

A PARENTS, CARERS & GUARDIANS GUIDE TO:

*Careers & Opportunities
for School Leavers*



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Opportunities:

A Summary

Opportunities after Year 11 and beyond can be confusing and daunting, but don't worry! This guide will help you sort through the jargon and discover the opportunities available.

Opportunities after Year 11

After Year 11, young people are legally required to do one of the following until they are 18:

- Stay in full-time education e.g. at school or college
- Start an apprenticeship or traineeship
- Spend 20 hours or more a week working or volunteering, while also in part-time education or training

Opportunities for young people aged 18 and over

These include:

- A Degree-Level course at a college, university or online
- An apprenticeship – level 2 to level 6 (Degree-Level)
- A professional and technical qualification at college
- A gap year (a period, typically an academic year, taken by a student as a break between school and university or college education)
- A job (preferably with opportunities for training)
- Starting up their own business

The Routes to Higher Education



Opportunities:

A Summary

Young people can access free courses for at least three years after Year 11, giving them time to explore what they like and don't like doing.

All opportunities will develop their transferable skills, e.g. communication, organisation and time management, enabling them to learn more about themselves and supporting their career development.

It is important for young people to explore all the opportunities available to them, to ensure they make a well-informed and realistic decision about their next step.

They only need to decide what to do first, and can later switch onto another course or training opportunity if they want to.

It is possible for young people to do a mixture of things, e.g. they could study a full-time course three days a week, volunteer at the weekend, complete a free online course and set up their own business.

ON AVERAGE PEOPLE HAVE 5 DIFFERENT CAREERS IN THEIR LIFETIME!

Education and training are important throughout our lives – as such, some of these opportunities may also be of interest to you!



Opportunities Explained:

Courses at School or College (up to Level 3)

Full-time courses

The main two full-time options are A Levels or a Professional & Technical Course. It is sometimes possible to combine the two, e.g. Performing Arts Level 3 Diploma with A Level English. There are other qualifications that may be available, e.g. the International Baccalaureate.

Both A Levels and Professional & Technical qualifications can lead to Degree-Level courses.

Find out more

Attend your local sixth form and college open evenings and visit their websites to explore the courses in more detail.

Financial Support

Financial support may be available to low-income households to support with the costs of study, e.g. for transport, equipment & meals.

You may be able to get help with the cost of accommodation from the Residential Support Scheme (RSS) if the course is more than either 15 miles or a 2 hour round trip from your home and not available any closer. How much you get depends on your household income.

A Levels	Professional & Technical Courses
<ul style="list-style-type: none">• Academic level 3 qualifications typically studied over two years.• Up to four subjects can be studied on a standalone basis or they could be combined with professional & technical courses.• Assessment is via exams at the end of the second year.	<ul style="list-style-type: none">• Academic learning combined with practical experience.• Entry Level to Level 3 and can be studied over 1 or 2 years.• Qualifications can include UAL Arts Diplomas, BTECS, NVQ & T Levels.• Students study subjects related to a broad career area.• Assessment is varied and takes place throughout the year.



Professional & Technical Courses



Jess Pezet Film Production at Kendal College
I'm a Digital Imaging Technician, working in the camera departments for The BBC, Netflix and Channel 4. I studied Film Production at Kendal College and was offered a place at The Royal Conservatoire Of Scotland (ranked in the global top 10 of universities.) After graduating, I threw myself into work and got involved in as many projects as possible, a lot of them for free. From getting my name around and working extremely hard, I found jobs on amazing projects such as The Windsors S3 (CH4), Get Even (Netflix) and Hobbs and Shaw (Universal). Be ambitious, passionate and strongly motivated... it will carry you to where you want to be.



Alice Ford Engineering at Carlisle College
I joined the Level 2 Engineering course at Carlisle College and really enjoyed it. I learned a lot and my tutors really encouraged me to succeed and have supported me throughout the year. This has helped me to secure a Track Engineering Apprenticeship with Network Rail.



