

The Parents' Guide to

What's Next

2023-2024



HIGHLIGHTS:

- Options at 16 and 18
- T Levels and Apprenticeships
- University and UCAS
- Other choices
- Leaving home

The Parents' Guide to What's Next 2023-2024

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Contents

This guide gives you an introduction to what's available after GCSE and sixth form



Introduction

If you're not sure what options are out there, it's tricky to help your teen choose what to do next. This guide gives you an introduction to what's available after GCSE and sixth form, and why certain options suit some students more than others.

If your teen learns best through practical experience, they may not do as well with academic or classroom-led learning. Similarly, if they enjoy quiet, lecture-led lessons, getting an apprenticeship

and learning on the job may not suit them. We explore how you can help your teen make choices to suit their personality and learning preferences, so they have the best chance of success as they enter the next stage of their educational journey or career path.

This guide is not written so you do the work for them! It's a source of ideas so you feel confident talking to your teen about their future choices.

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Options after GCSE

All 16 year olds must undertake further education until they are 18. This doesn't mean they have to stay on at school or go to college, they can get a job with a training element to it, but they cannot work full-time without some training.

Most teens stay on at school or go to college and take either A levels or BTECs. This usually works well for students that enjoy being in the classroom. However, if your child prefers practical experience, they might achieve better results and be happier by taking a different route towards a career, such as T Levels, an apprenticeship or traineeship. Don't rule out an option because it's not one you know.

Thinking ahead

If your child thinks they know what they want to do when they leave school at 18, this may influence their choices. However, in most cases, they won't have a firm idea of what they want to do (and may not even know whether they hope to progress to further education once they're 18) so it may be a good idea for them to make choices which will give them some experience in different areas, so they can find out what they really do and don't like. For the best chance of success, they should lean toward academic choices if

they like classroom learning or vocational options if they prefer practical experience.

Subject choices

There's a much wider range of choices available at sixth form compared to GCSEs, so students will come across many subjects that are entirely new to them. There's no need to worry if they decide to explore something they haven't studied before, as they can always make changes at the beginning of Y12 if they find they don't enjoy it or aren't excelling in it.

Going into the workplace

If school or college is not for them, apprenticeships offer a great career pathway, with the added benefit of hands-on workplace experience as well as obtaining valuable qualifications.

Don't panic!

It's important to bear in mind that whatever your teen chooses to do after GCSE, whilst it will influence Post-18 options, it will not close any doors. If they make a mistake, there's still plenty of opportunity to change direction (it might mean a little additional work on their part!). If they go straight into an apprenticeship and change their mind later, there's always the chance to go back to full time study further down the line.

Summary:

There are lots of choices available to your child once they've completed GCSEs, so make sure they know what's on offer.

1. A level and IB are more suited to theoretical learning;
2. BTECs and T Levels are great for those who enjoy practical experience and coursework;
3. EPQ offers the chance to earn more UCAS points as well as undertaking a project centred around your child's personal interests;
4. Apprenticeships, traineeships and internships provide on the job training and valuable experience.

You may also be interested in:



The Parents' Guide to Post 16 options

Includes information on:

- What qualifications are on offer
- Which qualifications are better suited to different types of learners
- Where they can study – the pros and cons of different learning environments depending on the type of student
- Considerations in making the right choices
- GCSE results day – what to do if they don't get the results they need

Buy now

T Levels are a two year vocational qualification equivalent to three A levels



A spotlight on T Levels

You've probably heard of A levels and BTEC, but have you heard of T Levels, a new sixth form qualification introduced in 2020?

What are T Levels?

T Levels are a two-year vocational qualification equivalent to three A-levels. They involve a mix of classroom learning (about 80% of the course time) and practical experience (about 20% of the course time) including a 45 day on-the-job placement in a genuine business. Afterwards, students may go on to university, alternative higher education, another job, an apprenticeship or they may be offered an opportunity with the company where they were placed.

Business in mind

It could be easy to discount T Levels as a credible sixth form choice because they're new and haven't been tried and tested. However, their recent development with input from businesses means they are

tailored to meet existing industry needs much more directly than other generic qualifications and this is likely to appeal to future employers as well as preparing students for working life.

Keeping options open

T Levels broaden the study choices for 16 years olds. They can offer a clear path to employment although, should your teen start the course and realise that industry or specialism it is not for them, there are still plenty of options for them to continue higher education or get work in a different industry once the T Level is complete.

First-hand work experience is hugely beneficial to students, enabling them to get a feel for what it's like in the world of work and whether they like the industry sector they've chosen – it's not too late to make a change post-18 if they don't!

Useful links

T Levels
official website

Department for
Education

The Parents'
Guide to

The Parents' Guide to Post 16 Options - part 1

	A levels	International Baccalaureate	BTEC Nationals	T-Levels (England only)
Qualification type	General Certificate of Advanced level qualification	International Baccalaureate Diploma	Business and Technology Education Council Diplomas <i>(Level 3 are similar standard to A Levels, with subsidiary diploma equivalent to one A level, BTEC diploma equivalent to 2 A levels and extended diploma equivalent to 3 A levels).</i>	Technical Level Qualification
Type of learning	Mostly theory	Mostly theory, some practical	Combination of practical and theory	Classroom learning (80%) with industry placement (20%)
Qualifications needed to sign up	At least x5 GCSE grade 4 – 9. At least grade 5/6 in the subject/s chosen for A level	Set by the school, up to 5 GCSEs	Up to 5 GCSEs	Up to 5 GCSEs
Subject choices	Three subjects	Up to six subjects (three standard level and three at higher level plus some compulsory modules including an extended essay)	Three vocational subjects	One industry field, such as construction or Education
Commitment	2 years full time			
Tuition costs	<i>Free (unless parents choose to pay privately)</i>			
UCAS points awarded for passing	56 points – A* 48 points – A 40 points – B 32 points – C 24 points – D 16 points – E	56 points - Higher Level 7 48 points - Higher Level 6 32 points - Higher Level 5 24 points - Higher Level 4 12 points - Higher Level 3	For subsidiary diploma: 56 points – D* (distinction) 48 points – D 32 points – M (merit) 16 points – P (pass) <i>Points are doubled for diploma and tripled for extended diploma</i>	168 points - Distinction* 144 points - Distinction 120 points - Merit 96 points – Pass (C or above) 72 points – Pass (D or E)
Can lead to	University, further study, training or work	University, further study, training or work	University, further study, training, professional development programmes or work	University, further study, training, professional development programmes or work

