

THIS JOURNAL IS FOR YOU

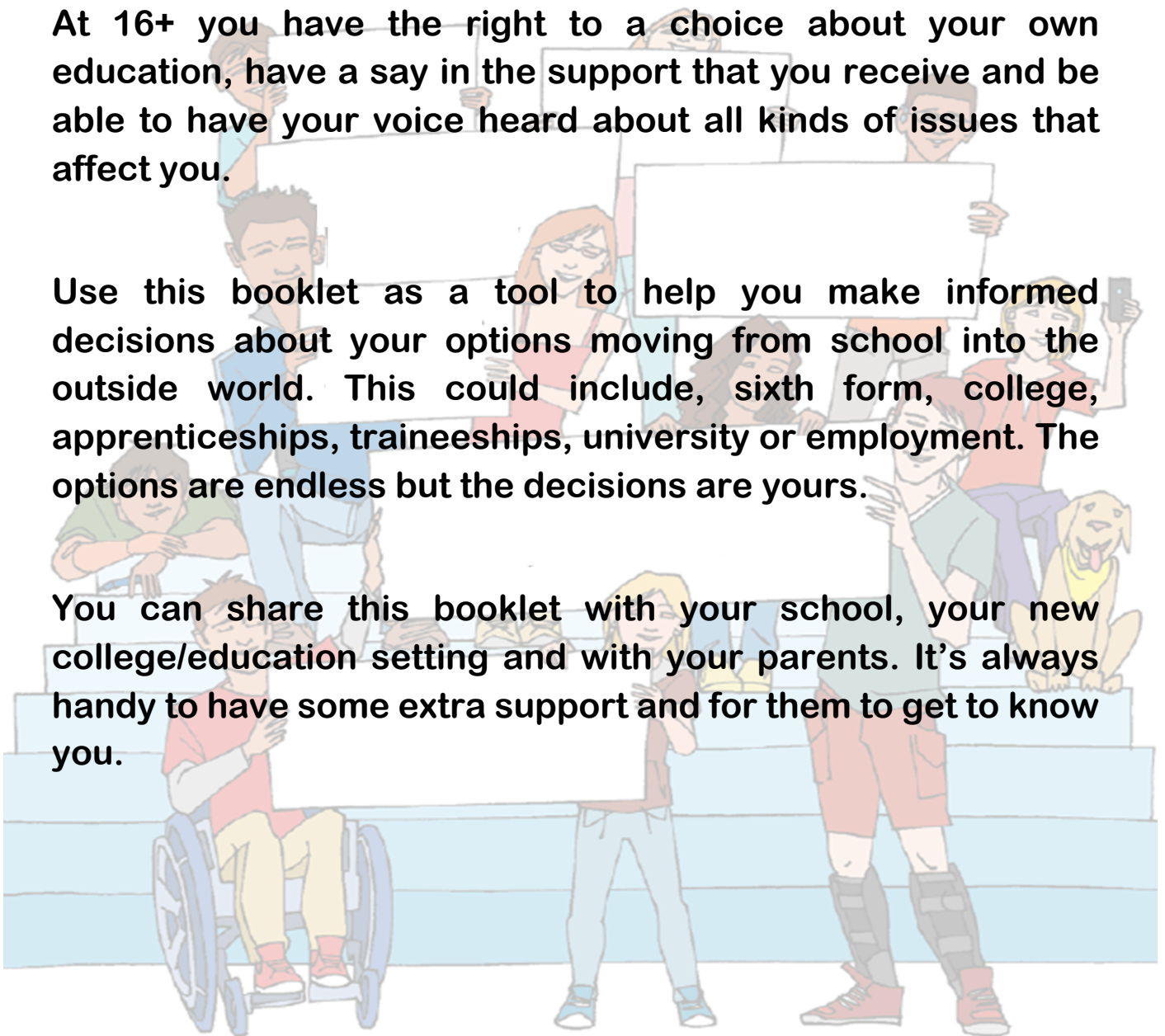
Yeah that's right! It's all yours!

For you to use as you take your next steps in whatever direction you choose.

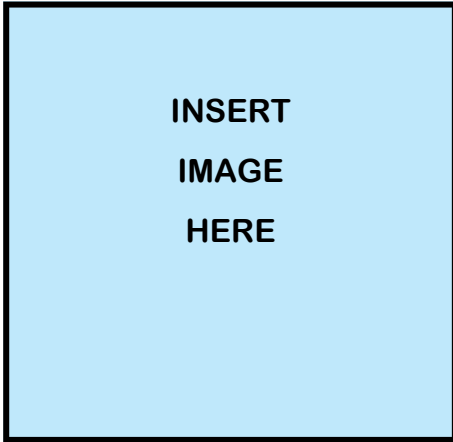
At 16+ you have the right to a choice about your own education, have a say in the support that you receive and be able to have your voice heard about all kinds of issues that affect you.

Use this booklet as a tool to help you make informed decisions about your options moving from school into the outside world. This could include, sixth form, college, apprenticeships, traineeships, university or employment. The options are endless but the decisions are yours.

You can share this booklet with your school, your new college/education setting and with your parents. It's always handy to have some extra support and for them to get to know you.



