

EXPERIENCE MONTH

Post 16/18 Opportunities



In partnership with



Name

Tutor Group

Welcome to the University and Higher experience space hosted by 'Experience Month' at Yeovil College.

This work book has been created to get you to explore yourself in terms of

- Your ideas and thinking about the future you would like
- Finding out about what there is on offer and pathways to those ideas
- Reflecting on what you find out, and planning what next?

Learning does not end when you leave school...



Preparing **yourself** for

your future

needs **you** to **find out** what the options and opportunities are... and then set up a plan to get there.

You have been on this journey for quite some time.

Where are you heading?

Q. What 3 words would you use to describe yourself?

Think about the following before you do this... Your attitude to learning/life/new things/others/ambitions/likes/dislikes...

So, what 3 word will you use?

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More about you... In the space below, think about your answers to the following and write anything else you think is important that will influence you when you think about what you want to do in your future...

#What are your interests? #What do you enjoy doing? #What are you good at?

#What do you see yourself doing in 5years? 10 years? #Do you want to work abroad?

#What is your favourite subject at school?

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Often people talk about the **Qualities** a person has when thinking about how they would fit into a job...

Q. What are you like? Think about the answers you would give below...

Key Qualities

A quality is a defined trait or characteristic.

| Quality | Explanation... | How I rate myself | | |
|-------------------------------------|--|-------------------|----------------|------------------------|
| | | Green (Good) | Orange (Ok) | Red (Needs work) |
| Drive | The determination to get things done; make things happen and look for better ways to get things done | | | |
| Persistence | Continuing to do something or trying to do something in a determined way, and get it done. | | | |
| Empathy | The ability to share someone's feelings because you have experienced something similar or by imagining what it must be like in their situation | | | |
| Self - determination | Self-regulation and taking responsibility for things you do and things that happen to allow yourself to develop your own future outcomes, resilience and adaptability. Being self-aware allows/enables you to make sense of your own pathway... self-determination empowers you to make a difference/improve and imagine future possibilities | | | |
| Self-awareness | Realistic understanding of your own qualities and skills; roles and responsibilities; values and attitudes; needs and interests; aptitudes and achievements. This allows you to make informed decisions about choices, suitability for a role/job etc and then be able to take steps to develop yourself. It provides the foundation for your self-esteem, personal identity and career goals. | | | |
| Honesty | Truthful; able to be trusted | | | |
| Adaptability | Able and willing to change to meet the needs of different situations/conditions | | | |
| Flexibility | Adapt successfully to changing situations and environments | | | |
| Loyalty | Can be relied upon. Not changing your friendship with or support for a person/organisation, or in your belief/principles | | | |
| Professionalism | Combination of all the qualities that are linked to trained/skilled people | | | |
| Positive attitude | Can do attitude... full of hope/confidence or giving cause for hope and confidence | | | |
| Engaging | Can interest someone in something and keep them thinking about it | | | |
| Inclusive | Works with and tries to include all and treats them fairly and equally | | | |
| Thinking outside the box | Generate ideas/problem solving that is not limited by self - imposed barriers... it is not my job etc. | | | |

Q. What are your strengths? (Green boxes)

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Q. Where do you think you to have been building these qualities? Think about your experiences/interests...

Q. What are the areas you need to work on?

Q. What steps can you take to work on these? Who could help?

People often talk about the **Skills** a person has when thinking about how they would fit into a job...

Q. What are you like? Think about the answers you would give below...

Key skills

A skill is an ability that is acquired (learnt) or developed in life through training or experience.

| Skill | Explanation... | How I rate myself | | |
|--------------------------------|---|-------------------|----------------|------------------------|
| | | Green (Good) | Orange (Ok) | Red (Needs work) |
| Verbal Communication | Can express your thoughts, ideas clearly and confidently through speech | | | |
| Written Communication | Can express yourself clearly in writing | | | |
| Teamwork | Work confidently with others in a group | | | |
| Problem solving | A process of finding solutions (answers) to problems | | | |
| Decision making | Can decide the best course of action. Evaluate options, based on logic, fact etc and present a solution. | | | |
| Take the initiative | Can use your own judgement to make decisions without asking others for advice. Ability to identify opportunities and then be proactive in putting forward ideas/solutions | | | |
| Interpersonal skills | Can interact and communicate well with others... get on with people | | | |
| Self-motivation | Can get on with things without being asked; behave in a way in order to do something well | | | |
| Planning and organising | Can plan tasks/activities and work them through effectively | | | |

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|------------------------------------|---|--|--|--|
| Action planning | Can decide what steps to take to achieve particular tasks/goals and then implement them | | | |
| Organisation | Can arrange things, plans, ideas etc. to a particular system so they can be used by yourself or others, and understood easily | | | |
| Commercial awareness | Understand how businesses make money; what customers want and the problems there can be in particular areas of business | | | |
| Analysing and investigating | Can gather together information in a methodical/systematic way and then establish facts/principles | | | |
| Efficiency | Can use time and energy in a good way and not waste any! | | | |
| Prioritising work | Can put what you have to do in an order of importance to get things done in time (meet deadlines) | | | |
| Leadership | Can motivate and direct others; take responsibility | | | |
| Management | Can control and organise things to meet a goal/deadline | | | |
| Financial skill | Can plan, direct, monitor, organise and control the money resources needed for a job/task | | | |
| Influential | Can influence someone or something using any of the above to achieve a positive outcome | | | |

Q. What are your strengths? (Green boxes)

Q. Where do you think you to have been building these skills? Think about your experiences/interests...

Q. What are the areas you need to work on?

Q. What steps can you take to work on these? Who could help?

Q. What are your career ideas? In the space below write any jobs that you may have thought you would like to do...

Q. Have you done any work on matching your skills and qualities to career areas that might be ones for you to look at?

What sort of jobs/careers were suggested?