The Parents' Guide to Post 16 Options - part 2

	Cambridge Technicals	Other qualifications	BTEC apprenticeship	Other options
Qualification type	A Cambridge Technical Extended Certificate (equivalent to an A level) or Cambridge Technical Diploma (equivalent to x2 A levels)	City and Guilds; National Vocational Qualifications (NVQs) or Tech Bac (similar to Baccalaureate)	Advanced Level 3 (equivalent to x2 A levels)	Traineeship / Volunteer with training / internship – all to help your child get enough skills to take on an apprenticeship or other form of qualification if they do not already have the minimum qualification requirements.
Type of learning	Practical course with lots of coursework based on real life case studies	Dependent on the qualification, most contain practical on the job training	Work based including off-site learning	Work based
Qualifications needed to sign up	At least x5 GCSE passes	x5 GCSE passes	Advanced Level 3 - depends on employer, some require at least 3 GCSEs	None
Subject choices	Range of vocational subjects	Range of vocational subjects	Range of vocational subjects, driven by the job offered	Range of vocational subjects, driven by the job offered
Commitment	2 years	2 years (level 3)	1-2 years	6 weeks – 6 months
Tuition costs	<i>Free (unless parents choose to pay privately)</i>			
UCAS points awarded for passing	Cambs Tech level 3: 56 points – D* (distinction) 48 points – D 32 points – M (merit) 16 points – P (pass)	In most cases no UCAS points are awarded but there are some exceptions.	n/a	n/a
Can lead to	University, further study, training or work	Further study, training, professional development programmes or work	University, further study, training or work	Further study, apprenticeships or job offers



There are lots of choices available to your child once they've completed sixth form, so make sure they know what's on offer

Options after sixth form

What your child chooses to do after sixth form (or college) is exciting but can be nerve-racking. There are lots of options available and understanding the pros and cons between different choices can be confusing.

It's not just about deciding whether to go to work or continue further education – although that's a good starting point. Important considerations include how long they want to continue studying, how they will finance living expenses and course fees (and whether you can afford to help them), whether they want to study in a more academic environment or in a more practical environment (such as studying whilst working).

Many qualifications can be built upon, so they may commit to one year of further study and then decide to increase it for another year or two to get a higher qualification. This flexibility can be very useful, particularly for students who are not keen to commit to long-term studies after school, but find that they enjoy it once they've got started. In the case of degrees, they will need to commit to the length of study (minimum three years) from the beginning.

Summary:



There are lots of choices available to your child once they've completed sixth form, so make sure they know what's on offer.

1. Higher education options (such as university or Higher National Diplomas) are more suited to theoretical learning;
2. Apprenticeships, trainee programmes and internship are great for those who enjoy practical experience and coursework and are a terrific way to get first-hand experience of what a job is like;
3. School leaver programmes offer opportunities to join the workplace and begin skills development and careers development through experience as well as study;
4. Other options include taking a gap year, starting their own business or entering the world of work.

The Parents' Guide to Post 18 Options - part 1

	University Degree	Degree Apprenticeship	Non-degree apprenticeship	Higher education course at College
Qualification type	Bachelor of Arts or Bachelor of Science	Bachelor of Arts or Bachelor of Science	Advanced or Higher apprenticeship	HNDs HNCs, Foundation Courses, Diplomas Vocational course
Length of commitment	3-4 Years (Some degrees, such as medicine, are longer)	3-4 Years (Some can be longer, even up to 7 years)	6 Months – 3 Years	1 – 3 Years Some are part-time.
Tuition Costs	£££ Students take out a “tuition fee loan” to pay course costs. No repayments are made until the student is earning £25k in the April after graduation. Any outstanding debt is wiped clear after 30 years.	£0 Course costs (at university) are paid by the company and government.	£0 Course costs (usually at college or by an education provider) are paid by the company and government.	££ Tuition fees need to be paid but these are less expensive than university fees. <i>Students can apply for an “advanced learner loan” where repayments are made as a percentage of earnings above a certain threshold. Any outstanding debt is wiped clear after 25 years.</i>
Accommodation Costs and living expenses (i.e. food, book, travel, going out)	£-£££ May receive a “maintenance loan” dependent on parents’ income; however, this is rarely sufficient to cover all costs and students will either need to supplement by working or have help from their parents (or both!).	£-££ A salary is paid, but parents may need to subsidise living expenses, especially if relocating to an expensive area.	£-££ A salary is paid, and shorter apprenticeships may be local so students can continue living at home, but parents may need to subsidise living expenses, especially if relocating to an expensive area for longer apprenticeships.	£ Students can often find suitable courses at colleges commutable from home, but there are still living expenses to be covered.
Alternatives	Company sponsored degrees	Could also consider school leaver programmes (non degree apprenticeships)	Higher education courses	Non degree apprenticeships

