

Post 16 routes and options

When leaving school at 16, it is important to understand the different routes and options available to help you choose the right path for your future. This leaflet has been created to support young people, and their families to understand and explore a wide range of post 16 opportunities. It highlights what each route involves, how to apply, and where it could lead. The aim is to help individuals to make informed decisions that reflect their interests, abilities, and aspirations.

Route	Length of programme	Age	Information about this route	What do I need for this	Next steps	How will I apply	Potential opportunities
Work experience placement	Varies	14 years and over	Short or long term, takes place during school or after leaving school Let's you explore different job areas with an employer for a set period.	An interest in this sector	Speak with <ul style="list-style-type: none"> Teacher Careers leader, Careers advisor, SENCO 	Apply to companies with letters of interest	<ul style="list-style-type: none"> Gain a work reference for your CV. Development of employability skills Potential for employment
Further education	Depends on course length and academic progress made	16 years and over	Post-secondary education, usually aimed at teaching practical skills for specific jobs.	An interest in a particular course Entry requirements will depend on the course chosen.	Speak with <ul style="list-style-type: none"> Teacher Careers Leader Careers adviser Attend: <ul style="list-style-type: none"> Open events Careers Fairs 	Apply directly through the college portal	Qualifications: <ul style="list-style-type: none"> Entry level, Level 1, 2, 3, HNC/ HND, foundation degrees These provide access to job-focused study programs
A Levels	2 years	16 years and over	Level 3 subject – based qualifications which can be studied at school, a sixth form college, or a further education college.	GCSEs with a grade 4 or higher in the subject Each college determines its own entry criteria	Speak with: <ul style="list-style-type: none"> Teacher Careers Leader Careers adviser Attend:	Apply directly through the organisation	Qualifications: <ul style="list-style-type: none"> Degree / University access to higher level vocational study programmes Higher level apprenticeship

					<ul style="list-style-type: none"> • Open events • Careers Fairs 		
T Levels	2 years	16 – 19 years	<p>Level 3 Named career related study course with an Employer</p> <p>80% classroom based. 20% employer based.</p>	<p>Typically, 5 GCSE's including English and Maths at grade 5 or above.</p> <p>Some colleges offer a foundation year T Level course at level 2 with lower entry requirements which can prepare students for the full T level course.</p> <p>Entry criteria set by each college.</p>	<p>Speak with:</p> <ul style="list-style-type: none"> • Teacher • Careers Leader • Careers adviser <p>Attend:</p> <ul style="list-style-type: none"> • Open events • Careers Fairs 	<p>Apply directly through the college portal.</p> <p>Request support during careers guidance session</p>	<ul style="list-style-type: none"> • Degree / university • Access to higher level vocational study programmes
Specialist college	Usually, a 2-year placement subject to a progress review after 1 year	16 to 24 years	A college providing specialised education, that is specific to your abilities and interests.	An Education, health, and care (EHC) plan	<p>Speak with:</p> <ul style="list-style-type: none"> • Teacher • Careers Leader • Careers adviser • SENCO 	Speak to your allocated EHCP co-ordinator from ICDS, or talk about your interest during an EHCP review	<ul style="list-style-type: none"> • Qualifications delivered by your preferred learning method. • Route to your intended destination • Supported internship. • Access to supportive agencies
Supported internship	6 months – 1 year	16 to 24 years	<p>A work-based study programme</p> <p>Colleges offer different programme models. Here's an example: A study programme with 1 day of classroom learning and 2-4</p>	An Education, health, and care (EHC) plan	<p>Speak with:</p> <ul style="list-style-type: none"> • Job coach • Careers Leader • Careers adviser • SENCO 	Talk about your interest during an EHCP review, or speak to your allocated EHCP co-ordinator from ICDS	<p>Qualifications:</p> <ul style="list-style-type: none"> • Employability • Independent living • Maths / English • Industry specific experience • Building connections with employers

			days of work placement each week.				<ul style="list-style-type: none"> Potential job opportunities
Apprenticeship	1-5 years	16 years and over	<p>Paid work with a study programme element.</p> <p>Each apprenticeship is different, but a typical programme could be Classroom: 1 day per week. Work placement: 15 – 30 hours a week.</p>	<p>Typically, GCSE's grade 4 or above in Maths/ English</p> <p>Can be working towards Level 2. Maths/English requirements adjustments may be available.</p> <p>Entry criteria will be individual to each apprenticeship.</p>	<p>Speak with:</p> <ul style="list-style-type: none"> Teacher Careers coach. Careers adviser <p>Attend:</p> <ul style="list-style-type: none"> Open events Careers Fairs <p>View:</p> <ul style="list-style-type: none"> College websites <p>https://www.gov.uk/apply-apprenticeship</p>	<p>Apply direct on gov website.</p> <p>Local FE college/Notts Opportunities website</p> <p>Search for opportunities on internet and apply direct.</p> <p>Request support during careers guidance session.</p> <p>Highlight interest during annual EHCP review or speak to your allocated EHCP Co-ordinator from ICDS.</p>	<p>Apprenticeships lead to:</p> <ul style="list-style-type: none"> Experience in specific industries. Building relationships with employers Potential employment Improved Maths and English qualifications <p>Apprenticeship Qualifications:</p> <ul style="list-style-type: none"> Vocational Higher levels
Nottinghamshire County Council Adult Social Care employment training hub – Brooke farm	12 weeks – up to 3 years	18 years and over	<p>Training in a real work setting for people working towards paid Employment.</p> <p>Training areas are Retail, Customer Service, Horticulture & Grounds maintenance, Office</p>	<p>Diagnosis of Learning Disability and / or Autism and have a support need from Nottinghamshire County Council Adult Social Care</p>	<p>Speak with:</p> <ul style="list-style-type: none"> Job Coach Careers Leader Careers Advisor SENCO <p>Attend:</p> <ul style="list-style-type: none"> Open events 	<p>Highlight interest during annual EHCP review or speak to your allocated EHCP Co-ordinator from ICDS.</p> <p>Contact: Brooke Farm 01159632638</p>	<ul style="list-style-type: none"> Person centred training opportunities Skill Development Building Confidence Training in real working environment Opportunity to improve Maths and English qualifications. Development of employability skills

