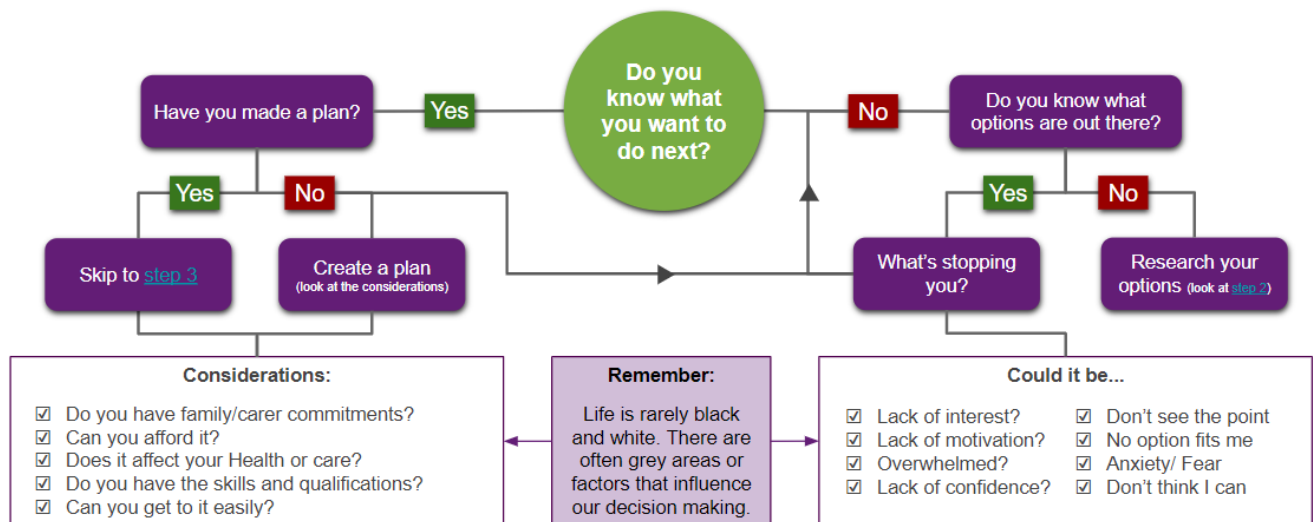


Step 1: Think about what you could do after college.



Please speak to your RAP tutor if there is something stopping you from progressing. This could be mental health, confidence, lack of skills, financial situation or other - we can support you and work with you to get where you need to be for your personal journey.

What can you do to help you make decisions?

- Creating pro and con lists
- Talking to friends and family
- Asking experts
- Researching online and offline
- Understanding your fears
- Focusing on what will bring you joy
- Understanding your needs
- Looking into different options
- Working on things that set you back
- Setting short-term and long-term goals

Helpful websites

- [What are my options?](#)
- [How to Set Goals For Yourself](#)
- [Whatuni: Compare the Best University Degree Courses UK](#)
- [Easy time-management tips](#)

Step 2: What are some of your choices?

It is important to progress in a way that suits you and your personal needs.

College next steps guide

Remember, it's your future! Don't feel pressured into an option because it is what is expected, what your friends are doing or what your parents want. Push yourself, but make sure you are going in the right direction for you.

Another course

- Gain more knowledge
- Diversified career options
- Flexible to circumstances
- Time to decide career path
- Comfortable setting

Apprenticeship

- Earn while you learn
- On-the-job training
- Gaining experience
- Gaining a qualification
- Structure/ support system

University

- Experienced lecturers
- Educational setting/ system
- Gaining a qualification
- Independence
- Experience living alone

Job

- Earning a consistent wage
- Ability to move out
- Routine and structure
- Learning skills for career
- Gain experience

Some other options could include:

- Distance Learning
- Gap year
- Travelling
- Volunteering

But, be realistic. Can you afford this? Do you have the savings? Are your parents/carers willing or able to support this?

Step 3: What are you going to do to get there?

- Develop my skills
- Research
- Get some advice

College next steps guide

- Refine my options
- Create a list
- Finalise my decision
- Set some goals
- Work out what's worrying you
- Create a plan

Step 4: Get some advice!

Contact our Careers Adviser, Anna Thorpe

Email: **careers@bcot.ac.uk** Telephone: **01256 306339**