

# Top Tips for Post 16

## Top Tip Number One

If you find the work is too hard, speak to your tutor about ways they can support you.



### **Before studying make sure you:**

- ◇ Have had a good nights sleep
- ◇ Have a snack
- ◇ Have a drink
- ◇ Find somewhere comfortable to sit
- ◇ Have the resources you need to hand

## What helps you learn? Tick the boxes...

- ◇ Highlighting relevant text ☐
- ◇ Discussions in class ☐
- ◇ Extra reading before/after class ☐
- ◇ Post it notes ☐
- ◇ Asking questions during class ☐
- ◇ Group work ☐
- ◇ Independent work ☐
- ◇ Having the correct equipment ☐
- ◇ Plan your study time on a calendar ☐

List any other things that support you to learn below

## Top Tip Number Two

Change can be difficult.



Preparing for change  
can help us to transition.

Talk to someone you trust  
if you are nervous.

Make a list of the changes you are most worried about. Then think of what you can do to help you prepare and feel more comfortable

<u>Change</u>	<u>Preparation</u>
<b>Example worry:</b> I am nervous about being in a new building.	<b>Example preparation:</b> Ask for a visit to your new college, or attend an open day. Ask where key places are such as the toilets and lunch hall.

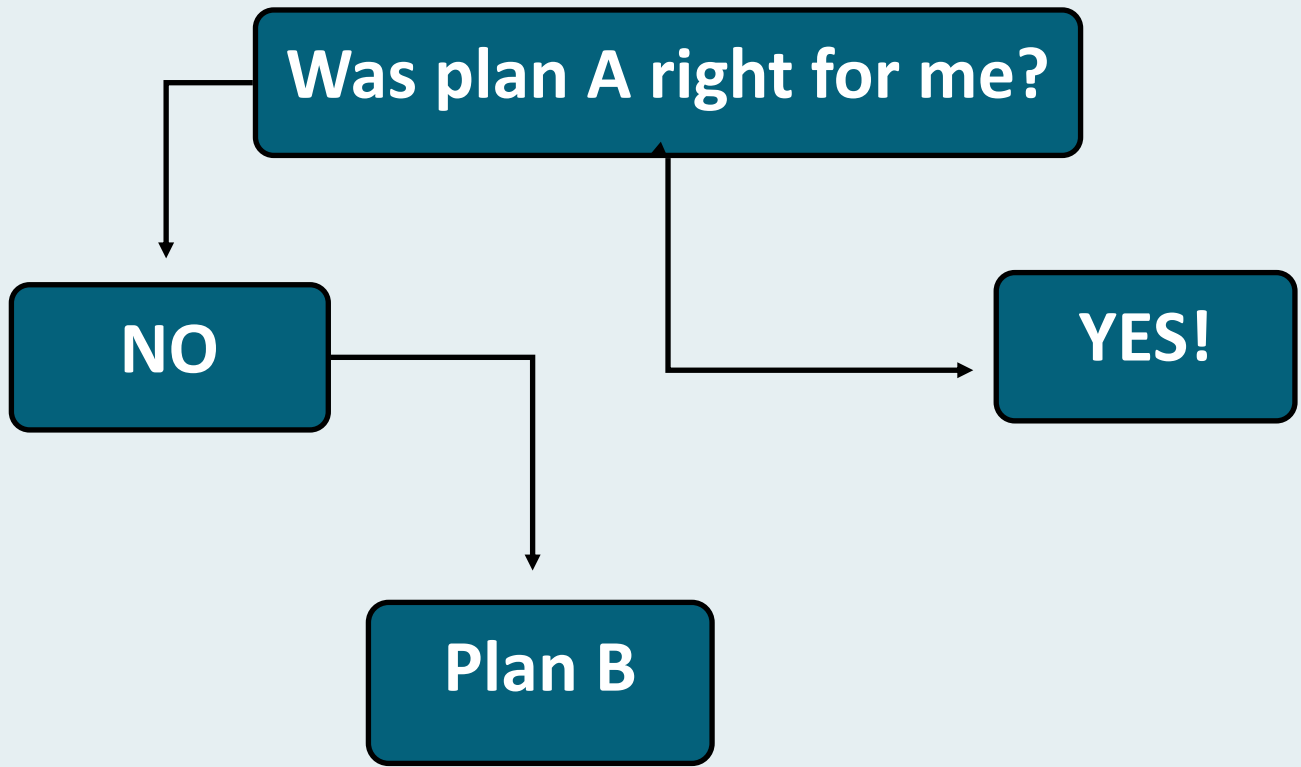
## Top Tip Number Three

Have a plan B, just in case.



Sometimes plan A isn't always the  
right path for us!

