



**Think  
Forward**

Coaching  
Connecting  
Inspiring  
Young People

A GUIDE TO

# POST 16 OPTIONS

Supporting your progression

**01**

Career Sectors

**02**

Making a decision

**03**

Apprenticeships

**04**

Further Education

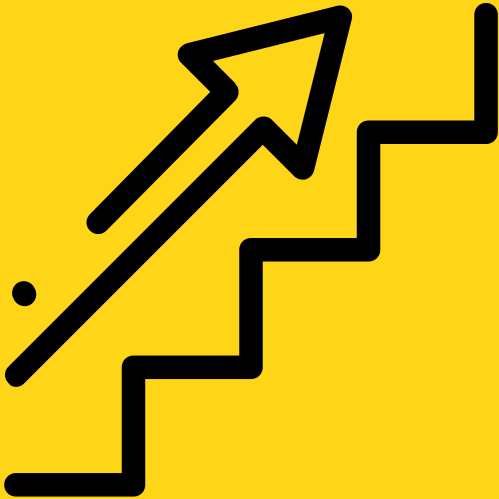
**05**

Local Directory

**06**

Results Support

# 01 Career Sectors



- Administration
- Animal care
- Beauty and wellbeing
- Business and finance
- Computing, technology and digital
- Construction and trades
- Creative and Media
- Delivery and storage
- Emergency and uniform services
- Engineering and maintenance
- Environment and land
- Government services
- Healthcare
- Home services
- Hospitality and food
- Law and legal
- Managerial
- Manufacturing
- Retail and sales
- Science and research
- Social care
- Sports and leisure
- Teaching and education
- Transport
- Travel and tourism

# 02 Making a decision

## NOT SURE, HOW TO MAKE THE NEXT STEP...

Making choices about your future and thinking about your next step can be exciting and daunting. Never fear, with the support of your coach you will be able to explore your options and use a range of tools to identify your skills and make the right steps in deciding your career.

The information in this section is designed to help you make an informed decision using research and one to one coaching with your professional coach.

### What next?



#### Meet with your coach..

Research what will be beneficial for your learning style, career and what is available in your areas.

Study full-time at sixth form or college or with a training provider (further education)

Start an apprenticeship or traineeship

Work or volunteer full-time with part-time study or training

Don't forget that whatever choice you make you have to stay in education or training until you are 18.

<https://helpyouchoose.org/content/infoadvice/decisions-choices/>

**CLICK HERE**

Complete the personality quiz called “the buzz quiz” to see if your personality is a good fit with different occupations.

# 03 Apprenticeships

## Moving onto an apprenticeship

You have to be over 16 years old to begin an apprenticeship pathway.

Entry requirements vary, securing your five GCSEs at grade 9 to 4/A\* to C – including English and Maths will increase your choice and opportunity of securing an apprenticeship pathway.

If you do not possess the grades you will need to show you have the ability to complete the programme and secure your English and Maths functional skills, this varies across training providers, employers, and job roles.

An apprenticeship usually takes between one and three years to complete. Learning can be completed on the job, online, or in a classroom.

Government research shows the majority of apprentices (85%) stay in employment. A third of all apprentices received a promotion within a year of finishing, and in their lifetime can earn £150,000 more than their peers without an apprenticeship.

<https://www.ucas.com/further-education/apprenticeships-and-traineeships>

### What next?



#### Applying for apprenticeships

Research the apprenticeship thoroughly. You'll need to know the role inside-out for your application and any possible interviews – you can research job roles on our website. Check if there's a number you can call for an informal chat about the role – don't be afraid to ask questions if you're unsure about anything.



#### Making Applications

Make sure you tailor your application to the job you're applying for. Tie in your experiences and hobbies with what you'll be doing in the apprenticeship. For example, if you're applying for an apprenticeship in engineering, talk about relevant projects you've worked on in science or maths.

# 03 Apprenticeships

## Apprenticeship Levels

There are four levels of apprenticeship available as progression into employment intermediate, advanced, higher and degree.

They all involve a work-based learning programme and lead to nationally recognised qualifications.

