



WHICH WAY NOW?

2019

How to choose your key stage 4 options

Help

Support

Advice

Your Choices

Your Future

Name:

Introduction

Congratulations! You've reached the next stage of your education journey and it's time to choose your key stage 4 options.

You probably feel as though you have only just got used to life at secondary school and now someone is asking you to choose your key stage 4 options. How will you choose what subjects to study? How will you decide which courses are right for you?

Don't panic. **Which way now?** is full of information, ideas and action points to help you choose well. To get the most from it, use it as a workbook. Start at the beginning and work through it from cover to cover.

Don't forget ...

There's help at Hand

Careers lessons. The careers resource centre. Options events. Course tasters. Progress reviews. Online prospectuses. Subject teachers. Careers advisers. They are all there to help you with your decision making. Make the most of them so that you choose options that work for you

The law has changed

Your education and training will continue until you are 17, helping you to gain the knowledge, skills and qualifications you need to get a job you enjoy in the future. Your key stage 4 option choices are important but you don't have to have a career in mind at this stage. Concentrate on choosing options that suit your abilities and interests and that give you plenty of choice post 16.

Involving others

Your parents or carers want the best for you but things have changed a lot since they went to school. Help them to understand what you are doing and how they can help you. Show them the parents and carers pages at the end of this booklet.



Who can help you?



Everyone needs a bit of help with decision-making. Make sure you get all the help and support you need – your option choices are too important to leave to chance!

Who knows you really well?

Talk to your parents or carers and subject teachers. Speak to the people who are helping you with other parts of your life – like friends, mentors, coaches, learning support staff and careers advisers. They want the best for you. They will tell you if they think that an option will suit you and explain why. They will also help you to explore and think about the alternatives.

Who knows what you need to know?

Don't let teaching methods, workload and assessment come as a surprise. Find out what an option is really like, where it leads and how it could help you in the future. Check that it suits your abilities and interests. Read all the information you get. Browse your local colleges online 14-19 prospectus if available. Go to options events. Sign up for taster activities and visits. Talk to the people running the courses and the students doing them.

Who can give you expert help if you're confused?

Speak to the people in charge of Information and Guidance (IAG) in your school Mrs Elwell as well as Mr Scott (Assistance Head Teacher) and Mrs Baggott (Creative Technology Coordinator).

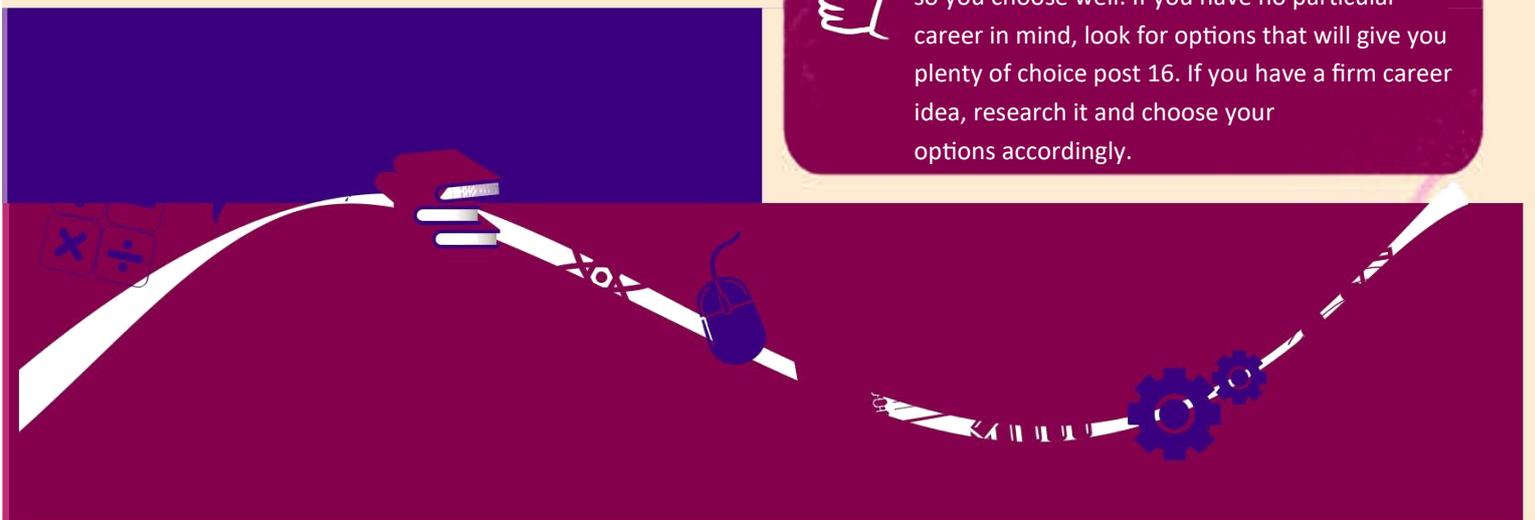
– They know a lot about what each option involves. They can tell you how it could help you in the future and where to get more information and help.

