



Guilsborough Academy
Sixth Form

Getting ready for Post-18

**The ultimate guide
to your options and
what you need to do
to achieve your goals**

2025-26 edition



To Do...

TASK	APPRENTICESHIP or FE College				DEADLINE	FIND OUT MORE	COMPLETED?
	UNIVERSITY	WORK	UNSURE				
UNIFROG - update post-18 intentions	E	F	E	E	04/09/2025, ongoing	Page 6	
UNIFROG - update competencies and activities	E	E	E	E	ongoing	Page 9	
UNIFROG - ensure teacher list is accurate	E	E	E	E	ASAP	Page 9	
UNIFROG - add any relevant notes for reference writers	E	E	E	E	ASAP	Page 10	
UNIFROG - create CV	R	E	E	R	04/09/2025	Page 10	
UNIFROG - write 1st draft of personal statement and share with tutor	E	R	R	R	04/09/2025	Page 10	
UCAS - set up your account	E	-	-	R	04/09/2025	Page 19	
UCAS - complete all sections apart from choices and personal statement	E	-	-	R	04/09/2025	Page 19	
Secure work experience placement	E	E	E	E	23/05/2025	Page 21	
Sort out your social media	R	R	R	R	12/07/2025	Page 22	



How to...

In this booklet we have attempted to include all the information you need to make informed decisions about your next steps, and to take the actions necessary to get there. The basics are outlined, and then there are lots of links [most are hyperlinked if you're viewing this document digitally] to additional resources that will help you.

- If you are unsure about what you'd like to do after you leave 6th form, then start at the beginning and use some of the resources to try and narrow it down!
- If you have some ideas in mind but aren't certain, you can use the first pages to further explore those options.
- If you think you are certain what you want to do, then you can be more selective about the areas of the booklet you use, but don't discount having a look around to see what else is out there!

Make sure you check the 'to do' list inside the front cover (page 1). Use this as your guide to get prepared for September. It's separated into pathways to help you understand which tasks are essential for you. You'll also see this icon throughout the booklet when the guidance will help you complete a task!



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Your options

You are most likely to end up on one of three pathways after 6th form:

- [University](#)
- [Apprenticeship](#)
- [Work](#)

Different options will suit different people. You need to work out what is best for you. Remember that your education and career path is not likely to be linear - you might take a sideways or even 'backwards' step to retrain later on. Your focus should be on working out what feels best for you at the moment.

You might like to look at different education options at an [FE college](#).

Many students also choose to take a [gap year](#) - these can be valuable, but should be planned and support your next steps.

You can find out more about each of these options over the next few pages. Take some time to explore them - even if you think you already know what you want to do, it can be fun, interesting, and also reassuring, to find some alternative options.

The least common but most desired workplace skills of the future are:



Strategic thinking



Leadership skills



Creative problem solving



Communication skills

Search & Discover

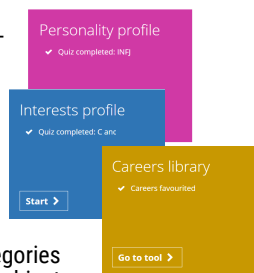
There is lots of evidence that the people who are happiest and most successful are those who work doing something they love. You also need to consider the pace of technological change - you might well end up being an expert in a job that doesn't currently exist! Considering your skills and preferences is a good place to start when exploring potential careers. Watch [this video](#) to start!

Unifrog tools:

[Personality Profile](#) uses the personality types from the Myers-Briggs Type Indicator®, which was developed by Katherine Cook Briggs and Isobel Briggs Myers in the 1940s by expanding on Carl Jung's theory. They've also matched the types to the profiles in our Careers library.

[Interests Profile](#) based on John Holland's theory of personality and job choices. Holland identified six categories of personality, and the careers associated with them. No person's personality fits neatly into just one category; your interests profile shows which of the six categories you are closest to, and you can explore the corresponding careers and subjects.

[Careers Library](#) here you can search using a wide range of criteria - by school subjects, themes, competencies, or the information from the profiling quizzes.



Other quizzes:

[My Skills My Life](#) This personality quiz focuses on suggesting STEM careers that may be suitable for you (free signup required)

[16 Personalities](#) An adapted Myers-Briggs test that may give you an insight into how you work best and with whom!