Andrew White Nurse Cadet at Lakes College
I'm a Nurse Cadet, so I study Health & Social Care at college, and I also get experience working at the hospital in the different wards. Having experience in a hospital is really good as it helps you to see which department you want to work in. At the start, I wanted to be a nurse, but after working in the hospital, I now want to study sports therapy at university. At college, it's different, there is a freedom, and they treat you like an adult. Your work is your responsibility, the classes are different start times, so it splits the week up and prepares you for university. It's brought me out of my shell of being a kid and becoming an adult.

A Levels



Jade Chelton Barrow Sixth Form (part of Furness College)

I left school at 16, and my GCSE exam results weren't quite what I wanted. I had a child and was a full-time mum for two years until she had left nursery. I wanted to get back into education and applied to Barrow Sixth Form after an informal, helpful chat with my tutor. Studying at Barrow Sixth Form has certainly built up my confidence, and I've made new friends. I've always wanted to go to university, and that could now be a possibility.



Andrew Fletcher

Kendal College

I studied A Level Mathematics, Further Mathematics and Physics. There wasn't any doubt in my mind, from my first year, that I was going to apply to a top university to study Physics, and it meant that from that get-go my tutors were all homed in on what I was trying to do and helping me to achieve that. They helped me with the application process and I found a course I'm excited about. I'm now studying Physics at Oxford University – it's my absolute dream, and I couldn't have asked for anything more!

Part-Time Courses

Although legally young people aged under 18 could spend 20 hours or more a week working or volunteering whilst also in part-time education or training, this is rare.

Full-time professional courses and A Levels are free for 16–18 year olds and most people take advantage of this. If a young person would prefer to learn whilst working and earning a wage, apprenticeship programmes will give them a broad package of training and experience.

If your teenager wants to work full-time (and an apprenticeship programme isn't possible), there are part-time courses available at local colleges. Courses with qualifications are likely to be free, and financial support is available to low-income households for any costs of study e.g. equipment, transport and meals.

If your teenager wants to study a part-time course at the same time as a full-time course, this may be free or discounted if they study both courses at the same college/school.



Opportunities Explained:

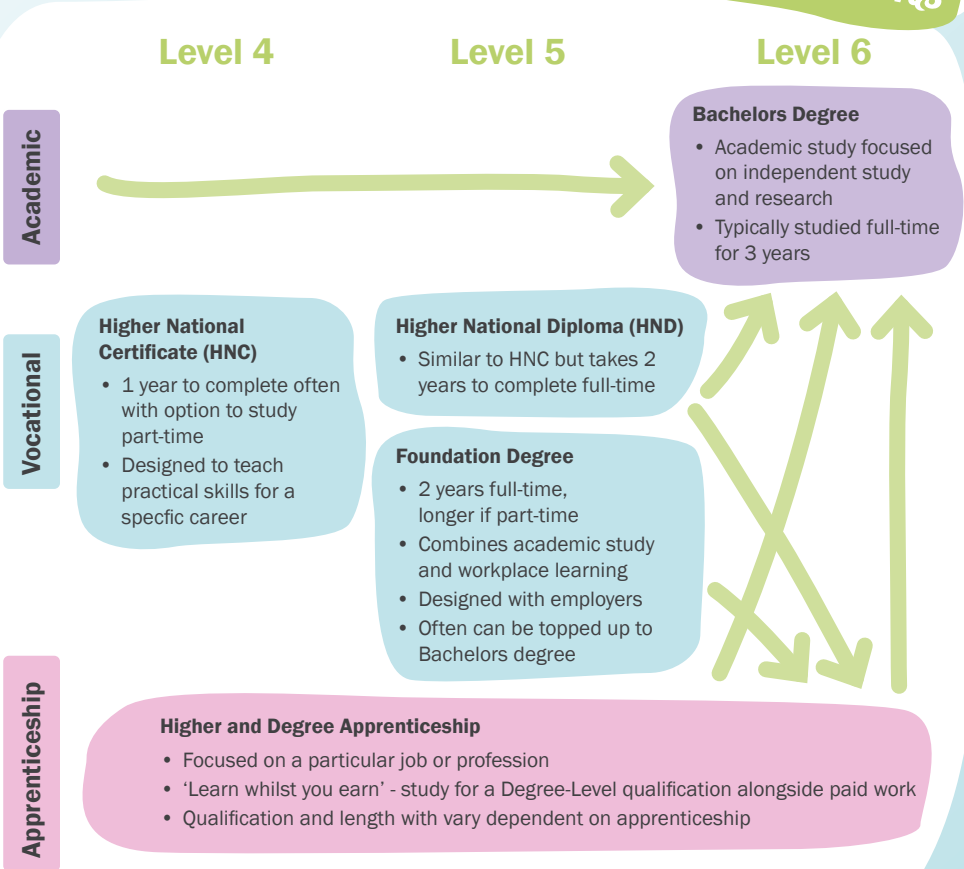
Degree-Level Courses (Levels 4-6)

