





# MOVING ON FROM SCHOOL

*This booklet is to tell you about the different choices you can make about your education at the end of year 11.*

*You will need to continue your learning for another two years after year 11.*

*This is sometimes called further education or post 16 education.*

*The move from school into post 16 education is sometimes called “transition”. Transition means “a time of change”.*

*This booklet will help you with the steps involved in making this transition.*

*The transition to post 16 education can be an exciting time where you will start to think about your future life, becoming an adult, getting a job and becoming more independent.*

*What are your thoughts on leaving school and moving to post 16 education?*

*Throughout this booklet, some young people will help guide you through the transition process and give you some hints and top tips which you might find useful. Meet Sam, Ben and Alesha ...*







# WHAT ARE MY CHOICES FOR POST 16 EDUCATION?

There are lots of choices to make on transition to post 16 education and lots of information to consider. Your parents, carers, school and other supportive adults can help you make these choices.

You can start to think about where you would like to go for your Post 16 education and what course you would like to take. Some of the choices to consider are:





# WHAT ELSE DO I NEED TO THINK ABOUT?

There are lots of things about your transition to post 16 education which will be unique to you:

- What do you want to study?  
Think about your strengths and interests and what you are good at
- Which school or college will be best for you?
- Which course will suit you most?
- How will you travel there? It may be that you will need to use public transport for the first time and need to start practising your journey





*My strengths and interests:*

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*Schools and colleges I might like:*

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*Which courses will suit me?*

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*How might I travel to school or college?*

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# FINDING INFORMATION

## YOU CAN LOOK ONLINE AT:

The Bexley Local Offer at [www.bexleylocaloffer.uk](http://www.bexleylocaloffer.uk) and Decisions Post 16 at [www.bexley.gov.uk/decisionspost16](http://www.bexley.gov.uk/decisionspost16) give information on all the choices available for post 16 education. You can also look online at the websites of schools and college you think you might be interested in.

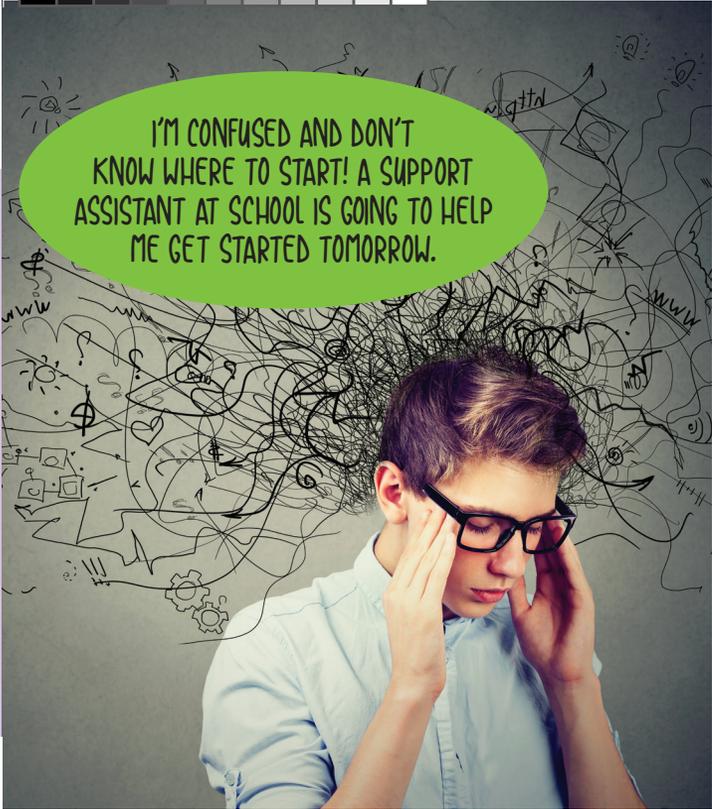


Open days are an opportunity to visit a school or college to find out more information and see if you like it. You can attend with your parents, carers or another trusted adult. It is a good idea to visit many different schools and colleges to see if you like the courses and feel comfortable there.

Search online for open days at local colleges and sixth forms. These usually start in October. Check the websites for each school or college you would like to visit as they will all be different.

Ask questions – this is really important! Your parents, carers, family members, staff at school, careers advisors and other supportive staff can answer the questions you may have.





*Schools and colleges I am interested in looking at:*

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*The courses I am interested in:*

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*Dates for Open Days:*

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# HOW IS POST 16 EDUCATION DIFFERENT TO SCHOOL

## THERE ARE MANY DIFFERENCES BETWEEN SCHOOL AND POST 16 EDUCATION.

Some of these differences are:

- You may not have to attend school or college every day or you may only attend for part of the day. Each course will be different
- You will probably have more free time or study time. You may be able to study at home some of the time, or use the facilities at school or college such as the library and study rooms. You may like to get a part-time job during your free time to earn some money and gain experience
- Colleges tend to have a more adult environment and be bigger than schools
- There will be lots of other activities going on which may interest you
- Colleges do not require you to wear a set uniform and you can choose what you wear each day. This can make decisions about what to wear difficult





I PLAN TO HAVE THREE SETS OF CLOTHES WHICH I WEAR ONLY FOR COLLEGE JUST JEANS AND TSHIRTS. THIS WILL BE LIKE MY OWN UNIFORM AND I WON'T HAVE TO MAKE DECISIONS ABOUT WHAT I'M GOING TO WEAR EACH DAY!