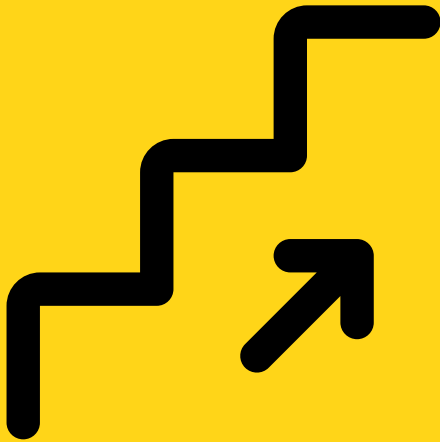
Intermediate apprenticeships are level 2 qualifications and are equivalent to GCSE passes at grades 4–9

Advanced apprenticeships are level 3 qualifications and are equivalent to A level passes.

Higher apprenticeships lead to qualifications at level 4 and above.

A degree apprenticeship involves gaining a university degree while you work (level 6 or above).

<https://targetcareers.co.uk/>



# 03 Apprenticeships

## Apprenticeship Pay

The national minimum wage (NMW) from April 2020 is £4.81 per an hour for apprentices aged 16–17 and apprentices aged 19 and over who are in their first year, less than the NMW for other employees of the same age. After the first year, apprentices aged over 19 are due the NMW for their age, which is currently:

£4.81 (if you're under 18)

£6.83 (if you're 18 to 20)

£9.18 (if you're 21 to 22)

£9.50 (if you're 23 and over).

Source: <https://targetcareers.co.uk/>  
<https://www.gov.uk/national-minimum-wage-rates>



# 04 Further Education

## What is Further Education 'FE' ?

Further education colleges in England provide education and training for young people, and adults. Further education is an option for anyone who has completed the secondary school learning.

Colleges are make great spaces to learn because education and training is delivered by an expert from your course industry. Colleges offer a range of academic and vocational course from professions including business, sports, media, engineering, hospitality, IT, construction and the creative arts. They offer a range of qualifications and training including:

- A Levels
- Apprenticeships
- Traineeships
- Vocational qualifications
- Higher education
- Entry level training

<https://www.ucas.com/further-education>

## What next?



### Attend open days

Go to college open days – they're great opportunities to talk to students and tutors.



### Remember going to college comes with more responsibility

College is an adult environment where you take more responsibility for yourself and your learning – there's support and guidance available, but it's also a chance for you to prepare for work and life post-education.



### This will be a great opportunity to try new social activities

There's usually a range of sport and leisure opportunities – employers and universities look for evidence of your wider interests and achievements, so check out college clubs and activities.

# 05 LOCAL DIRECTORY

## FURTHER EDUCATION

LONDON

April 2022



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**01** WESTMINSTER KINGSWAY COLLEGE  
*211 Grays Inn Rd, London, WC1X 8RA*

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**02** THE COLLEGE OF HARINGEY, ENFIELD AND NORTH EAST LONDON  
*High Rd, Tottenham, London, N15 4RU*

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**03** CITY AND ISLINGTON COLLEGE  
*283-309 Goswell Rd, The Angel, London, EC1V 7LA*

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**04** CITY OF WESTMINSTER COLLEGE  
*25 Paddington Green, London, W2 1NB*

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**05** LONDON SOUTH EAST COLLEGE  
*Campuses in Bromley, Bexley, Greenwich and Orpington*

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**06** NEW CITY COLLEGE  
*Poplar High St, London, E14 0AF*  
*Falkirk St, London, N1 6HQ*  
*Borders Lane, Loughton, IG10 3SA*

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# 05 LOCAL DIRECTORY

## TRAINING PROVIDERS

LONDON

April 2022



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**01** CITY GATEWAY  
*Import Building, The Pavilion, 2 Clove Cres, Poplar, London, E14 2BE*

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**02** ACCESS TRAINING - ELECTRICIAN, GAS & PLUMBING COURSES  
*5 St John's Ln, London, EC1M 4BH*

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**03** IXION HOLDINGS  
*2 Coval Ln, Chelmsford, CM1 1TD*

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**04** SCREENSKILLS - CREATIVE INDUSTRY  
*42-47 Minories, London, EC3N 1DY*

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**05** CONSTRUCTION YOUTH TRUST  
*Bermondsey Campus, 37 Clements Road, London, SE16 4EE*

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**06** FIRST RUNG  
*Enfield: 197-205 High St, Ponders End, Enfield EN3 4DZ*  
*Edgware: 333 Edgware Rd, London NW9 6TD*