There are lots of different Degree-Level courses available, and there are a variety of different ways to gain these qualifications:

- Through an apprenticeship (sometimes paid for by the employer)
- Studying full-time at a college or university
- Studying part-time alongside a full-time job at a college or university
- Distance learning, e.g. through the Open University

These qualifications are attractive for employers because they show higher-level skills which employers look for.

Types of Qualifications



Meet the Students

Degree-Level Courses



Max Johnstone BSc (Hons) Degree Top-Up in Computing at Carlisle College

Carlisle College was a fantastic place to study. The course is relatively inexpensive but uncompromising in the quality of resources available to students and the breadth of knowledge offered by staff. In my final year, I researched the impact of voice interaction in virtual reality, and created a technical demo which helped me secure a job offer from a Carlisle-based company. I'm now working full-time as a software engineer, helping with both front and back end development of web applications for local businesses.



Kristen Hardy PGCE General Primary (5-11) with SEND and Inclusion at the University of Cumbria

I will be the first person in my family to get a degree. In 10 years, I hope to see myself teaching a KS1 class in a special needs school and having the most amazing time with the children. My advice to others would be to be persistent, follow your dream, and make sure you get other people to read your personal statement! Different people will know how to big you up better than yourself, and they will notice spelling or grammar mistakes.



Jasmin Henderson Honours Degree in Health and Social Care at Furness College

After school, I completed the Nurse Cadet course, started paid work and then came back to complete my degree. I've really enjoyed meeting some kind and intelligent people, and learning skills and knowledge I will need for my future. I was nervous about how hard it would be and if it would be achievable, but I'd definitely encourage others to apply because there is more support than you think - everybody is around to help.

Finding a Degree-Level course

- **ucas.com** to search for courses and gain information on the options, student finance and how to apply.
- **College websites**, as some local colleges don't advertise their courses on UCAS.
- **open.ac.uk** for distance learning courses.



Opportunities Explained:

Apprenticeships (Full-time Employment) & Traineeships

Apprenticeships

An apprenticeship is a full-time job with training.

- Key benefits of being an apprentice include; gaining job-specific skills, working alongside experienced staff, earning a salary, getting paid holidays, and receiving training to enhance your career.
- Apprenticeships are open to people of all ages; from 16-year-old school leavers to working-age professionals who want to progress in their workplace or change their career.
- Apprenticeships are offered from Level 2 to Level 6 (Degree-Level study).



Finding an Apprenticeship

- Go to **apprenticeships.gov.uk** to find out more.
- Create an account on the national website and search for vacancies at: **gov.uk/apply-apprenticeship**
- Search for possible national employers at: **ratemyapprenticeship.co.uk**
- Check college, training providers and employer's individual websites, as not all apprenticeships are advertised nationally.
- Contact local businesses directly with a CV and covering letter, and try to speak to the manager in person if you can.
- Ask employers if you can work for them voluntarily or as work experience – this will make a good impression, and you'll be the first to know when other opportunities arise!



