



WHAT NEXT?

Things to do to help prepare for your future self.....

Introduction

However, you may feel about it, Year 11 came to an unexpected and abrupt end. It means that you now have lots of time on your hands that you weren't expecting. You may have already found some things to do to fill this time, you may be stuck for ideas a few weeks into lockdown or you may just not know where to start or what might take your fancy.

The idea of this booklet is giving you some ideas of things you could do. It is divided up into sections to help you to choose some activities that appeal to you. Whether it's brushing up on skills that you didn't get to perfect in Year 11, learning a new skill or challenging yourself to think big, we hope you can take some inspiration from the ideas we have put together.

It's not exhaustive and you don't have to do it all (or even any of it) but it may help to get you thinking about how you can get ready for whatever your next steps may be...

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1. Brush up on the basics

BBC

The site offers a **Study Skills** series using animated videos will help develop your study skills. Topics include quoting, paraphrasing and summarising; critical thinking skills; listening and note-taking and more.

Although it is aimed at people who are studying for a qualification but don't attend college or university, don't let this put you off.

These videos might be particularly helpful to you if you like visuals to help you learn.

<https://www.bbc.co.uk/learningenglish/gothedistance/studyskills>



Bitesize Post 16

You probably will have come across BBC Bitesize before, but if you feel you will be studying English and Maths next year, or want to brush up on your skills, try BBC Bitesize Post 16

- <https://www.bbc.co.uk/bitesize/levels/zvhtng8>

Quite a few options to choose from and some are quite subject specific, including child care and catering.



2. Give it A Go !

Our [Connect & Create](#) online arts platform is going down well, with nearly 5,000 page visits. We'd love to keep up the momentum, as we're adding new content and featured artists each week, so we're going to start sending you our regular updates on what's new, in the hope that you can share



Crash Course – (on YouTube)

A huge collection of short YouTube videos, about everything and anything! There is a lot of subject specific info for those of you planning to study a topic further or for the first time. There are also some useful videos on checking facts and essay writing etc, which could be a really good refresher or a good start to your studies next term. You could have a look through and choose some that look interesting, even if they are not related to your plans for Year 12.



Learn British Sign Language

Sign language is a great skill to have and it looks good on a CV too. British-Sign.co.uk have a range of course and resources available, including some that are free.

<https://www.british-sign.co.uk/>

A screenshot of the British Sign Language website homepage. The page has a blue header with navigation links: Home, Online Course, BSL Info, Fingerspelling, Forum & Chatrooms, and Contact. The main content area features a woman in a pink shirt signing, with text overlays: 'Learn something new', 'British Sign Language', and 'Online tools & resources'. At the bottom, there is a blue bar with the text 'Learn BSL from home in your own time' and a 'Start Now' button.

Duolingo

If you fancy learning a language during lockdown, you could use Duolingo to help you. It's a free app and offers lessons in 30 different languages, including French, German, Spanish, Japanese and Latin. It uses bitesize activities to help you to pick up key words in a range of topics including food and drink, conversations and holidays and helps you to build sentences and conversations as you develop your skills.

The Open University

The Open University offers around 1000 free modules that you can sign up for. There is a wide range of subjects and topics – some directly related to developing your study skills, others are more subject based.

Each course does not have a start and end date which means you can start right away or at a time that suits you. You can spend as long as you like on an OpenLearn course. You can track your progress and can gain a statement of participation when you complete the course.

You can print or email the statement of participation to demonstrate your successful completion of a course. It can help show your interest in a subject and a commitment to your career or provide evidence of continuing professional development.

<https://www.open.edu/openlearn/skills-for-study>

The screenshot shows the OpenLearn website interface. At the top, there is a navigation bar with 'OpenLearn' and links for 'Home', 'Free courses', 'Subjects', 'For Study', 'For Life', and 'TV & Radio'. Below the navigation bar, there is a search icon and user profile icons. The main content area is divided into two columns. The left column contains filters for 'Refine by' (Reset all) and 'Select a study skill' (All study skills, Reading and finding information, Writing and English, Maths and data, Digital and online, Organisation skills, Critical and analytical). Below the filters is a 'Select resources' section (All free resources, Articles, Activities, Free courses, Videos) and a 'Create your free OpenLearn profile' button. The right column displays a grid of course cards. Each card includes a level indicator (1 or 2), a subject category, a title, a brief description, and a duration. The courses shown are: 'English: skills for learning' (24 hrs), 'Succeed with maths – Part 1' (24 hrs), 'Essay and report writing skills' (18 hrs), 'Digital thinking tools for better decision making' (24 hrs), 'Critical criminology and the social sciences' (8 hrs), and 'Learning from major cyber security incidents' (8 hrs).

