

MOVING FROM YEAR 11 TO POST-16

This year the Corona virus has meant that students finished Year 11 abruptly with little time for transition. The good news is that there are things that you can be doing to help you prepare for your next step, whatever that may be. This guide has been produced to help signpost you to some of these things.

SCHOOL SIXTH FORM

In N Lincs there are schools with their own sixth forms, offering courses which are designed to follow on from GCSEs. Most school sixth forms offer a wide range of Level 3 courses, with A Level, BTEC and Technical Level 3 courses on offer for students to choose from.

Brigg 6th form
 South Axholme 6th form
 Engineering UTC Northern
 Lincolnshire 6th form
 St Hugh's Special School



FE COLLEGE or EXTERNAL SIXTH FORM

A college / sixth form college will offer you a different learning environment to that experienced at a school's sixth form. One of the first things noticeable at any further education college is that the range of courses is much wider. Most colleges offer A levels, as do sixth forms, but also have a huge number of other qualifications available in different subjects and at different levels.

Not all colleges, however, will offer the same 'mix' of subjects so it's very important to check carefully what is available locally.

North Lindsey College
 John Leggott College

APPRENTICESHIP

The government offers employers incentives to take on young apprentices. If you're aged 16-18 you work for an employer for 40 hours max a week, receive a wage and on-the-job training, plus study at college for a nationally recognised qualification. College study has to be within your 40 hours working week and your employer will pay you a wage to cover your working hours, including the time you're at college studying.

There are fewer apprenticeships on offer than usual this year but UTC and North Lindsey College are offering alternatives that would be a useful 'lead on' to an apprenticeship later. E.g. UTC are offering Level 2 Engineering incl English and Maths (which you need for an apprenticeship application).

JOB OR VOLUNTEERING (with training)

If you're working, in self-employment or volunteering for more than 20 hours a week you can also study part-time as well to support you in further improving your work skills. For example day release at a local college to study motor vehicles if you're working in a garage.

If you're volunteering, many organisations will offer you an opportunity to gain a formal qualification while you volunteer.

Whichever route you are taking post 16, it will be different from being in Year 11 in school.

Here are some ways to help you prepare for your next steps to starting at a new provision e.g. college or sixth form.

10 USEFUL THINGS TO DO

1. Arrange to have conversations with your school tutor, e.g. by telephone or email, if you are unsure of your next steps. *N.B. Make sure that a parent/carer is part of those conversations too.*
2. 'Virtually visit' your intended provision by looking at their website and downloading any prospectuses. See if there is any specific information given to new students e.g. a welcome booklet or blog. Some also have introductory videos either on the website or on YouTube.
3. Ask your intended provision for a site map so you can familiarise yourself with the layout of the building(s). There may be a map on their website.
4. Look at the list of key staff and their roles on your intended provision's website and see if you can find out who your main tutor will be. You could send them an email to introduce yourself.
5. Ask your intended provision for an online 'reading' list i.e. subject specific material which will prepare you for the course.
6. Do some research on your course to find out what your course will cover
 e.g. North Lindsey College - <https://northlindsey.ac.uk/courses/>
 John Leggott College - <https://www.leggott.ac.uk/courses/>
7. Find out which qualification & exam board your provision is using and ask for past papers on look for them on the exam board websites.
8. Look at self-study programmes online such as those which teach research and reading skills.
9. Look at resources online which support young people with issues/worries if you are feeling anxious.
10. Email your new provider with any questions you may have.

COURSES

Subjects you've studied before

Many A level courses follow on directly from GCSE or even repeat some of the work so make sure you don't throw away your old exercise books as these will be useful revision for you.

GCSE revision

- BBC Bitesize do a set of GCSE lessons and now daily lessons.
<https://www.bbc.co.uk/bitesize>
- Apps in various GCSE subjects <https://apps.daydreameducation.com/>
- Duolingo - A free app for your phone to work on your language skills

Subject specific Y11-Y12 bridging units

- Bridging units in a range of subjects
<https://www.thecedarsacademy.org.uk/prospective-students/post-16/post-16-transition/>
- Amazon are offering some free kindle 'Head start for A-Level' guides in Maths, Biology, Chemistry and Physics
https://www.amazon.co.uk/s?k=head+start+to+a+level+biology&fbclid=IwAR2AINvhUOck8EZU5B-z4CrXH0rb5QbF0HnuFmuoYNjvfGII0v7BlphZzdl&srefix=head+syart+&ref=nb_sb_ss_sc_1_11

Past papers & resources

Each exam board website lists the post-16 subjects it provides qualifications and will have past exam papers and teaching resources, AQA includes those from 'Teachit' too, which you could have a go at.

The main exam boards are:

- Oxford, Cambridge and RSA Examinations (OCR) <https://www.ocr.org.uk/>
- Assessment and Qualifications Alliance (AQA) <https://www.aqa.org.uk/coronavirus>
- Welsh Joint Education Committee (WJEC) www.wjec.co.uk
- Council for the Curriculum, Examinations & Assessment (CCEA) <https://ccea.org.uk/>

Subjects you haven't studied before, such as Sociology

Useful preparation for you will be to find out what the subject is and what exactly the course offered by your provider covers.