I WILL ENJOY WEARING A SMART SUIT TO MY SIXTH FORM I JUST NEED DIFFERENT SHIRTS FOR EACH DAY!



MY THOUGHTS AND NOTES BOX:



*If you attend a sixth form you may have to wear smart business wear, such as a suit like Alesha.*



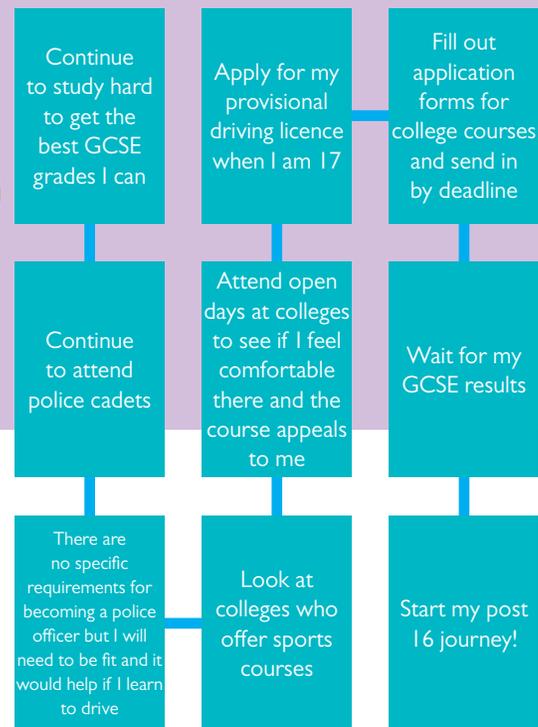
# PLANNING YOUR TRANSITION TO POST 16 EDUCATION

Think about where you are now and where you would like to be in the future. You can then start to work out the steps you need to take to achieve what you want.

I HAVE ALWAYS WANTED TO BE A POLICE OFFICER AND HAVE BEEN ATTENDING POLICE CADETS FOR TWO YEARS. A SUPPORT ASSISTANT IN SCHOOL HELPED ME TO FIND OUT WHAT STEPS I NEED TO TAKE TO BECOME A POLICE OFFICER WHEN I AM 18.



Sam made this step-by-step plan to help:





# THERE IS SPACE BELOW FOR YOU TO MAKE YOUR OWN STEP-BY-STEP PLAN

Wait for my GCSE results

Start my post 16 journey





# WHAT SUPPORT WILL I NEED IN POST 16 EDUCATION?

It is important that you receive the support you need to help you achieve your future goals and ambitions and make the right choices.

Everyone has different types of needs and will require different levels of support.

How would you like to be supported? Is this support with your work or personal support for your health and wellbeing?

- Who might be involved in this support?
- You might want to start making a list like Sam's on the next page which you can take with you when you attend open days at schools and colleges and see if these supports would be available for you.

I MAY NEED SUPPORT TO HELP ME ORGANISE MY WORK







# SAM'S SUPPORT TABLE

My Support Needs	School 1	School 2	School 3	College 1	College 2	Apprenticeships
In lesson support						
A visual timetable						
Social skills groups						
Use of a laptop						
Mentor or counsellor						
Trusted adult to talk to						
Quiet and safe space to go						
Praise and encouragement when I do well						
Adjustments to the environment due to sensory issues						
Clear language						
Exam concessions						
Support during independent study times						
Regular feedback on my progress						





THERE IS SPACE HERE FOR YOU TO THINK ABOUT THE SUPPORT YOU WILL NEED

My Support Needs						



# ALL ABOUT ME

It is important that you are involved in the choices you make during transition to post 16 education and that you have your voice heard.

This can be difficult for some young people.

A one-page “All About Me” profile is a really simple way to create your own record of what matters to you and what other people will need to know about you.

You can record information about yourself to pass on during transition to post 16 education so staff will be able to help you in the best way for you.

I LACK CONFIDENCE TALKING TO  
PEOPLE I DON'T KNOW.