FutureLearn

FutureLearn offers free courses in a diverse range of subjects, including fashion, film, medicine and finance. Courses vary in length. Most are six to ten weeks long but there are some shorter two- and three-week courses. When you sign up for a course you have free access to it for the length of the course on the site plus 14 days. A Certificate of Achievement or a Statement of Participation is available if you pay for an upgrade.

You and a friend can complete a course together. This might be useful if you have the same pathway plans as a friend or you like studying with other people. You can do this via email and social media.

Learn the Highway Code

You may be keen to learn to drive when you reach your 17th birthday. You could use this time to learn the Highway Code online in preparation for this part of the driving test and take a practice theory test at www.gov.uk

Highway Code



Build a website

Why not learn to code? Code Academy offers free coding classes online. You could start a blog or build your first ecommerce site!

<https://www.codecademy.com>

Create an Anime

If you're into graphic design, Anime is a good way to use time and learn a new skill.

Watch a show

Every Thursday at 7pm National Theatre are showing free full-length productions of their best shows. The Royal Ballet is also uploading full productions to its YouTube page.

<https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEMQjqw>

3. Challenge Yourself

UCAS

UCAS is the organisation that assists young people to apply for university and colleges. They support young people making post-16 choices, as well as those applying for undergraduate and postgraduate courses.

Their website offers advice about how to find out what your options are, post 16, and to plan them to suit you. There is information about different pathways, the finance and support available as well as advice about what qualification you need to get to get into university.

www.ucas.com

In addition, UCAS has also produced a range of study guides that you can download to help you to prepare for the higher level of study skill that is required at sixth form, college and beyond. These

include guides on *How to present an argument* and *Time Management*. The guides can be downloaded from the site.

<https://www.ucas.com/undergraduate/student-life/study-skills-guides>

The screenshot shows the UCAS website interface. At the top, there are navigation tabs for 'Further education', 'Undergraduate', 'Postgraduate', 'Alternatives', and 'Careers'. Below this is a grid of five main categories: 'Finishing GCSEs or Nationals?', 'Study options and qualifications', 'Apprenticeships and traineeships', 'Finance and support', and 'Thinking about university?'. Each category has a brief description and a 'Explore subjects and careers' button. Below the grid is a banner for 'Study skills guides' with a sub-header 'Explore this section'.

We've produced a series of study skills guides to help you successfully make the transition to higher education.

Studying at uni or college can be different to how you're used to studying at school. Get a head start by brushing up on the skills you'll need now, so you're fully prepared when the time comes.

We're working in partnership with the National Extension College (NEC) to provide a series of study skills guides to help you successfully make the transition to higher education.

Here are the guides we've produced so far:

- [Understanding and answering exam questions](#) (2.45 MB)
- [How to present an argument](#) (1.81 MB)
- [Time management](#) (1.09 MB)
- [Proofing and editing your work](#) (1.16 MB)
- [Academic essay writing](#) (1.46 MB)

These guides include practical activities and advice to help you develop the habits of effective, independent study.

NEC and UCAS believe everyone needs to invest time in learning the skills needed for independent study, if they are to become confident students and get the most out of their course.

We hope these guides are useful for you! Keep an eye on this page for more coming soon.



Advertisement. Why the ads?



Advertisement. Why the ads?

4. Get Competitively Creative!

Shows, plays and writing competitions

Many of the big theatres are also streaming free events, and there is a lot of free Shakespeare and other plays available to watch. There are also a few writing competitions open to those of you who may want to take part:

YWSP 2020 competition now open!

If you are aged between 11 and 19 and interested in history and writing, the Young Walter Scott Prize is ready to take you on an adventure. We are the UK's only creative writing prize specifically for budding historical fiction writers! If you are at home on lockdown, this is the perfect time to flex your

writing muscles and get a story down on paper. The competition closes on **31st October 2020**, but we are looking forward to receiving your entries as soon as possible!

<https://www.walterscottprize.co.uk/young-walter-scott-prize/> Click on the **How To Enter** button to your left to find out more about the rules and criteria, and to download an entry form. What are you waiting for – start your adventure in time travel now!

The Foyles Young Poets of the Year Award

We are still running the Foyle Young Poets of the Year Award during the Covid 19 crisis and we cannot wait to receive your poems. The easiest way to enter is via the competition website www.foyleyoungpoets.org.uk

We are so excited to that the Foyle Young Poets of the Year Award 2020 is now open for entries. To enter the competition please do visit foyleyoungpoets.org! Our amazing judges this year are the wonderful Maura Dooley and Keith Jarrett.

