

Futures
FOR YOU

Your Guide to
Getting Support on
Results Day and Beyond

2021

Supporting you with your results

We're here to help with:

- Getting ready for Results Day
- Finding support for your choices
- Getting into Apprenticeships, Traineeships and Employment
- Finding out more about the job market
- Writing the perfect CV and cover letter
- Preparing for your first interview
- Building up some work experience
- Getting involved with volunteering
- Looking after your mental health and wellbeing



Getting ready for Results Day

There are lots of things to do to get ready for results day – like booking a meal out with your friends to celebrate the end of exam stress – but the most important thing you can do to get ready is to make a plan... and a Plan B... and maybe even a Plan C.

The truth is, we never really know what's going to happen, and sometimes we don't get the grades we were hoping for. It happens to the best of us. To avoid being caught off guard on results day, make sure you know what your options are if things don't go the way you'd planned.

For Post-16 students, your school's careers adviser will be on hand to help with any issues that crop up.

For Post-18 students, make sure you're up to speed on the clearing process. If you don't manage to meet the requirements for your first choice university, don't worry! Clearing will help you find the best possible option.

Find out more about how to access clearing information on the next slide!

For those not planning on attending university, [Careermap](#) has a range of guidance and advice on topics such as apprenticeships, volunteering, gap years, and more.

Getting ready for Results Day

The best way to access clearing is through UCAS. When you applied to university through UCAS, you will have been given a **UCAS Personal ID Number**, which you will need to access clearing.

Depending on the course you have applied to study, there are different numbers for you to call.

If you're applying for:

- **undergraduate** courses, call 0371 468 0 468
- **postgraduate** courses, call 0371 344 4 447
- **teacher training** courses, call 0371 468 0 469
- **conservatoire** courses, call 0371 468 0 470

If you'd like to know more about university clearing, explore the links below:

[Clearing – What's It All About? | Hello Future](#)

[University Clearing 2021 | What Uni](#)

[Deferred Entry To University | UCAS](#)



Finding support for your choices

Whether you're choosing college, university, apprenticeships, a career, or anything in between, there is support available for you:

- Unsure of what steps to take? [Young Enterprise](#) have webinars to walk you through life after results day.
- Haven't decided on a path? [Youth Employment UK](#) has a range of career guides that cover all bases.
- Looking for advice on finding courses and careers? [The National Careers Service](#) has advisers you can speak to and can help you with your options whether you're [Post-16](#) or [Post-18](#).
- Prefer to see things a bit more visually? [BBC Bitesize](#) have put together an easy-to-follow flow chart to help you plan your next steps.
- Want to learn more about T-Levels? Find all the information you need about this new 2-year qualification [here](#).
- Considering an Intermediate Apprenticeship? [Careermap](#) can talk you through it.
- Prefer to get straight into work? [The Princes Trust's Kickstart Scheme](#) helps get 16-24 year olds into employment.
- Not sure which university is the right fit for you? [ReachUni](#) can help you find taster days, workshops and more.
- Unable to travel? [UCAS](#) offer Virtual Open Days so that you can check out your top uni choices from the comfort of your own home.

And if that all seems a bit overwhelming – you can always [talk to Futures](#).



Getting into Apprenticeships, Training and Employment

If going into higher or further education isn't for you, there are loads of things you can do instead! Apprenticeships, traineeships and employment are just three of your options.

Apprenticeships allow you to earn a wage while getting hands-on experience and studying toward a qualification – it's the best of both worlds. Visit [Amazing Apprenticeships](#) to find out more information, advice, and guidance.

You could even apply to do an apprenticeship with Futures!

Traineeships provide a work experience placement alongside training and extra Maths and English support, making sure you're fully prepared to progress onto an apprenticeship or into employment. They're designed to boost the skills of people aged 16-24. [Follow this link to discover more about traineeships and whether they're right for you.](#)

If you're ready to get straight into employment, websites such as [Not Going to Uni](#) advertise roles that are suited to young people. [The National Careers Service](#) is also full of information and advice about how to get into work.

Finding out more about the Job Market

Don't panic if you feel as though you don't know what path you want to take.

No one's expecting you to have it all figured out just yet!

Take some time to look through these websites and find out more about the options that are open to you:

- Through the [National Careers Service](#), you can find out about pretty much every job going, including the average wage, day-to-day activities, what skills you need, and what steps you need to take to get there. They'll also let you know about any available apprenticeships, jobs, or courses.
- Take [this quiz](#) on Prospects and have your skills and personality matched to over 400+ possible job profiles.
- Barclays is more than just a bank - their [LifeSkills Hub](#) can help you develop and support your future.
- Youth Employment UK have created a free [Looking for Work booklet](#) that can walk you, step-by-step, into landing your dream job.