			Administration tasks and Employability skills.		<ul style="list-style-type: none"> Careers Fairs <p>View:</p> <ul style="list-style-type: none"> Brooke Farm website: https://www.nottinghamshire.gov.uk/business-community/services-you-can-buy/brooke-farm/employment-training 	brookefarm@nottscc.gov.uk	
Supported employment- via NCC iWork team	Varies	18 years and over	<p>Support for job seekers to find or retain employment.</p> <p>Employees may be supported by a job coach until they can work independently.</p>	Diagnosis of Learning Disability and/or Autism	<p>Speak with:</p> <ul style="list-style-type: none"> Job coach Careers Leader Careers adviser SENCO 	<p>Highlight interest during annual EHCP review or speak to your allocated EHCP Co-ordinator from ICDS.</p> <p>Request support during careers guidance session.</p> <p>Contact iWork via NCC Customer service centre Tel: 0300 500 80 80</p>	<ul style="list-style-type: none"> Skill development Building relationships with employers Work reference Paid Employment Progression at work Fulltime employment Help with Job search, Application, and Interview. Help with Reasonable adjustments in the workplace.
Employment	Varies	18 years and over	Become an employee with a chosen employer to pursue career of interest	Employability skills, work experience, qualifications or experience specific to the role	<p>Speak with:</p> <ul style="list-style-type: none"> Job coach Careers adviser <p>Attend:</p>	<p>Request support during careers guidance session.</p> <p>Apply directly to companies with</p>	<ul style="list-style-type: none"> Skill development Building relationships with Employers/colleagues Career Development and progression

					<ul style="list-style-type: none"> • Open events • Job centre interviews <p>View:</p> <ul style="list-style-type: none"> • Online recruitment agencies • LinkedIn • Employer websites • Government website: http://www.gov.uk/access-to-work <p>Contact:</p> <ul style="list-style-type: none"> • Contact Access to Work if interview support or employment support above reasonable adjustment level is required. 	<p>letter of interest/CV.</p> <p>Contact local Job Centre for information on current support programmes e.g. Connect to Work.</p> <p>Contact local authority/ health funded programmes such as working well East Midlands: https://workingwelleastmidlands.co.uk/</p>	
Self-employment	Varies	18 years and over	<p>Working for yourself either as a freelancer or in your own business</p> <p>Selling something you make or a service you offer</p>	<ul style="list-style-type: none"> • Business plans • Start-up funds • Target customers • Promotional digital tools • Support/advice 	<p>Speak with:</p> <ul style="list-style-type: none"> • Job Centre plus • Kings Trust • Local small business groups <p>Attend:</p>	<p>Request support during careers guidance session.</p> <p>Approach local banks and see if they have a business</p>	<ul style="list-style-type: none"> • Being your own boss • Creating a social enterprise • Developing your specialism • Creating jobs for others potentially

					<ul style="list-style-type: none"> Open events <p>View:</p> <ul style="list-style-type: none"> Small business forums Dedicated freelance sites. 	<p>advisor to help with business plans, forecasting, and applications for loans.</p>	
Supported volunteering	Varies	18 years and over	Volunteering with specific structured support through Adult Social Care & Health	An interest in this sector	<p>Speak with:</p> <ul style="list-style-type: none"> Teacher Careers Leader Careers adviser SENCO Social Worker <p>Attend:</p> <ul style="list-style-type: none"> Open events Careers Fairs <p>View:</p> <ul style="list-style-type: none"> Online Local voluntary organisations Doit.life website: https://www.doit.life/volunteer 	<p>Highlight interest during annual EHCP review or speak to your allocated EHCP Co-ordinator from ICDS</p> <p>Request support during careers guidance session.</p> <p>Apply directly to companies with letter of interest/CV.</p> <p>Join volunteer groups.</p> <p>Speak to ASCH via NCC Customer Service Centre Tel: 0300 500 80 80</p>	<ul style="list-style-type: none"> Experience on the job Building relationships with employers/colleagues Work reference Networking Potential employment