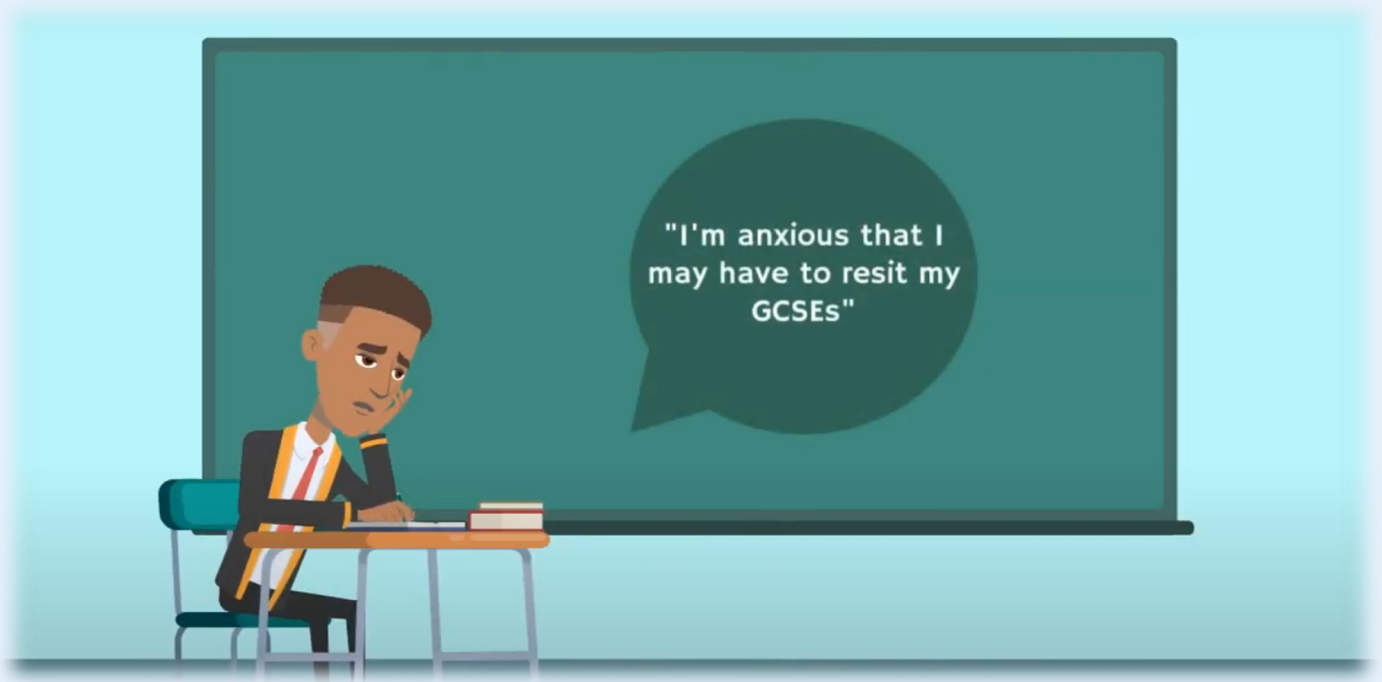
Equally believe in yourself !



Use this box to explore what your Plan B might look like.

## Top Tip Number Four

Lots of young people have to resit their GCSEs.



It is perfectly ok  
not to pass first time and  
you will have the opportunity  
to resit your exams

Try not to worry .... You cannot predict  
the future!

Record your results in the table below to easily see which subjects you need to re-sit:

Subject	Grade	Re-sit	Don't need to re-sit

It is compulsory to re-sit your maths and English if you did not achieve grade 4 or above.

You can still enrol onto your further education course and complete your Maths or English GCSE re-sit at the same time.

Speak to your school or college if you are worried about this or you want to know how this works.

FACT: Nationally 1/3 of teenagers do not make the grade

**FIRST TIME** round!

## Top Tip Number Five

Your career path is your personal journey!



Don't worry about what other people are  
doing!

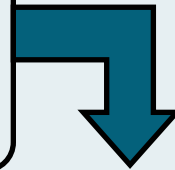
What job do you want to do when you finish studying?

What path do you need to take in order to get there ?

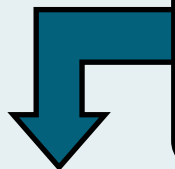
Use the flowchart below to help you with finding the right path for you.

If you are not sure speak to a careers advisor .

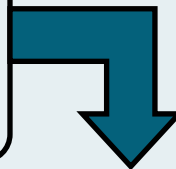
First I will



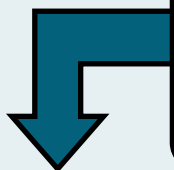
Secondly I will



Thirdly I will



Finally I will



My end goal is:

## Top Tip Number Six

Don't worry, this is all new! Nobody expects you to know everything



Speak to a career advisor, your school should be able to organise this

You can also speak to 'The Skills House' who can support you

<https://www.skillshouse.co.uk/>

Your school, college,  
or parent/carer can  
help you with any  
application forms you  
need to fill out.

Most schools have a  
careers advisor that will  
help you understand  
everything you need to  
know.

Most colleges have a  
website where you can  
browse the courses they  
offer and see what  
grades you will need to  
enrol.

