

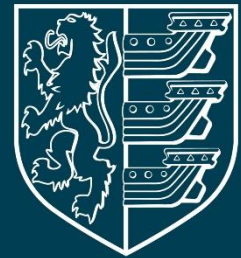
NORTHGATE

High School

Post-16 Pathways & Study Advice

Format of the Evening

- Context of choices to be made
- Post-16 Qualifications and Providers
- Study support for Year 11
- Top study tips for Year 11
- In the Northgate Sixth Form Centre – a chance to meet representatives from local learning providers

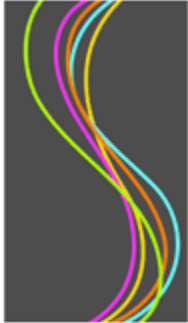


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Exhibitors

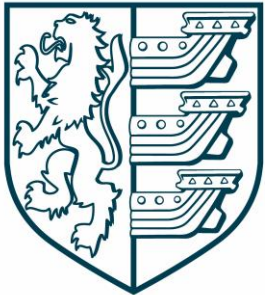
**NORTHGATE
SIXTH FORM
CENTRE** IPSWICH

 **ROYAL
AIR FORCE**



Suffolk
New
College


ARMY
BE THE BEST



NORTHGATE
*High School
Careers*

one



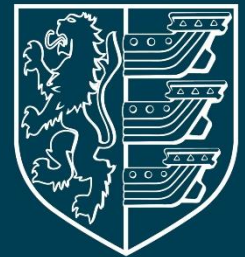
 **Apprenticeships
Suffolk**



**University
of Suffolk**

The Changing Workplace

- Rapidly evolving technology
- Increased importance of sustainability in organisations
- Employers recruiting based on their core values
- Employers report a skills gap
- Preparing for jobs that didn't exist 20 years ago



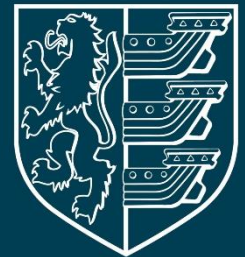
Motivation

- Employers need young people with:
 - Good qualifications
 - Motivation
 - Transferable skills
 - Willingness to learn new skills
 - Work experience and a good reference



Which Way now?

- Huge choice post-16
- Options are:
 - full time education e.g. school / college
 - Or work-based learning
e.g. an apprenticeship/part time education
with employment or voluntary
work
- Competition for places



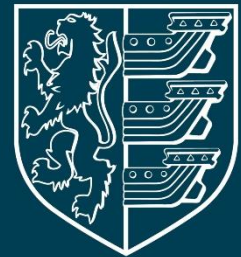
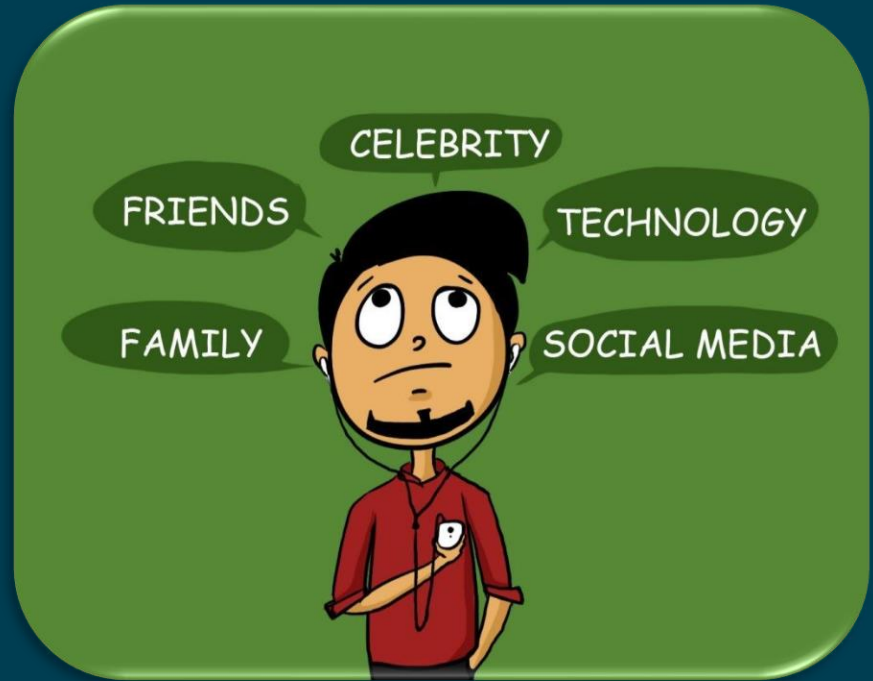
The September Guarantee

