[TrAC](#) employ construction trade and technical apprentices and provide them with a mix of placements on a number of different construction sites.

The [Apprenticeships in Sussex](#) website makes searching easier by only listing training provision that is available in Sussex.

Local apprenticeship vacancies are also advertised on the [Brighton and Hove Jobs website](#) and [East Sussex County Council](#) runs an apprenticeship scheme, with regular recruitment cycles.

To increase your chances of success it's worth thinking about:

- getting work experience (often this can lead to an apprenticeship with the same employer)
- using any contacts you have to identify a job that could support an apprenticeship
- sending out your CV to potential employers.

When you get an interview it's important to show that you are enthusiastic and committed, that you can work in a team and act on your own initiative. Try to think of some experiences you may have had at school or during extracurricular activities that show your employability skills (e.g. communication, teamwork, organisation, problem-solving).

Here is what the apprentices themselves have to say - [videos about apprenticeships](#)



Traineeships

If you're aged 16-24 and keen to get a job or apprenticeship, the new national Traineeship programme could be for you. It will provide you with the skills and experience employers expect through training and work placements. Lasting up to 5 months, with a guaranteed interview at the end. Visit the Gov website for more information to help you decide whether you might be suitable, and advice on how to get onto a [traineeship](#).

Be your own boss

If you have a good business idea, being self-employed or starting a small business can be very rewarding but it can take a lot of hard work and dedication. Self-employment can offer:

- An opportunity to do something you enjoy and are good at
- A chance to be your own boss
- Flexible working hours

How to get Started?

Is there a gap in the market for your idea?

How much money will you need to setup?

Where will this money come from?

What equipment will you need?

Where will you work from e.g home or an office?

Will you need to employ anyone else?

There is plenty of free information, advice and practical support available to help you set up your own business.

Useful Contacts



START
SOMETHING



STARTUP
BRITAIN



The Princes Trust Enterprise Programme offers support to young people aged 18-30 to explore self employment.

Gov.uk for free access to online tutorials and advice on how to start, including developing your business idea, tax, finance and marketing visit.

Start up Britain is a national campaign set up by 8 entrepreneurs last year, with the support of the government. It offers links to many sources of information.

Business in You case studies of successful entrepreneurs and help to find a mentor.

T-LEVELS

THE NEXT LEVEL QUALIFICATION

T-Levels are a brand new, 2 year qualification. The government has developed T-Levels to deliver world class technical education and give you a new choice after GCSEs

T Levels have been designed in partnership with businesses and employers to give students the knowledge and skills they need - so you can be confident that a T Level will help you move into the career you want.

T Levels give you the chance to learn what a real career is like while you continue your studies.

You will undertake an industry placement which will last for at least 45 days – when and how you complete it depends on the T Level, college and employer.

T Levels involve more classroom study than apprenticeships, which means you can experience an industry while you continue your studies.

Like A Levels, there are no tuition fees to study a T Level if you start before you are 19. Schools and colleges set their own entry requirements

Supported Employment



There are many organisations and training providers across East Sussex that support positive employment pathways for young people with Special Educational Needs and Disabilities. Find out more in the [mapping document \(last updated September 2020\)](#).

If you are leaving college and need more support than on a [Traineeship](#) or [Apprenticeship](#), a Supported Employment programme or Supported Internship might be right for you.

You can contact the providers yourself, or contact [Amaze's Looking Forward career programme](#) first.

Supported Employment programmes

If you need to learn work skills before you start looking for work, these programmes may be right for you. When you are ready, you can move on to a Supported Apprenticeship or Supported Internship, or go straight into work.

[Team Domenica - Brighton](#)

[Little Gate Farm - Hastings area](#)

Supported Internships

Below are a few examples of the variety of employment and study opportunities available for a young person with Special Educational Needs and Disabilities (SEND) when they leave school at 16, in East Sussex. Hear from Lesley and Alex as we discover the impact and enjoyment gained from completing a **supported internship programme**, not only on the young person involved, but on the wider family.

If you are ready to find work and have an Education, Health and Care Plan, a Supported Internship may be right for you. You will have time in college, real work placements and a job coach.

[Project Search at East Sussex College- Eastbourne](#)

[Stepping Stones \(year 1\) and/or Supported Internship \(year 2\) at East Sussex College- Hastings](#)

[Supported internships at Plumpton College- Plumpton or Netherfield](#)

[Team Domenica -Brighton](#)

Employment routes can look different for a variety of young people. In East Sussex, there are multiple educational and training providers working closely with some fantastic employers to create supported employment opportunities for young people with Special Educational Needs and Disabilities (SEND). Hear from Mark Weeks-Pearson, a Director at Ashdown Hurrey Accountancy Firm, talking about how he and his team champion diversity in the workplace and work closely with local schools and training providers to host **work experience** placements. Work experience placements can often turn into part time or full time employment which can benefit the life of the young person and the business as a whole.