The Parents' Guide to Post 16 Options - part 2

	Traineeship	Job with training	Job without training	Internship	Gap Year	Start a business
Qualification type	To prepare students for work or to go on to further education.	Training usually funded by employer, but check that it is a national recognised qualification, such as NVQ	Going straight into a job offers work experience but not a qualification. However, it is possible to create a personal training plan if desired.	None	Could include a year working for a charity or other employer to gain skills – not just about travelling. Can combine A level retakes in this year.	None, but it's important to have drive, commitment and an idea of what business idea to pursue.
Length of commitment	6 weeks to 6 months	n/a	n/a	1 to 6 months But some up to a year.	1 year	n/a
Tuition Costs	£0 Training fees are paid by the government.	£0 Training funded by the employer.	£-££ Any training would be self-funded.	£0 Internships are about gaining practical work experience so there are rarely any formal qualifications undertaken.	£0 There are no tuition costs unless retaking examinations.	£-££ It may be useful to take some courses to hone skills when setting up a business. The Prince's Trust offers grants and support.
Accommodation Costs and living expenses (i.e. food, book, travel, going out)	£-££ Not paid to work, but some expenses (such as travel) may be provided. Accommodation costs may be expensive if needing to relocate.	£ Salary provided and jobs are usually within commutable distance from home, though travel can be expensive.	£ Salary provided and jobs are usually within commutable distance from home, though travel can be expensive.	£-££ Legally interns should be paid although many aren't. Some companies may cover expenses. Depending on the location, living and travel expenses could be costly.	£-£££ Gap years need not be expensive. Flights and accommodation is usually covered for overseas volunteering. Personal travel can be funded by working for part of the year.	£ Lots of young people start their businesses online, which means minimal start up costs and they can continue living at home.
Alternatives	Job with training, internship or apprenticeship (if they have some work experience)	Internship or apprenticeship	Starting a business, job with training or traineeship/ internship	Traineeship, job with training	Volunteering	Start the business whilst working or in education

Level	Qualification / educational routes				
8	Doctorate (PhD)		NVQ 8		
7	Masters degree (MA)		Degree apprenticeship / NVQ 5, 6, 7		
6	Bachelors degree BA or BSc				
5	Foundation degree FdA or FdSc	Higher National Diploma (HND)			
4	Higher National Certificate (HNC)		Higher apprenticeship / NVQ 4		
3	A levels Grades A-E	International Baccalaureate	T Levels	BTEC (extended) diploma BTEC certificate	Advanced apprenticeship / NVQ 3
2	GCSE Grades 4- 9 (C, B, A or A*)		BTEC first diploma		Intermediate apprenticeship / NVQ 2
1	GCSE Grades 1- 3 (D,E,F or G)		Foundation diploma / entry level qualifications		Traineeship / NVQ 1
Academic route		Vocational route		Applied / work route	

Levels of Education

In England, Wales and Northern Ireland there are 8 qualification levels (1 - 8) plus an entry level qualification for those just starting. Generally, the higher the level, the more difficult the qualification is. Levels 1-3 are typically taught in schools and colleges.

With so many different qualifications, it can be hard to know what they mean and where they might lead to next. To help you understand, we've created a summary of what the levels mean highlighting academic, vocational and work-based routes to higher education.

Apprenticeships

Apprenticeships can be a fantastic career path, whether started after GCSE or sixth form. They offer the opportunity to combine study with paid employment resulting in a professional qualification. There are no tuition fees (these are covered by the employer and the government) and the salary can cover living expenses. Entry levels vary from 2 (equivalent to GCSE level) to 7 (degree level).

Apprenticeships used to be associated with trade industries (such as electricians, mechanics or plumbers). Nowadays, apprenticeships can be taken in a wide range of industry sectors and provide entry to all types of careers, including accountancy, banking, IT, law, management and television.

Relatively new to the apprenticeship suite are “degree apprenticeships”, offering an earn while you learn route to BSc or BA status. In other words, the end qualification is the same as if your

child had attended university full time, the difference is that they will not have incurred any debt in tuition fees and will finish their degree with robust and transferable workplace skills.

Taking an apprenticeship is not an easy option and competition can be fierce. It takes organisation and dedication to balance work, where your child will be expected to contribute to the same standards as everyone else, and study. Holidays are far fewer than at college or university. However, if they have a more practical, work-related bias towards learning this will suit them well and they will obtain valuable experience which will strengthen opportunities in finding rewarding work when the apprenticeship is over.

Selecting the right apprenticeship will require your child to have reasonable confidence in the type of career they wish to follow although there is some flexibility. So how do you help them decide? We'll guide you.



You may also be interested in:



The Parents' Guide to Apprenticeships

Includes information on:

- Types of apprenticeship
- The pros and cons
- Degree apprenticeships
- How to research an apprenticeship
- Top ten apprenticeship providers
- The application process and why it differs from applying to university
- How you can help them prepare for interview

Buy now



Typical length

12-18 months

Entry requirements:

None or few

Qualifications obtained:

GCSE, BTEC or equivalent

Who's it for?

Mostly for 16-year-olds with limited or no academic qualifications.



Typical length

3-5 years

Entry requirements:

A levels or equivalent

Qualifications obtained:

Higher national diploma / foundation degree

Who's it for?

Mostly for those who want to qualify for professional career paths without attending university or college.



Typical length

12-24 months

Entry requirements:

Usually 5 GCSEs

Qualifications obtained:

A levels or equivalent

Who's it for?

Mostly for 16-year-olds with reasonable academic achievements but who don't want to study in sixth form.



Typical length

3-7 years

Entry requirements:

At least 2 A levels or equivalent

Qualifications obtained:

A BA or BSc degree or higher

Who's it for?