- Ensures that every 16 and 17 year old is offered an appropriate place of learning for the September following the end of compulsory education
- Raising the Participation Age – The law has changed – young people must stay in learning until the age of 18
- A back up option is vital for many young people to avoid becoming NEET (Not in Education, Employment or Training)



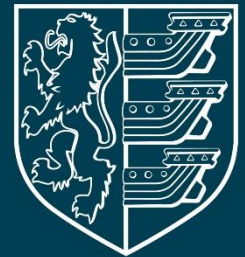
Influences on Young People

- Parents
- Friends/Peers
- Teachers
- Social Media
- Celebrities
- Technology



Support at Northgate

- Careers Lessons; External Speakers
- Careers Talks & Assemblies
- Visits to Post-16 Providers
- Careers Guidance Interviews – Mrs V Calder & Mrs L Cook
- Learning Support – Mrs S Flame
- Teachers/Head of Year



Post-16 Education

Post-16 education happens in:

- School/Academy Sixth Forms
- Sixth Form Colleges – e.g. Suffolk One
- Further Education Colleges – e.g. Suffolk New College
- Private training providers – e.g. tchc, WS Training
- Work-based learning employer-providers
e.g. NHS, Fire Service, Armed Forces

You are required
to be in
education or
training until you
are 18 years old



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Post-16 Pathways

School Sixth Form

A Levels

Applied general qualifications e.g. BTEC, OCR Technical Certificates

GCSEs

FE Colleges

Applied general qualifications e.g. BTEC, OCR Technical Certificates

GCSEs

Apprenticeships

Traineeships

Specialist programmes – e.g. study programmes, SEND programmes

T Levels

Apprenticeship Providers

Apprenticeships

Traineeships

Search Education & Training Choices

<https://nationalcareers.service.gov.uk/explore-your-education-and-training-choices>

Qualifications:

What do the different levels mean?



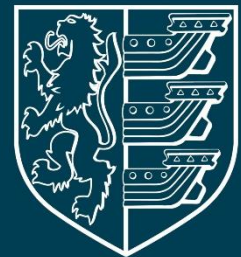
English Language & Mathematics Post-16

- GCSE grade 3-0 in English Language, you will have to continue studying this subject
- GCSE grade 3-0 in Mathematics, you will have to continue studying this subject

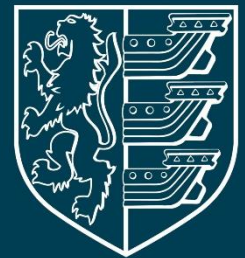


2022 Year 11 Destinations

- Sixth Form – 69%
- Further Education – 28%
- Apprenticeship / Work with Training – 3%
- NEET – 0%
(Not in Employment, Education or Training)



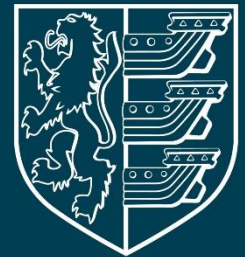
A Levels



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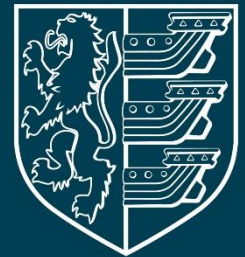
A Levels

- Advanced Level qualifications – Level 3
- Subject based qualifications
- Widely recognised
- Can lead to university, further study, training, apprenticeships or work
- Normally study 3 A Levels over two years
- Usually assessed by a series of exams
- Linear



A Levels: Entry Requirements

- At least five GCSEs at grades 9 to 4/A* to C
- Sometimes need at least grade 6 in the specific subject(s) you want to study at A Level
- However, the specific requirements needed to study A Levels will vary across schools and colleges
 - Important to check what you will need with the school or college you are looking to study at.



A Levels: How many?

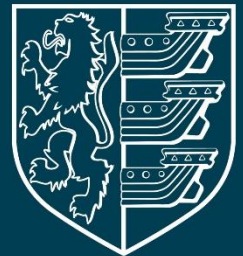
- Most students studying A Levels take three A Levels
- Small number of students may take four A Levels
- Many schools/colleges also make students take some form of enrichment qualification



A Levels: Subject Choices

The most important criteria for choosing A levels subjects are:

- **Looking at what you are likely to enjoy and be good at.** If you enjoy a subject or have an ability in it already, you are more likely to do well.
- **Are there any particular subjects and/or grades you may need?** If you have a particular career, job, or further study in mind, you may need to choose specific A levels in order to meet entry requirements.
- **How open** you want to keep your future study and career choices?

