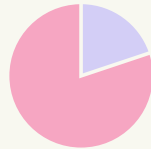


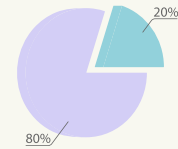
POST-16 OPTIONS



**full-time
education**



**work and learn
(all in one)**



**work and learn
(separate)**



Stay on where you
are (if post-16
provision available)



Apprenticeship



Start a business
(20+ hours a week)
while in part-time
education/training



Go to a different 6th
form, FE college,
or training provider



Supported Internship



Work (20+ hours
a week) while in
part-time
education/training



Learn remotely
and/or at home



SUNRISE
CAREER GUIDANCE



Volunteer
(20+ hours a week)
while in part-time
education/training

What happens after you are 16?

16

You **CAN** leave school on the last Friday in June **IF** you'll be 16 by the end of the summer holidays

18

Until you are 18, you **MUST** then:

1. stay in full-time education
2. combine work and study
3. volunteer or work part-time and study

19

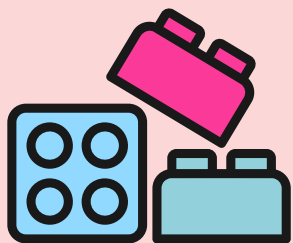
You **HAVE** to leave school by the end of the school year in which you turn 19

25

You **CAN** stay in learning until you are 25 if you have an EHCP and have not yet met your learning outcomes



POST-16 OPTIONS: WHAT CAN YOU STUDY



Study Programmes /
Foundation Learning



Entry Level 1, 2, 3



e.g. GCSEs at grades
3, 2, 1



e.g. GCSEs grades
4, 5, 6, 7, 8, 9



e.g. T-Levels, A-
Levels, BTECS, IB

GOOD TO KNOW

- Until you are 18 you have to do some form of education or training that leads to a **regulated qualification**
- What you can study and where you can study depends on entry requirements, what is right for you, and what is available for you
- Courses can be academic, vocational, or employment-based - lengths and qualifications vary and open up different next step options
- All study programmes for 16 – 19 or 19 – 25 year olds include English and Maths at an appropriate level if a GCSE grade 4+ not yet achieved

FIND OUT MORE

<https://www.skillsforcareers.education.gov.uk/your-training-options>

<https://www.gov.uk/find-a-regulated-qualification>

<https://www.gov.uk/courses-qualifications>

www.natspec.org.uk

<https://educationhub.blog.gov.uk/2024/01/school-leaving-age-can-you-leave-school-at-16-and-what-are-your-options/>

POST-16 OPTIONS: WHERE CAN YOU STUDY



MAINSTREAM:

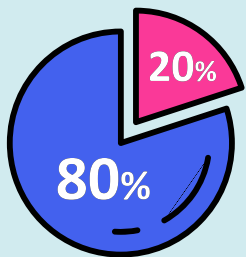
- Study at a sixth form, sixth form college, FE college, free schools (e.g., university technical college (UTC), studio school), with a training provider, or via online learning
- By law, mainstream schools and colleges need to make reasonable adjustments to ensure you can fully access the provision: <https://www.gov.uk/rights-disabled-person/education-rights>
- You can request help from the provider to ensure your learning works for you. Contact the provider and attend open days to explore options.
- Explore your local offer via the local council website or find courses/qualifications at <https://www.gov.uk/courses-qualifications>



SPECIALIST:

- You could apply to a specialist college or training provider if you are aged 16+ and have complex SEN and an education, health, and care plan (EHCP).
- Find a specialist provider at www.natspec.org.uk or via your local council website
- You can request help from the provider to ensure your learning works for you. Contact the provider and attend open days to explore options.
- Explore the local offer via your local council website e.g. <https://www.kent.gov.uk/education-and-children/special-educational-needs-and-disabilities>

