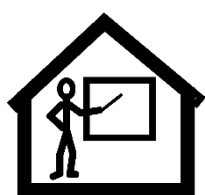


# My Options

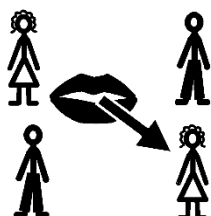


This easy read information is from Ask Us Nottinghamshire - Young People's Zone.



This document tells you about different options for further education.

## First steps



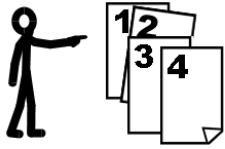
Most post 16 learning centres and colleges have open days where you can look around and speak to the staff about what you need to do to be able to learn at the setting.



You can contact the setting you are interested in to ask when their next open day is.



You might also find details of open days on their website.



There are many different options, depending on what you would like to study and what level you need.



There is a [video on our webpage](#) that you can watch if you would like to.

## What are the different types of courses?



There are lots of different types of courses that you can do at post 16 and post 18 learning.



Each course will have entry requirements you will need to meet. Entry requirements are things you need to do, skills and qualifications you need to have to be able to do the course you want to.



Below are some examples of different courses you can do:

## Supported Learning



These flexible courses are designed for young people with learning difficulties and/or disabilities.

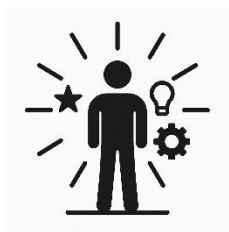


These courses are to improve your confidence, self-esteem, self-awareness, employability skills and independence.

# 1

Courses are usually offered at pre-entry through to Level 1.

## Foundation Learning



These courses are to give you confidence and develop your skills.



They can lead on to higher level courses.



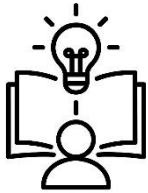
On these courses you will:



- Develop your personal and social skills.



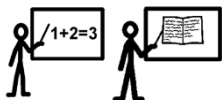
- Take part in projects.



- Improve your skills for studying and learning.



- Learn about different career options.



- Keep doing Maths and English.

## Apprenticeships

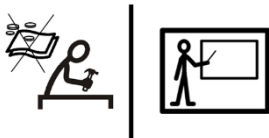


These courses give you a job you are paid to do whilst you learn and complete a qualification.



You will be in a work environment and learn alongside experienced staff.

## T- Levels



These courses give you a mixture of classroom learning and work-place experience.

## Vocational Courses



These courses are practical qualifications where you learn skills and get experience in a specific job area, such as:



- Construction



- Childcare

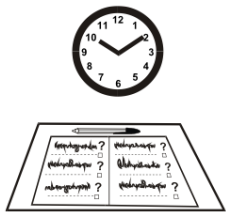


- Hair and beauty

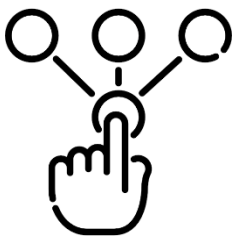


- Hospitality and catering

## A-Levels



These courses are academic, subject-based qualifications that are usually assessed by exams.



Most students choose 3 subjects to study.

## Supported Internships



These courses have an unpaid, work-based study programme to support you to take the first steps into a job or further training.

## Study Programmes



These courses bring together support to get a job and live independently.



Study programmes include qualifications, work experience and life skills.

## Other options



You can find information about other [Post 18 options on The National Careers Service Website.](#)

## Where can I find information about Further Education Providers?



You can find information about Post 16 education providers on the Nottinghamshire County Council and Nottingham City Council Local Offers websites.



[Your Notts Directory website](#) (for people in Nottingham and Nottinghamshire).

## Specialist Colleges



Some young people need more specialist support than a mainstream college or post 16 centre can offer.

There are several Specialist Post 16 colleges available in our local area.



You can read more about [specialist post 16 colleges at the Your Notts Directory website](#).

## Higher Education and University



There are universities across the country and county where people can study for a higher education qualification, such as a foundation degree, a degree, or a Master's degree.



Many students with disabilities apply through UCAS each year to study at a university and get support to help them do well.

UCAS

You can find out more on [the UCAS website](#).

## What are the different levels of education?



You can earn qualifications from pre-entry level up to level 8.



If you want to see a list of which qualifications are which level, [please visit our website](#).

## Where can I get help?



If you need help with thinking about your options, you can [contact Ask Us Nottinghamshire](#) for information, advice or support.



The Ask Us Nottinghamshire service is here to help with a range of issues.



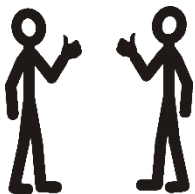
We can:



- Give you advice.



- Talk to your parents.



- Help you identify someone at your school who can support you.



If you would like to talk to us about the information you have read on this page, please contact us.



- [Visit our website.](#)



- Email: [enquiries@askusnotts.org.uk](mailto:enquiries@askusnotts.org.uk)



- Phone: 0800 121 7772

## **Links in this document**

### **Ask Us Nottinghamshire- My Options (including video)**

[askusnotts.org.uk/young-people/my-options](http://askusnotts.org.uk/young-people/my-options)

### **National Careers Service website**

[skillsforcareers.education.gov.uk/pages/young-people](http://skillsforcareers.education.gov.uk/pages/young-people)

## **Post 16 education providers- Your Notts Directory**

<https://www.yournottsdirectory.org.uk/send-local-offer/nottinghamshire/education/post-16-education>

## **Specialist post 16 colleges- Your Notts Directory**

<https://www.yournottsdirectory.org.uk/send-local-offer/nottinghamshire/education/specialists-schools>

## **UCAS- Disabled students**

[ucas.com/applying/applying-to-university/students-with-individual-needs/disabled-students](https://ucas.com/applying/applying-to-university/students-with-individual-needs/disabled-students)

## **Ask Us Nottinghamshire- my options. Includes list of qualification levels**

[askusnotts.org.uk/young-people/my-options](https://askusnotts.org.uk/young-people/my-options)

## **Ask Us Nottinghamshire**

[askusnotts.org.uk/contact](https://askusnotts.org.uk/contact)

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