[Prospects Career Planner](#) The prospects website has loads of useful careers advice. This quiz can help point you in the right direction. You could also try their 'job match' tool (free signup required)

[Careerpilot : Get information : Buzz Quiz](#)

Take the quiz to find out what personality traits you have and how to make the most of them. Answer all the questions and find out which animal might best reflect you.



Jobs and careers:

[Barclays LifeSkills Job Board](#)

[Prospects Job profiles](#)

[National Careers Service](#)



Think outside the box:

[My Creative Type](#) (Adobe Create)

[Jobs that won't exist in the next 10 years](#) (CareerAddict)

[10 Jobs that do not even exist yet](#) (MoneyInc)

[Jobs of the future](#) (LinkedIn)

[IETF Future Work Skills](#) (infographic)

Choosing a route:

The [Push](#) website has loads of useful information and is split into pathways, including a section for if you still don't know what you think you'd like to do.

[College, Apprenticeship or University?](#) (Unifrog Know-how)

[University vs Apprenticeship](#) (Unifrog Know-how)

The information in this booklet is also designed to help you make this decision - explore all the different pathways and decide which one/s will suit you best and lead you into the (type of) career you'd like to have.



When you've got more of an idea of what you're aiming for, make sure you update your intentions on Unifrog. This will help your tutor and the GASF team support you with the next steps. You can (and should) change these if/when your ideas change.

Post 18 Intentions

- ✘ Plan A: UK University
Plan not finished.
- ✘ Plan B: Job
Application not yet submitted.

Start >

Many savvy, forward thinking employers look for these and other skills already. But they can't always find them in candidates...



Trend:

As tech advances the more people will have to focus on 'human' skills to survive in the workplace

Skills:

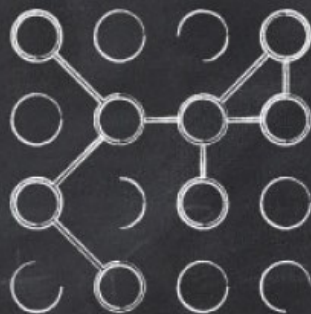
Leadership, motivation, compassion

Trend:

As technology makes the world smaller, employers will look for individuals able to make global connections

Skills:

Empathy, adaptability, communication skills, leadership

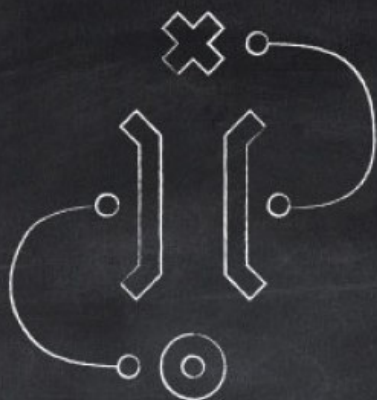




Skills shortage vacancies
have increased by

43%

since 2013



Trend:

Individuals that thrive on change
will succeed best on a diverse
portfolio career path

Skills:

Adaptability, proactivity,
flexibility, ambition & resilience


Trend:

The data driven workplaces of
the future will prize analytical
skills

Skills:

Problem solving, decision
making, strategic thinking,
leadership





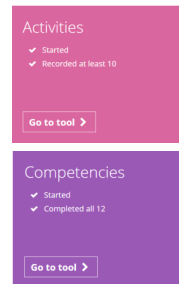
Using unifrog to prepare



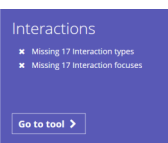
You should already be familiar with Unifrog and many of the tools available there. It's full of information and really is something you should be engaging with regularly. There are also lots of tasks that you need / are strongly recommended to complete in order to ensure your upcoming applications are as good as they can be, and that the GASF team can support you as effectively as possible.

Activities and Competencies / Skills

Logging skills and experiences is really important. It'll give you a basis for content in your CV and/or personal statement. Teachers and tutors can also see these to help them with your references. You should keep these updated regularly. **Activities** are both academic and extra-curricular events. **Competencies/Skills** are the key skills that you'll need to show an employer or admissions tutor.