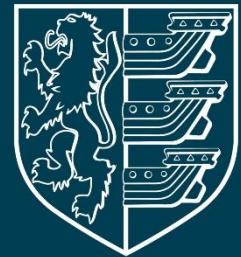


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<https://www.youtube.com/watch?v=BHKFrXMCHII>

GCSE/Level 2

- Programmes available that enable students to get their GCSE grade 4 in English and/or Maths
- Improve their overall Level 2 qualification profile
- Keeps options open for another year



NORTHGATE SIXTH FORM CENTRE IPSWICH

Northgate Sixth Form



Sidegate Lane, Ipswich, Suffolk, IP4 3DL www.northgatesixthform.co.uk | Tel: 01473 210123
Email: northgatesixthform@northgate.Suffolk.sch.uk | [@northgatesixthform](https://www.instagram.com/northgatesixthform) | [@northgatesixthform](https://www.twitter.com/northgatesixthform)

- Wide curriculum choice
- 32 A Level subjects offered and 2 Level 3 Qualifications
- Extended Project Qualification
- 3 A Levels to start
- Enrichment and work experience
- One-year GCSE retake course - Elevate

Work Related Qualifications

BTEC

Cambridge/OCR Nationals



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Applied General Qualifications

- Rigorous advanced Level 3 qualifications
- Equivalent to A Levels
- Allow 16-19 year old students to develop transferable knowledge and skills
- For students who want to develop their education through applied learning
- More coursework and modular in approach

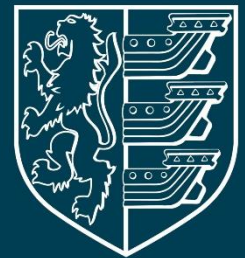
<https://www.ucas.com/connect/videos/ucas/16-18-choices?v=/progression-pathways-applied-general>



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What they are

- Work related
- Practical, real world approach to learning
- Develop skills required for the workplace
- Provide progression to employment
- Can lead to progression onto higher education programmes
- Developed with employers' representatives



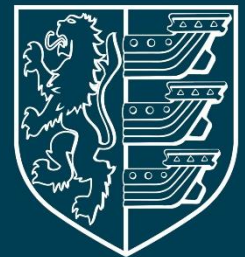
Assessment

- Realistic, work-based assignments
- Often coursework orientated
- Practical approach to assessment
- Internally assessed, externally moderated



Some Examples

- Agriculture
- Animal Management
- Art & Design
- Business
- Construction
- Engineering
- Health & Social Care
- Hospitality
- ICT
- Leisure and Tourism
- Media
- Performing Arts
- Public Services
- Sport



Examples of Diplomas



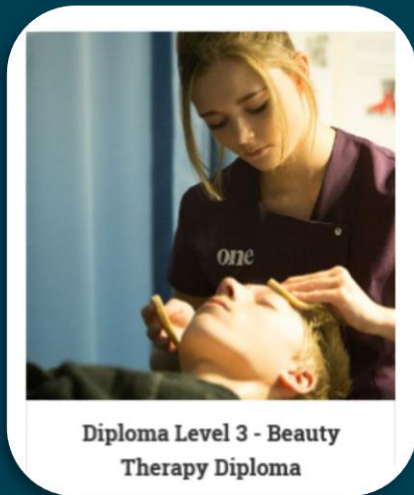
Diploma Level 3 - Sport
Extended Diploma



Diploma Level 3 - Applied
Science Extended Diploma



Diploma Level 3 - Art and
Design Extended Diploma



Diploma Level 3 - Beauty
Therapy Diploma



Diploma Level 3 - Business
Extended Diploma



T Levels



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T Levels – level 3 programmes



- T Levels are available in 16 industries
- Each programme consists of 5 components:
 - Approved technical qualification
 - Work placement (45 days)
 - Maths, English and digital requirements
 - Any other relevant requirements/qualifications
 - Any employability, enrichment and pastoral provision
- Digital, Construction, Education and Childcare



Introduction to T Levels -

https://www.youtube.com/watch?v=Egh-dKw_H7M

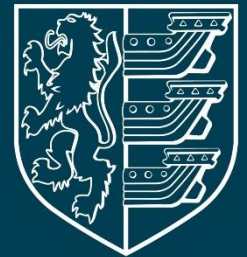
T Level Industry Placements -

<https://www.youtube.com/watch?v=KIA1PuCmYks>



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Study Programmes



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Study Programmes



- Provide students with a structured and challenging learning programme
- Supports development and progression in line with their career plans
- Individually tailored
- Typically contains:
 - Substantial qualification to prepare for education at next level or employment
 - English & Maths where students have yet to achieve GCSE grade 4
 - Work experience
 - Development of student's character and attitudes and confidence



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Apprenticeships



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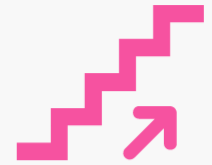
What are apprenticeships?