Meet the Apprentices

Apprenticeships



Laura Dent

Higher-Level Accounting Apprentice
at Dodd & Co Accountants

We are taught by accredited AAT tutors, so you know you are learning from the best people, who understand the job role you are doing. I'm working full-time and earning money. I'm learning something new every week, I'm able to have a social life, I get the qualifications to back up my job - enabling me to progress in my career, and I've got no debt! I hope to become a Chartered Accountant in the future.



Lauren Carradus

Public Protection Apprentice at
South Lakeland District Council

I come to college every Tuesday for my business apprenticeship. We learn about business in general, the different sectors, communication & body language - it is quite far-ranging. I don't know what I want to do in the future - business is very open, and you can go onto lots of things. I don't think I have to decide now, we're only young, and we're going to be working for a long time, so you're never always in one job! Apprenticeships teach you how to be in a workplace with people and how to balance work & social life.



Chris Cork

Joinery Apprentice at Cubby Construction

After school, I started college full-time to develop the skills required for a joinery role, to make me a stronger candidate for interview. My tutor was my reference and helped me to apply for an apprenticeship with Cubby Construction, who I hope to continue working for and complete my foreman training.

Opportunities Explained:

Apprenticeships (Full-time Employment) & Traineeships

Traineeships

Traineeships are an education and training programme which includes work experience. It is unpaid but, the programme is tailored to individual needs. They are for young people who are unemployed or don't have much work experience (and are a good stepping stone to an apprenticeship).

Additionally, some colleges and employers pay a training allowance or may cover other costs such as travel or lunch during their work placement.

*Meet the
Trainee*



Catalina Dragu

Administration Assistant at
Lancaster & Morecambe College

The best thing about my traineeship was the hands-on work experience which was really beneficial when applying for jobs. I enjoyed the responsibility of working in a professional environment, completing tasks as part of a wider team and seeing the direct results of my efforts. I now work in high street retail, whilst studying on the pre-access Health and Social Care course with the aim of going to university later.

Although a traineeship isn't formally paid, the experience you will get is worth much more! Some advice I would give to young people would be to show enthusiasm and be willing to volunteer in any job or work you do.

Opportunities Explained:

Gap Year

These are usually activities young people do as a 'gap' between their studies, including working, volunteering and travelling. They offer young people an opportunity to build skills and confidence, gain experience, and try something new.

Students wishing to go on to Degree-Level study after their gap year will usually have secured a place on a course which they will 'defer' until after their gap year. Other students will use these opportunities to help them decide on their next step.

Visit:

careerpilot.org.uk for general advice

etrust.org.uk/the-year-in-industry for paid industry placements

yearoutgroup.org for voluntary and course opportunities abroad

gapwork.com for jobs and volunteering



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Volunteering in the UK

Volunteering is a fantastic way to help young people to explore their skills and interests. They could volunteer alongside a course or an apprenticeship (e.g. in the evenings or at weekends) or volunteer full-time as part of a gap year.

The experience will look great on their CV and the valuable transferable skills they gain will impress future employers.

Visit:

do-it.org (National)

cumbriacvs.org.uk (Cumbria)



Opportunities Explained:

Self-Employment / Setting up a Business

Would your teenager like to run their own business? Have they identified a gap in the market? Self-employment needs passion and hard work but can be hugely rewarding.

There is support available nationally and locally to make ideas become a reality. Contact your local council and your county chamber of commerce for free appointments, training and networking opportunities. As well as the below websites, local accountancy firms usually offer a free initial appointment – giving valuable information and advice.

