



# How to Support Young People Exploring Post 16 Options?

A parents, carers and teachers guide on careers  
support

# You will be able to support your young person to plan their future by:

- helping them to talk about and establish their qualities and skills and how these will link to certain types of study and work
- talking to them about their aspirations for a future career
- helping them research/find out about types of careers/jobs and what qualifications or training is required
- Explore GCSE options and how they can link to careers choices of your young person and the grades that may be required.
- Help support the young person in completing tasks of their careers action plan from year 9.
- looking at job profiles on **Careers Pilot, BBC Bitesize or National Careers Service website**. Website info is on the careers platforms section of this website.
- Exploring different careers by watching videos on **ICOULD or Careers Box**. The website info is in the career's platform section of this website.
- Assist with the planning of work experience in year 10.
- using our area wide prospectus the **post 16 directory** to explore different provisions in and around Bristol.
- Explore university degree courses, to help support your young person's careers exploration and planning. [UCAS.com](https://www.ucas.com).
- Attend post 16 providers open evenings.
- Contact the schools Careers Adviser if you would like to discuss if you have any questions or would like to arrange a meeting. You can do this by calling the school reception and leaving a message and contact details for the Adviser to contact you.