Employed



Off the job



Intermediate – degree
level



Paid a salary



Typically 1-6 years



Real responsibilities



Contract

600+

600+
standards



Not the easy option

The levels of apprenticeships

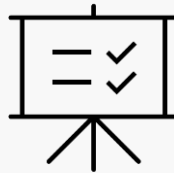


Name	Level	Equivalent educational level
Intermediate	2	5 GCSE passes at grade A*-C or 4-9
Advanced	3	2 A Levels / Level 3 diploma / international Baccalaureate
Higher	4,5,6 & 7	Foundation degree and above
Degree	6 & 7	Bachelor's or master's degree

Range of apprenticeships

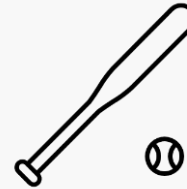


Business



Audit
Manager
HR

Sport



Coaching
Safety
Trainer

Beauty



Hairdressing
Barbering
Therapist

Law



Paralegal
Solicitor
Prosecution operations

Health



Nurse
Dental Technician
Veterinary Nurse

Media &



Graphic
Fashion
Interior

How do you find an apprenticeship?



Register on Find
An Apprenticeship



Manage your alerts



Do your research



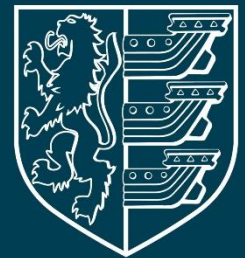
Contact companies



Search and apply

To find an
apprenticeship
visit [GOV.UK](https://www.gov.uk)

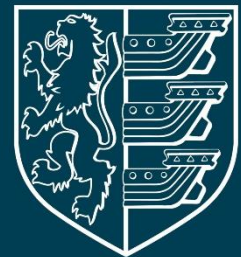
Next Steps



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What next?

- Attend open evenings/days/taster sessions
- Look at post-16 providers' websites
- Meeting deadlines for courses is vital
- The more training and qualifications you have the better your chances of getting and keeping a job that you enjoy
- Be positive and confident and well informed and you will make the correct choices for your future



Year 11 Study Advice



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Key Dates

- **11th Oct** - Open Evening (a chance to talk to teachers about Sixth Form)
- **Oct** – One-to-one Careers Guidance Interviews begin
- **Oct** – Sixth Form and college applications open
- **14th Nov onwards** - Mock exams
- **27th Nov** - Sixth Form interview evenings begin
- **13th Dec** – Mock results
- **End of Autumn Term** - deadline for some college applications



Key Dates

- **11th Jan** - Year 11 Parents' Evening
- **26th Jan** - Sixth Form applications close
- **1st Feb** - Year 11 Revision Advice Evening
- **15th May (ish)** - GCSE written exams begin
- **Note:**
 - Mock and actual exams in practical subjects and speaking exams for languages will take place over the course of the year.
 - Students will be informed of dates by their teachers.



The 5 Rs



Preparing for Mocks

- This will help with the final exams.
- A great opportunity to revise much of the course content.
- Mocks are not the mechanism to identify and address weaknesses – that's what **revision** is for.



5 key tips

1. Revise the right things
2. Effortful retrieval
3. Spaced practice
4. Interleaving
5. Maintain Focus



1. Revise the Right Things

- Choose a topic to study
- Start by testing yourself
- Identify areas of weakness
- Focus on improving these areas
- Re-test understanding
- Move on