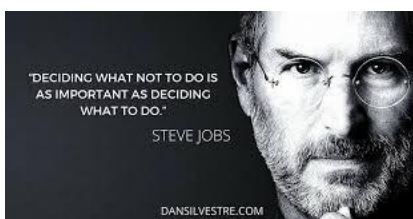
Read Maura and Keith's blogs to find out what they are looking for in this year's poems and tips when writing poetry.



Starting a business?

For anyone who wants to be an entrepreneur... <https://starterhigh.brianhamilton.org/>

A free course which you can sign up to as a student.



If you have a good business idea now is an ideal time to get stuck into the planning. You can find free business planning templates to guide you on the government business website

<https://www.gov.uk/write-business-plan>

5. Next Steps

Apprenticeships

The advice to young people wishing to progress into an apprenticeship would be to consider the industry that they wish to work within and the current viability of that industry. For example, anyone wishing to go into hospitality, retail (apart from food retail) or any kind of tourism would be advised to secure a full-time college place for these vocational areas. We would recommend that young people contact the colleges and providers to see what opportunities they have available since they will have a greater understanding of their employers and they will also be able to advise on what apprenticeship courses will be on offer, should a young person manage to secure their own employment.

It is important for young people to be aware that if they take up an offer at college for a full time study programme, they can switch to an apprenticeship at a later stage once opportunities begin to open up in their chosen vocational area. Having this as a backup plan is always good practice and even more important at this time.

- <https://www.gov.uk/apply-apprenticeship>
- <https://www.thesource.me.uk/my-work/>
- Digital Skills for the Workplace – free online courses:
<https://nationalcareers.service.gov.uk/find-a-course/the-skills-toolkit>

College Admissions and Virtual Visits

Please keep an eye on how the FE colleges are altering their admissions criteria for September 2020. <https://www.scg.ac.uk/>

Most of the colleges now have virtual walk throughs of their buildings that it might be helpful to share with students who are thinking about their transition

Sixth Forms

If you are thinking of studying A levels but have not yet applied to go to a Sixth Form or have changed your mind about where to study, most Sixth Forms are still accepting applications. They will offer an online interview to adhere to social distancing rules. You can log on to the website of each Sixth Form to see what they offer and to access their application form.

Supporting Young People Year 11 onwards

The Prince's Trust

The Prince's Trust have produced a 'COVID-19 Useful Links' document detailing online links which will provide help and advice for those who are preparing for work or study. This can be found towards the back of this booklet.

Volunteering

- NCS- programmes are being altered because of Covid 19. For more details, please see - <https://www.wearencs.com>

Any Other Business

Don't forget to have a look on your school website too, they will have information and other resources and may have subscribed to extra things that you can access which will be suitable for your interests.

And if nothing here interests you, maybe have a read of the following blog:

<https://blog.kidadl.com/articles/free-online-learning-activities-for-teens> for further ideas

6. Looking after yourself



Kooth, is a free online counselling and emotional wellbeing support service.

Kooth offers young people bookable virtual chat sessions with experienced counsellors, one-to-one instant text-based chats. peer-to-peer support, live moderated forums to share their experiences with other young members of the 'Kooth community', a wide range of self-help materials, and journals and goal trackers to reflect their thoughts and feelings.

You can access the service by going to <https://www.kooth.com/> and clicking 'join' to register. The service is accredited by The British Association of Psychotherapy and Counselling (BACP), and delivered by **XenZone**, the UK's largest digital mental health provider.

What benefits can Kooth provide to young people:

- No referrals or waiting lists
- Young people can access the service anonymously
- Unique out of office hours' provision. Open 7 days a week, 365 days a year from noon until 10pm weekdays and from 6pm until 10pm on Saturday and Sundays (reduced cover on Bank Holidays)

- They provide guided, outcome-focused help for each individual.
- They take safeguarding and clinical governance extremely seriously.

Help at Hand

The Children's Commissioner for England is Anne Longfield OBE.

She speaks up for children and young people so that policymakers and the people who have an impact on their lives take their views and interests into account when making decisions about them

If you're in care, leaving care, living away from home or working with children's services we can offer you free support, advice and information.

<https://www.childrenscommissioner.gov.uk/help-at-hand/>

Phone us free on 0800 528 0731

Email us at help.team@childrenscommissioner.gov.uk