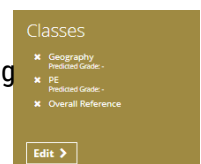
Interactions



This is a record of your experiences in exploring work and further study e.g. attending a talk, watching a webinar, going to an open day... Teachers have to add these for you, so make sure you inform either your tutor or Miss Hunt of any interactions you'd like logged.

Classes

This is your list of teachers - we will update this for you. Having your classes set up allows your teachers to enter predicted grades and reference information. Double check that they are correct and highlight any errors to your tutor.



Notes for referees

Notes for Reference
& Recommendation
writers

✓ 6 notes added
✗ 3 notes missing

[Go to tool >](#)

You can add detail here that will show up when your tutor and teachers are writing their references. This is your chance to remind them of your goal, e.g. tell them which course you're applying to or what career you're aiming for, so they can mention the most relevant tasks or modules you've completed.

CV

The Unifrog CV writing tool gives you a really good starting point - and you can import some details from your competencies list, too! You will definitely need a CV sooner or later - even if you're planning to apply to university now, you may want to apply for part-time work, and having a prepared CV will be useful when you apply for a job after getting your degree!

CV / Resumé

✓ Tweak your CV for each role you apply for

[Start >](#)

Personal Statements

A Personal Statement is essential for university applications. They can also be adapted to application forms and covering letters for other routes. Write your personal statement in Unifrog so it's easy to share with staff and get feedback*. You can either use their 3 questions/sections as guidance, or turn it into one box.

Key things to note:

For UCAS, you are limited to 4,000 characters *including spaces*.

Get feedback from a number of people - but only one at a time!

You can find example personal statements for specific university subjects on Unifrog - either in the [Know-how Library](#), or on individual subject pages.

UK Personal
Statement

✓ Subject added
✓ Started
✓ Character count
✗ Marked as finished

[Go to tool >](#)

More help:

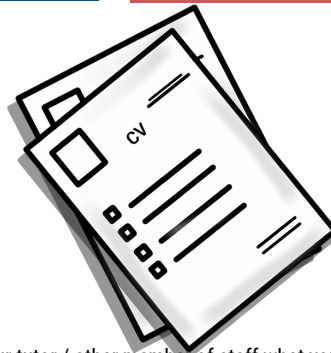
[10 CV Writing Tips](#) (The Guardian)

[How to write a CV](#) (Prospects)

["Write like a boss"](#) (Unifrog Personal Statement)

[UCAS Personal Statement Guide](#)

See ["More resources"](#) for further support.



*Most Unifrog tools have a 'share' option so you can show your tutor / other member of staff what you've been working on and get feedback on it. Make the most of this tool!

About University

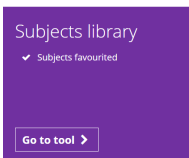
- Do a degree in a subject you feel passionate about
- Access cool opportunities like studying abroad or spending a year in industry
- Different qualifications available including full undergraduate degrees, foundation degrees and top-ups, post-graduate and doctoral

Pros:

Broaden your knowledge of a subject
Meet lots of new people
Increase your earning potential
Gain independence
Access job opportunities not available to those without a degree

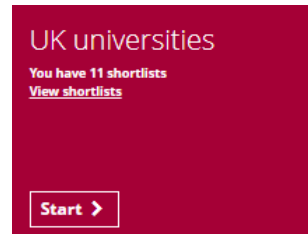
Cons:

It can be expensive to live while you're not earning a wage
Can take a long time
Doesn't guarantee higher earnings
You may lack employment skills
You may have tuition fee debt, and potentially debt from living costs



Subjects Library

Use Unifrog's Subject Library to explore the area/s you might like to focus on at University.



Unifrog's [UK Universities](#) search compiles information from all of these sources for you:

[UCAS](#)
[HESA \(Higher Education Statistics Agency\)](#)
[Unistats](#)
[HEPI \(Higher Education Policy Institute\)](#)
[The Guardian](#)
[QS World University Rankings](#)

[Office for Students](#)
[Stonewall](#)
[Times Higher Education Student Experience Survey](#)
Their own research

Some key terms:

Bachelor's degree - A three or four year course you can take in undergraduate higher education after you've finished further education – also known as a 'first degree' or 'undergraduate degree'. Most courses are either a Bachelor of Arts or Bachelor of Science.