Core Subjects

- English



- Maths

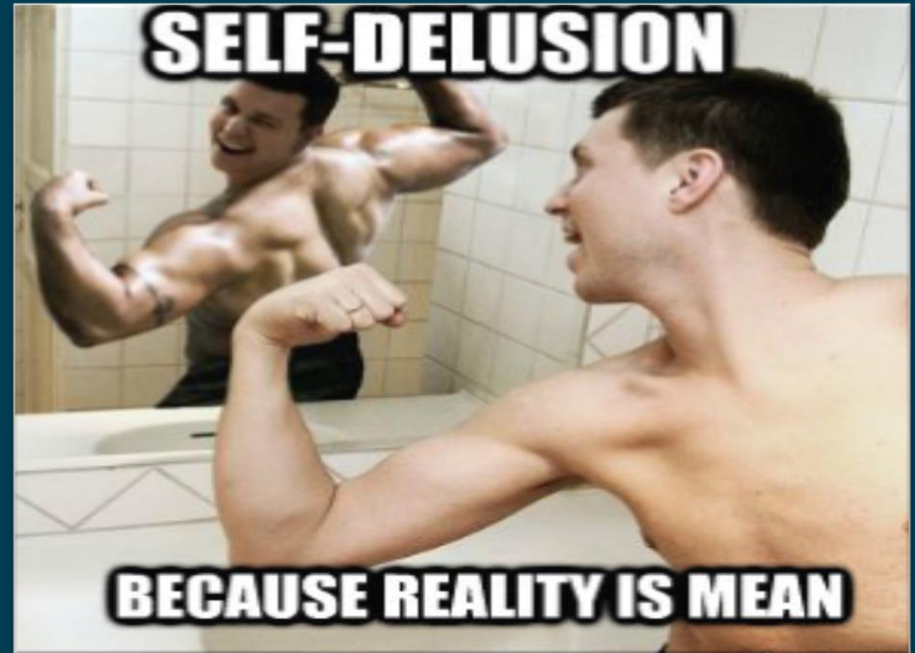
SPARX MATHS

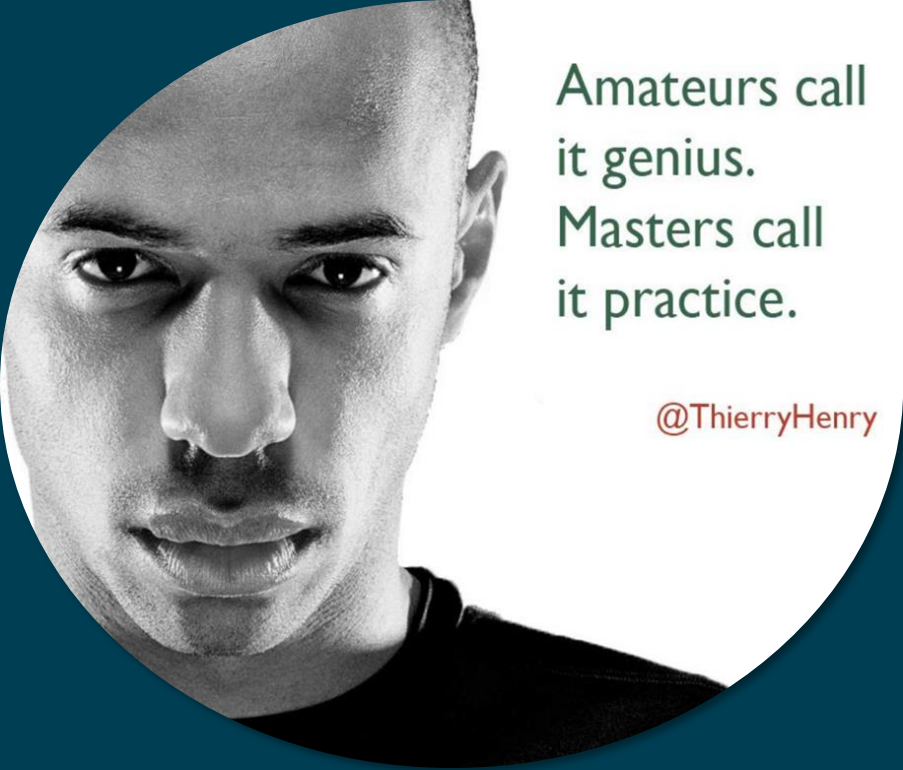
- Science



2. Effortful Retrieval

- Revision shouldn't be 'comfortable'
 - revising areas you already know leads to **overconfidence** and **self-delusion**
- 'Effortful retrieval' of information:
 - strengthens memory pathways
 - enhances long-term memory





Amateurs call
it genius.
Masters call
it practice.

@ThierryHenry

Useful strategies

- Past papers
- Quiz Apps
(e.g. – CRAM, Quizlet)
- Paired or parent testing
(e.g. using flashcards)
- Blank page retrieval
(creating diagrams or
mind maps from memory)



Creating Resources

Simply selecting the right revision activity isn't enough: students also need to use it competently

This is best illustrated with a deep dive: we've chosen flashcards

1 in 2

students report using flashcards

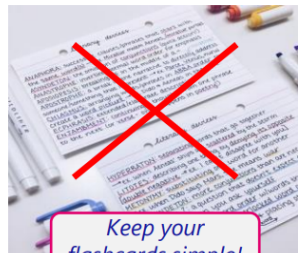
But of these...

41%

spend most time either "making" or "reading through" the flashcards – the real benefit is in testing with the cards

Retrieval practice

- 1 **Don't overcrowd your flashcards:** break them up, a simple question on the front, clear answer on the back.



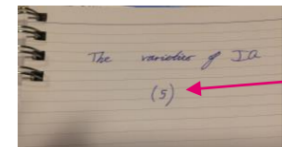
- 2 **Don't flip too soon:** persevere and dig deep into your memory before you flip the card – give yourself chance to get it.