Where should you look for information and advice on the internet?

Use the websites signposted in **Which way now?** Bookmark and browse the 'Young people' pages on **www.direct.gov.uk**. They have information and advice about education and training opportunities and careers written especially for you, with links to other useful websites



Get as much information and support as you can so you choose well. If you have no particular career in mind, look for options that will give you plenty of choice post 16. If you have a firm career idea, research it and choose your options accordingly.



Your local choices

What subjects are compulsory?

You can do very little in life without a good grasp of English, mathematics and science so everybody must study these subjects.

At **Redhill School** you are also expected to study either History or Geography as well as a language. You will also have the opportunity to study courses and activities that will help you understand the world around you and develop the knowledge and skills you need for adult life – subjects like ICT, Business Studies, Music, Art, Drama, Food Nutrition, Design Technology, PE, Religious Education and PSHE for example

Do your research

When you know exactly what your options are, you can research those that interest you. Use our checklist to make sure that you don't forget anything.

Check List

- Read all the options information school gives me.
- Check what subjects are compulsory – the ones I have to do.
- Talk to the teachers to see if they think that it is a good idea for me to do their course.
- Talk to people who are taking the courses that interest me.
- Talk to my parents and find out what options they think I should do and why.
- Go with my parents to information and other events.
- Look up the careers that interest me in the careers resource centre and find out what subjects, qualifications and grades I will need for these careers.
- Use online prospectuses to get more information about local opportunities and see what subjects, qualifications and grades I need for the post-16 courses that interest me.
- Find out what Apprenticeships could offer me at age 16 or older, and what I would need to get one – see www.apprenticeships.org.uk
- Look up higher education courses that interest me on <http://unistats.direct.gov.uk> or www.ucas.com and see what subjects, qualifications and grades I will need to do these courses.
- Speak to my careers co-ordinator or careers adviser about my option choices and career ideas.
- Ask my careers co-ordinator or careers adviser who I should speak to if I think that I will need extra help with my key stage 4 courses.

Whatever key stage 4 options you choose, you will be able to change direction at the end of Year 11. Remember though that all choices have consequences. What you choose to study at key stage 4 could make a difference to what you can do later on. So don't close off options. Choose courses that give you the broadest range of options later on.

Put yourself first

It is important to choose options that interest and motivate you. What interests you? What makes you work hard?

Do our quiz to find out.

Tick anything you enjoy doing or think that you would enjoy doing

A

- building things
- being active and working outdoors
- making and fixing things
- using tools and machines
- solving problems

B

- designing and displaying things
- being on television
- writing a book
- playing in a band
- doing a makeover

C

- helping people
- sorting out arguments
- showing people what to do
- looking after people

D

- finding out how things work
- doing experiments
- researching and testing ideas
- designing a new computer game
- doing calculations

C

- organising parties and other social events
- buying and selling things
- running a business
- entering competitions
- campaigning for change

E

- making plans
- using a computer and calculator
- arranging things over the phone
- putting CDs/DVDs into the right order
- organising your money

Check your score

Mostly As

You seem to like practical work. Look for options where you can use your practical skills, do something active and work on different types of projects.

Subject ideas:

Construction and the built environment, design and technology, engineering, food technology, hair and beauty, manufacturing, physical education, public services, sport and

Mostly Cs

You seem to be a sociable person. Look for options where you can work with other people and find out more about how society works.

