

MOVING FROM YEAR 11 TO POST-16 (2021)

This year again the Corona virus has disrupted plans for Year 11 and with just a few months to go now before starting somewhere new, many students have been left wondering what to do. 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**

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.

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).**

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.

Some Common Questions and Concerns	Answers and Useful Steps to Take
<p>Will I make friends?</p> 	<p>Yes! There will be other people on the course all in the same boat as you. Transition days are a great way not only to find out about your course but to meet new people too and joining clubs is not only fun but a good way to make new friends too. Look at resources online which support young people with issues/worries if you are feeling anxious.</p>
<p>How will I know where to go and what to do on the first day?</p> 	<p>There will be plenty of staff and students around to support you on your first day. Look for a list of key staff and their roles on the provider's website and out who your main tutor will be. You could send them an email to introduce yourself. Email them with any questions you may have and take advantage of any face to face or virtual transition experiences. You can 'virtually visit' 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. There may be a map so you can familiarise yourself with the layout of the buildings.</p>
<p>How much will it cost?</p> 	<p>It depends – on the type of course and some courses allow you to borrow items. Find out what equipment you will need e.g. pens, paper, calculator, protective clothing. These should be listed on the website but you can always email the tutor. Ask what is essential and get that first. Also ask if there is any help with the cost of these items. There are specific post 16 funds which you can apply for to help with costs.</p>
<p>Will the course be too hard for me?</p> 	<p>If you have been offered a place, then you have the right skills for the course. Look at the entry requirements of the course, that will give you an idea about the level you will be studying at and the skills you will need. Do some research on your course to find out what your course will cover. Get prepared by brushing up on your skills. Look at self-study programmes online such as those which teach research and reading skills. Ask your intended provision for an online 'reading' list i.e. subject specific material which will prepare you for the course. Find out which qualification and exam board your provision is using and ask for past papers or look for them on the exam board websites.</p>
<p>Have I chosen the right course?</p> 	<p>If you don't like the course then you can always change. Consider 'swap not drop'. Don't drop out completely, ask what the options are and if another course might be better suited to you. You won't really know till you get started whether the course is really right for you. Providers know this and are happy to talk to you about options. Arrange to have conversations with your school tutor, e.g. by telephone or email, if you are unsure of your next steps at any time and make sure that a parent/carer is part of those conversations too.</p>

LOOK AFTER YOURSELF FIRST



If you are feeling a bit anxious about leaving school and moving on then you are not alone. It's natural to feel a little uncertain about what lies ahead but if you find worrying is keeping you awake at night then there is plenty of support available. This could be informal, such as friends, or more formal such as teachers. Don't forget that your school is still there to help, advise and support you too.

Leaving school and the teachers and friends you know can be a worry. Even if you are staying on into the 6th form at your own school, your friends might not be. 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 could ask for support from your current Head of Year or Pastoral Support staff at your current school or if you prefer something anonymous there are lots of charities who specifically support students.

You may find the following websites useful.

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

Don't forget that when you start your course everyone will be new and looking to make friends. You can also join clubs outside of your course as these are a great way to meet people too. JLC have Extended Opportunities:

www.leggott.ac.uk/extended-opportunities/

The Humber Outreach Programme (HOP) has also set up a website full of resources to support with pathways for the future, exam success, building resilience, wellbeing and motivation. Click here to find out more and create an account - [HOP | HOPathways \(hop-humber.co.uk\)](http://HOP | HOPathways (hop-humber.co.uk))



Some students may feel anxious about the cost of things such as transport, meals or equipment required. Depending on the course you have chosen, you may have to factor things in such as photocopying or specific clothing.

The 16 to 19 Bursary Fund helps disadvantaged pupils pay for things they need to support their education or training. Examples include clothes, books, or other equipment for your course and transport and meals on the days that you're studying or working. This website lists other types of funding available:

<https://www.ucas.com/further-education/post-16-finance-and-support/funding>

IMPROVE 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 has advice if you feel you don't have any skills!
- John Leggott College have a tour of the college on **YouTube** [HVirtual Tour Of John Leggott College - May 2020 - YouTube](#) and will be running virtual transition days [Transition + - John Leggott College : John Leggott College](#)

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>

GET AHEAD WITH YOUR COURSES

There is such a wide variety of courses out there, so well done if you've found the ones for you. If you still haven't then don't panic, there's still time to talk to your careers staff in school or contact the colleges yourself to find out more. Everyone wants to support you to find the right course, so don't be afraid to ask questions and find out if the course is for you. If later on you think you've chosen the wrong course then talk to your teacher or tutor.

Unsure of what to study next? Try this website to help you choose courses which will lead to the career you want.

- <https://ckcareersonline.org.uk/young-people/options-after-y11>

Don't know what career you want? Try this website:

- <https://nationalcareers.service.gov.uk/>

Here's a link to a fun quiz which matches your personality to a possible career:

- [Buzz Quiz \(gov.wales\)](#)

When you have chosen your course there are plenty of things you can do to prepare.

Do some research on your course to find out what your course will cover. Some websites have past students explaining the course and their experiences of it too.

- North Lindsey College - <https://northlindsey.ac.uk/courses/>
- John Leggott College - <https://www.leggott.ac.uk/courses/>



Are you taking a subject 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.

Also ask your new tutor if there is a recommended reading list which would give you a head start. Some courses recommend YouTube video clips or short courses which you can do online as preparation.

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.daydreameeducation.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=IwAR2A1NvhUOCK8EZU5B-z4CrXH0rb5QbF0HnuFmuoYNjvfGllOv7BlphZzdl&sprefix=head+syart+&ref=nb_sb_ss_sc_1_11
- A variety of subject guides and resources for a range of AS levels and A levels: [Year 11 – Bridge to Post-16 learning and skills - Hwb \(gov.wales\)](#)

Past papers & resources

Each exam board website has past exam papers and teaching resources which you could read and familiarise yourself with or even have a go at. See if you can find out from your new tutor or from the website which exam board your course is following.

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/>

Are you taking a new subject you haven't studied before?

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 studentworkbook.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 experiences 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/>

Catering, Childcare, Construction, Engineering, Hair and Beauty, Health and Social Care, Retail, Sport and Leisure

BRUSH UP ON YOUR 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>

AND FINALLY ...

Remember that it is normal to feel anxious about moving on from school. Waiting is the hardest part, so in the days and weeks leading up to when you start, the best way to overcome your worries is to try and shift your mind off it and on to other more productive things. Keeping your mind occupied with things that make you feel calm or at ease, such as listening to your favourite music or hanging out with friends, will all help as will taking steps to get yourself prepared. Turn the anxiety into something productive by using some of the ideas in this leaflet to get yourself ready for the next step of your education journey.

Good luck!