Spaced learning & metacognition

- 3 **Make them quickly, train with them slowly:** don't spend ages drawing pretty cards, get to spaced retrieval practice ASAP.
....
- 4 **Prioritise weak spots:** practise the ones you got wrong again. And again.
....
- 5 **Right once doesn't mean right forever:** keep coming back to it to make it stick (*especially if you've just started getting the card right after a run of not getting it!*)

Organising information

- 6 **Need to remember a list?** Learn the number of items to make sure you recall all.

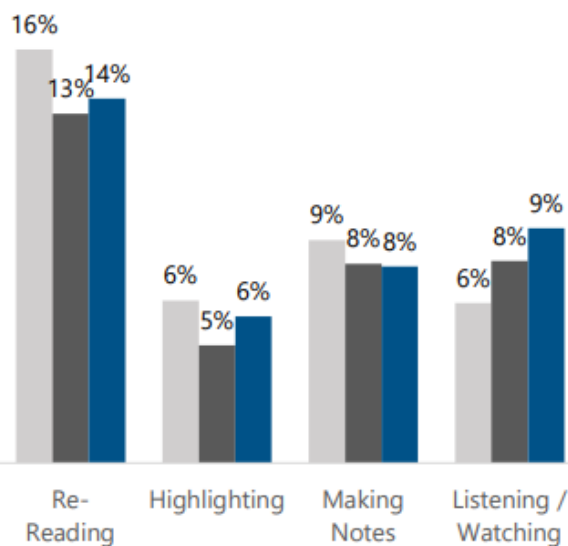


A clue: 5 items to remember, then...

- 7 **Break up multi-level information:** use one card to learn the structure (different sections / components), then subsequent cards to learn the details for each section.

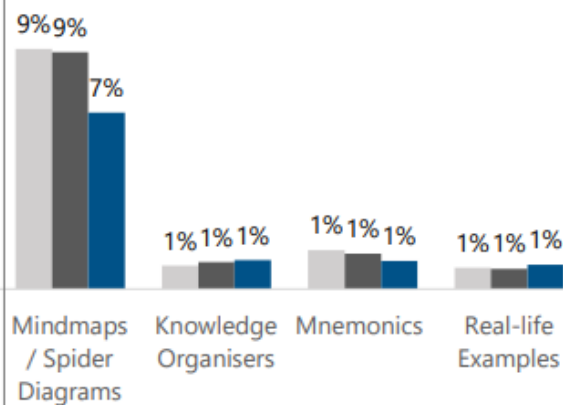
Generally low-effectiveness activities: have some uses, but low effectiveness as a memorisation tool in particular

36% total revision time at your school



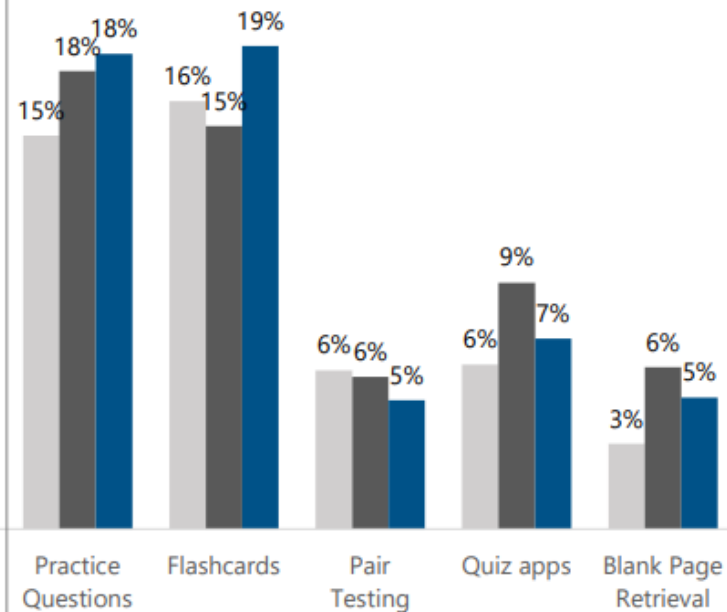
Mixed-effectiveness activities: can be helpful, depending on how they are used and for what

10% total revision time



Generally high-effectiveness activities: when used correctly, these represent highly effective ways to learn information