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# 05 LOCAL DIRECTORY

## TRAINING PROVIDERS

LONDON

April 2022



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**07** LONDON SKILLS FOR GROWTH  
*with London South East Colleges*

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**08** MEDIA TRUST  
*Online*

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**09** JUST IT APPRENTICESHIPS, TRAINING  
AND RECRUITMENT  
*30-33 Minorities, Tower, London, EC3N  
1DD*

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**10** FLEXLEARN NVQ & APPRENTICESHIPS  
TRAINING PROVIDER  
*18-36 Wellington St, Woolwich, London,  
SE18 6PF*

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# 05 LOCAL DIRECTORY

## SIXTH FORMS

LONDON

April 2022



- 
- 01** CITY AND ISLINGTON COLLEGE - SIXTH FORM COLLEGE  
*283-309 Goswell Rd, The Angel, London, EC1V 7LA*
- 
- 02** NEWHAM SIXTH FORM COLLEGE  
*Prince Regent Ln, Plaistow, London, E13 8SG*
- 
- 03** LEYTON SIXTH FORM COLLEGE  
*Essex Road, Leyton, London, E10 6EQ*
- 
- 04** B6 SIXTH FORM COLLEGE  
*Kenninghall Rd, Hackney Downs, London, E5 8BP*
- 
- 05** CENTRAL FOUNDATION SIXTH FORM  
*Aspire Building, 2BS, 41-47 Bow Rd, London*
- 
- 06** CITY OF LONDON ACADEMY (SOUTHWARK)  
*240 Lynton Road, London, SE1 5LA*
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# 05 LOCAL DIRECTORY

## EMPLOYMENT & TRAINING PROVIDERS

LONDON

April 2022



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**01** LEADERSHIP THROUGH SPORT & BUSINESS  
*Horton House, Exchange Flags, Liverpool,  
L2 3YL*

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**02** CIRCLE COLLECTIVE  
*136 Kingsland High Street, London,  
E8 2NS*

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**03** DRIVE FORWARD - CARE LEAVERS  
*14-15 Lower Marsh, London, SE1 7RJ*

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**04** PEA BODY  
*48 Collier Street, Islington, N1 9QZ*

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**05** HACKNEY WORKS  
*137-139 Bowling Green Walk, London,  
N1 6AL*

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**06** ISLINGTON COUNCIL  
*Finsbury Library, 245 St John St,  
Clerkenwell, London, EC1V 4NB*

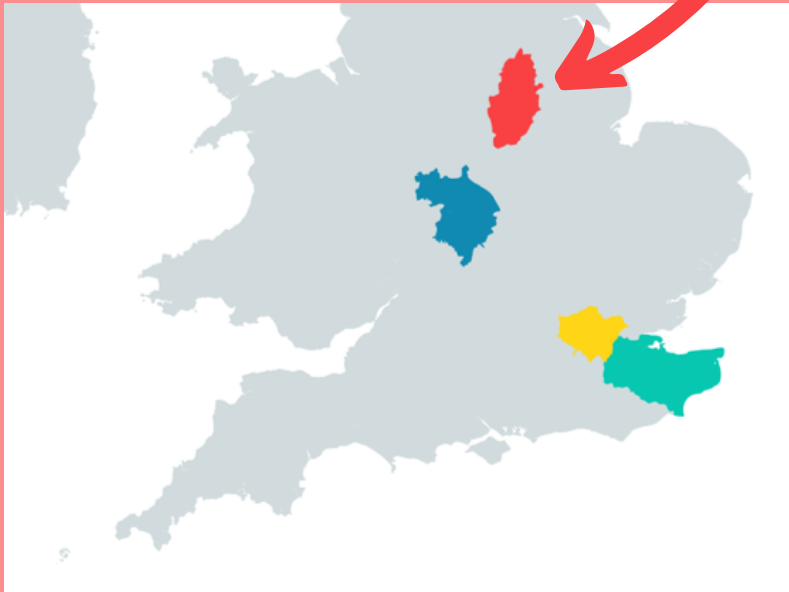
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# 05 LOCAL DIRECTORY

## EMPLOYMENT & TRAINING PROVIDERS

NOTTINGHAM

April 2022



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**01 FUTURES**  
*Futures Group Fifth Floor, Pearl House  
Friar Lane, Nottingham, NG1 6BT*

