



# CONGRATULATIONS

You have survived your exams!

Now is the time to relax and spend time doing the things you enjoy.

It is also a great time to work on your employability skills and plan your future!



**BIRMINGHAM  
CAREERS SERVICE**

guiding young people

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# WORRIED ABOUT YOUR EXAM RESULTS?

It can be a very stressful time waiting for exam results. Everyone is likely to feel anxious, panicky, or scared at some point. You may be unsure about what to do next if you miss out on getting the grades that you wanted, or even if you exceeded your expectations.

Here are some tips for helping you cope with these emotions:



*Talk to someone*



*Get careers guidance & support by contacting Birmingham Careers Service*



*Meet up with friends*



*Keep active – go for walks, bike rides, swimming*



*Listen to music*



*Avoid excess caffeine*



*Avoid social media*



*Remember, there are many post-16 options you can consider*

**There are also local specialist sources of help if you need help with your stress and anxiety about exams or anything else:**

## #You've Been Missed

is a local campaign providing free support resources and guides to help young people with their stress and anxiety.

Find out more and access the resources [here](#)

## Kooth

is a local organisation offering free confidential well-being support to young people in Birmingham.

Find out more and chat with the team anonymously about anything that's on your mind: [www.kooth.com](http://www.kooth.com)



# MAKE THE SUMMER COUNT

The summer holidays are a good time to strengthen your skillset. Evidencing your skills becomes very important when you apply for Apprenticeships, jobs, or universities. Employers and university admissions tutors are not just interested in your qualifications and grades, they also want to find out what skills you can bring to their organisation or course. Here are the top skills you could be working on over the summer:



## TEAMWORK

play a team sport



## COMMUNICATION

volunteer in a charity shop



## PROBLEM SOLVING

build a model or a flatpack piece of furniture



## VALUING DIVERSITY AND DIFFERENCE

volunteer at your local community centre



## INITIATIVE AND SELF-MOTIVATION

get ahead for your next qualifications by doing some background reading on a subject  
After year 11 you could take part in National Citizen Service (NCS). This is a voluntary personal and social development programme for 15-17-year olds. It takes place in the school summer holidays and provides you with the opportunity to do voluntary work in the local community and to have a short stay at an activity centre. It is a great way of developing and evidencing your skills. Book onto a scheme with your friends or make new friends at <https://wearencs.com/>

# CAREERS CHAT ROOM

## Birmingham Careers Service Advisers answer your exam results questions

**Question:** If I don't get the GCSE grades I need to do A Levels, what should I do? (BA, Northfield)

**BCS Adviser – Raj answers:** There is a starting point for everyone. At enrolment, tutors will ensure you're placed on the right level course. Contact the college or sixth form who have offered you a place to study 'A' Levels to see what other courses they can offer. For example, BTEC Diploma (Level 1, 2 or 3) or T Levels. If there isn't a course you like at the college or sixth form, don't be afraid to contact other colleges or sixth forms to see what they can offer. You can also consider Apprenticeships, or Study Programmes.

**Question:** If I am going to college will I get any financial help? (ML, Great Barr)

**BCS Adviser – Kashmir answers:** Depending on your personal circumstances you might be entitled to a 16 – 19 Bursary. To find out if you're eligible contact the student finance department at your chosen college for further information. To get cheaper travel to college you can also apply for a West Midlands termly travel pass. To check out your options please visit these websites:

<https://nxbus.co.uk/west-midlands/tickets-prices/under-18-term-plus>

Swift 16-18 Photocard | Transport for West Midlands [tfwm.org.uk](http://tfwm.org.uk)

Some colleges offer various incentives for new students. These might include a free travel pass. Contact individual colleges for further details.

**Question:** If I don't meet any of my Higher Education firm offers what should I do? (SW, Yardley)

**BCS Adviser – Helen answers:** On results day check UCAS Track to see if you have been accepted at your conditional or insurance offers. If you haven't met the conditions of your offers you can use UCAS Clearing until 17th October 2023 to find a place in higher education. You can also register for Clearing Plus. This is designed to help you find the right course. If you use Clearing Plus, you will be signposted to relevant universities with spaces whose entry requirements match your results. You could also consider alternatives, for example:

### Higher Level or Degree Apprenticeship

[www.apprenticeships.gov.uk](http://www.apprenticeships.gov.uk)

<https://www.ucas.com/apprenticeships/apprenticeships-in-england>

### Internships or volunteering

<https://www.ratemyplacement.co.uk>

### Taking a Gap Year

<https://www.yearoutgroup.org>

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## Next Steps

All young people must continue in education, or training until they are 18. This doesn't mean you have to keep attending school after year 11, there are many ways of doing this. You can go to college, sixth form, start an Apprenticeship or a Study Programme. This is your opportunity to gain more qualifications, skills, and experience to prepare you for the world of work.

After Year 13 or from the age of 18, you can choose a job, Apprenticeship, university or a gap year.

## Exam Results Days

Get up early to find out your results. This might mean going into school to collect your results in person or checking your emails.

Everyone feels nervous when they open the envelope or email – you can do this alone or have a family member or friend by your side for support.

## Just finished Year 11

GCSE results come out on Thursday 24th August 2023.

Colleges and sixth forms will start enrolment on or after GCSE results day, and they will let you know whether this can be done online or by appointment only.

Don't worry if your grades are not what you expected. There is a starting point for everyone at college, and at enrolment tutors will ensure you are placed on the right level course. You could also consider a Study Programme with a Training Provider so you can improve your maths and English and gain work experience to help your progress onto an Apprenticeship.