POST-16 OPTIONS: APPRENTICESHIPS



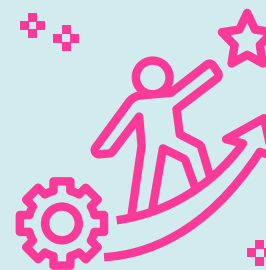
80% work, 20% study



Paid 100% of the time



Gain a qualification



Gain experience



8 months to 5 years
to complete

GOOD TO KNOW

- Gain a Level 2 (Foundation/Intermediate) to 7 qualification - entry requirements vary
- Tick Disability Confident at <https://www.gov.uk/apply-apprenticeship> to find inclusive employers who will offer interviews to disabled candidates who meet the criteria
- May be able to get help from the Access to Work scheme: <https://www.gov.uk/access-to-work>

FIND OUT MORE

<https://www.disabilityrightsuk.org/disabled-apprentice-network>

<https://www.apprenticeships.gov.uk/apprentices>

<https://amazingapprenticeships.com/this-is-my-story/>

<https://www.skillsforcareers.education.gov.uk/pages/training-choice/apprenticeships>



POST-16 OPTIONS: **SUPPORTED INTERNSHIP**



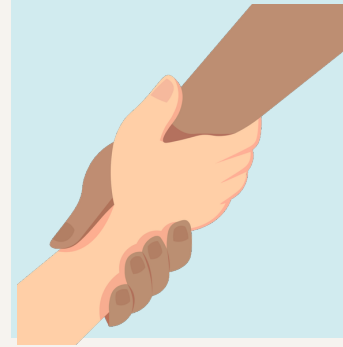
Last 6 to 12 months



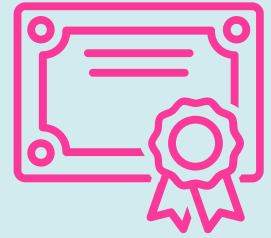
6+ months unpaid
work placement



Personalised study
programme



Get help from a
tutor or job coach



Maybe study a
relevant qualification

GOOD TO KNOW

- An unpaid work-based study programme for people **aged 16 to 24** with an EHCP
- Helps people move from education into work
- Gain skills for work and maybe study a relevant qualification at an appropriate level e.g., GCSE English or Maths
- May be able to get help from the Access to Work scheme:
<https://www.gov.uk/access-to-work>

FIND OUT MORE

<https://www.skillsforcareers.education.gov.uk/pages/training-choice/supported-internship-with-an-ehc>

<https://www.ucas.com/further-education/apprenticeships-and-traineeships/supported-internships>

<https://www.base-uk.org>

POST-16 OPTIONS: **START A BUSINESS**



Bring your ideas
to life



Learn or train
part-time



Juggling
responsibilities



Responsibility for
success / failure



Consider who can
support you

GOOD TO KNOW

- Start/run your own business for 20+ hours a week
- Learn or train part-time to work towards a regulated qualification
<https://www.gov.uk/find-a-regulated-qualification>
- Potential benefits: flexibility, satisfaction, reward, variety
- Potential costs: long hours, responsibility, variable pay, potential isolation, availability of finance, effort required, lack of employee benefits

FIND OUT MORE

<https://www.prospects.ac.uk/jobs-and-work-experience/self-employment>

<https://www.gov.uk/get-business-support>

<https://startups.co.uk/guides/>

<https://youvegotthis.uk> (*self-employment support for disabled people*)

<https://www.gov.uk/access-to-work>

POST-16 OPTIONS: EMPLOYMENT & STUDY



Earn money /
get paid



Learn or train
part-time



Gain experience



Develop skills



Build confidence

GOOD TO KNOW

- Work for 20+ hours a week in an employed role, alongside part-time education or training
- Learn or train part-time to work towards a regulated qualification
<https://www.gov.uk/find-a-regulated-qualification>
- Find inclusive employers by ticking Disability Confident at <https://findajob.dwp.gov.uk/> and using sites like <https://www.inclusivehires.com/jobs> / <https://www.evenbreak.co.uk>
- May be able to get help from the Access to Work scheme:
<https://www.gov.uk/access-to-work>

FIND OUT MORE

<https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-16>

<https://www.morrisby.com/blog/successful-job-searching>

<https://www.scope.org.uk/advice-and-support/disability-friendly-employers/>

POST-16 OPTIONS: VOLUNTEER & STUDY



Give your time
to others



Learn or train
part-time



Get to
know people



Develop skills



Build confidence

GOOD TO KNOW

- Volunteer for 20+ hours a week, an opportunity to make a difference
- Learn or train part-time, working towards a regulated qualification
<https://www.gov.uk/find-a-regulated-qualification>
- Some voluntary roles involve the same tasks and responsibilities as an equivalent paid job
- Even though not paid, applications can still be competitive