Mostly for those with excellent sixth form results that want to study for a degree or similar whilst working.

Apprenticeships vs. full-time study

Advantages	Considerations
➤ Apprenticeships provide focused and applied training for those who already have a strong interest in a job or industry. ➤ Not everyone is suited to academic learning and apprenticeships provide a practical approach to obtaining qualifications. ➤ Apprenticeships provide paid employment with a structured approach to learning. ➤ Apprenticeships develop key transferable skills which are considered lacking in the labour market. ➤ Apprenticeships may provide future employment within the company and working within an organisation may reveal job roles they did not know existed. ➤ Gaining work experience and on the job training may provide your child with a competitive advantage when applying for a job. ➤ Degree apprenticeships offer the chance to gain a BA or BSc without incurring the debts associated with studying at university.	➤ Apprenticeships may narrow options early on. Your child will need to have a fairly clear idea of the type of career they wish to pursue. ➤ It may be difficult for your child to combine studying with working. ➤ The salary of an apprentice can be quite low and your child will also need to consider financing their travel and living expenses if they are not living at home. ➤ Your child may feel that they are missing out on the 'student life' if taking a degree apprenticeship. However, some universities still offer their degree apprentices a strong student experience. ➤ Many companies provide graduate schemes for university leavers on completion of their degree. ➤ Entering the work place at an early age may lead to fatigue. ➤ Degree apprenticeships are still quite new so there is a limited number of vacancies at the moment.



- ✓ Does your child have a clear idea of the type of career or job they want to pursue?
- ✓ Is your child more suited to an applied and hands-on working environment?
- ✓ Is your child organised and able to balance work with academic study?
- ✓ Will your child perform better under the guidance of a supervisor in a work environment?
- ✓ Will your child enjoy the combination of different learning environments?
- ✓ Does your child enjoy practical / active homework assignments?

Apprenticeships range between Level 2 and Level 7 and are designed to be flexible



Apprenticeships with the top ten employers are likely to be very competitive

Top 10 apprenticeship employers: 2023

1.



2.



3.



4.



5.



6.



7.



8.



9.



10.

WHITBREAD

Based on 4,000 reviews - statistics compiled by www.ratemyapprenticeship.co.uk
For a list of the top 100 apprenticeship employers click [here](#).



University and UCAS

Attending university can offer students a great foundation for their future; both in obtaining further qualifications and in providing a protected environment to transition from teenager to adult. Selecting the right university and course can seem daunting as there are lots of opportunities available.

The “right” university means the right university for them: one which offers courses they’d like to study; where they will fit in and feel comfortable; one that will stretch their abilities without breaking them; and one where they will feel safe and happy. The “right”

university will differ from child to child – even within the same family.

Of course, whilst going to university is first and foremost about getting a higher-level qualification, it offers much more than that. It’s about learning to research independently, create professional relationships, develop lasting friendships, live without parental supervision, take up lifelong hobbies and interests. It’s learning to be a grown-up: self-reliant, resourceful and confident. It’s a time when you’ll get to watch your teen become an adult. So how to get it right? We’ll guide you.

You may also be interested in:



The Parents' Guide to University

Includes information on:

- University
- Apprenticeships and degree apprenticeships
- Higher education courses at college
- Traineeships
- Jobs with training
- Gap Years
- Starting their own business

Buy now

Choosing the right course
is more important than the
university type

Researching the right course

With over 30,000 courses available the right course is out there – it just might be tricky to find it! There is plenty of information about university courses available so it's worth researching diligently before making choices, rather than students relying on "my teacher recommends it", "my parents took it", or "I like the university".

When to step back

This research is something that your child should undertake – not you on their behalf. Avoid the temptation to use this as an opportunity to investigate options you would have liked to take given the chance. It may be tough with the benefit of hindsight and experience, but try not to forget it's your child's life and their choices, not yours.

Finding focus

Thinking of favourite subject choices is a good way to narrow focus, but don't forget many of the subjects offered at degree level aren't covered in sixth form options, so don't let your child restrict themselves to only considering topics they've already studied. Of course, if they

are already set on a certain career path, their choice of degree may be obvious, which can be helpful. If not, some thought and reflection on things they enjoy that might apply to the workplace can give direction so some research on jobs might help streamline options by providing guidance on routes into industry.

Too much choice?

If they are struggling with a starting point, investigating what's of interest to them is a good place to start. You think they spend too much time playing video games? How about a BA in Computer Games Design – it can be a lucrative business post-graduation. Not academic but loves sports? BA in Sports Management. A passion for understanding how things work? How about MEng(Hons) in Product Design Engineering? Always reading crime thrillers? Perhaps they'd enjoy a BA in Criminology.

Predicted grades

Your child should research courses with entry requirements that are closely aligned to their predicted grades, allowing for some aspirational and safe choices either side.

Useful links

UCAS
course search

Uni Guide
course search

Preparing for open days

There's nothing like an in-person visit to get a feel for a university. If you get the chance, make sure your teen visits the universities they want to apply to, and if possible, go with them.

Plan ahead

To get the best value out of university open days, prepare in advance. Open days often include a variety of lectures, walking tours and presentations, so your child should check what's on offer and plan accordingly.

In addition, they should make a list of questions that they want to ask each university so they can compare and contrast differences to help with their decision making. Which questions should they ask staff, which are better aimed at students, or should they ask the same questions to both? Don't forget, even if they can only take part in a virtual open day, there will still be an opportunity to ask questions.