Entry requirements - This is what the course provider recommends you need to do/have to get on the course – from qualifications and specific subjects or grades to interviews, admissions tests and medical requirements. You aren't guaranteed an offer if you meet or already have these.

Honours - For example an 'honours degree'. Most first degrees in higher education can come with 'honours'. It's not a grade as such – it just means it's possible to get your degree 'with honours', which would be an extra indication of quality. Check what you need to do to get honours – it might be getting a certain grade or submitting a good dissertation.

League tables - Rankings of course providers – these can be an overall ranking, or listed by reputation, courses or departments.

Oxbridge - A portmanteau of "Oxford" and "Cambridge", two elite universities in the United Kingdom.

Russell Group Universities - A group of 24 universities, originally formed for the purpose of lobbying government for research funding. The group is widely perceived as representing the best universities in the country.

Sandwich course - A course with an additional year where you work in a profession you're studying.

[Why Go to Uni?](#) (Push video)

[Foundation years](#) (Unifrog Know-how)

[Student Finance overview](#) (Unifrog Know-how)

[A-Z of courses](#) (The Student Room)

[Course Search](#) (Complete University Guide)

[Which Subject and Which University?](#) (The Uni Guide)



THE COMPLETE UNIVERSITY GUIDE
INDEPENDENT • TRUSTED

YOUR JOURNEY to University

6

Results Day
Congratulations on your results! Plan in advance in case you need to take Clearing or Adjustment.

7

Prepare to Go
Organise everything you need to start university. And most importantly, go and enjoy yourself!

5

Offers
What happens next depends on the offers you receive. It's time to apply for student finance and accommodation. Work hard to pass your exams and secure your place!

4

Applying
By now you'll have your five course and university choices. Sell yourself in a standout personal statement and submit your UCAS application.

2

Research
Take the time to investigate your options – from subjects to university requirements to application dates. Use all available resources such as UniStats, university websites, university fairs, parents, teachers and the Complete University Guide.

3

Decisions
Narrow down your choices by going to university open days and researching in more detail. Think about your predicted grades and be realistic.

1

Think
Now is a good time to think about your future! What would you like to do after school?



About Apprenticeships

Apprenticeships combine real work with training and study. Unlike college or university, you'll apply what you learn directly on the job, gaining hands-on experience and skills.

As an apprentice you will–

- train for the workplace: gain skills directly relevant to your job
- get hands-on experience: work on real tasks and projects
- earn a salary with employee rights: receive pay and entitlement to employment rights such as sick leave and holiday pay.
- spend at least 20% of your working hours training or studying
- apprenticeships take 1-6 years to complete depending on the industry and the level you choose.

Pros:

Get real-life experience
Earn while you learn
Acquire new skills
Boost your confidence
Great lifetime earning potential – potentially better than those with a university degree

Cons:

Could limit your future prospects (although the same could be said for degrees!)
Compared to a graduate, you may start on a lower wage
Can be a shock compared to school/college

Level 2 (equal to GCSE)

No prior experience or specific skills are needed.

Example: Level 2 Metal Welding is suitable for beginners with no prior experience.

Level 3 (equal to A level)

Some qualifications or experience may be required.

Example: Level 3 Business Administration is ideal for those with basic office or retail experience.

Levels 4 to 5 (equal to Higher National Certificate/Diploma)

You'll need relevant qualifications or experience for more complex tasks.

Example: Level 4 Lead Engineering Maintenance Technician requires prior knowledge of engineering maintenance.

Levels 6 to 7 (Degree and Master's level)

These apprenticeships can lead to a bachelor's or master's degree. Entry requirements vary but may include qualifications like A levels and skills in areas like communication, IT, or problem-solving.

Apprenticeships
 You have 10 shortlists
[View shortlists](#)

Start >

Apprenticeships Tool

The Unifrog search tool will show national and local opportunities. The majority of apprenticeships are only advertised at certain times so you will need to keep checking!

Finding and applying for apprenticeships can seem more complicated than searching for an education course. It's a good idea to set yourself up a spreadsheet or notebook where you can keep a record of options, organisations, application deadlines etc.