Visit:

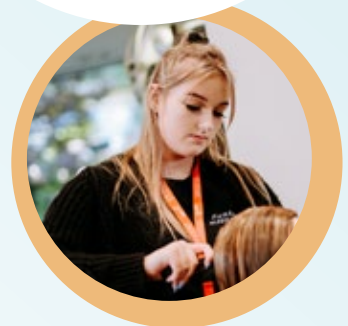
prospects.ac.uk (general advice)

greatbusiness.gov.uk (national website)

gov.uk/starting-up-a-business
(national website)

fsb.org.uk (Federation of Small Businesses)

cumbriachamber.co.uk (Cumbria)



Opportunities Explained:

And more!

Free Online Courses

There are some fantastic websites that offer a variety of free courses, and you don't need qualifications to start them. These could be combined with any of the opportunities detailed in this guide.

FutureLearn offer free high-quality online courses from some of the world's leading universities and other outstanding cultural institutions. They have developed a set of short courses (3-8 weeks) to give school leavers a real sense of university-level study.

For example, some courses help students prepare for university (e.g. writing applications) and others help students experience subjects outside of the national curriculum, e.g. Dentistry, Archaeology and Robotics.

Visit futurelearn.com

The Open University, Coursera and EdX also provide free online courses. There is an option to purchase a certificate, but this isn't compulsory. They also have hundreds of great courses from universities around the world.

open.ac.uk coursera.org edx.org

National Citizen Service

The National Citizen Service (NCS) is a 2-4 week programme for 16-17 year olds, which takes place outside of term-time in the spring, summer and autumn holidays.

On NCS your teenager will develop the skills that employers increasingly value: confidence, leadership and independence. It looks great on their CV and university applications.

See wearencs.com for information.



Understanding 'Levels' & Entry Requirements

Cumbria has an ageing population and a rising demand for skilled workers – at least an additional 66,500 jobs will need to be filled by 2021. 41% of the vacancies in Cumbria will be for skilled workers with Level 4 or above qualifications. There is a similar picture in the rest of the UK.

Entry requirements can vary, but a general guide per level is below. However, it does depend on the area – if a young person does not already have previous experience of a technical area, e.g. motor vehicle, hairdressing etc, they may need to start on a Level 1 or 2 qualification to gain the basic practical skills first.

Apprenticeships

Apprenticeships are full-time jobs with training. The training is at Level 2 to Level 6, and the level you start at depends on your experience and job role.

Full-time & Part-time Courses

Entry Level courses are normally suitable for young people who want to build up their personal and study skills, and are a good stepping-stone to a Level 1 course.

Level 1 courses are normally suitable for young people who have gained 2 GCSEs at Grade 1 and above or who want to study a practical/ skills based course.

Level 2 courses are normally suitable for young people who have gained 4 GCSEs at Grade 3 and above or who want to study a practical/skills based course.

Level 3 courses are normally suitable for young people who have completed a Level 2 practical/skills-based course and want to progress, or have gained 5 GCSEs at Grade 4 and above and want a course with some academic learning e.g. A Levels or a Professional & Technical course that is equivalent to 3 A Levels. These both take two years to complete.

Level 4 – Level 6 courses are 'Higher Education', Degree-Level courses.

Level 7 and above courses are Masters, PhDs and other high-level professional qualifications.



Making the Decision

Whether your teenager knows which career they want to start, or whether they are unsure, support them to make a well-informed and realistic by helping them to:

Complete the career planning tools & research jobs on Start (startprofile.com), Prospects (prospects.ac.uk/planner), and the National Careers Service (nationalcareersservice.direct.gov.uk). These websites help to match skills and interests with careers and jobs available.

Keep an open mind – look past stereotypes and ‘safe’ choices. Encourage your teenager to look at all options and not rule something out based on a stereotype, e.g. lots of engineers wear suits and go to business meetings and lots of creative people are not fine artists. Attend college and university open evenings to explore all the courses and careers available.

Discover career opportunities in Cumbria at thecumbrialep.co.uk/ourfuture

Volunteer – find relevant opportunities at do-it.org or cumbriacvs.org.uk, or encourage your teenager to ask employers directly if they can shadow them/ come on work experience. This will help them see what different careers are really like.