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**02 GROUNDWORK**  
*Groundwork Unit A Tennyson Hall, Forest  
Road, West Nottingham, NG7 4EP*

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**03 SEND PROJECT**  
*The Greenway Centre, Trent Lane,  
Sneinton, NG2 4DF*

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**04 DBC TRAINING**  
*Queens Building, 2 Arkwright Street,  
Nottingham, NG2 2GD*

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**05 SUSTRANS**  
*Suite 2b The Hub Friar Lane, Nottingham,  
NG1 6DQ*

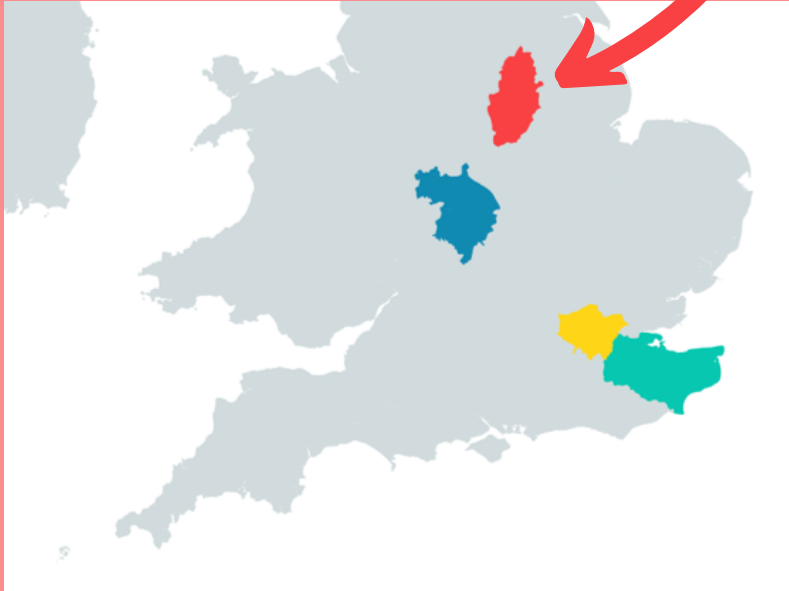
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# 05 LOCAL DIRECTORY

## FURTHER EDUCATION

NOTTINGHAM

*April 2022*



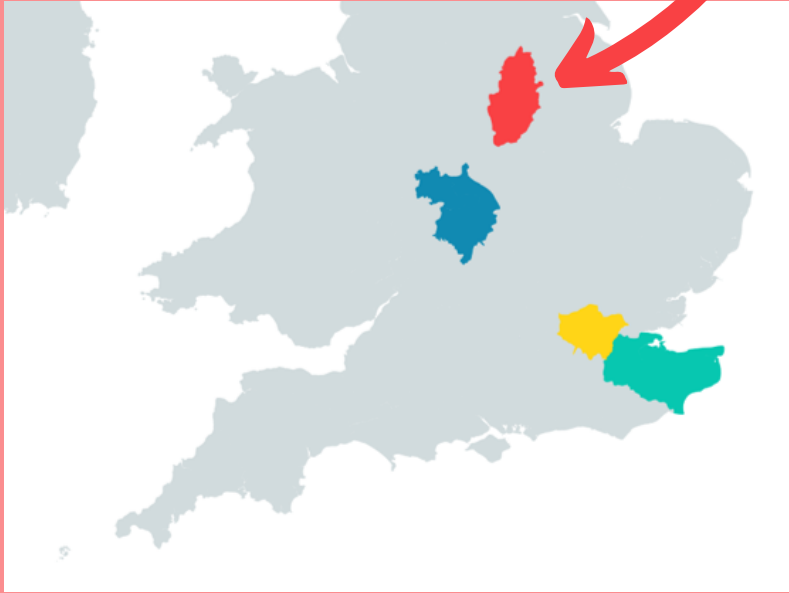
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- 01** **NOTTINGHAM COLLEGE**  
*Nottingham College Basford 664 Nuthall Road Basford Nottingham NG8 6AQ*
- 
- 02** **CONFETTI**  
*Confetti, Convent Street, Nottingham, NG1 3LL*
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- 03** **WEST NOTTINGHAM COLLEGE**  
*Derby Road, Mansfield, NG18 5BH*
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# 05 LOCAL DIRECTORY