Make sure you keep your tutor informed of your ideas and plans so that the GASF team can help you too!

[Degree Apprenticeships](#) (Unifrog know-how)

[Choosing a level](#) (Unifrog know-how)

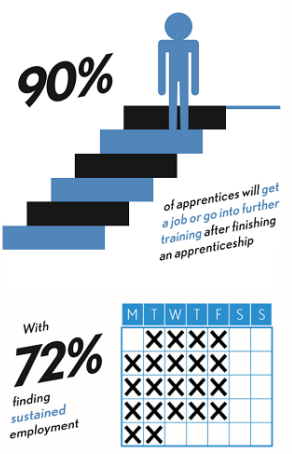
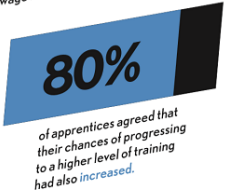
[Degree apprenticeships - Learn more here](#)

[Apprenticeships vs Degree Apprenticeships](#) (Push video)

[Gov.uk Apprenticeships](#)

[Find Apprenticeships | RateMyApprenticeship](#)

[GetMyFirstJob | Apprenticeships, Degree Apprenticeships, Work Experience & Graduate Jobs](#)



About FE Colleges

- Add to or repeat the qualifications you already have by going to a Further Education College
- These colleges offer a range of qualifications such as HE courses (foundation degrees with a top-up at a local university), Access to HE, GCSEs, A-Levels, Vocational Courses, Diplomas, Certificates and Adult Learning courses

Pros:

Meet lots of new people from varied backgrounds
Feels more like being at university compared with a Sixth Form
Study a range of qualifications

Cons:

Can be large and impersonal; very different to being at school
Courses provided can depend on what else is available in the area

Colleges offer a wide range of courses and opportunities. Many are vocational - meaning linked to specific jobs - and will offer work experience or internship opportunities as part of the course.

[College Qualifications explained](#) (Unifrog Know-how)

Use the [Unifrog search tool](#) to see opportunities across the country (you can limit the search by distance from home if you wish)

You may also like to look at the websites of some local colleges:

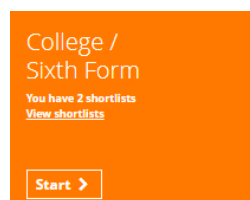
[Northampton College](#)

[Moulton College](#)

[Warwickshire College Group](#)

[Bedford College Group](#)

[Leicester College](#)



Finding a Job

- Get out there into the big, wide world and see what it's all about!
- You could get an entry level job in the industry you want to be in, or just any job to pass some time while you think about your next move
- Lots of employers offer education that doesn't fall into the category of 'university' or 'apprenticeship', for example professional qualifications

Pros:

Work experience to put on your CV

Learn and develop new skills

Earn a wage

Take advantage of training and professional qualifications that employers offer

Cons:

Starting work is very different to being at school or university

Your wage in an entry level job may not be very high to begin with

Without further education, you may feel limited in where you can progress to

Identifying options

[Youth Employment UK](#)

[Find A Job](#)

[Career Profiles](#)

[iCould](#)

Job Listings

[Indeed](#)

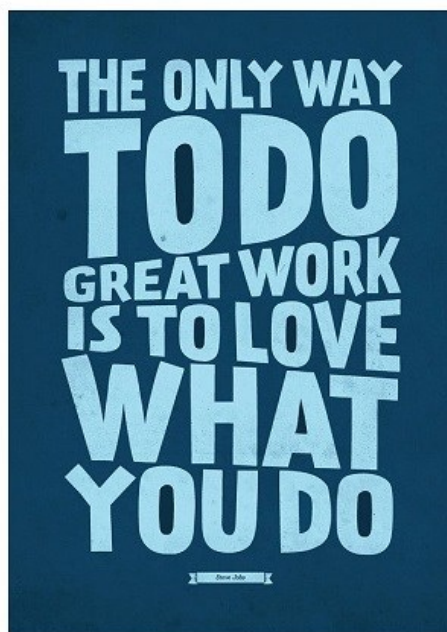
[Reed](#)

[Glassdoor](#)

Entrepreneurship

[Start Ups](#)

<https://www.kingstrust.org.uk/>



Gap Years

- Go travelling, work or volunteer for a year – the choice is yours!
- Two things often happen after a gap year - you return to education as planned, with a year's life experience under your belt; or you decide not to return to the originally planned route, and find a new pathway!