- What is Sociology
<https://www.thecedarsacademy.org.uk/media/1219/whatis sociology student workbook.pdf>
- Introduction to Psychology
<https://www.youtube.com/watch?v=JOFmzxkwOwI>
- Politics https://www.thestudentroom.co.uk/wiki/A-Level_Politics
- Preparation for A level law https://www.harton-tc.co.uk/wp-content/uploads/custom_import/22062015154811.pdf

Practical subjects such as Health and Beauty

There is some reading and research you can do to prepare, including watching online videos. The following may give you some ideas:

- North Lindsey college students talking about their courses - various e.g.
<https://www.facebook.com/NorthLindseyCollege/videos/dog-grooming-programme/193296158264819/> or
https://www.facebook.com/NorthLindseyCollege/videos/catering-student-sean/872822893182101/?so=permalink&rv=related_videos

Many art galleries, museums and zoos offer online tours and resources so you can get some experience without leaving home. Here are a few examples:

- The Metropolitan Museum, New York
<https://www.metmuseum.org/art/online-features/met-360-project>
- Edinburgh Zoo <https://www.edinburghzoo.org.uk/webcams/panda-cam/>
- The National Gallery, London
<https://www.nationalgallery.org.uk/visiting/virtual-tours>
- NASA – Langley research centre <https://oh.larc.nasa.gov/oh/>

MATHS & ENGLISH

Whichever route you take post-16, if you do not pass your English Language or Maths at grade 4 or above then you will have to re-take those subjects and keep studying these subjects until you're 18. The type of qualification you'll be required to study is dependent on your grade:

- If you got a grade 3 and will be studying full-time (540 hours or more) next year, you'll need to resit the GCSE.
- If you got a grade 3 and will be studying part-time (150 – 539 hours), you can take a functional skills qualification instead of GCSE.
- If you got a grade 2 or below, you can take a functional skills qualification instead of GCSE.
- If you're going on to an apprenticeship, studying Maths and English will be part of your programme.

Make sure you don't throw away your old exercise books as these will be useful revision for you. The following resources may help to keep your English and maths skills up to date should you have to re-take:

- BBC Bitesize Functional Skills – English and Maths
<https://www.bbc.co.uk/bitesize/levels/zvhtng8>

Even if you do get grade 4 or above you will still need to use English and Maths in the future. The following websites show how English and Maths are used in various subjects and offers videos and exercises to help you practice.

- <https://www.bbc.co.uk/bitesize/subjects/zjd8jty>
Automotive, Business administration, Catering, Construction, Hair and beauty, Health and social care, Retail, Sport and leisure
- <https://www.bbc.co.uk/bitesize/subjects/zmqj2nb>
Catering, Childcare, Construction, Engineering, Hair and beauty, Health and social care, Retail, Sport and leisure

IMPROVING YOUR SKILLS

Preparing for interview

Some courses and providers will want to interview you. This may now be online, such as by Skype. There are ways you can prepare yourself for this such as writing a CV and practising interview skills.

- <https://www.bbc.co.uk/bitesize/careers> Also advice if you feel you don't have any skills!
- John Leggott College are planning a tour of the college live on social Media on **Thursday 7th May** will be running virtual transitions days **w/c Monday, 11th May**. <https://www.leggott.ac.uk/2020/04/26/prospective-students-transition-plans/>

Study skills

At school you were told what to do in each lesson and you moved from lesson to lesson when the bell rang. Post 16 you will find your time is less regimented with unsupervised study periods allocated. You are expected to use this study time wisely and independently. Some courses post-16 will require a great deal of study and others will be more hands-on and practical. However, regardless of which course(s) you take there will be some element of reading and research to do. The following resources may be helpful in preparing you for independent study

Note-making

- <https://www.oxfordlearning.com/5-effective-note-taking-methods/>
- Cornell notes <https://medium.goodnotes.com/study-with-ease-the-best-way-to-take-notes-2749a3e8297b?gi=19d6e7c92871>

Reading & research skills

- <https://www.skillsyouneed.com/learn/study-skills.html>
- <http://www.crickhowell-hs.powys.sch.uk/wp-content/uploads/2009/11/Essential-Study-Skills.pdf>

SOCIAL & EMOTIONAL SUPPORT

Leaving school and the teachers and friends you know may be a worry, even if you are staying on into the 6th form at your own school. Any sort of change can be a challenge, more so this year with the Corona virus meaning your usual social networks are disrupted. If you are feeling anxious, there is plenty of support available. You may find the following websites useful.

- <https://www.life-central.org/>
- <https://www.studentminds.org.uk/lookingafteryourmentalwellbeing.html>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- <https://www.annafreud.org/selfcare/>

Don't forget that your school is still there to help, advise and support you too.