MY PROFILE



NAME:

AGE:

SCHOOL:

Things that help me when I'm trying to learn:

-
-
-

Things that challenge me most are:

-
-
-

Things I am good at:

-
-
-

Things that I enjoy doing:

-
-
-

Words I would use to describe myself:

NOW

Use this space to write, draw and see, where you are at now and where you would like to be in your future. You might want to include, education, jobs, friends, family, house, transport and lifestyle. Be as creative as possible. Studies show that if you can visualise your future, you're 63% more likely to achieve it!



FUTURE

FAQS

"WHAT HAPPENS TO MY EHC PLAN WHEN I TURN 16?"

If you remain in school for your post-16 education (either at the same school or at another school) your EHC plan should stay in place assuming it is still needed, changing the name of the school, if necessary.

"CAN I ATTEND A COLLEGE AND STILL HAVE AN EHC PLAN?"

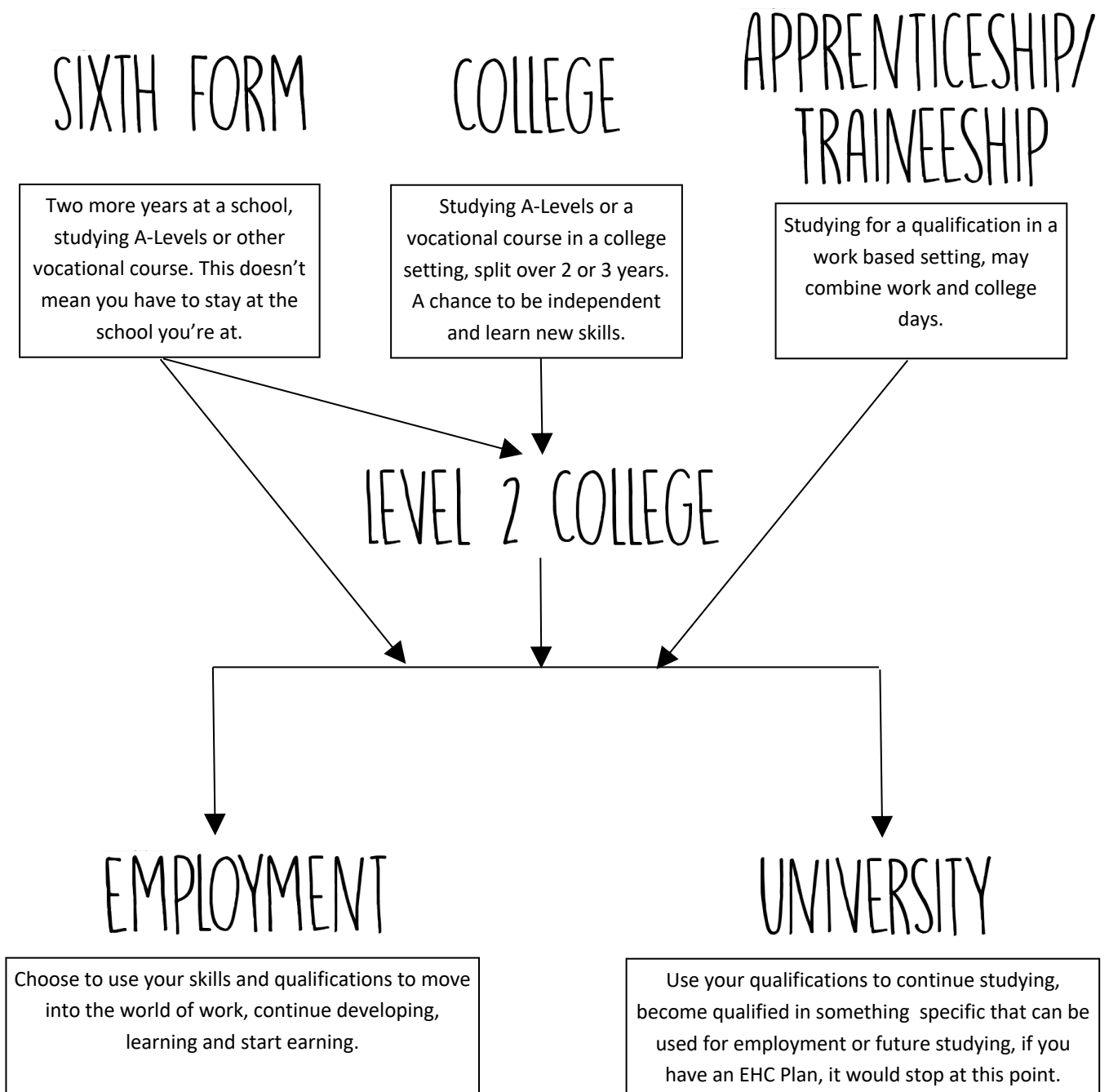
Colleges can now be named on EHC plans. Colleges are now under various duties: to cooperate with the local authority on arrangements for young people with Special Educational Needs; to admit young people with SEN if their EHC plan names the institution; and to use their best endeavours to secure the education provider that the young person needs.