Pros:

Broaden your mind by travelling and meeting new people
Get work experience before doing some more learning
Take a break from education and take stock of what you want from your career
Grasp opportunities as they arise

Cons:

Unless you have savings, you'll have to work for at least some of it
It's easy to drift away from education or a clear pathway once your year comes to an end
You might not have the support of your tutors/advisors during this year out

A gap year may be for you if you need a break from studying or you want to get some different experiences before further study or work. You should not just drift into a gap year, but plan it. You may end up wasting opportunities if you haven't got a plan, and universities and employers are more interested in people who can demonstrate purpose and intention with their time out.

[Year Out Group](#) is an association of approved gap year providing organisations, most of which are registered in the UK. At least one of the principal activities of each of these organisations is the provision of well-structured gap year programmes in the UK or overseas.

[EDT Year in Industry](#) helps place students in Year 13 in top UK companies and organisations, including Rolls-Royce, EDF, Network Rail, Scottish Power and P&G. Typically, the programme lasts between 10-12 months and is a paid placement.

[Global Pre-Meds](#) provide inspirational hospital shadowing opportunities for aspiring medical students

Deferral: in your UCAS application, this is what you do if you'd like to carry an offer over to start it in the following academic year.

[The Pros and Cons of deferred entry](#) (Unifrog Know-how)

UCAS Applications

UCAS

The Universities and Colleges Admissions Service in the UK. This includes the main UCAS undergraduate application, as well as the other schemes they run, e.g. UCAS Conservatoires (performing arts), UCAS Teacher Training and UKPASS (postgraduate).

UCAS Points

If you take a qualification at level 3 (A Level, IB, AQA, BTEC, CTEC etc.), you can earn points on the 'UCAS Tariff' for entry into higher education.

Tariff

The [Undergraduate Tariff](#) is the system for allocating points to the different qualifications you can use to get into undergraduate higher education. Not all qualifications will be included on the Tariff. It is for use in admissions only and is not transferable to the job market.

Getting set up on UCAS:

You can sign up to [UCAS Hub](#) to start searching and saving courses - it works in a similar way to Unifrog! You will also use these details to log in to 'Apply' so make sure you keep your username and password safe!

Using Apply:

Apply used to be a separate section (so you might find online guides referring to it) but is now found in your hub.

- To link to the school, you need to enter a **buzzword**. We will let you know what this is. Do not share this with any students not currently in your year at GASF!
- You need to complete all sections of the application. Here are some guides to help you:

[How to fill in a UCAS Application](#) (Unifrog Know-how)

[Filling in your Application](#) (UCAS website)



What else?

Choices: When you've chosen the courses and universities you want to apply to, you need to enter these details. **Don't rush this process.** You need to be certain that you'd be happy to attend any course you apply to. You should also make sure you have a good mix of safe/secure and maybe one or two ambitious options - use the [Unifrog search tool](#) to help you with this, and speak to a member of GASF staff if you need help.

Personal Statement: arguably, this is one of the most important parts of your university application. You should aim to have a first draft of this written before we return to school in September.

We recommend using the [Unifrog Personal Statement tool](#), and there is more advice available below and in the [Resources](#) section.



[How to write a personal statement](#) (UCAS)

In September: you will work on your personal statement with your tutor and teachers before adding it to your Apply account. This should complete your application and it'll be time to **Pay & Send**. The fee is **£28.50*** and you need to pay this by card. 'Send' means it will go to Miss Hunt, who will check it all and add your references and predicted grades. She will then go through everything with you before you finally hit 'Send to UCAS'!

*From 2025, this fee will be waived if you were eligible for Free School Meals in the lower school. If you're eligible for 16-19 bursary funding, you may also apply for this cost to be covered by the school.

Further down the line...