Think about their decision-making style – can they be impulsive, saying yes to the first thing they see? Can they be hesitant and let their friends decide for them? Encourage them to look into all options before making a decision.

Develop their personal and transferable skills – through gaining a part-time job, volunteering, taking on positions of responsibility (e.g. prefects), attending university summer schools, taking on personal projects (e.g. creating their own website) and signing up to NCS (National Citizen Service). This will develop their skills and help them get a feel for what they enjoy.



Making the Decision

The job market is changing all the time, and many of the jobs that will be available in 5 years' time will look different than the jobs available now. Jobs in digital marketing didn't exist 10 years ago and there is now a national skills shortage in this area!

When they have one or a few careers in mind, help them to consider the following:

- Will this job/ career be available in Cumbria and elsewhere in the UK in the future? What are the skills shortages?
- What qualifications and skills do they need? What are the entry requirements?
- How does your teenager learn best, e.g. classroom/academic learning, practical experience or a mixture of the two?
- Would assessment via exams or ongoing assessment (e.g. assignments, practical activities, presentations) be better for them?
- What type of environment do they want to study in? Do they want to study locally or further afield?
- What transport and financial support do school/colleges/universities offer?
- What extra opportunities are on offer, e.g. trips, competitions, work placements, Duke of Edinburgh, etc?

For example, if they were interested in Accounting, all the below would enable progression to accountancy...

1. Business BTEC full-time course

- good if they prefer ongoing assessment and want an adult college environment. It may also be possible to add one A-Level or a part-time Accounting course onto the course programme.

2. A Levels – good if they prefer classroom & exam-based learning and want to study in a sixth form or college environment.

3. Accounting apprenticeships – good if they want to learn practically on the job.

To help find the next step for your teenager:

- Ask your school about opportunities to attend university, college and sixth form taster events.
- Attend sixth form/college/university open evenings and events.
- Ask schools and colleges for a 1-to-1 careers guidance appointment.
- Support your teenager to access online information (see the directory for careers websites).

And finally, don't worry too much about it! Many young people (and adults) don't know what they want to do, and it's a journey throughout our lives. The main thing is to support them to find an opportunity that will develop their skills and give them happiness and fulfillment.

Money, money, money!

Don't let money be a barrier – support is available to help your teenager progress.

Sixth Form Courses (Level 3)

The courses are free. Ask the sixth form about the transport and additional financial support they can offer.

College Courses (Entry Level – Level 3)

All full-time courses are free, and some part-time courses are also free. Bursary Funds are available to low income households to help cover the costs of things like transport, trips, meals and equipment/ uniforms. The Care to Learn scheme supports young people with childcare, and the Residential Support Scheme supports students with accommodation.

Apprenticeships

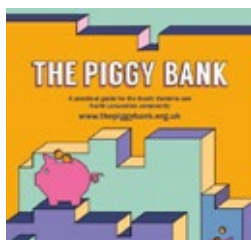
Apprenticeships are free to students of all ages. Some employers pay for their apprentices to take higher level qualifications and complete degrees.

University/Degree- Level Courses (Level 4-6)

There is financial support to help cover the costs of Degree-Level courses, so it is important to research what is available and be informed about what your teenager may be entitled to.

Employers sometimes pay for their employees/apprentices to complete these courses. The government also provides Student Loans, which don't need to pay back until your teenager is earning over £2,143 per month, and can afford to start repayments. Depending upon your circumstances, they may also be entitled to extra financial support, which they do not need to repay. For the most up-to-date government financial support, visit gov.uk/student-finance.

Universities and Colleges also provide additional financial support to students. To find out more about specific grants, scholarship and bursaries, visit their websites or contact them directly.



The Piggy Bank

The Piggy Bank is a resource put together by students, to help young people manage the step to living

independently. It includes information and advice on everything from housing to understanding payslips to career options.

