

## Post 16 Options

You can leave school on the last Friday in June if you'll be 16 by the end of the summer holidays. You must then choose whether to:

- stay in full-time education - for example at school, sixth form college, further education college or [University Technical College \(UTC\)](#)
- start an apprenticeship or traineeship
- spend 20 hours or more a week working or volunteering while also doing part-time education or training

### Apprenticeships

Apprenticeships provide paid work-based training with an employer for those who want to learn new skills and gain qualifications. Training may consist of possible day release to a college or Training Provider as well as on the job training to work towards nationally recognized qualifications.

[Become an apprentice \(apprenticeships.gov.uk\)](#)

### Study programmes

Study Programmes are designed to help 16 – 19-year-olds progress into further education and employment. For young people not able to study an academic programme or substantial vocational qualification, Learning Providers can offer a flexible programme, which may include a mix of qualifications and work experience.

[16 to 19 study programmes guidance: 2023 to 2024 academic year - GOV.UK \(www.gov.uk\)](#)

### Traineeships

Traineeships prepare young people for their future careers by helping them to become “work ready”. They provide essential work preparation training, Maths & English and work experience needed to compete successfully for jobs, apprenticeships, or further education.

[Find a traineeship - GOV.UK \(www.gov.uk\)](#)

### Vocational courses

Vocational courses may be taken at a college and link to a career path. These courses teach you the practical skills and knowledge for a particular area of employment. They can prepare you for a broad employment sector, like engineering or travel and tourism, or for a specific job like a chef or a hairdresser. These qualifications teach you how to do tasks specifically related to the industry and role you want to be involved in. They run from entry level where no GCSEs are required to advanced level where GCSE passes at grade 4 and above are needed. Courses may be assessed by coursework, assignments, projects, exams and tests.

### T-levels

T Levels are an alternative to A-levels, apprenticeships and other 16 to 19 courses. Equivalent in size to 3 A-levels, a T Level focuses on vocational skills and can help students into skilled employment, higher study or apprenticeships. Each T Level includes an in-depth industry placement that lasts at least 45 days. Students get valuable experience in the workplace; employers get early sight of the new talent in their industry. T Level students spend 80% of the course in their learning environment, gaining the skills that employers need. The other 20% is a meaningful industry placement, where they put these skills into action.

[T Levels | The Next Level Qualification](#)

## **A-levels**

Advanced level qualifications (known as A-levels) are subject-based qualifications that can lead to university, further study, training, or work. You can normally study three or more A-levels over two years. They're usually assessed by a series of examinations. You normally need:

- at least five GCSEs at grades 9 to 4/A\* to C
- at least grade 6 in the specific subject(s) you want to study

However, the specific requirements needed to study A-levels will vary across schools and colleges. It's important to check the requirements for your chosen school or college.

[Understand what A-levels are & what you can do with them \(ucas.com\)](#)

## **Supported internships**

Supported internships are for young people with learning difficulties or learning disabilities, who need extra support to get a job. They will have an Education Health and Care Plan (EHCP) and GCSE English and Maths. You will spend most of your time on placement with an employer, learning skills for work.

For all college courses, it is recommended to check out the pass rates for subjects you are considering, the type of tuition you will receive and how many students are successful in gaining university places or employment etc. You can apply to more than one college course and/or apprenticeships and do not need to make your mind up until August when you get your results.

## **Finance**

16 to 19-year olds who may struggle with the costs for full-time education or training may receive a bursary. This group includes people in care, care leavers, people claiming income support and disabled young people who receive Employment Support Allowance and Disability Living Allowance. Other students facing genuine financial difficulties may be awarded a bursary at the discretion of their school, college or training provider.

[16 to 19 Bursary Fund: Overview - GOV.UK \(www.gov.uk\)](#)

The Learner Support Service (Care to Learn) is a scheme for young parents under 20 years that can help with the cost towards childcare while studying.

[Care to Learn: Overview - GOV.UK \(www.gov.uk\)](#)

You can contact Care to Learn for more help on 0800 121 8989 or email [caretolearn@studentbursary.education.gov.uk](mailto:caretolearn@studentbursary.education.gov.uk)

## **Employment**

To help gain employment, you can write a CV explaining your contact details, education and employment/work experience history, along with the strengths and qualities you feel you have for the position you are applying for. You should also indicate your hobbies, interests and social activities within your CV. You may have to write a letter of application or a speculative letter to accompany your CV. You can see your adviser to get help with your CV.