

# University? Traineeship? First Job? What's your post-exam plan?

Whether you are looking to gain an extra qualification, go to university, get on-the-job experience or start your career, there are lots of exciting opportunities for your future. Find out more here.

## **On the job experience**

### **Prepare for the world of work with a traineeship**

Traineeships are available for 16 to 24 year olds and are an opportunity for you to gain real work experience, acquire new job skills and improve your English and maths, if you need to. They can last up to 6 months and can be tailored to help you get ready for a job or apprenticeship.

### **Earn while you learn with an apprenticeship**

Apprenticeships provide hands-on experience, a salary and a chance to train while you work.

## **Further and higher education**

### **Further education**

You can continue your studies after secondary school through a range of further education courses, available in different subjects at different levels – ranging from basic English and maths to Higher National Diplomas. Further education also includes technical and applied qualifications, which will provide you with skills and training to specialise in a specific technical job.

### **T Levels are new courses coming in September 2020**

T Levels are brand new, 2-year courses designed with employers that will be equivalent to 3 A Levels. As the next step after GCSEs, they combine classroom theory, practical learning and a 3-month industry placement to give young people the technical skills, knowledge and experience needed to get a job in a skilled profession.

### **Continue your studies in higher education**

You can find and apply for most higher education courses online. If you don't get a place on your chosen university course you can apply for other courses through Clearing.

Find out which courses have vacancies through [UCAS](#) from mid-August to late September.

## **Exam results helpline**

The Exam Results Helpline is a resource from the National Careers Service for students receiving their A Level and GCSE results and their parents. It provides advice from experienced careers advisers on the options available to them.

### **Scotland**

The helpline number will open in Scotland from 6 August to 14 August.

Phone 0808 100 8000 in Scotland

### **England, Wales and Northern Ireland**

The helpline number will then open for students in the rest of the UK on from 15 August to 29 August.

Phone 0800 100 900 in England, Wales and Northern Ireland

## **Career opportunities**

### **Find a job with our careers website**

There are a range of great jobs available online, and we can help you find one through our dedicated jobs website.

Visit [Find a Job](#) to search based on location, sector, salary and more to find your perfect fit.

### **Learn about different careers through My Way In**

My Way In shares stories and advice from people in work and employers in a range of different fields. You'll find tips to help you broaden your experience and the number of jobs you have access to as well as information about the industries which are likely to have vacancies in the future.

### **Support vulnerable adults with a career in adult social care**

Adult social care attracts all kinds of people with one thing in common – a desire to help make a difference every day. If you're the sort of person who treats others with respect, listens to their needs, understands their emotions, and is warm, kind and honest, then social care could be the career

for you.

## **Discover a career in STEM**

The government is working across industry and engineering institutions to support initiatives across the UK to give young people an inspiring first-hand experience of engineering.

## **Embark on a rewarding career in the public sector**

There are a host of rewarding jobs in the public sector that you can get involved in. From teaching to nursing – the public sector is looking for people like you.

## **Get careers advice and inspiration**

Need further advice on what to do next? Our career services provide free and impartial careers information, advice and guidance.

## **Volunteering**

Volunteering is a great way to meet new people, gain skills and experience, and contribute to your community. There are [lots of ways to get involved](#).

Visit [Do-it.org](http://Do-it.org), a database of UK volunteering opportunities. You can search more than a million volunteering opportunities by interest, activity or location and then apply online.

## **Learn new things and take part in the National Citizen Service (NCS)**

NCS is a life-changing programme open to all teenagers aged 15 to 17 in England and Northern Ireland to discover who they are and what they can do. If you want to boost your UCAS statement or CV, meet incredible people, get your voice heard and have a lot of fun while you're at it, then NCS is for you.