

Futures  
FOR YOU

Your Guide to  
Finding Support on  
Results Day and Beyond

2022

Whatever your results,  
we're here to help you  
with:

- Feeling Ready for Results Day
- Finding the Right Support for Your Choices
- Getting into Apprenticeships, Traineeships and Employment
- Exploring Your Career Options
- Learning More about the Job Market
- Writing the Perfect CV and Cover Letter
- Preparing for Your First Interview
- Accessing Work Experience Opportunities
- Becoming a Volunteer
- Looking after Your Mental Health and Wellbeing
- Using the National Careers Service



# Feeling ready for Results Day

It's important to start thinking about your options and next steps before Results Day arrives – you don't want to be caught off guard!

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. That's why it's best to 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.

# University Clearing

Before Results Day, you should spend some time thinking about what universities you would like to contact through clearing if you're not accepted to your first choice. By making a plan beforehand, you'll know exactly what to do on the 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 to access clearing.

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](#)  
[Guide to UCAS Clearing 2022 | What Uni](#)  
[Deferred Entry To University | UCAS](#)  
[General Information on Courses, Funding and More | DiscoverUni](#)



# Finding the Right Support for Your Choices

There are plenty of different paths that you can take, from college to university to apprenticeships to a career. Whatever path you choose, support is available to help make sure you're making the right choice for you.

- [Young Enterprise](#) have webinars to walk you through life after results day if you're feeling unsure
- [Youth Employment UK](#) have career guides that cover a wide range of routes for young people aged 14-24
- [The National Careers Service](#) has online tools to help you consider your next steps – they can help you to [make a career choice](#), [explore education and training opportunities](#), or [give advice to young people with SEND](#)
- [BBC Bitesize](#) have an easy-to-follow chart to help you if you're feeling stuck and not sure what comes next
- [T-Levels](#) are a 2-year qualification that are equivalent to 3 A-Levels – perfect for people wanting to learn on the job.
- [Careormap](#) have all the information you need about starting an Intermediate Apprenticeship – an alternative route to A-Levels
- [UniTasterDays](#) have over 700 online events to help you find the right university for you
- [ReachUni](#) have developed a three-step programme to help you find the university that is right for you

But if you'd rather just have a chat with someone real, 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](#) and [All About School Leavers](#) advertise roles that are suited to young people, while [The WOW Show](#) has videos that show what the world of work is like

## Exploring Your Career Options

It's easy to feel a bit overwhelmed when it comes to thinking about your career options – there are so many that you can choose from!

Luckily, there are plenty of resources available online to help you make an informed decision.

**You can find helpful information about careers paths on the following websites:**

- [Youth Employment UK](#)
- [The National Careers Service](#)
- [The Princes Trust](#)
- [BBC Bitesize](#)
- [Discover Uni](#)
- [The Uni Guide](#)

If you know that going to university is the start of your career journey but you're not sure which university is the right fit for you, [UCAS offer virtual open days](#) to give you the opportunity to explore different options without having to travel across the country.



## Learning More about the Job Market

If you haven't heard the term 'Labour Market Information' before – don't worry. It's just a fancy way of saying what jobs are available in your area, and it's a great way to make informed choices about your future.

The following websites can help you learn more about different jobs and whether they're right for you:

- The National Careers Service has [over 800 job profiles](#) listed, giving information about average wage, day-to-day activities, necessary skills and entry information for each one. Whatever you're interested in, this website will be able to tell you more.
- Take [this quiz](#) on Prospects to have your skills and personality matched to over 400 possible job profiles.
- LMI for All allows you to [explore jobs](#) that are related to your skills and gives reliable information surrounding careers
- 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 and Cover Letter

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 have created a [free careers app](#), meaning you can create and share a unique CV from your phone
- The [National Careers Service](#) have a whole section dedicated to CV writing

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

When your first interview comes around – whether it's for a place at university, an apprenticeship, or a job – your palms are bound to be feeling a bit sweaty.

It's totally normal to feel nervous before an interview. The best thing you can do to calm your nerves is to be prepared, and there are plenty of ways you can get ready.

- Since the pandemic, more and more interviews have moved online. FutureLearn have put together a short video giving you top tips on [how to succeed at online interviews](#).
- Barclays LifeSkills have a whole range of tools, from [virtual interview practice](#) to how to prepare for [different types of interviews](#).
- You can find some [interview do's and don'ts](#) from The Prices Trust
- Hewitt Recruitment have [provided advice on everything](#) from what to wear to what questions to 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](#).

## Accessing Work Experience Opportunities

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 Marks and Spencer's, Gigging Squid and The British Army
- 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 sectors such as healthcare or engineering.

**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.



## Becoming a Volunteer

If getting practical work experience or finding a part-time job isn't 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.