54% total revision time



■ Northgate 2020
 ■ Northgate 2022
 ■ Northgate 2023

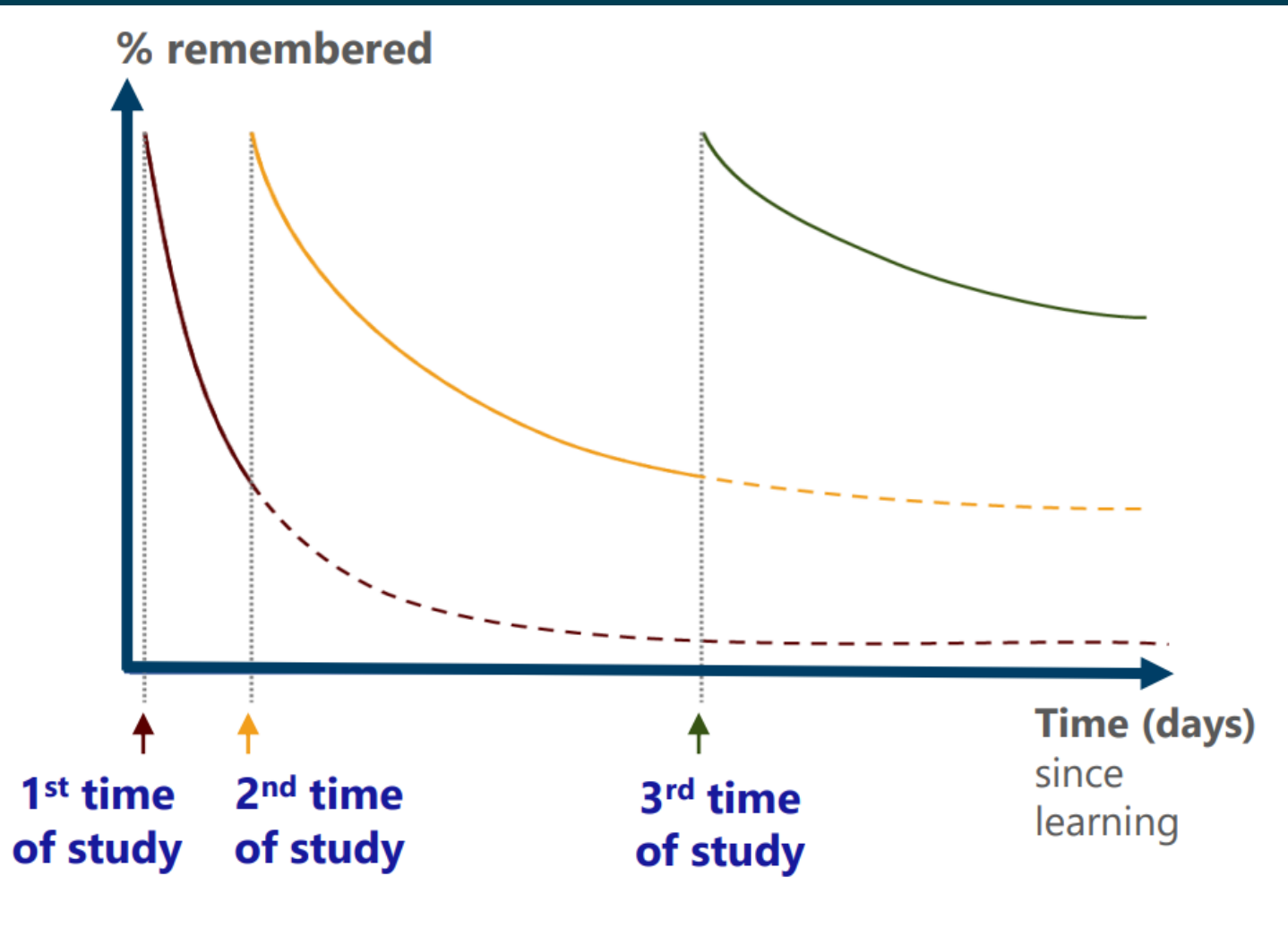
Showing exam years only (Year 10+)

3. Spaced Practice



Spaced learning: not spending more hours on each topic, but rather spreading that time out

3. Spaced Practice



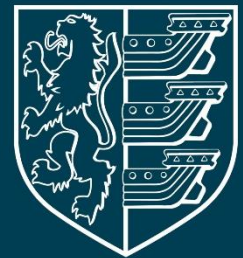
4. Interleaving

- Mix it up!
- **Don't** just work through topics in sequence, or follow through a revision guide.
- Jumping around topics will improve mental agility and aid effortful retrieval.
- Exam papers will jump around too!