## TRAINING PROVIDERS

NOTTINGHAM

April 2022



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**01** CT SKILLS - BUSINESS  
*Nottingham Centre, NG1 3ED*

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**02** ACCESS TRAINING  
*Cawley House 96 Cliff Road Nottingham  
NG1 1GW*

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**03** BABINGTON - BUSINESS AND FINANCE  
*Chiltern House 23-25 Castle Gate  
Nottingham, NG1 7AR*

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**04** PEOPLE PLUS  
*NG2 Business Park, Nottingham, NG2 1AE*

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**05** NATIONAL HAIRDRESSING TRAINING  
ACADEMY  
*18 Pelham Road Sherwood Rise Nottingham  
NG5 1AP*

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**06** WEBS FURNITURE TRAINING  
*WEBS Training The Poplars Wollaton Road,  
Beeston Nottingham NG9 2PD*

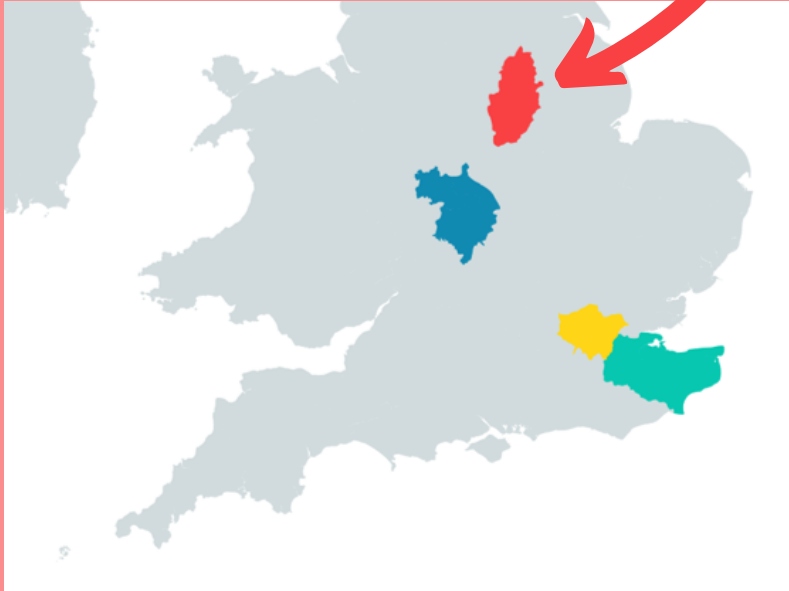
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# 05 LOCAL DIRECTORY

## SIXTH FORMS

NOTTINGHAM

April 2022



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**01** **BILBOROUGH COLLEGE**  
*Bilborough College, College Way, Nottingham, NG8 4DQ*

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**02** **DJANOGLY**  
*Djanogly City Academy, Gregory Boulevard, Nottingham, NG7 6ND*

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**03** **NUSA**  
*Bramhall Road, Bilborough, Nottingham, NG8 4HY*

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**04** **NOTTINGHAM ACADEMY**  
*Nottingham Academy, Greenwood Road, Nottingham, NG3 7EB*

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**05** **HUCKNALL SIXTH FORM CENTRE**  
*Portland Road, Hucknall, Nottingham, NG15 7SN*

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**06** **HIGH PAVEMENT (NOTTINGHAM COLLEGE)**  
*Chaucer Street, Nottingham, NG1 5LP*

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**07** **NOTTINGHAM UNIVERSITY ACADEMY OF SCIENCE AND TECHNOLOGY**  
*NUAST 93 Abbey Street Nottingham, NG7 2PL*

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# 05 LOCAL DIRECTORY

## FURTHER EDUCATION

KENT

April 2022



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**01** EAST KENT COLLEGE  
*EKC Group Ramsgate Road,  
Broadstairs, Kent, CT10 1PN*

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**02** HADLOW COLLEGE  
*Hadlow, Tonbridge, Kent, TN11 0AL*

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**03** MID KENT COLLEGE  
*Medway Rd, Gillingham, ME7 1FN*

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**04** NORTH KENT COLLEGE  
*Oakfield Lane, Dartford, Kent, DA1 2JT*

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**05** KENT CHOICES - COURSE SEARCH  
*Kent*