If you achieve higher grades than expected, you can also change your original plans. You might decide to study a more academic course with exams such as A-Levels. You can talk about changing your course when you enrol at college or sixth form

## Just finished Year 13

Depending on the qualifications you studied, you will receive your exam results on or before Thursday 17th August 2023.

The decisions you make next are very important, so don't rush into anything! Consider all your options carefully and remember most careers have a range of entry pathways, so don't be disappointed if your original plans need to change. For example, you don't need A-Level law to study a Law degree, or you can study a Foundation Programme in Science at university to progress onto a health-related degree.

## Applied to Higher Education

On results day check UCAS Track to see if you have been accepted at your Conditional Firm or Insurance university/college.

If you haven't met the conditions of your offers, you can use UCAS Clearing until 17th October 2023 to find a place in higher education.

If your results are better than expected and you no longer want to go your firm choice you can use the 'Decline your place' button in your application to release yourself into clearing.

From 5 July 2023, if you are holding a firm unconditional place, you can release yourself into clearing by using the 'Decline your place' button in your application.

Only use this button if you no longer wish to take up your place at your firm choice, and you have spoken to your university or college and/or an adviser at your school/centre. Think very carefully before you decline any offer and are sure you no longer want your place.

Clearing 2023 opens on 5th July and closes on 17th October.

You can also register for Clearing Plus. This is designed to help you find the right course. If you use Clearing Plus, you will be signposted to relevant universities with spaces whose entry requirements match your results.

For further information visit the clearing section on the UCAS website: [Clearing | UCAS](#)

## Alternatives to Higher Education:

You may feel you need a break from full-time study. An alternative option you can consider is a Higher or Degree Apprenticeship, or a Level 3 Apprenticeship. There is always a lot of competition for Apprenticeships. Make sure you take time to complete the application form. Prepare well for assessments and interviews, by thinking about your skills, qualities, and achievements.

[www.apprenticeships.gov.uk](http://www.apprenticeships.gov.uk) [www.ucas.com/apprenticeships](http://www.ucas.com/apprenticeships)

If you need more time to consider your options or future career path, take a year out from studying. Defer your place at university for one year and take a Gap Year. You can use this time to volunteer, earn money, do an internship, work experience, or travel. [www.push.co.uk/gap-years.html](http://www.push.co.uk/gap-years.html)

## ***BIRMINGHAM CAREERS SERVICE ARE HERE TO HELP***

Whatever your situation on results day, Birmingham Careers Service's friendly Advisers are here to help with your next steps. We can help you find a pathway into your chosen career, or get you back on track, by talking through your options.

As one of our clients recently said, *"I liked the way the Adviser talked to me, she helped me to understand that I have lots of opportunities and options in my career plan".*

# VISIT US

If you are a young person aged 16-19 (up to 25 for those with additional needs) and not in Education, Employment or Training and need help with your career choices, you can visit our Careers Advisers at one of our three venues.

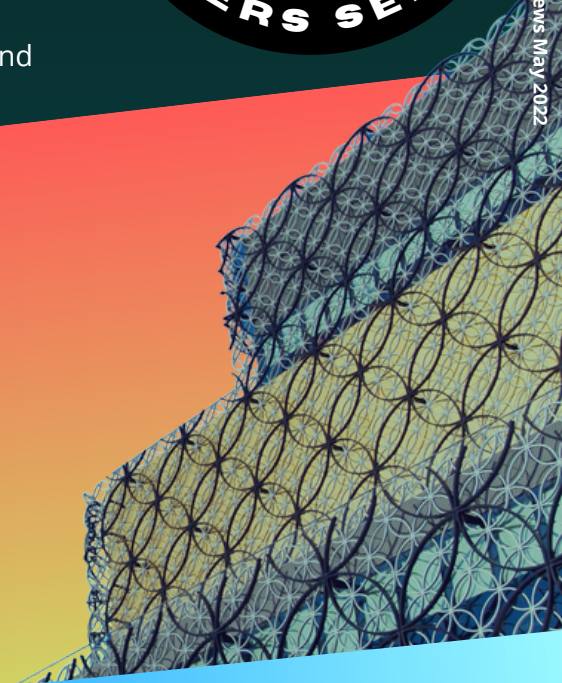
Scan the barcodes or visit [www.birminghamcareersservice.co.uk/visitus](http://www.birminghamcareersservice.co.uk/visitus) and book online today



Birmingham Careers Service News May 2022

## THE LIBRARY OF BIRMINGHAM

Centenary Square,  
Broad St,  
Birmingham  
B1 2EA



## THE LIGHTHOUSE ASTON

100 Alma Way,  
Birmingham  
B19 2LN



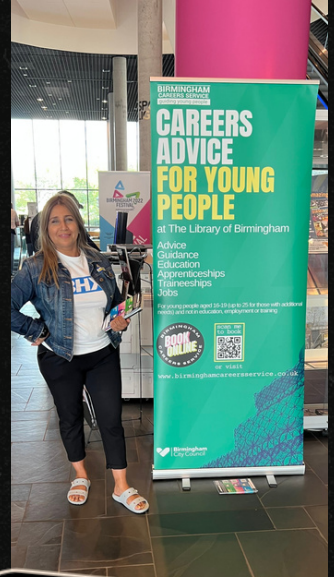
## THE FACTORY LONGBRIDGE

5 Devon Way  
Longbridge  
Birmingham  
B31 2TS





# CONTACT US



[www.birminghamcareersservice.co.uk/contact](http://www.birminghamcareersservice.co.uk/contact)

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