**

A Level Results.....What Next?

**Don't Panic!**In the days and weeks running up to results day many students worry about not getting the grades they hoped for. It is completely normal to be anxious but remember whatever the outcome there are always other options. Try to occupy yourself with other activities: holidays, work, volunteering, sports, reading, seeing friends. Make the focus about other things and practice some **mindfulness** (see [www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspx](http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspx) and [www.youngminds.org.uk](http://www.youngminds.org.uk)). If you have also taken BTECs then you will already know some of your results which will hopefully give you some reassurance.

**On the Day**If you are attending your school or college you will receive your results in an envelope. You don't have to open them at once however, many schools and colleges will have a range of teachers and guidance professionals (including your school's Careers Advisor) present to help you if your results are unexpected, so it is a good idea to take advantage of this support.

**Heading to University?**  
Results as Expected  
If your results are what you were predicted or you were offered an unconditional place, then it should be a smooth transition to university. If you have had a change of heart or want to check what else is possible then it is also worth looking at the other options below.

Results Better than Expected  
If you have done better than you were predicted and want to explore alternative courses then you can try **'Adjustment'**. This is a particularly good option if there was a course you were really keen on but your predicted grades held you back from applying to. Adjustment is available from the 13th till the 31st of August and you will see the option to register in 'track' when you log in to UCAS. The course you have already been accepted for will not be affected unless you confirm an alternative in adjustment. Remember though you need to consider this new course and/or university as carefully as you did your initial one. Don't let your improved grades and the limited time you have to decide your choice cloud your judgment. You can find out more at the UCAS website under undergraduate - 3. Been accepted - Adjustment.

Again if you have had a change of heart or want to check what else is possible then it is also worth looking at the other options below.

Results Worse Than Expected  
Firstly take a deep breath! Though it can feel devastating there are always options. Firstly **speak to your university admissions**. It may be your application was strong enough that one grade off will not matter. If this is not possible then there may be other similar courses your university can offer, so check with them first. You can also look at **Clearing** which is available   
  
till September. Search the clearing courses available at <http://search.ucas.com/>. As with Adjustment make sure you have researched and understood any new choices before you accept a place. Don't let the pressure of decision making force you into a choice you are not happy with. You can find out more about the process at the UCAS website under undergraduate - 2. In Clearing. The other option is to retake the subjects you were not happy with. Speak to your school or college to find out the options available.

**Other Options**  
School Leaver Programs  
Many large organisations offer school leaver programs where they will train you as you work and some will also pay for you to take a degree at the same time! Have a look at the 100 Most Popular Employers for School Leavers at <http://viewer.zmags.com/publication/b5ab9faf> as well as [www.allaboutschoolleavers.co.uk/employer-rankings](http://www.allaboutschoolleavers.co.uk/employer-rankings) and [www.notgoingtouni.co.uk](http://www.notgoingtouni.co.uk/).

Apprenticeships  
There is now a huge range of apprenticeships available at different levels and in different career sectors. Earn, learn, get experience and a qualification. See what's available here: [www.apprenticeships.org.uk](http://www.apprenticeships.org.uk).

Employment  
Going straight into employment is certainly a possibility although it may take a lot of effort and hardwork. There will be a separate vlog and handout on getting a job but for starters have a look at [http://beach.brightonandhovejobs.com](http://beach.brightonandhovejobs.com/).

Volunteering/Work Experience/Internships  
Many career areas require lots of experience before you can secure a fully paid job. Have a look at [www.do-it.org](http://www.do-it.org) for a range of volunteering opportunities. Securing work experience (often short term and informal) and internships (usually more long term with agreed duties) often requires speaking to companies directly and offering your skills and willingness to learn. There will be a separate vlog and handout on this but start by looking at <https://nationalcareersservice.direct.gov.uk/advice/getajob/workexperience/Pages/default.aspx>

Travel  
Spending time abroad can be a great way to meet new people, learn new skills and explore new ideas and experiences. There are lots of gap year companies (that charge for the trip) but also look at [www.concordiavolunteers.org.uk](http://concordiavolunteers.org.uk) and [www.workandvolunteer.com/leonardo](http://www.workandvolunteer.com/leonardo)

Self Employment  
If you have an idea for a product or service then self employment could be a possibility. There are a range of organisations that can support you such as [www.princes-trust.org.uk/need\_help/enterprise\_programme.aspx](http://www.princes-trust.org.uk/need_help/enterprise_programme.aspx)

Still Not Sure?  
The Youth Employability Service in Brighton can help. Call them on 01273 294247 or visit [www.facebook.com/yesbrightonhove](http://www.facebook.com/yesbrightonhove). Also have a look at the Prince's Trust Courses at [www.princes-trust.org.uk/need\_help/courses.aspx](http://www.princes-trust.org.uk/need_help/courses.aspx)