Writing the Perfect CV

When it comes to CVs and cover letters, employers will have seen it all, so yours needs to be the best it possibly can be in order to impress potential employers.

The internet is overflowing with advice on how to write the best CV, but it can be difficult to know what advice to follow, so we've put together a list of websites that we think can help.

Barclays LifeSkills has a [free CV builder](#) which allows you to pull information from your social media accounts – just make sure you check it over to make sure everything is relevant and appropriate!

Fledglink are promising to show you [how to make a good impression in just nine seconds](#).

And Futures can help, too! [Get in touch](#) to talk to our expert advisers and careers coaches about the help we can offer with CV writing, interview preparation, and more!



Preparing for your First Interview

Let's not beat around the bush – interviews can be nerve-racking, even at the best of times. If it's your first interview, whether for a job, an apprenticeship, or a place at university, your palms are bound to be a bit sweaty!

We don't blame you, and neither will the people interviewing you. The best thing you can do to calm your nerves is to get yourself prepared ahead of time.

Video interviews are becoming more of a thing, so FutureLearn have put together a video on [how to succeed at online interviews](#) – it's only 2 minutes long, so get watching!

You can also find some top [interview do's and don't's](#), courtesy of The Princes Trust.

Finally, [Hewitt Recruitment](#) have advice on everything from what you should wear to what questions you should ask to make a lasting impression.

Futures is also on hand to give you one-to-one advice that will help boost your confidence and make your interview smooth sailing – [you know where to find us](#).

Building up some Work Experience

Worried that you'll have nothing to talk about in your interviews? Fear not! The world of work experience is always changing, with opportunities for online work experience meaning you can now build skills from your sofa.

- Movement to Work offer work experience with brands such as Amazon, Microsoft and Wagamama – yum!
- You can develop your CV without leaving the house with Barclays LifeSkills Virtual Work Experience programme.
- There are also programmes developed specifically for those looking to get into healthcare or work as a GP.

But it's not all about your experience – it's also about your skills and your willingness to learn!

Online platforms such as FutureLearn and MOOC provide free online courses that will help you to develop your skills and impress potential employers, while NatWest's Dream Bigger campaign offers a fully-funded programme to help women aged 16-18 develop transferable, entrepreneurial skills.



Getting involved with Volunteering

At a time when getting practical work experience or finding a part-time job isn't always possible, volunteering is a great way to gain new experiences and develop new skills, all while giving your CV a boost!

You might be able to gain volunteering experience by asking around your local charity shops to see if they need a helping hand at the weekend or seeing if a nearby homeless shelter needs any support raising funds, but there are also online resources to help you find a cause that you care about.

- [Do It](#) can help you to find volunteering opportunities that match your interests, such as in sports or animal welfare.
- [FareShare](#) are aiming to fight hunger and tackle food waste, and are looking for all sorts of volunteers.
- [Youth Employment UK](#) can give you advice on volunteering, as well as the opportunity to volunteer with them.
- You can also [support the NHS](#) through their volunteering programme.



Looking after your Mental Health and Wellbeing

We know that leaving school and everything involved with it can be a stressful time. The pressure of getting your results, the worry about not knowing where to go next, the sadness of no longer seeing your friends every day – it can take a toll and leaving you feeling, well, blue.

It's important to remember that your mental health and wellbeing is the most important thing, and there are plenty of places you can go to if you feel that you need support. It's always the right time to get help.

- Student Minds is a mental health charity in the UK that was created specifically to support students.
- Mind can offer advice and guidance to young people who are struggling with their mental health.
- Charlie Waller give support to those whose emotions have been affected by clearing.
- Power of Youth offer advice to young people who are struggling with a range of issues, including Coronavirus, disabilities, money struggles and loneliness.



The September Guarantee

The September Guarantee is a guarantee of an offer, made by the end of September, of an appropriate place in post-16 education or training for every young person completing compulsory education. Ensuring that every young person has an offer of a place to progress onto is particularly important as it helps young people make a seamless transition into post-16 learning or employment with training.

The September Guarantee is supported by good quality information, advice and guidance. This can come from a number of sources which include:

- Teachers
- Parents and family friends
- Careers Coordinators and Guidance Advisers
- Online and printed information about courses, progression routes and employment routes

The September Guarantee is an offer of a place in one of the following:

- A school sixth form
- A college of further education
- Employment with training to at least Level 2
- An apprenticeship

[September Guarantee - CSS | Children's Support Service \(css-essex.co.uk\)](https://css-essex.co.uk)

Whatever path you choose after Results Day,
Futures is here for you.

We can give you the information you need, support you in making the right choices, help you to find an apprenticeship or prepare for an interview, and a whole lot more.

There's no need to feel lost when you finish school –
Futures can help you find your way.

Call us on 08000 85 85 20 or [fill out a contact form](#) on our website.