



Post 18 Options

University

University offers further study after college, sixth form or when you are ready.

Each course has its own entry requirements, you will need to check you can meet these.

University courses are made up of modules (some compulsory and some optional) that add up to a full degree.

Universities offer undergraduate courses such as bachelor degrees where you can concentrate on a single subject or a combination. Foundation degrees are one or two years long and develop the skills and subject knowledge you require to decide your next steps. HNCs and HNDs are a more practical study over 1 or 2 years and can lead to university degrees or help you progress in a chosen industry.

Many professional jobs require a university degree, such as, medicine, architecture, dentistry, physiotherapy and lots more. Employers are often looking for people with graduate level transferable skills - irrespective of the degree subject studied.

The job market is changing rapidly, and we know careers are no longer linear. A degree will help prepare you for a wide range of jobs and industries. For further information visit:

- www.ucas.com
- <https://targetcareers.co.uk/uni>
- <https://www.theuniguide.co.uk/>
- <https://www.informedchoices.ac.uk/>

Higher or Degree Level Apprenticeships

Higher or degree apprenticeships combine study and work and are available at levels 4 to 7. You will work, earn money and study towards a foundation degree, HNC, HND, a degree or even a Master's degree with this option.

Higher apprenticeships can include foundation degrees, Higher National Certificates and Higher National Diplomas or similar. Degree apprenticeships include full bachelor's and Master's degrees.

Higher and degree apprenticeships are highly competitive. They offer employability skills and practical work in the environment you plan to develop your career in. They also offer ongoing qualifications that your company pay for; this can help support both your career development and financial status.

For higher and degree apprenticeships it is important to check entry requirements and application processes.

Do some research on the company and look at the different roles they offer. You will need to prepare, be resilient, be aware of your skills and experience and know why you want to work for them and how you can showcase yourself during assessments and interview. Visit these websites to explore further:

- <https://solentapprenticeshiphub.com/>
- <https://amazingapprenticeships.com/>
- www.findapprenticeship.service.gov.uk

Employment

When you have finished sixth form or college you might want to start work rather than continue in full-time education.

There are opportunities available, but the job market can be competitive, so it is important to be prepared. If you are unsure try volunteering in a related field of work to gain experience and test out your interest.

Do your research, write a CV and think about your strengths, skills and qualities. If you suffer a setback, ask for feedback on ways you can improve.

Explore the company that you would be working for. Consider how the role and responsibilities, the values and ways of working offered by the company would work for you.

When job hunting, be curious; try and find out what training the company offers and what the opportunities might be for promotion in the future.

Consider the longer-term prospects for the career and whether further training will be required to progress.

Research using websites such as:

- <https://www.prospects.ac.uk/careers-advice/getting-a-job>
- <https://www.glassdoor.com/blog/guide/how-to-get-a-job/>
- <https://www.gov.uk/find-a-job>
- <https://uk.indeed.com/>

Gap Year

A gap year is constructive time out to travel and/or work in-between life stages. Gap years give you the opportunity to increase your independence, gain experience of new cultures and help you to understand more about yourself, your skills and qualities.

It usually means travelling, volunteering or working, often abroad but it can mean all three.

Gap years are now seen as a way to improve your CV, to gain relevant work experience in a particular field, develop key skills, try out different industries and possibly to demonstrate your interest in a particular field of work.

Planning your gap year will be critical and ensuring it works for you and your goals will be important for universities and employers to see the value in this time out.

Don't forget to think about how COVID-19 and recent events may impact your planning and travel options.

Ask your career practitioner for the volunteering and gap year guide.

- <https://www.gap360.com/activities>
- <https://www.prospects.ac.uk/jobs-and-work-experience/gap-year/should-i-take-a-gap-year>
- <https://www.ucas.com/alternatives/gap-year/gap-years-ideas-and-things-to-think-about>