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# 05 LOCAL DIRECTORY

## SIXTH FORMS

KENT

April 2022



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**01** FOLKESTONE ACADEMY  
*Academy, Academy Ln, Park Farm Industrial Estate, Folkestone CT19 5FP*

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**02** EARLSCLIFFE  
*29 Shorncliffe Rd, Folkestone, CT20 2NB*

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**03** GOLDWYN SIXTH FORM COLLEGE  
*Norfolk Dr, Ashford, TN23 4FB*

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**04** TOWERS SIXTH FORM CENTRE  
*Faversham Rd, Kennington, Ashford, TN24 9AL*

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**05** THE MARSH ACADEMY  
*Station Rd, New Romney, TN28 8BB*

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**06** ROCHESTER INDEPENDENT COLLEGE  
*254 St Margaret's Banks Rochester, Kent, ME1 1HY*

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**07** HARTSDOWN ACADEMY  
*George V Ave, Margate, CT9 5RE*

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# 05 LOCAL DIRECTORY

## TRAINING PROVIDERS

KENT

April 2022



01

### ACCESS TRAINING

*Fircroft Business Centre,  
Edenbridge, Kent, TN8 6EN*

02

### EKC WORKHIGHER

*New Dover Road, Canterbury,  
Kent CT1 3AJ*

03

### KENT TRAINING AND APPRENTICESHIPS

*Unit A-B London Road Trading Estate,  
London Road, Sittingbourne, Kent  
ME10 1SX*

04

### THE ELECTRICAL ACADEMY

*Unit 1, Union Park, Bircholt Road,  
Maidstone ME15 9XT*

05

### GATEWAY QUALIFICATIONS

*Gateway House 3 Tollgate Business Park,  
Colchester, CO3 8AB*

# 06 Results - Support

## WHAT TO DO IF YOU'RE UNHAPPY WITH YOUR RESULTS



You should first speak to your school or college. It's important that you understand on what basis you can and can't appeal your results when deciding your next steps. Only your school or college can submit an appeal on your behalf.

### **What if my school or college won't submit an appeal on my behalf?**

If your school or college won't submit an appeal to the exam board on your behalf, it must have a process in place for you to ask for a review of that decision. You should first raise this with your school or college. If you wish to complain, you should speak to the exam board for further guidance.

### **Do I have to sit exams in all of my subjects?**

No. You can choose to take as many subjects in the autumn as you want to. But if you want to take a particular subject, you will need to take all the exam papers in that subject.

### **Who will enter me for the exams?**

The Department for Education has confirmed that the school or college that entered you for exams in the summer is responsible for entering you in the autumn. The exception to this is if you are moving school or college in the autumn and will be continuing to study English or maths because you achieved a grade 3 or below. In that case you should speak to your new school or college who will arrange entries for you.

# 06 Results - Support

## WHAT TO DO IF YOU'RE UNHAPPY WITH YOUR RESULTS

### If I take exams in the autumn will I still be able to start my college or university course?

You should speak to the relevant institution directly as they make their own admission decisions. In many cases, students who sit these examinations will be looking at starting their college or university studies in the following autumn term. An exception to this is where a course has a January or February start date and, in this case, you may be able to start right away. The best advice is to contact the university or college for specific information.

### What are the resit exam dates?

GCSE - Typically during the month of November

AS and A Levels - typically during the month of October

Deadline for entry: A Levels - Typically early September and GCSE except English and Maths - typically late September

GCSE English and Maths - Typically early October

Please look online for the specific dates for your year\*

For more information and support please download the government guidance with support from your coach.

[CLICK HERE](#)

# 06 Results - Support



## Exam Results Helpline from the National Careers Service:

To speak to a professionally qualified careers adviser for advice on next steps.



0800 100 900

Lines open from 8am to 10pm

7 days a week.

Calls are free from landlines and most mobiles.

http://



[nationalcareers.service.gov.uk](http://nationalcareers.service.gov.uk)

## Speak to your coach

If your coach is not available pop us a text or email and we can get someone to get in contact with you:



Call or text Esra our Youth Engagement Officer on 07341 832005. We can call you back to get you the right support.



You can email Esra on: [esra.mansour@thinkforward.org.uk](mailto:esra.mansour@thinkforward.org.uk)



For additional support and information you can follow us on: @thinkforwarduk



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