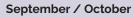
# YR 11 – SUPPORTING YOUR YOUNG PERSON WITH THEIR POST 16 APPLICATIONS AND NEXT STEPS



## What are their options after GCSEs?

To support their future and boost their careers options, it is compulsory for young people to stay in education or training until they are 18 years old. But it doesn't mean they have to stay in school if it isn't right for them. Post 16 options (also known as post GCSE options) refers to all the choices available to them as they think about the next two years after their GCSEs.



There are several different qualification options your young person could study after GCSEs – such as A-Levels, T-Levels, BTECs and apprenticeships.

Spend some time with your young person researching the different options. You could start with exploring what type of learning environment each option offers and where each qualification could lead them.



Your young person has a choice about what they study. This might be subjects they'd like to continue learning, or ones they've never studied before. Post 16 study can open doors for new and exciting options.

Your young person also has a choice about where they study, and they don't have to attend the sixth form or Further Education College (FEC) right on their doorstep.

If your young person has a particular subject they love and enjoy, encourage them to research if there are any Sixth Forms or FECs that specialise in that subject.

The helpyouchoose website (helpyouchoose.org) is a great place to start exploring what and where they could study!



Open Days take place on different dates across the year. Most are in-person, but some may be virtual. Encourage your young person to look at individual school or FEC websites to find dates and information about how to attend.

### November / December

### **Open Days**

Open Days are an opportunity for your young person to explore Sixth forms and FECs in the area to find out more about what Post-16 qualifications and courses they offer. Attending Open Days with your young person can help find the best environment for them to study and thrive in



It's a good idea for your young person to think of a few questions they'd like to ask at an Open Day. As a parent or carer, it's good for you to take note of any questions you'd like to ask too. You might have different questions to them and can help gather all the information they need to make an informed decision.

### January / February

#### Post-16 applications

Once your young person has decided where they would like to go, they will need to complete an application and might have to attend an interview. Each sixth form or FEC may have a different application process, so make sure you and your young person know the deadlines and what they need to do to apply.



Applications are often first-come-first-served, so the earlier your young person submits their application, the better their chance of securing a place.

Your young person will need also need to have a backup option for their Post-16 choices. This is like a 'Plan B', in case they do not get on to their first choice. If they are using Help You Choose they will automatically be able to make multiple applications.







Most schools will have an internal deadline in December for Post 16 options. Make sure you keep track of when the deadlines are.

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Check out the dedicated parent and Study Skills webpage to learn about effective revision techniques you can explore with your young person to help them get started and stay on track with their revision.

takeyourplace.ac.uk/parents-carers/study-skills





Revision skills are not just for GCSEs – they're useful for life! Knowing how to revise effectively is something young people need throughout their education.



### August

### **GCSE Results Day**

When it comes to GCSE Results Day, check in with them to see how they want to find out their results. Do they want you waiting outside? Or would they rather go in alone? If you can, take some time out of the day to ensure you are there to provide any support they need.



Their GCSE grades are important, but they don't define who your young person is. They will have other opportunities to shape who they are and find success in their chosen pathways.

Visit the <u>takeyourplace.co.uk</u> to access useful information and resources to help your young person explore their future.



### March - June

### Revision, study, and exams

Your young person's GCSE exams can feel like a stressful point in their education. It's important that they focus on their studies, but also that they don't feel overwhelmed by revision. There are plenty of ways you can help support their study and wellbeing during this time.

The earlier they start revising, the more manageable it will feel! Remember, they need to be able to recall 2 years' worth of knowledge!



Co-create a revision timetable together in a format that works for your young person, such as a physical calendar or post it notes on a wall. Make sure it's adaptable, focuses on priorities and breaks revision down into manageable chunks.



Support your young person to create a revision-friendly space. Ask them what they need to help them focus. Can you help them create that space at home? Explore what other spaces can be used, such as libraries, cafes and after school revision sessions?



#### **Decision-making**

It's important young people realise **what's important to them** when they're making decisions about their Post 16 options.

Weighing up the **pros and cons** of each of their options can help your young person make a decision based on what's important to them.

The Take Your Place choosing Post 16 options resource for parents and carers can help you to support them to make a decision that feels right for them.

https://www.takeyourplace.ac.uk/resources/post-16-pathways-from-gcse-to-he/post-16-options-parents-and-carers-resource/