Speak with students

Whilst open days provide an opportunity to receive information on the degree course and the university itself, nothing beats hearing from someone with first-hand experience of what it is like to study there. It's a good idea for both of you to speak

to current undergraduates if the opportunity arises - ask them questions about teaching quality, societies, accommodation and the local area.

Prepare questions in advance

Do not be afraid to ask questions. Open days provide the perfect opportunity to receive direct answers to questions that may be difficult to find online. Both you and your child should think of some questions in advance rather than thinking on the spot.

Walk and observe (if possible)

Walk around the campus and university town or city. Try to encourage your child to get a good feel for the environment. Can they imagine themselves living there? Do the students look happy? Is it a friendly place to be?

Don't stress if you can't attend

If you and your child are unable to make the official open day, then you could arrange a private viewing. Call the admissions team to arrange a suitable date and time to visit. Whilst you are likely to miss out on some of the lectures and presentations that are organised during an open day, you may still be able to speak with a member of staff from the relevant faculty. There may also be virtual open days and virtual tours available online.

Qualifications:

- Will I still be considered if I do not meet my predicted grades or if I do not have the GCSE entry requirements?
- Will you consider other qualifications when making an offer (e.g. music, EPQ)?

The application process

- What is the university looking for in a student's application - is there anything I can do to increase my chances of being offered a place?
- Can you recommend any reading or activities to inform my personal statement?
- How do you feel about gap years and deferred entry applications?
- Do you hold interviews?

The course

- How will the course be assessed? Will it consist mostly of coursework or exams?
- Does the university provide any additional support for students with a particular learning difficulty (e.g. dyslexia)?

The university experience

- Can a student take on part-time employment whilst studying?
- Does the university provide opportunities to study abroad / work in industry (or can you tell me more about these opportunities)?

Accommodation

- Is a place in halls of residence guaranteed?
- Can you bring a car? Is there parking available?
- Where do most students live in years two and three?

Career prospects

- What type of careers / jobs do students go on to have after graduating?
- What does the university offer with regards to career support and guidance?
- What's on offer here that will provide opportunities for me to develop my employability skills? Does the university have connections with local employers?

A-Z University listing

A

University of Aberdeen
Abertay University (formerly University of Abertay Dundee)
Aberystwyth University (Prifysgol Aberystwyth)
Anglia Ruskin University
Anglo-European College of Chiropractic
Archbishop of Canterbury, The
Arden University (formerly known as Resource Development International)
Ashridge Business School
Aston University

B

Bangor University (Prifysgol Bangor)
University of Bath
Bath Spa University
University of Bedfordshire
Birkbeck, University of London
University of Birmingham*
Birmingham City University
University College Birmingham
Bishop Grossteste University
University of Bolton
Arts University Bournemouth
Bournemouth University
BPP University
University of Bradford
University of Brighton
University of Bristol*
Brunel University London
University of Buckingham
Buckinghamshire New University

C

University of Cambridge*
Canterbury Christ Church University

Cardiff Metropolitan University
(Prifysgol Metropolitan Caerdydd)
Cardiff University (Prifysgol Caerdydd)*
University of Chester
University of Chichester
City University London
Courtauld Institute of Art, The (degrees awarded by University of London)
Coventry University
Cranfield University
University for the Creative Arts
University of Cumbria

D

De Montfort University
University of Derby
University of Dundee
Durham University*

E

University of East Anglia
University of East London
Edge Hill University
University of Edinburgh, The*
Edinburgh Napier University
University of Essex
University of Exeter*

F

Falmouth University

G

University of Glasgow*
Glasgow Caledonian University
University of Gloucestershire
Glyndŵr University (Prifysgol Glyndŵr)
Goldsmiths, University of London
University of Greenwich
Guildhall School of Music and Drama

H

Harper Adams University
Hartpury University
Heriot-Watt University
University of Hertfordshire
Heythrop College (degrees awarded by University of London)
University of the Highlands and Islands
University of Huddersfield
University of Hull

I

Imperial College of Science, Technology and Medicine (also known as Imperial College London)*
Institute of Cancer Research, The (degrees awarded by University of London)
Institute of Education, University of London

K

Keele University
University of Kent
King's College London*
Kingston University

L

University of Central Lancashire
Lancaster University
University of Leeds*
Leeds Beckett University (formerly Leeds Metropolitan University)
Leeds Arts University
Leeds Trinity University
University of Leicester
University of Lincoln
University of Liverpool*
Liverpool Hope University
Liverpool John Moores University

Liverpool School of Tropical Medicine
University of London
London Business School
London Institute of Banking and Finance, The
London Metropolitan University
London School of Hygiene and Tropical Medicine
London School of Economics and Political Science, The (LSE)*
London South Bank University
University College London*
Loughborough University

M

University of Manchester*
Manchester Metropolitan University
Middlesex University

N

NCG
Newcastle University*
Newman University, Birmingham
University of Northampton, The
Northumbria University Newcastle
Norwich University of the Arts
University of Nottingham*
Nottingham Trent University

O

Open University, The
University of Oxford*
Oxford Brookes University

P

Plymouth University
University of Portsmouth

Q

Queen Margaret University, Edinburgh

Queen Mary, University of London*
Queen's University Belfast

R

Ravensbourne
University of Reading
Regent's University London
Richmond, The American International
University in London
Robert Gordon University, Aberdeen
University of Roehampton
Rose Bruford College of Theatre and
Performance
Royal Academy of Music
Royal Agricultural University
Royal Central School of Speech and
Drama (University of London)
Royal College of Art
Royal College of Music
Royal College of Nursing
Royal Conservatoire of Scotland
Royal Holloway, University of London
Royal Northern College of Music
Royal Veterinary College, The