We'll give you more help and advice on the next steps nearer the time, but if you want to understand more about the process, these articles will help:

[After you apply](#) (UCAS)

[What happens after submitting?](#) (Unifrog Know-how)

[Making firm and insurance choices](#) (Unifrog Know-how)

Work Experience

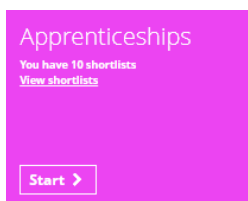
Experience of work is really essential to help you decide what you want to do, and to open doors to further opportunities.



You will have already had a lot of help to find work experience for the last week of the summer term in Y12. You may also want to seek out further experiences over your summer holiday. **The deadline to enter details onto the Unifrog Placements tool and have your placement approved is 23/05/25**

Finding Work Experience

Try to find an experience in a field you're interested in. Contact local businesses or organisations via phone, email, or even [social media](#). You could also use the [Unifrog Apprenticeships](#) tool to identify local businesses that are likely to be open to the request for work experience.



Other opportunities

The more different experiences you can have, the better your chances of finding out what you love doing, and of showing in applications that you have the skills and passion to be successful. Here are some other options you may like to consider:

[Virtual Work Experience](#) (Speakers for Schools)

[Freeformers](#) (via Barclays LifeSkills)

[Workfinder App](#)

[Volunteering: how to start](#) (Unifrog Know-how)

[Dolt.Org](#)

[Vinspired](#)

Social Media

Your Digital Footprint

According to a Jobsite Social Recruiting Survey, 93% of recruiters check a candidate's social profiles before making a hiring decision.

If a prospective employer or course leader searched for your name, what might they find? And is there anything on Facebook, Twitter, Instagram or TikTok you wouldn't want your future boss to see?



You should make sure that your profiles are private and that you check you know all your friends. You could create a public profile that you curate differently from your private one.

Get connected

Increasingly, employers use social media to advertise roles and to recruit candidates. Make sure you follow and like the businesses and organisations you're interested in.



Instagram: Very visual. Follow lifestyle industries such as travel, fashion, beauty/makeup, food, home & interior design, and cult trends. Good for brands, publishers and influencers who fall into the above categories.



Facebook: Personal branding; less formal than LinkedIn. Follow pages and accounts you're interested in for a mixture of articles, blogs, photos and videos. Good for a business selling products, in lifestyle industries similar to Instagram, that require more information in each post.



Snapchat: Covers almost any industry. Follow businesses/people you're interested in and see a very informal and less edited look at what they do day-to-day.



LinkedIn: Personal branding/networking. Follow influential businesses and leaders in more formal industries, and people who are part of your targeted industry to see industry news and articles.

[Use your online presence to get ahead](#) (Barclays LifeSkills)

[How to use LinkedIn like a pro](#) (Unifrog Know-how)

[Digital Wellbeing](#) (Unifrog Know-how)

Key Dates

29/04/2025	UCAS' search tool displays 2026 entry courses
13/05/2025	Undergraduate applications open for 2026 entry You can register and start your application in your UCAS Hub.
04/09/2025	Start of term; deadline for most to-do tasks in this booklet!
02/09/2025	UCAS applications can be sent
15/09/2025	GASF Deadline for Medical and Oxbridge Applications
15/10/2025	Deadline for applications to the universities of Oxford and Cambridge, and for most courses in medi-
05/12/2025 3PM	GASF Deadline for all other UCAS applications
14/01/2026	UCAS Deadline for Equal Consideration

<https://www.ucas.com/applying/applying-university/dates-and-deadlines-uni-applications#2026-entry-application-deadlines>

Glossary of Initialisms

AAQ—Level 3 Alternative Academic qualifications (AAQs) e.g BTECs, Cambridge Technicals, etc. are equivalent to A levels.

BA - A common abbreviation for a Bachelor of Arts degree.

BEng - A common abbreviation for a Bachelor of Engineering degree.

BMAT - (BioMedical Admissions Test) a subject-specific admissions test taken by applicants to certain medicine, veterinary medicine and other related courses.

BMedSc - An abbreviation for Bachelor of Medical Sciences degree .

BSc / BS - Common abbreviations for a Bachelor of Science degree.

