

TRANSITION GUIDE TO LIFE AFTER RPHS

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YOUR LEVEL AND OPTIONS

	YOUR OPTIONS	ENTRY REQUIREMENTS
    	<p>LEVEL 4</p> <ul style="list-style-type: none">Higher EducationHigher ApprenticeshipEmployment	<ul style="list-style-type: none">80 UCAS points, for example (Merit, Pass, Pass).
	<p>LEVEL 3</p> <ul style="list-style-type: none">Further EducationApprenticeshipSchool 6th FormEmployment with training	<ul style="list-style-type: none">16-19 years old: 4 GCSEs at Grades 4-5, including one in maths and English, or Merit at Level 2 Diploma or equivalent.Adults aged 19 or above: Initial advisory interview and online English and maths assessment.
	<p>LEVEL 2</p> <ul style="list-style-type: none">Further EducationEmployment with trainingSpringboardApprenticeship	<ul style="list-style-type: none">4 GCSEs at Grade 3 or above, although some courses may require different grades. Please see course web page for details.
	<p>LEVEL 1</p> <ul style="list-style-type: none">Further Education	<ul style="list-style-type: none">Construction: 2 GCSEs at Grade 3 or above, including maths and English.Beauty, Hair and Catering: 3 GCSEs at Grade 3 or above and Initial Assessment (at interview)Other subjects: Two GCSEs at Grade 2 or above, preferably English and maths.
	<p>LEVEL ENTRY</p> <ul style="list-style-type: none">Foundation Learning courses	<ul style="list-style-type: none">An advisory interview and an assessment

5 WAYS TO GET IN TO THE COLLEGE FRAME OF MIND THIS SEPTEMBER



Top Tip #1: Set yourself goals

The start of term is a great time to set yourself some attainable goals for the year - whether it's something big like making the school's sports team; or a few smaller goals like improving your grade in a particular class. Take a look at what you achieved in your last year and set yourself goals based on what you think could be improved to help you achieve your ambitions. This is great to do if you're going to a new school or college - why not sit down with your parents and decide what your long-term goals are first, then work on some smaller goals for the next 12 months at college?

Top Tip #2: Familiarise yourself with your school or college

This is easy if you're staying on at the same school or college, as you'll already know your way around, but it can still be helpful to make sure you know where your classrooms are. If you're starting at a new school or college this can be more daunting, but if you make sure you know as much as possible about where you're going, it can make it easier on your first day and beyond.

Top Tip #3: Make sure you have the right supplies

Do you have all the essential supplies to start your course? Most courses require the basics like a notebook, pens and pencils, but some require you to have additional supplies like a calculator, specific books or a uniform. Making sure you have everything you need a couple of weeks before the start of term will not only give you peace of mind, but also allow you time to get anything you're missing without rushing. If you're unsure of what you need for your course, you can always contact your school or college to find out.

Tip #4: Don't procrastinate

Did you know it takes approximately 21 days of doing a task to make it a habit? With schools and colleges starting classes in September, there's just enough time to get yourself into a good routine to make sure you're motivated and ready for the start of term. Try setting your alarm for the same time as you would need to get up for college to reset your body clock; read a good book to get back into the frame of mind for reading and studying; or research some interesting facts around the subject(s) you'll be studying.

Top Tip #5: Get involved with the community

If you're starting a new school or college, it can be daunting, and knowing some people before you get there can make it much easier. Why not get in touch with some of the people in your classes from your previous school and see if any of them are progressing to the same college as you? Or, why not search on social media for some people who will be on your course. A number of colleges have Facebook groups where you can meet new people and discuss your interests and what you'll be studying.

Interviews aren't everyone's favourite thing, but with a bit of preparation you can do well. They'll be looking for enthusiastic students with lots to offer – someone who can work independently and consider new ideas; someone who will thrive, enjoying a varied academic life alongside outside interests.

How it works

It could be an interview or audition, or you might be asked to provide examples of your work – maybe a portfolio or an essay. Finding out more about you is an ideal way for them to see if you'd be a good fit for the course.

If they do send you an invitation, it could either be sent to you directly, or by post. It's best to contact the college/ sixth form to find out how and where you will receive information about your interview.

colleges say it can be difficult to change the times and dates of interviews, so if possible, try to go at the suggested time.

If you can't attend at the allotted time, you need to let the college know as soon as possible.

Then after you've attended, they'll tell us when they've made a decision and we'll let you know via phone/ post or email

Plan ahead

- ◆ Check where and when – sort out any travel and accommodation you need – check their website for maps and directions.
- ◆ Be ready for questions – some about your application, as well as your chance to ask about the course and the college.
- ◆ Know your stuff – show you know the latest in your subject area, and keep up to date with the news – they might ask to hear your views.
- ◆ Practice – have mock interviews with a parent or adviser (Ms Brake is available here at RPHS)– cover why you chose that course and what you enjoy most about your current studies.
- ◆ Sleep well!