"I HAVE SPECIAL EDUCATIONAL NEEDS BUT I DON'T HAVE AN EHC PLAN – WILL I GET ANY ADDITIONAL SUPPORT FOR MY POST-16 TRANSFER?"

The LA/school careers service should provide support for all young people aged 13-19 but has a particular focus on supporting those likely to underachieve, including those with SEN but without EHC plans. The careers service should provide schools with information to help these students make successful transitions to post-school education, training or work, including details of local and national voluntary organisations.



OPTIONS



This chart may look confusing to begin with. It is important to note that there are lots of options for you and there is always time to change the path you're on.

Why not make a chart of your own, what will your path look like? Think about what you really want, not what everyone else might want for you. Do your own research and make your own choices.

MEETING MY

This is an example tool, that will help you to compare your options, whether you choose, college, sixth form or apprenticeships, your needs will remain the same. Find out from each of your options if they can meet your needs and use the table on the next page to record your own results.

NEEDS	COLLEGE 1
To be able to use a laptop for any writing tasks.	✓
Support from a teaching assistant/learning mentor.	✓
Support with core subjects.	✓
A scribe for exams or tests.	✓
Visual timetable	✗
1:1 catch up sessions	✓
Transport Training/Life Skills	✓
Hands on lessons and activities	✗
Social activities and trips out.	✓

NEEDS MODEL

How will I find out the answers? Take this journal with you when you visit the college/sixth form open day. Ask the person who interviews you for your apprenticeship. Phone and speak to the learning support advisor. Look online at their website.

COLLEGE 2	APPRENTICESHIP
✓ iPad available on request	✓ Not available from provider but can be used for work
✓	✗
✓	✓
✓	✓
✗	✓
✗	✓
✓	✗
✓	✓
✓	✓



MEETING

NEEDS

OPTION 1:

NEEDS	OPTION 1:

MY NEEDS

OPTION 2:	OPTION 3:

FURTHER SKILLS

TRANSPORT

Post 16 education is the perfect opportunity to be more independent. Being able to get around the town/county is a massive step towards becoming more independent.

Using public transport can be daunting and make you feel nervous, but after some practice you will feel confident with where you are going, how the timetables work and how much your ticket will cost.

Most schools, colleges and apprenticeships will involve some travelling to and from. This could be by bus, train, taxi, bicycle or walking. Whichever method you will need to know where you're going and what to do. Some colleges provide transport training which will help you to achieve this, you might want to employ the help of your friends and family if your chosen college can't help.

BUDGETING

At 16 you are able to go out and get a part time job, and may choose to do this around your studies.

This will give you even more independence and allow you to buy or save for things you want in your future.

Budgeting your money wisely is an important skill to learn for your future, not just post 16 education but later into university, employment and onwards.

Some colleges will provide you with courses and advice to help you manage your money. It may be something to consider when choosing your post 16 options.

SELF LEARNING

Leaving school and starting your next journey will be very different from what you're used to.

At school you get a lot of support with your studies, but at college, sixth form or an apprenticeship there will be an expectation that you motivate yourself to work hard. Being able to learn without direction from an adult is a key skill that you will need to develop as you move through your post 16 choices.

Being organised will help you to know what you have to do and when you need to do it, meaning that you won't need reminders from adults. Write things down, use pictures or diagrams to help you remember, find a way to enjoy the work that you are doing.

Reward yourself for working hard and be self disciplined so that you keep to task.

What else do you feel you need to know?

Where might you be able to learn?



NEXT STEPS

Employment Vs University

Whatever your next step, employment or university you will be heading into the next major transition of your life. In much the same way that you have made decisions about your post 16 education, it is your choice what you do next. Use the skills you have learnt from this transition to help you decide what your next steps are.

EMPLOYMENT

Choose to use your skills and qualifications to move into the world of work, continue developing, learning and start earning.

Make the most of your post 16 education, you will need the following skills;

CV writing • Interview Techniques • Time Management • Self Motivation

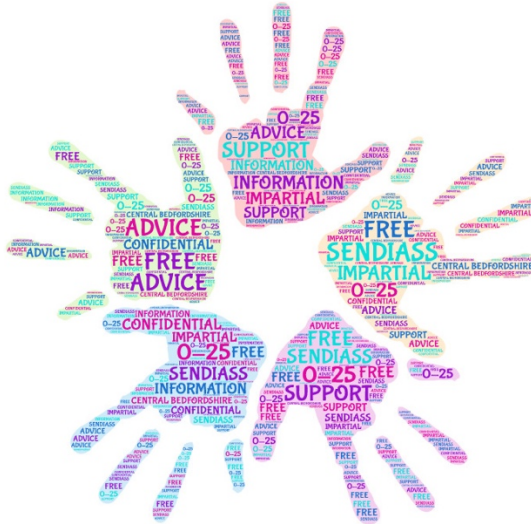
UNIVERSITY

Use your qualifications to continue studying, become qualified in something specific that can be used for employment or future studying.

Make the most of your post 16 education, you will need the following skills;

UCAS Application Skills • Interview Techniques • Dedication • Life Skills

NOTES



Further Information

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www.centralbedfordshire.gov.uk/parentpartnership



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