CertHE - A Certificate of Higher Education is a higher education qualification typically taking one year (full-time) or two years (part-time) to complete.

DipHE - A Diploma in Higher Education is generally awarded after two years of full-time study at a university or higher education institution.

FT - A common abbreviation for 'full time'.

HEP - Universities, colleges and conservatoires are sometimes referred to as higher education providers

Higher National Certificate (HNC) - A vocationally focused higher education qualification , usually taking one year to complete, and roughly equivalent to one year of university study.

Higher National Diploma (HND) - A vocationally focused higher education qualification. Completion of an HND is considered equivalent to the second year of a three year degree course and can often be used to gain entry to a university course.

LLB - A common abbreviation for a Bachelor of Laws degree

LNAT - The LNAT (Law National Aptitude Test) is a subject-specific admissions test taken by applicants to Law degree courses in the UK.

MB - Bachelor of Medicine degree.

MSc - A common abbreviation for a Master of Science degree.

NQF - (National Qualifications Framework) the system that records levels of learning achievement to ensure that the skills and knowledge that have been learned are recognised throughout the country. Qualifications are ranked from Levels 1-8 based on their difficulty.

NVQ - (National Vocational Qualification) An NVQ is a work based qualification which assesses the skills and knowledge a person needs to do a job. The candidate needs to demonstrate and prove their competency in their chosen role or career path.

UCAT - University Clinical Aptitude Test (UCAT) is a computer-based admissions test, used by a consortium of UK and partner universities to help select applicants for their medical and dental degree programmes.



More Resources

Lots of useful worksheets and guides are also available on the VLE at *Sixth Form > Sixth Form Study Skills > Post-18 Resources* and in the Sixth Form Study Support Team.

General / overall:

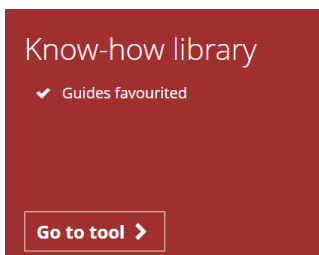
[Push](#)

[Advice Videos from Push](#)

[Prospects](#)

[Not Going to Uni](#)

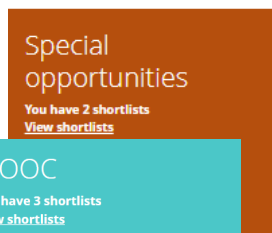
[Save the Student](#)



Unifrog:

The [Help Section](#) includes PowerPoints that guide you through most of the tools.

There are lots of other options we haven't mentioned, including studying overseas, finding bursaries (['special opportunities'](#)) and [MOOCs](#)



Careers and skills:

[Barclays Life Skills](#)

[Career Pilot](#)

[National Careers Service](#)

[Careersbox](#)

[Careemap](#)

[UCAS Careerfinder](#)

[A-Z of Careers](#) (The Independent)

University:

[Scholarships and bursaries](#) (Unifrog Know-how)

[Universities glossary](#) (Unifrog Know-how)

[Student Finance Calculator](#)

[What Uni?](#)

[Open Days](#)

[The Open University](#)



Apprenticeships:

[UCAS Guide to apprenticeships](#)

Jobs:

[Total Jobs](#)

[Milkround](#)

[employment4students](#)

Gap Years:

[Mr Ditchburn's Links](#)

[Gap Year.com](#)

Applications:

[Mr Ditchburn's guide to Personal Statements](#)

[How to complete an Application Interview Advice](#)

[Top 10 Interview Questions](#)

[Skills for CVs \(Monster\)](#)

[How to write a cover letter](#)

Other:

[OCA \(Open College of the Arts\)](#)

[MOOC: Preparing for University](#)

[Finding Internships \(The Independent\)](#)



Any and all members of the 6th form team will be able to support you with the process of identifying and applying for your next steps.

Your tutor is your first port of call for support with personal statements.

Miss Hunt will support you with early entry applications (Medicine / Oxbridge) as well as overseeing all UCAS applications. Email careers@guilsborough.northants.sch.uk for support.

Vicki Brennan (LEBC) is our independent Careers Adviser and is based in A1. If you would like any Advice or Guidance please email vbrennan@guilsborough.northants.sch.uk