5 STEP CHECK LIST



Afterwards

Make notes – if you have more interviews coming up, it might be handy preparation to write down the questions and answers you've already had.

Reflect on how you did – decide what worked well and think of new answers for areas you want to improve in.

Then sit back and wait – once we've heard from the university or college, we'll let you know in Track if they're making you an offer.

INTERVIEW HELP

Top tips for keeping your brain active



Now is not only a great opportunity to find new ways of learning at home, it's also a great opportunity to discover new passions and ways of developing and connecting differently.

Keeping your brain active will not only help you prepare for the return to school or college, but can also help you productively utilise all the time you have. Here are our top tips for just eight things you can do to keep your mind active.

Top Tip #3: Go outside once a day

Spring is the perfect time to get outside and enjoy the sun (while it lasts)! Not only does getting out in the sunshine improve your bone health, it also brightens your mood and helps you sleep better – just make sure you wear sunscreen and appropriate protection. Making sure you get outdoors once a day will also get you exercising, which is great for stress. Get out a football and kick it around, paint outside in the garden, or go for a walk around the block or the stunning countryside we have in Gloucestershire and the Cotswolds – obviously keeping at a safe distance from others.

Top Tip #5: Take an online class

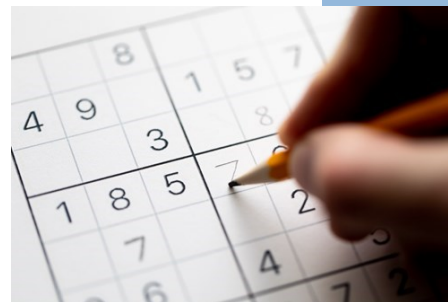
For those who love to learn, the learning doesn't have to stop when you're at home. Online classes aren't for everyone, but they are an option if there is a skill you've always wanted to learn, or a recreational activity you'd like to learn more about. Not only are they a great way to keep your mind stimulated, but also an opportunity to meet new friends online, with similar interests to you. There's loads of different types of courses available – check out your local youth centre or recreational classes or club websites; or search for online exercise, dance, craft or cookery classes, many of which are currently free!

Top Tip #2: Discover a new great read

Now is the perfect time to get into a good book – or two! There's a book for every kind of interest – fiction, non-fiction, cooking, biographies, true crime – this list goes on. GC's Libraries team have been scouring the shelves for some great books and resources we think you'll love. Discover their tips on [Twitter](#). Whether you're picking up your Kindle, or reading a printed book, there are many benefits to reading, including: exercising your brain muscles, expanding your vocabulary, reducing stress and boosting your imagination. What's not to love about a good book?

Top Tip #4: Do some puzzles or brainteasers

Puzzles are not only fun, but are a great way to keep your mind active. Whether you're doing a puzzle book by yourself, or a puzzle game with friends online, there's loads of different types of puzzles to suit all types of levels. If you're a lover of quizzes, why not create a fun quiz for the whole family to do? Or, if you just want to have a go at a quiz.



Top Tip #1: Make a bucket list
We all have things that we want to do, so why not start planning now? Whether it's something small like improving your score in a sport, or something bigger like learning a language or a new skill, now is a great time to start with weeks to dedicate to your list. Put together a list of five small and big goals you think is attainable over the coming months and see how many you can complete during your time at home. You could even make a bucket list of things you want to achieve after you return to school or college



Top Tip #6: Cut down on social media

Social media is a great way to keep in touch with friends when you're busy with homework, or if you haven't had a chance to catch up with them recently, but now is a great opportunity to ditch the social media and have a good old-fashioned phone or video call instead! Not only will you have much more fun catching up with your friends, but verbal communication also improves your confidence and language skills. Taking a detox from social media can also have great health benefits for you. Studies have shown that social media can lead issues like stress – it's a showcase for people and it can be difficult to remember that most people only share the positive things.

College Contact information and Weblink to student support

South Thames College

<https://www.south-thames.ac.uk/guide/16-18.html>

020 8918 7777

info@south-thames.ac.uk

Carshalton College

<https://carshalton.ac.uk/about>

020 8544 4405

ccstudent.support@stcg.ac.uk

Esher College

<https://www.eshel.ac.uk>

020 8398 0291

info@eshel.ac.uk

Kingston College

<https://kingston-college.ac.uk/about>

020 8546 2151

info@kingston-college.ac.uk

Nescot

<https://www.nescot.ac.uk/further-education/>

020 8394 3038

info@nescot.ac.uk

City of Westminster College

<https://www.cwc.ac.uk/about-us/learning-at-city-of-westminster-college>

020 7258 2721

customer.services@cwc.ac.uk

Richmond College

<https://www.rutc.ac.uk/>

020 8607 8000

Info@rutc.ac.uk

Coulsdon

<https://coulsdon.ac.uk/>

01737 551 176

enquiries@coulsdon.ac.uk