Visit: thepiggybank.org.uk

Opportunities for You

There are lots of possibilities for you too! On average, people now have five different careers in their lifetime, and it's never too late to make a change or upskill in your current job.

ACCESS COURSES

These are specifically designed for adults returning to education, and are a fast track route to university.

Visit: **acesstohe.ac.uk** for information and contact your local colleges.

FULL-TIME & PART-TIME COURSES AT COLLEGE

– for career development or just for fun!

There are a variety of day & evening courses to suit your lifestyle. Many are free if you are living in a low-income household or are in financial hardship.

APPRENTICESHIPS

Many apprentices are adults. Apprenticeships are free and offer training alongside a full-time paid job.

FINANCIAL SUPPORT

There is financial support to cover the costs of course fees and things like childcare, transport and equipment, so don't let money be a barrier – talk to your local colleges and universities for information.

HIGHER EDUCATION

Many adults return to Degree-Level study later in life. There are lots of courses available, to fit around your commitments. For example, the Open University offer distance learning courses, and local colleges offer part-time courses, so you can combine learning with a full-time job.

The National Careers Service can offer careers & employability information, advice and guidance to adults in person, on the phone or via their website: **nationalcareersservice.direct.gov.uk**

To book an appointment with Inspira, who deliver the National Careers Service in Cumbria, contact your local office: **inspira.org.uk**



Cumbria Collaborative
Outreach Programme



Hello Future is a partnership of universities, colleges and employers who want to support young people in Cumbria to progress to higher education. There are similar partnerships in other counties. Go to **hellofuture.ac.uk** for information, events and advice.

Directory

ALL-ROUND GOOD CAREERS WEBSITES:

startprofile.com
prospects.ac.uk
careerpilot.org.uk
targetcareers.co.uk
nationalcareersservice.direct.gov.uk

HIGHER EDUCATION/ DEGREE-LEVEL STUDY

ucas.com
open.ac.uk (distance learning)

SPECIFIC PARENT ADVICE:

hellofuture.ac.uk/parents-carers-and-guardians
ukcareers.ey.com/parents
parentzone.careerpilot.org.uk/parent

APPRENTICESHIPS

apprenticeships.gov.uk
ratemyapprenticeship.co.uk
ucas.com



Directory



KEY

- Yellow = Training Provider
- Blue = University
- Green = Colleges
- Purple = Sixth Form

TRAINING PROVIDERS

Gen 2 Workington, Carlisle, Seascale,
Ulverston gen2.ac.uk
Apprenticeships & Degree-Level Study

PHX Training

Barrow, Carlisle, Cleator Moor, Morecambe,
Workington phxtraining.co.uk
Part-Time Courses & Apprenticeships

COLLEGES

Carlisle College Carlisle carlisle.ac.uk
*Degree-Level Study, Professional & Technical
Full-Time Courses, Apprenticeships,
Part-Time Courses*

Furness College incorporating Barrow Sixth Form Barrow furness.ac.uk
*Degree-Level Study, Professional & Technical
Full-Time Courses, Apprenticeships,
Part-Time Courses, A Levels*

Kendal College Kendal kendal.ac.uk
*Degree-Level Study, Professional & Technical
Full-Time Courses, Apprenticeships, Part-Time
Courses, A Levels*

Lakes College Workington lwcw.ac.uk
*Degree-Level Study, Professional & Technical
Full-Time Courses, Apprenticeships,
Part-Time Courses*

Lancaster & Morecambe College Lancaster
lmc.ac.uk
*Degree-Level Study, Professional & Technical Full-
Time Courses, Apprenticeships, Part-Time Courses*

Myerscough College Bilsborrow, Preston
myerscough.ac.uk
*Degree-Level Study, Professional & Technical
Full-Time Courses, Apprenticeships,
Part-Time Courses*

Newton Rigg College Penrith
newtonrigg.ac.uk
*Degree-Level Study, Professional & Technical
Full-Time Courses, Apprenticeships,
Part-Time Courses*

UNIVERSITIES

University of Cumbria

Lancaster, Carlisle, Ambleside, Barrow,
Workington cumbria.ac.uk

Lancaster University Lancaster
lancaster.ac.uk

University of Central Lancashire
Preston uclan.ac.uk

Edge Hill University Ormskirk
edgehill.ac.uk

CUMBRIA SIXTH FORMS As well as A Levels,
some sixth forms also offer technical courses.
Contact them for a full overview.

