

18+ CHOICES AND OPPORTUNITIES

You are probably at that time in your life where you are beginning to start making plans for the future. At Scotty's, we know that this can sometimes feel a little scary for some of our Springboarders. You might be feeling a bit lost or alone or maybe you have a really clear plan mapped out in your head, but you aren't sure how to get started making it happen. Well, don't worry. Scotty's have pulled together some information that you might find useful. It's important to remember though, not everyone knows exactly what they want to do in life. You have been through so much, so never be afraid to reach out and get in touch with us here at Scotty's if you want some guidance or to talk through your options.

Higher Education

Degree, Foundation Degree, Higher National Diploma (HND) or Diploma of Higher Education. There is a huge range of qualifications available at hundreds of different settings. Why not take some time to check out different websites and speak to the institutions to gain more information about the courses you are interested in. Keep an eye on the websites for open days or virtual tours. You might want to make a list (everyone loves a list!) of all the place you would like to visit too.

Further Education

If Higher Education doesn't sound right for you, you might prefer a course. There are so many fabulous courses to help us to grow and learn. Here are just a few different possibilities;

A vocational course to train for a particular job. A short intensive course e.g., in keyboard skills, cookery or foreign languages can help you develop work related skills or encourage you pursue an interest. A distance learning course that allows you to develop and improve skills and qualifications. For more information go to:

<https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-18>

Work & Training

At Scotty's, we know that not all our Springboarders want to carry on with full time education. You might be thinking about starting work instead.

Looking for a job can seem like a massive task but there are lots of great websites that advertise job opportunities, for example [Indeed](#) or [Totaljobs.com](#). Remember some of the most well-paid people of today are actually self-taught, take Richard Branson, the Founder of Virgin for example!

Many employers offer training as part of the job, so be sure to explore the training packages different companies have to offer. You might want to consider an apprenticeship. Scotty's have a fact sheet explaining more about apprenticeships, so just ask if you would like to see that.

REMEMBER THE MORE YOU LEARN, THE MORE YOU EARN!

Take a Gap Year

Everyone has their own reasons for taking a year out as it can be good way to develop yourself and your skills while deciding your next step. A well-planned gap year is not just a break from study or work it can actually really help you in so many ways. Here at Scotty's, we know that your childhood may have been tough at times because of your bereavement and so you may need to take some quality time to consider what next steps are best for you. You are at the age where your life begins as an adult, meaning so many opportunities are open to you. For example, you may:

- Want to travel and experience other cultures.
- Need some breathing space before deciding what to do next.
- Want to earn some money so you can support yourself.
- Decide to gain some work experience (this will look great on your CV too)
- Have time to think about your long-term plans.
- Learn something new to support your future goal.
- Get to know yourself better.
- Help you to re-focus.