FIND OUT MORE

<https://nationalcareers.service.gov.uk/careers-advice/advice-on-volunteering>

<https://volunteermatters.org.uk>

<https://vinspired.com/>

<https://www.gov.uk/volunteering>

DISABILITY CONFIDENT EMPLOYERS

3 levels of this scheme which aims to help employers recruit and retain disabled people in work:



**Disability
Confident Committed**



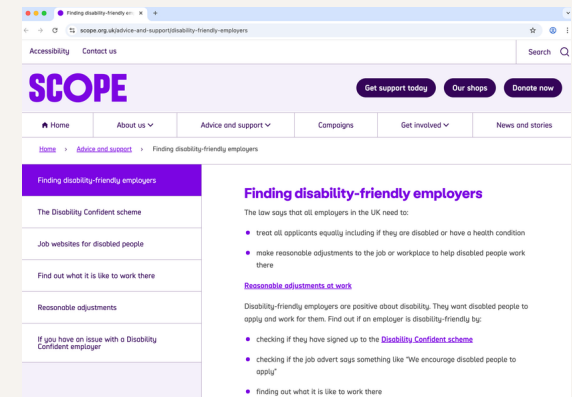
Tick Disability Confident to find inclusive employers who will offer interviews to disabled candidates who meet the criteria



**Disability
Confident Employer**
can evidence
accessibility & support

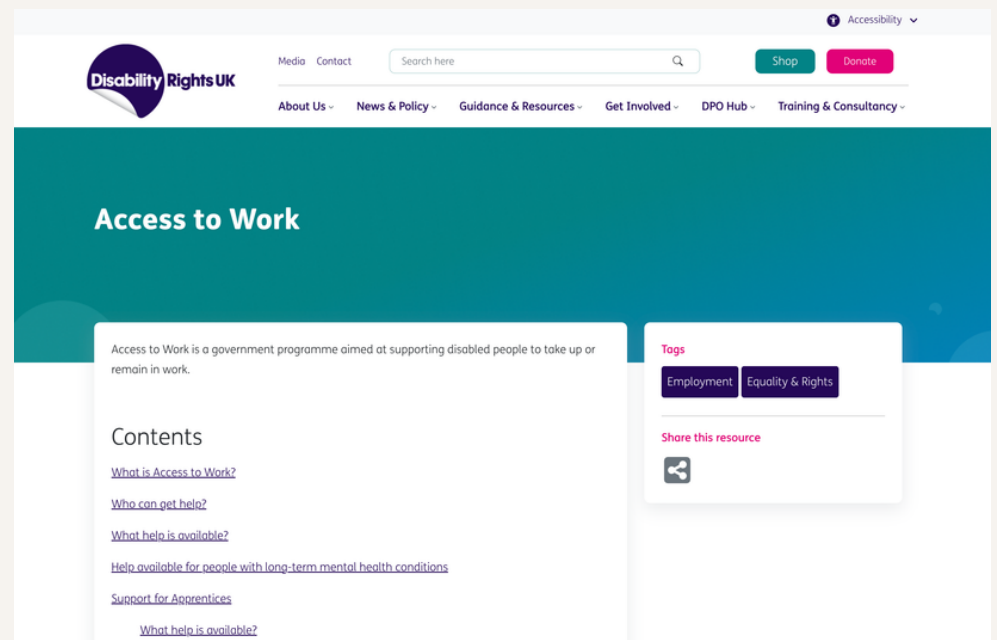


**Disability
Confident Leader**
help others to be
disability confident



Access to Work is a government scheme designed to provide help to disabled people aged 16+ who have a job and are experiencing disability-related challenges within work (e.g. work trial, employment, apprenticeships, supported internships, self-employment, interviews). It can be used for:

- Job Coaching
- Interpreters
- Working interviews/Job trials
- Equipment, Aids and Apps
- Signers
- Disability awareness training
- Job Mentoring
- Support Worker
- Travel Training
- Taxis
- Mental Health Support Service



<https://www.gov.uk/access-to-work>