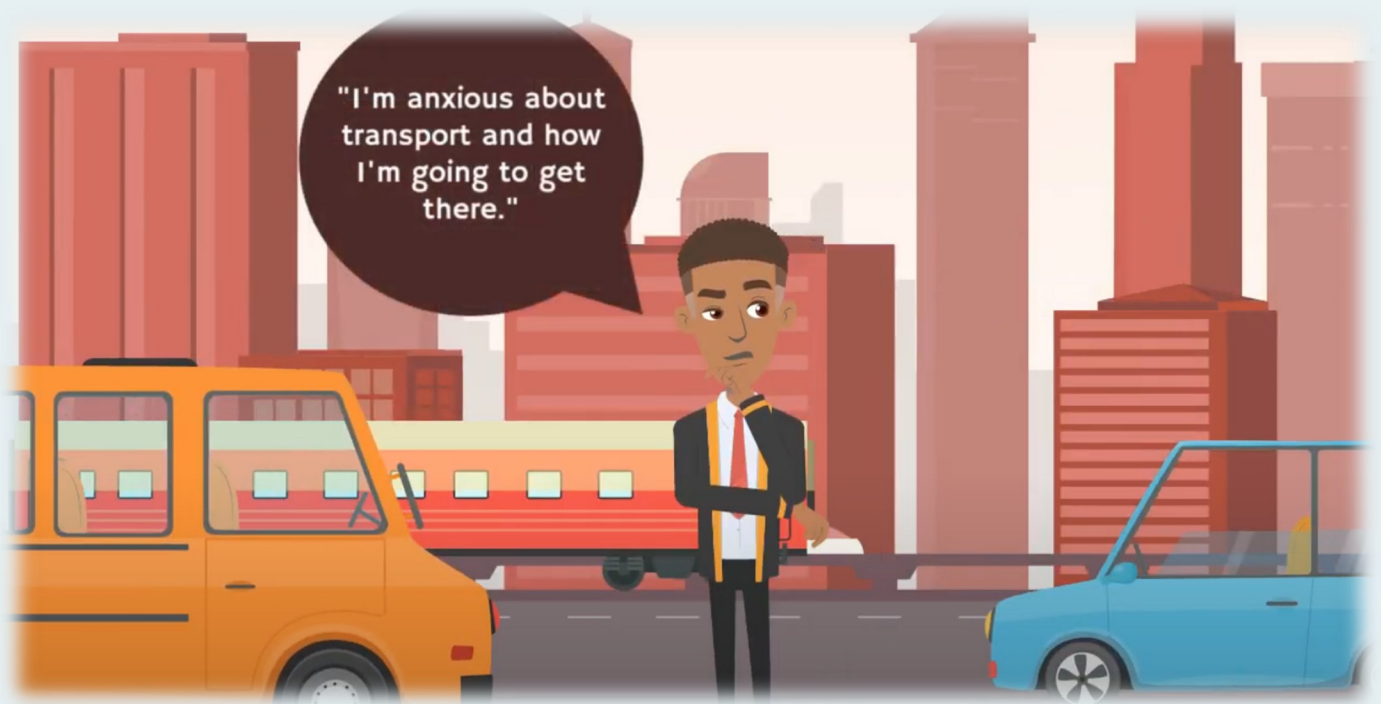
Most of the time  
you can enrol  
online too!

Use the flow chart on  
page 11 to help you plan  
how you will reach your  
end goal.

If you still feel you  
need more help  
Call The Skills  
House on :  
01274 437373

## Top Tip Number Seven

Practice makes perfect.



Practice your journey with a trusted adult or a friend so you can get used to your journey.

If you need extra help just ask



**I will be travelling to school/college by\_\_\_\_\_**

**I need to arrive at school/college at\_\_\_\_\_**

**I need to set of at\_\_\_\_\_**

**I will travel there with\_\_\_\_\_**

**I will finish school/college at\_\_\_\_\_**

**I will travel home by\_\_\_\_\_**

**If you feel like you may need extra help on public transport,  
check out the “extra help to travel cards” that may be helpful to  
use when travelling.**

**<https://www.firstbus.co.uk/help-and-support/extra-help-travel>**

**You can cut the most suitable card out for you and show it to the  
Staff on public transport as and when you need to**

**Or**

**have a go at making your own personalised card!**

## Top Tip Number Eight

You will build your confidence up over time.



See what extra curriculum activities you can take part in to find some other students with similar interests.

My Strengths

My positive qualities

Think about all the positive things your friends and family say about you. What positive things about yourself do others like about you?

Feel free to ask your friends what they feel makes you a good friend !

My special skills

What I like about me

## Top Tip Number Nine

Attend you college induction days.



This is a great opportunity to learn more about your college, ,meet your tutors and meet new people.

You will have the opportunity to ask lots of questions on your induction days. Make a note below of any questions that are important to you so you don't forget.

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Once you have attended your induction days, use the space below to note down anything that made you feel excited about starting post 16.

You could also use this space to jot down anything you didn't understand that you want to discuss.

## Top Tip Number Ten

“Talk to the staff at the college” they should be able to answer any questions you have.



If you are worried about anything they will be able to support you.

Make a list of key members of staff you can speak to.

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## Barnardo's SENDIASS

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