Appleby Grammar School
Appleby in Westmorland
appleby.cumbria.sch.uk

Barrow Sixth Form, part of Furness College
Barrow www.furness.ac.uk

Caldew School Dalston, Carlisle
caldew.cumbria.sch.uk/students/sixth-form/

Central Academy Carlisle
rrca.org.uk/sixth-form

Cockermouth School Cockermouth
cockermouthschool.org/6th-form/

Chetwynde School Barrow-in-Furness
chetwynde.co.uk

Dallam School Milnthorpe
dallam.eu *International Baccalaureate*

Energy Coast UTC Workington
energycoastutc.co.uk/learning/

Keswick School Keswick
keswicksixthform.weebly.com

Kirkbie Kendal School Kendal
www.kirkbiekendal.cumbria.sch.uk

Kirkby Stephen Grammar School
Kirkby Stephen ksgs.cumbria.sch.uk

Lakes School Windermere
thelakesschool.com

Millom School Millom
millom.cumbria.sch.uk/

Directory

Netherhall School Maryport
netherhall.cumbria.sch.uk/

Newman Catholic School Carlisle
newman.cumbria.sch.uk/curriculum/sixth-form

Queen Elizabeth Grammar School Penrith
qegs.cumbria.sch.uk

Queen Elizabeth School Kirkby Lonsdale
moodle.queenelizabeth.cumbria.sch.uk

Richard Rose Central Academy Carlisle
rrca.org.uk

The Nelson Thomlinson School Wigton
nts.cumbria.sch.uk

The Queen Katherine School Kendal
qks.org.uk/6th-form

St Benedict's Catholic High School
Whitehaven
st-benedicts.cumbria.sch.uk

Trinity School Carlisle
trinity.cumbria.sch.uk/sixth-form/

Ullswater Community College Penrith
ullswatercc.co.uk/

Ulverston Victoria High School Ulverston
uvhs.uk

West Lakes Academy Egremont
westlakesacademy.org.uk/post-16/

Whitehaven Academy Whitehaven
whitehavenacademy.org.uk/sixth-form/

William Howard School Brampton
williamhoward.cumbria.sch.uk/sixth-form/

Workington Academy Workington
workingtonacademy.org/sixthform/

MONEY

thepiggybank.org.uk

gov.uk/student-finance

moneyadvice.service.org.uk

citizensadvice.org.uk

VOLUNTEERING

do-it.org (national volunteering)

cumbriacvs.org.uk (Cumbria volunteering)

GAP YEARS

careerpilot.org.uk (general advice)

etrust.org.uk/the-year-in-industry
(paid industry placements)

yearoutgroup.org
(voluntary & course opportunities abroad)

gapwork.com (jobs & volunteering)

SELF-EMPLOYMENT

prospects.ac.uk (general advice)

greatbusiness.gov.uk (national website)

gov.uk/starting-up-a-business
(national website)

fsb.org.uk (Federation of Small Businesses)

cumbriachamber.co.uk (Cumbria support)

ONLINE COURSES

open.ac.uk

edx.org

coursera.org

futurelearn.com

OTHER

accesstohe.ac.uk

(Access to Higher Education)

inspira.org.uk

Inspira inspire young people and adults in Cumbria and Lancashire with the skills and confidence they need to find their career paths and reach their potential in life and work.

wearencs.com (National Citizen Service)