S

University of Salford
School of Oriental and African Studies
(SOAS), University of London
University of Sheffield*
Sheffield Hallam University
University of South Wales (Prifysgol De
Cymru)
University of Southampton*
Solent University
University of St Andrews
St George's, University of London
University of St Mark and St John,
Plymouth
St Mary's University, Twickenham
Staffordshire University

University of Stirling
University of Strathclyde
University of Suffolk
University of Sunderland
University of Surrey
University of Sussex
Swansea University (Prifysgol
Abertawe)

T

Teesside University
Trinity Laban Conservatoire of Music
and Dance

U

University of the Arts, London
University College of Estate
Management
University College of Osteopathy
University of Law, The
University of Ulster

W

University of Wales (Prifysgol Cymru)
University of Wales Trinity Saint David
(Prifysgol Cymru Y Drindod Dewi Sant)
University of Warwick*
University of the West of England, Bristol
University of West London
University of the West of Scotland
University of Westminster
University of Winchester, The
University of Wolverhampton
University of Worcester
Writtle University College

Y

University of York*
York St John University

* **Russell Group Universities**



One in ten students will
take a gap year after finishing
school or college

Other choices

Traineeships

Traineeships are much shorter and last six weeks to six months. They are a great way to prepare for apprenticeships (if your child doesn't have the minimum entry requirements) or to get first-hand experience of what a job is like.

School leaver programmes

School leaver programmes offer opportunities to join the workplace straight after sixth form studies and commence skills development and career progression through experience as well as studying to obtain a nationally recognised qualification.

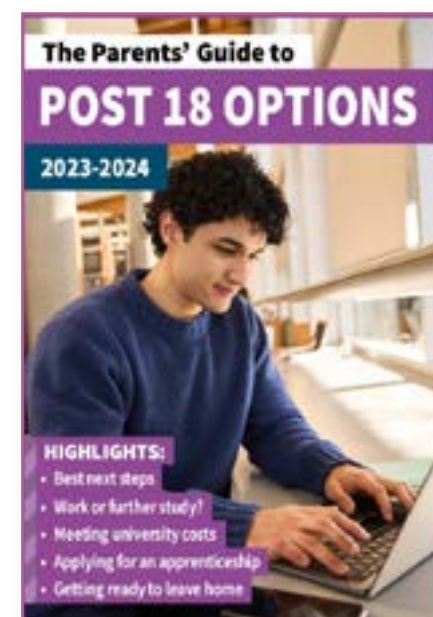
Entry requirements vary from employer to employer.

Gap year / deferred entry

Taking a year out between school and university can provide the opportunity to find out a little bit more about personal preferences. Traditionally, this is a year spent travelling overseas, but it needn't focus exclusively on that. Volunteering and work experience can also be incorporated and inform your child's likes and dislikes, as well as giving them valuable first-hand experience in a variety of areas they may not have had chance to try out. However, for some a gap year can be distracting and, if not well-planned, could prove somewhat directionless, which is unlikely to be beneficial.

A gap year can be taken while entry to university is being deferred, once a place has been accepted, or if university is not the next step at all.

You may also be interested in:



The Parents' Guide to Post 18 options

Includes information on:

- University
- Apprenticeships and degree apprenticeships
- Higher education courses at college
- Traineeships
- Jobs with training
- Gap Years
- Starting their own business

Buy now



Leaving home

Whether they're heading to university, to an apprenticeship or off to full-time work, there may come a time when your child needs to live away from home so they can fulfil their dreams. Make sure they're prepared to fend for themselves by teaching them healthy food choices, how to cook, how to budget and how to balance their time between work and play while they're living at home with you.

What to pack

When leaving home for the first time, your child may need help deciding what they'll need to take with them. This means everything from work clothes, casual clothes, course materials, laptops, phones to bedding, cooking equipment and all the appropriate paperwork such as bank accounts, TV licences, insurance and new travel passes. It will make their life easier if they know how to plan ahead and it will make you feel more comfortable knowing they are well-prepared.

Try to keep to the basics when it comes to kitchen utensils and try to purchase items, which are easily identifiable - bright colours or patterns will help your child keep track of their items, especially if they are in shared accommodation.

If you are helping your child move, then it may be a good idea to factor in some time for a trip to the local shopping centre for any last minute purchases, such as household cleaning items.

Don't forget:

Important documents

- Passport
- Driving licence
- All university / college and accommodation correspondence
- Apprenticeship contract
- Insurance documents
- Bank details
- Parking permit

Electricals

- Laptop and chargers
- Mobile phone
- Headphones
- Extension cables

Stationery and course books

Kitchenware

- Cutlery and crockery
- Kitchen utensils
- Family recipes
- Cook books

Bedroom

- Coat hangers
- Duvet, pillow, mattress protector and sheets
- Wash kit
- Photographs of family & friends

'Leaving home' shopping list - *click here for our best buys*

*I'm interactive!
Click each item for
inspiration!*

BEDROOM

Essentials:

- ☐ Alarm clock
- ☐ Bin (small)
- ☐ Books
- ☐ Coat hangers
- ☐ Mirror

Extras:

- ☐ Beanbag
- ☐ Cushions
- ☐ Door wedge
- ☐ Extra storage
- ☐ Family photos
- ☐ Over door hangers
- ☐ Plant
- ☐ Rug
- ☐ Wall art / posters

SLEEP

Essentials:

- ☐ Bed sheets
- ☐ Duvet
- ☐ Duvet set
- ☐ Mattress protector
- ☐ Pillows
- ☐ Pillow cases

Extras:

- ☐ Diffuser / oils
- ☐ Mattress topper
- ☐ Night lamp
- ☐ Warm blanket

BATHROOM

Essentials:

- ☐ Bath towels
- ☐ Deodorant
- ☐ Hairbrush
- ☐ Hand towels
- ☐ Nail clippers
- ☐ Razor
- ☐ Sanitary towels
- ☐ Shampoo
- ☐ Shower gel
- ☐ Toilet roll
- ☐ Toothbrush / paste
- ☐ Wash bag

Extras:

- ☐ Bath mat
- ☐ Flip flops
- ☐ Hair dryer
- ☐ Make-up
- ☐ Moisturiser

FIRST AID

Complete sets

Essentials:

- ☐ Antibacterial wipes
- ☐ Antiseptic cream
- ☐ Hot-water bottle
- ☐ Hydration salts
- ☐ Painkillers
- ☐ Plasters
- ☐ Sewing kit
- ☐ Torch
- ☐ Tweezers

KITCHEN

Complete sets

Essentials:

- ☐ Baking tray
- ☐ Bowls
- ☐ Cheese grater
- ☐ Chopping board
- ☐ Cling film
- ☐ Corkscrew
- ☐ Cutlery
- ☐ Glasses
- ☐ Knives
- ☐ Mugs
- ☐ Plates
- ☐ Pots and pans
- ☐ Scissors
- ☐ Tin foil
- ☐ Tin opener
- ☐ Tea towels
- ☐ Wooden spoons

Extras:

- ☐ Casserole dish
- ☐ Colander
- ☐ Masher
- ☐ Measuring jug
- ☐ Plastic bag sealers
- ☐ Recipe books
- ☐ Scales
- ☐ Shot glasses
- ☐ Slow cooker
- ☐ Spice jars
- ☐ Tupperware
- ☐ Vegetable peeler
- ☐ Whisk
- ☐ Wok

CLOTHING

Essentials:

- ☐ Casual clothes
- ☐ Evening clothes
- ☐ Fleece
- ☐ Gym clothes
- ☐ Smart clothes
- ☐ Pyjamas
- ☐ Smart shoes
- ☐ Sports equipment
- ☐ Socks
- ☐ Rain jacket
- ☐ Swimwear
- ☐ Thermals
- ☐ Trainers
- ☐ Underwear
- ☐ Winter clothes

HOUSE KEEPING

Essentials:

- ☐ Coat hangers
- ☐ Door wedge
- ☐ Iron
- ☐ Laundry bag
- ☐ Washing powder
- ☐ Wet wipes

Extras:

- ☐ Drying rack
- ☐ Mini vacuum
- ☐ Laundry basket

STUDY

Essentials:

- ☐ A4 folders
- ☐ File Dividers
- ☐ Highlighters
- ☐ Notepad / paper
- ☐ Pens and pencils
- ☐ Plastic wallets
- ☐ Post-it notes
- ☐ Stapler
- ☐ White-tac

Extras:

- ☐ Calculator
- ☐ Desk lamp
- ☐ Diary / planner

DOCUMENTS

Essentials:

- ☐ Bank accounts
- ☐ CV and references
- ☐ Discount cards
- ☐ Exam certificates
- ☐ NHS number
- ☐ NI number
- ☐ Passport
- ☐ Passport photos
- ☐ Uni paperwork

Extras:

- ☐ TV licence

ELECTRICS

Essentials:

- ☐ Batteries
- ☐ Chargers
- ☐ Extension lead
- ☐ Laptop
- ☐ Laptop case
- ☐ Multi plug adaptor

Extras:

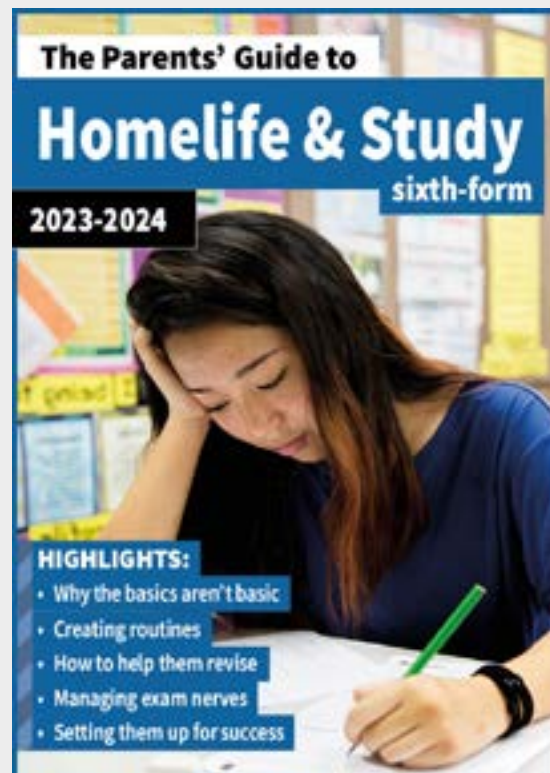
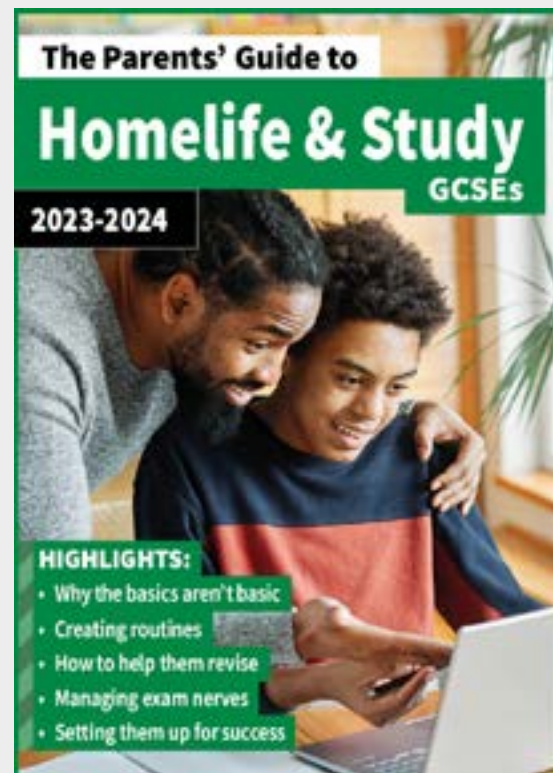
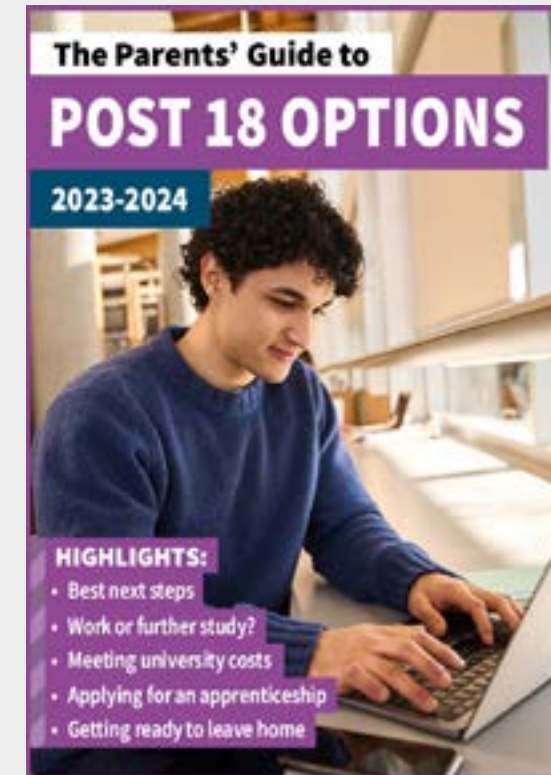
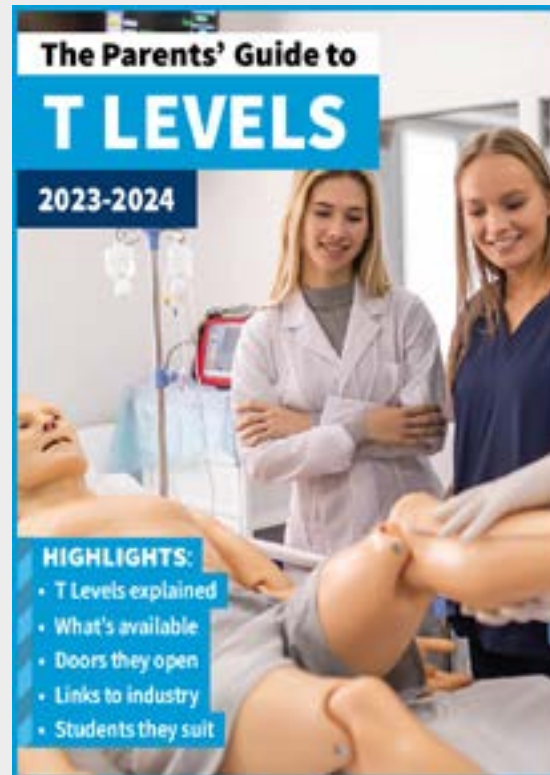
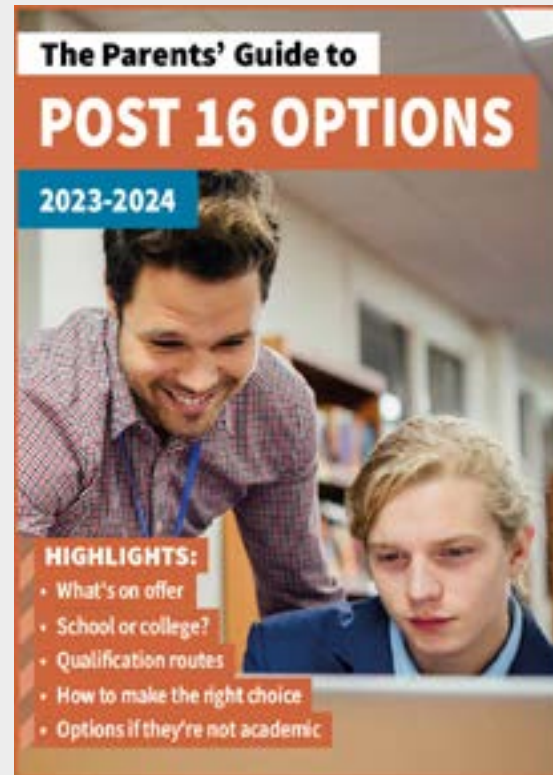
- ☐ Mouse
- ☐ Keyboard
- ☐ Printer
- ☐ Printing ink
- ☐ Speakers
- ☐ Television

FUN & GAMES

Extras:

- ☐ Bicycle
- ☐ Board games
- ☐ Computer games
- ☐ Dress-up costumes
- ☐ Fairy lights
- ☐ Games console
- ☐ Gym equipment
- ☐ Photo albums
- ☐ Playing cards
- ☐ Polaroid camera
- ☐ Projector
- ☐ Recipe books
- ☐ Sports equipment

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#NCW2024

SAVE THE DATE
4th - 9th March 2024

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2. [Teach your teen the skills to study effectively](#)
3. [Stressed out teen? – 10 ways to reduce stress instantly](#)
4. [Why starting a business helps develop transferable skills](#)
5. [Ways to keep your teen safe online](#)



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2023-2024