Supported Employment programmes can range from 'supported internships' to 'inclusive apprenticeships.' Many of these programmes can take place in a variety of settings such as Further Education Colleges or with local employers and training providers. For the sustainability of employment for young people with SEND these structured study and employment programmes require trained staff and volunteers to work together towards the same goal. In this video you can hear from a job coach at East Sussex College Group, Hastings who supports young people to progress on their multiple programmes, including supported internships. You can also hear about how the General Hospital in Eastbourne District General Hospital works with mentors in various departments to support the Project Search Supported Internship programme and the various interns on rotation at the Hospital. If you would like to find out more about the Supported Employment model then visit the website of the [British Association for Supported Employment](#).

Skills Development & Employment Pathway

If you are over 18 and eligible for adult social care support, you can work towards paid work on the [Skills Development and Employment Pathway](#)

Other options

[List of careers advice and training- escis directory](#)

[Looking for work if you're disabled- Jobcentre Plus](#)

Positive Career Outcomes	Description
Paid employment	Working 16 hours or more weekly with a contract in place.
Supported employment	Paid employment utilising personalised support e.g... a Job Coach enabling a disabled person to sustain paid work (Access to Work Funding).
Higher Education	University Education – full/part time, open learning – from age 18.
Further Education	College Education – full/part time from age 16 upwards – ranging from Functional Skills to Degree Level and beyond.
T Level	<p>T Levels are new vocational qualifications being introduced in September 2020, which will follow GCSEs and will be equivalent to three A Levels. These two-year courses have been developed in collaboration with employers to ensure alignment with the needs of industry and aims to prepare students for work.</p> <p>T Levels will 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.</p>
Specialist College	Specialist further education and training colleges for students with learning difficulties and/or disabilities, sometimes residential.
Apprenticeship	A combination of work and study by mixing on-the-job training with classroom learning and being employed to do a real job while studying for a formal qualification, usually for one day a week either at a college or a training centre.
Supported Apprenticeship	A combination of work, study and support by mixing on-the-job training with classroom learning and employed to do a real job while studying for an Entry Level 3 Functional Skills for young people with an EHC Plan, or other formal needs assessment offered on a case by case basis.
Supported Internship	Supported internships are a structured study programme based primarily at an employer. They enable young people aged 16-24 with a statement of SEN, or an Education, Health and Care plan to achieve sustainable paid employment by equipping them with the skills they need for work, through learning in the workplace. Supported internships are unpaid, and last for a minimum of six months but can be longer. Wherever possible, they support the young person to move into paid employment at the end of the programme either with the employer offering the internship or another employer. Alongside their time at the employer, young people complete a personalised study programme which includes the chance to study for relevant qualifications, and English and maths if appropriate.

Other options (continued...)

Positive Career Outcomes	Description
Traineeship	A traineeship is an education and training programme with work experience that unlocks the great potential of young people aged 16-24 and prepares them for their future careers by helping them to become 'work ready'. Traineeships can last up to a maximum of six months and will include work preparation training provided by the training organisation, English and maths support if required, provided by the training organisation and a high-quality work experience placement with an employer.
Own Enterprise	Creating their own business, which could be a social Enterprise focused on improving other lives in some way and which they run themselves.
Own Enterprise with support	Being supported to create and sustain their own business, which can be a social Enterprise focused on improving other lives in some way.
Self- Employed/ Entrepreneur	The young person works on a self-employed basis either for themselves or for another employer and will be responsible for generating their own work, paying their own tax and looking after themselves.
Supported Self Employment	The young person is supported to effect their own employment on a self-employed basis either for themselves or for another employer and will be supported to generate their own work, pay their own tax and look after themselves.
Supported Volunteering	Supported Volunteering aims to provide the support necessary to encourage confidence building and engagement in volunteering activity by people experiencing mental health problems, people with learning disabilities and other complex needs and can lead to other career outcomes.
Extended Work Placement	Longer period of Work Experience providing essential work skills improving employability and providing a real understanding of the workplace. Some Colleges offer bursaries for travel, subsistence etc and can work alongside a vocational course, for example.
Therapeutic Environments	An example could be a Specialist residential college who offer a wide range of therapeutic services/opportunities for young people age 19-25 with complex needs.
Supported Independent Living	This might be part time, respite/short breaks or as support to move into independent living and will be organised in conjunction with the relevant agencies and families.

Careers advice

There are lots of ways to get advice and support. If you are not sure which one to choose, contact [AMAZE SENDIASS](#)



Your school or college should help you make a plan from Year 9 onwards.

They can help you think about

- what job you want
- the qualifications you need
- [education, training and work options](#)

You can also get careers advice from

- [i-Rock drop ins](#) - if you are 14 to 25
- [Youth Employability Service \(YES\)](#) - if you are 16 to 18 and have special needs (but not an Education, Health and Care plan)
- [Looking Forward career support programme \(AMAZE\)](#) - if you are 14 to 25 with special needs or a disability
- [The Transition Service](#)- if you are 16 to 25 and will receive Adult Social Care when you are 18
- [Careers websites](#)

Other advice

Contact [Amaze SENDIASS](#) if you are under 25 and have special needs or a disability. You can get advice with your parent, or on your own.

[Speak Out advocacy](#)- someone to help you speak up if you are under 18 and use County Council services

[POhWER advocacy](#)- someone to help you speak up if you are 7 to 19 years old and are looked after by the Local Authority