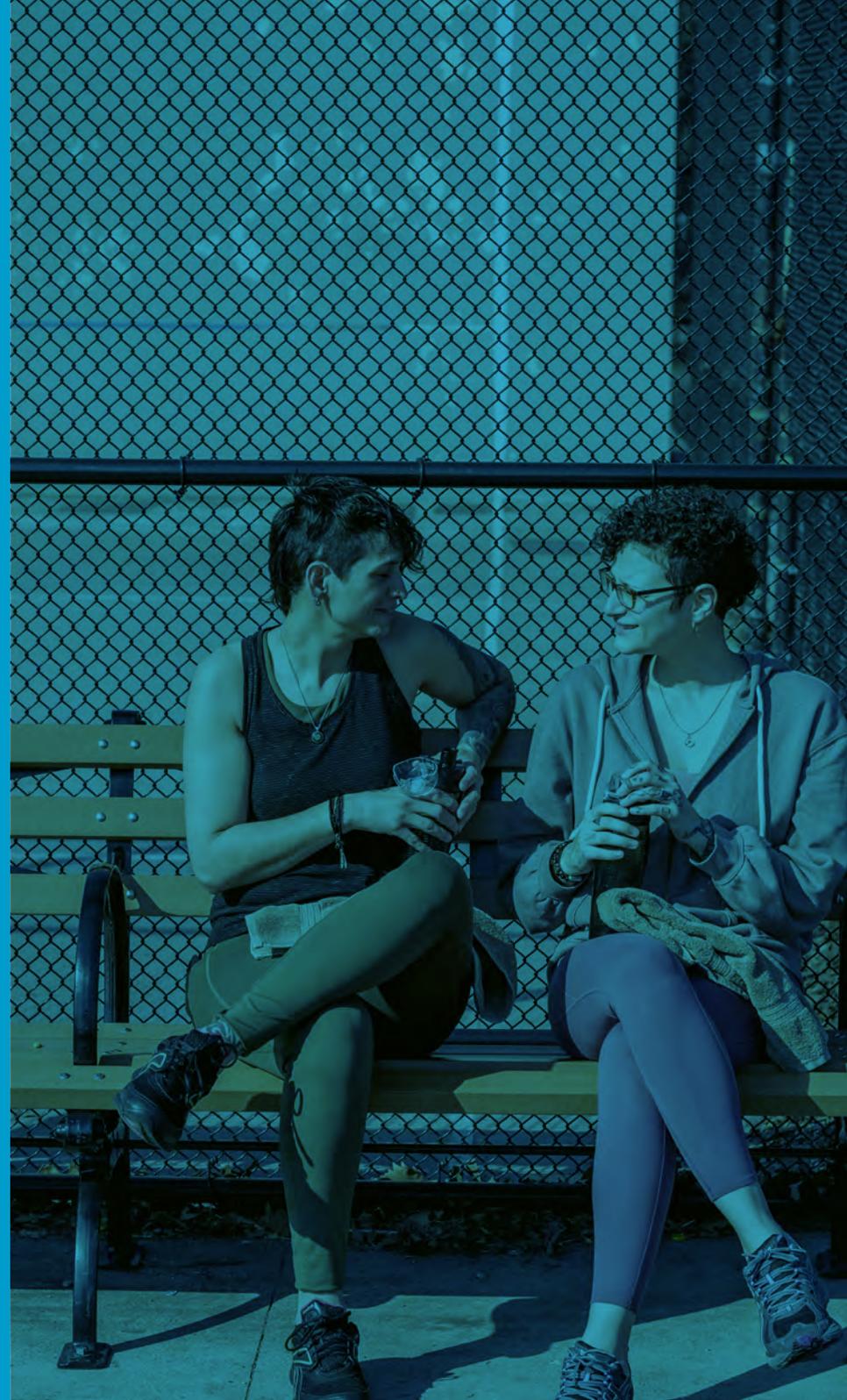


# Looking after Your Mental Health and Wellbeing

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.
- WorldSkills UK offer Mindset Masterclasses to help you develop skills that help you through tough times
- 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.





## Using the National Careers Service

The National Careers Service is available to adults who are over the age of 18. They are able to provide you with free advice and guidance that helps you to gain new skills, build your confidence, and move on in work and life.

### The National Careers Service provides support with:

- CV writing
- Job searches
- Interview preparation
- Finding local employment opportunities
- Changing careers
- Accessing qualifications and courses
- Identifying your key skills

To book onto a free 121 session or workshop, follow the link to your area:

East of England - <https://nationalcareersservice.10to8.com>

East Midlands - <https://nationalcareersserviceem.10to8.com>

You can also get in touch through email or over the phone:

[NationalCareersServiceNCC@futuresforyou.com](mailto:NationalCareersServiceNCC@futuresforyou.com)

0800 917 94 19

# 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.