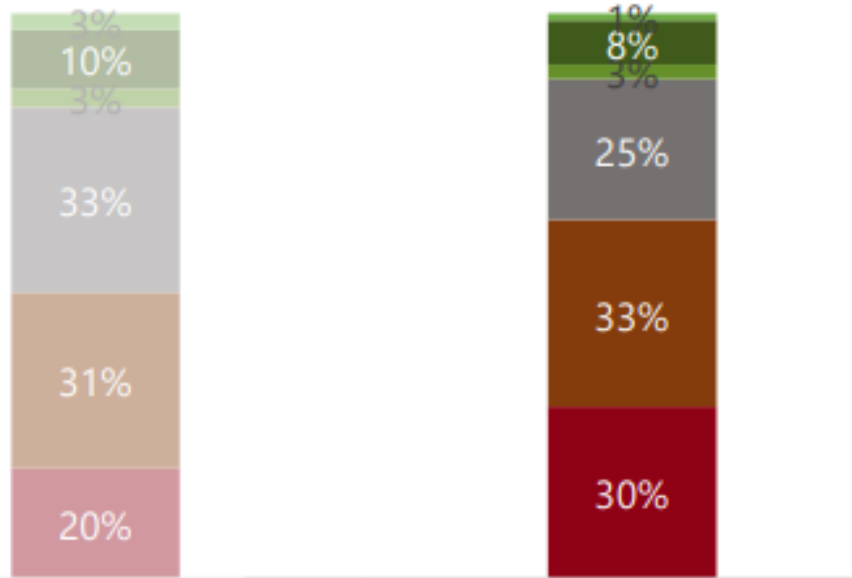


5. Stay Focused

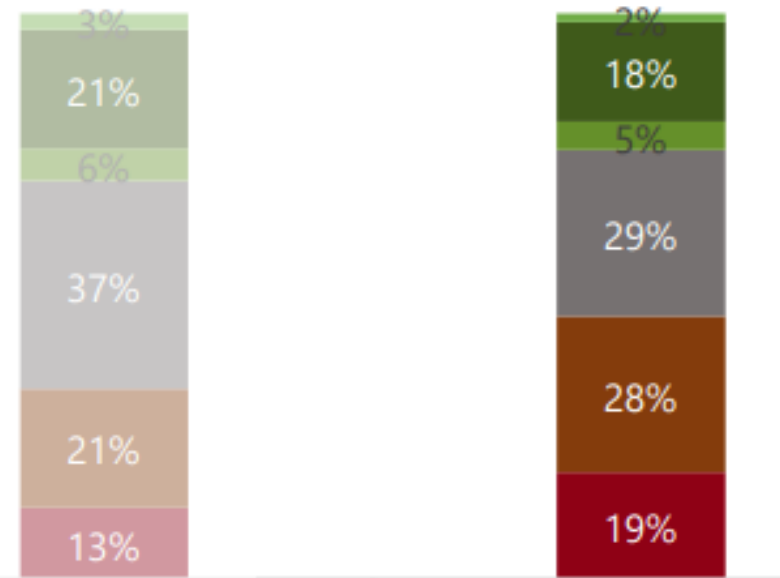
- Work smarter, not harder
- Short, focused sessions work best
- Keep on task



What are you doing with your phone **while doing homework?**



What are you doing with your phone **while revising for tests / exams?**



- Frequent checking
- Occasional checking
- On, but try not to check it
- Airplane mode
- Switched off
- I don't have a phone

We've discovered that...

• Last Year 11

- The 40 students whose grades were the furthest above national expectations had an average attendance of 96%
- The 40 students who performed significantly below national expectations had an average attendance of below 70%

• Current Year 11

- Students with an average "Homework" score below 3.5 are averaging 1.28 grades below expectation.
- Students with an average "Homework" score below 2.5 are averaging 2.36 grades below expectation.



Key Take-Away Messages

1. **Attend** lessons, ask questions, respond to feedback
2. Revise and complete **homework** tasks (1 hour per subject minimum)
3. Use the 'right' revision **methods** (work smarter, not harder)



Revision Support

- Homework and Revision Centre
 - Mon-Thurs, 3:15-4:30
- Department drop-ins
- Subject criteria
- Past paper questions
 - with mark schemes to check
- Revision guides
 - to help with understanding
- Online Support



What do students need?

- A calm, organised place to work
- Access to online resources
- Flash cards / pens / highlighters
- Box files / document wallets
- Tea
- Sleep
- Moral support





STUDY SMARTER: THE 6 PILLARS [PDF]

EVERYTHING (START HERE)

Study smarter...
... ace your exams

Unleash your potential with the science of learning

<https://examstudyexpert.com/>

examstudyexpert.com



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Learning from other students ...

40 students in Year 11 last year gained at least one grade above their benchmark in all their subjects.

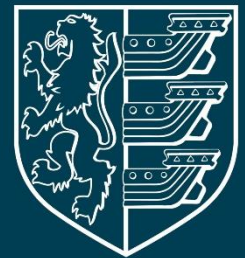
How did they do it?

- What revision strategies did they use?
- How did they organise their time?
- What did parents do to help?



Thank you for coming

Please make your way over to the Northgate Sixth Form Centre now to find out more information from any of the institutions represented.



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