THIS WILL INCLUDE:

- Your qualities and talents, what other people like and admire about you
- What is important to you – what really matters to you and what you need to succeed
- The support and help you might need from others - what people need to either know or do to support you. Include things that are and are not helpful to you

*Sam received help in school to develop a “All About Me” profile of his own – have a look on the next page.*

I FIND IT REALLY DIFFICULT TO  
CONCENTRATE - ESPECIALLY IF  
THERE IS A LOT OF NOISE





# SAM'S "ALL ABOUT ME" PROFILE



**Name:** Samuel Smith  
*(I like to be called Sam)*

## Information about me:

- I want to be a police officer
- I enjoy sports, particularly football and play for my local team as centre forward
- I am caring and friendly

## Important to me:

- My family and my dog, Buster
- Knowing in advance what is going to happen – a timetable will help
- Being prepared for changes to my routine or timetable – or I will get very anxious
- Making sure I am on time or early - I really hate being late
- Having instructions and information written down for me to follow
- Being allowed to complete my work without interruption. If I need help, I will ask
- My food! I get "hangry" if I don't eat at mealtimes and need to eat in a quiet space

## Support and help you might need from others:

- It will help me to be with people I know and trust when I am in new situations – otherwise I will find it difficult to function
- I need praise when I have done something well
- Please respect me as an individual – I am unique!
- Someone to talk to if I get confused
- I may need to talk to a trusted adult to help me problem solve
- I find crowded places and noise difficult



TRY WRITING YOUR OWN "ALL ABOUT ME" PROFILE PAGE BELOW.



**Name:**

**Information about me:**

**Support and help you might need from others:**

**Important to me:**



# WHAT CHALLENGES OR BARRIERS MIGHT YOU FACE AND WHAT CAN YOU DO TO MANAGE?



- New environment – consider how you will manage in a new school or college environment

MY THOUGHTS AND NOTES BOX:

What might you find difficult:

- New friends – how will you go about making new friends?
- Anxiety – lots of students starting in a new school or college will feel a little bit anxious
- Communicating with people you don't know/building new relationships
- Be prepared – think about the challenges you may face during transition to post 16 education and ask a trusted adult to help you make a plan

I WILL STRUGGLE TO COPE WITH THE NOISE AND CROWDS

I FIND IT DIFFICULT TO MAKE NEW FRIENDS. IM GOING TO MAKE A LIST OF HOW I CAN START CONVERSATIONS WITH OTHER STUDENTS







# ATTENDING INTERVIEWS



Depending on which school, college and course you choose, you may need to attend an interview.

This may be the first interview you ever have. Lots of people get nervous or anxious before interviews. This is perfectly normal.

You can help prepare yourself for your interviews by considering:

- what should you wear?
- how should you behave, how will you sit, will you need to make eye contact with the interviewer?
- ask your family or trusted adults in school to prepare and practice your interview technique and hold a practice interview with you
- how will you travel there, will an adult accompany you?



## BEING PREPARED WILL MAKE THE PROCESS A LOT EASIER FOR YOU.

During an interview, you will be asked some questions to help the school or college work out whether you are suitable for the course you are applying for. These may include why you are applying for this course, what your interests and strengths are and what support you may need.

This is a good time to hand over the Support List you have prepared as well as your 'All About Me' profile. This will make it easier for the interviewer to ask you the right questions and for you to be able to answer them.

### MY THOUGHTS AND NOTES BOX:





# CHECKLIST

This booklet has given you lots of information to help you get started on your transition to post 16 education journey! Sam suggested we finish with a quick checklist to get you started.



## THINK ABOUT YOUR STRENGTHS AND INTERESTS, WHAT ARE YOU GOOD AT AND ENJOY DOING?

Look online at schools and colleges to see if they offer courses which suit you and your skills – remember there are lots of people to help you get started.

Decide which courses are right for you – be realistic, will you be able to achieve the requirements, are there exams involved or coursework?

Find out when open days are and book to attend - these usually start in October or November.

Attend open days – you can attend as many as you want to. Take a parent or trusted adult with you.

Decide which schools or colleges or apprenticeship schemes are right for you and complete application forms. These usually have to be handed in by January.

Keep working toward your GCSE exams – the results of these will help you get onto the best course for you.

**Good Luck! Remember to ask for help!**





PRODUCED BY:

**The Autism Advisory Service  
London Borough of Bexley**

Contact number and email for more information: *wendy.george@bexley.gov.uk* or *tracy.mcdonald@bexley.gov.uk*

Thanks to Sam, Alesha and Ben for their help in producing this booklet.

Other services providing Post 16 support for young people with autism:

**Advocacy for All** run free 1-1 and group sessions to help prepare for work.

Contact: 0345 310 1812 or *info@advocacyforall.org.uk*

**Danson Youth Centre** run free 1-1 support sessions and Thursday evening youth club  
Contact: 020 8303 6052 or *dansonyc@btconnect.com*

**Active Horizons** run independent living skills and a buddying scheme for BME, migrant and refugee communities  
Contact: 07484 705065 or *info@activehorizons.org.uk*

**References:**

Ambitious about Autism (2015).  
'Finished at School: Supporting young people with autism to move from school to college'.  
The National Autistic Society (2018).  
*<https://www.autism.org.uk/professionals/teachers/transition-tips.aspx>*



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