If you have never done anything to match you to career ideas then a great starting point is the Buzz Quiz on i-could...

Here is a link: The Buzz Quiz <https://icould.com/buzz-quiz/>

Summing up

Q. What have you learned about yourself so far?

3 things:

The VISIT

VISITING the University and Higher- level experience space in this experience month.

You have a whole month to explore and find out what your options are to plan and develop your future.

Our Aims are for you to:

- Build on any previous research done on Post 16/18 Options
- To gather information so I can make informed decisions and/or discuss my ideas with family/careers advisers etc.
- **To be able to ask questions and get answers by asking the experts from college via email**

So, by visiting the University and Higher experience space you are now going to work on your future ideas...

Where are you heading?



In the event are stands that cover **different pathways** that you can follow for **university level studies** in Somerset and elsewhere.

- Apprenticeships
- University Centre – college based (these are found at other Further Education Colleges)
- NSSW – Next Steps South West
- University help and support (covering applying to universities; student finances and loans etc.)
- Accessing Higher–Level studies
- IOT – Institute of Technology
- Different curriculum areas of study: Business, Computing, Engineering, Health and Social Care, Childcare, Creative, Teacher Training, Policing, Sport.)
- **A link to the TA Partner Page for on demand input???????**

NB: Remember that you will need to ask your local providers about specific courses. This experience is being hosted by our partner Yeovil College.

Here are some questions to get you going...

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| To find out from the stands you visit: |
| What is covered in this course? |
| How is the course assessed? |
| Where can this course lead to |
| How many hours of taught time will I have? |
| Are there any practical placements? |
| What if my GCSE/Post 16 qualification grades fall short of the entry requirements? How can I still access this area of learning? |
| What is the success rate of this course for students? |
| Some questions I have thought of |
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Keeping a record of the Stands you visit and tasks you do

Here is a suggestion of a way of organising your work... you can make up your own report/record if you want.

You are NOT LIMITED in the number you visit, you could go to all.

Building your knowledge about the offers and areas will help you make informed decisions about your future and where you are heading.

It will help you to have good conversations with those you speak to.

Here is one idea to record what you find out:

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| Pathway or Curriculum/subject area I am interested in and have visited. | |
| What did you learn from the Taster session in that area? | |
| Length of the course and what is covered in it | |
| How is it assessed? | |
| What kind of work can it lead to? | |
| Skills and qualities that are important in this course/pathway? | |
| What have I learned that I like? | |
| What might I find a bit of a challenge? | |
| What do I need to do next? | |

Q. A bit of reflection...after visiting all the stands you wanted to...

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| List 3 things you have found out you did not know before... | |
| What pathway interests you most? Why? | |
| What tasters interested you? Why do you think that is? | |
| What curriculum area interests you? Why? | |
| What jobs/careers interest you most? Why? | |
| What are the positive and negatives around my choices? | |

Getting personal

Q. What is my goal?

Q. What steps will I take to work towards my goal(s) - Your Action Plan.

| Step | By | Done |
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Finding out more

Some areas that can help:

Do not forget **Somerset** focussed input, and to consider Labour Market Information...

<https://skillupsomerset.org.uk/> Thinking about apprenticeships

<http://www.studyupsomerset.org.uk/> Changing employment; retraining etc

Just in case you want a quick reminder...

A quick check of the qualifications you can study: <https://www.careerpilot.org.uk/qualifications>

- <https://www.youtube.com/watch?v=OWZxyyK6OuA> Get ready for your career
- <https://www.youtube.com/watch?v=BHKFrXMCHII> A Levels
- <https://amazingapprenticeships.com/awareness-assemblies/> Apprenticeships
- <https://careemap.co.uk/t-levels-what-you-should-know/> T Levels
- <https://www.careerpilot.org.uk/information/your-choices-at-16/vocational-qualifications>
Vocational Qualifications
- <https://www.allaboutschooleavers.co.uk/school-leaver-options/apprenticeships/what-is-a-traineeship> Traineeships
- <https://www.allaboutschooleavers.co.uk/parents/college/what-is-the-international-baccalaureate>
International Baccalaureate
- <https://www.sparksomerset.org.uk/> Thinking of volunteering check out this website
- <https://www.careerpilot.org.uk/information/your-choices-at-16/work-or-voluntary-work-route>
Volunteering
- <https://www.ucas.com/> Going to University
- <https://www.notgoingtouni.co.uk/> Not going to University
- <https://barclayslifeskills.com/>

Personal Notes:

Remember you make a difference to your future... Good luck and we hope you enjoy finding out more about university and higher-level experiences.

This is just a beginning.

A place to make a note of key dates/contacts/actions beyond original actions set etc.