Subject ideas:

Citizenship studies, creative and media, hospitality, religious studies, retail business, society health and development, travel and tourism.

Mostly Es

You sound like an enterprising person. Look for options where you can use your energy, communication, number and thinking skills to test your ideas about how to improve the world.

Subject ideas:

Business studies, citizenship studies, economics, information technology (IT), modern foreign languages, psychology, retail business.

How many ticks did you get in each section? Write your scores in the boxes below. Most people have more than one interest so check out any score of three or over.

Mostly Bs

You sound creative. Look for options where you can express yourself and work on new ideas.

Subject ideas:

Art, creative and media, dance, drama, hair and beauty, hospitality,

Mostly Ds

It seems that you like investigating things. Look for options where you can use your number and thinking skills to find out more about why things are the way they are.

Subject ideas:

Biology, environmental and land-based studies, chemistry, geography, history, mathematics, physics, statistics.

Mostly Fs

Being well organised seems important to you. Look for options where you can use your planning, communication and computer skills to find out more about the systems and structures that keep the world working properly.

Subject ideas:

Business, administration and finance, business studies, economics, history, hospitality, information and communication



Take the First steps

Choosing well means thinking hard about:

- What you are like ?
- How might different subjects might help you in the future ?
- What questions you should ask about the subjects you have to do (compulsory courses) and the options that interest you.



Use this activity to help you organise your ideas

ME..... I AM

- Practical
- Creative
- Sociable
- Investigative

I LEARN BEST BY

- Seeing and reading
- Listening and talking
- Touching and doing
- Doing projects
- Doing tests

My Options

Subjects I have to Study.

Subjects I don't like and why.

Subjects I like and why.

New subjects I'd like to try and why.

How qualifications can help you in the future

There are six good reasons why you should take qualifications seriously.

To give you a choice of jobs – the number of jobs you can get without any qualifications is shrinking quickly. If you want a choice of jobs, you need good qualifications.

To make sure you don't spend your life in a dead end job – without qualifications, it is hard to move on from a low paid, low skilled job.

To improve your earning power – there is a big pay gap between people with qualifications and those without them. If you want a well-paid job, you need good qualifications .

To show other people what you can do – qualifications show employers, universities and colleges that you have the attitudes, skills and knowledge they value. They tell them what you already know and can do. They also give them an idea of how well you might do in the future.

To prove to other people that you can learn – qualifications show people that you want to learn and that you can learn. Employers, universities and colleges look for people like this.

To show yourself what you can do – gaining qualifications boosts your self-confidence and self-awareness.



Choose one career or job that interests you. Look it up in your school's careers information resources and list the subjects and qualifications you will need to do it.

Career/job

Subjects and qualifications needed:

Now record the steps you need to follow to pursue a career in that job.

Step 1

Step 2

Step 3

Step 4

Step 5

GCSEs

GCSEs are a key element of a broad education up to the age of 16. Find out more about them here.



FACT FILE

GCSE

General Certificate of Secondary Education .

Qualifications

GCSE

Subjects

Schools decide what subjects to offer. They can choose from over 50 different subjects. These range from English, mathematics and science to archaeology, citizenship studies and work-related subjects like leisure and tourism.

Learning

Mostly classroom learning. Mix of theory and subject-based investigations. The amount of practical work depends on the subject.

Assessment

- Mix of written examinations and internal assessment.
- Achievement is graded 1-9
- Some subjects have two tiers of assessment: Foundation and Higher. Your school will decide which tier you should do. Foundation tier leads to grades 1-5. Higher tier leads to grades 5-9

What next

GCSEs will help you whatever you plan to do after key stage 4. You can use them to meet the entry requirements for level 3 courses, an Apprenticeship and other form of job with training. Having 5 GCSEs at grades 4 and above (including English and mathematics) gives you a much bigger choice of post-16 options.

English Language and Literature

Developing and using speaking, listening, reading, writing and critical analysis skills. Applying knowledge and skills to express yourself creatively and imaginatively and communicate confidently and effectively in different situations. Essential for further learning, employment and wider adult life



Mathematics

Developing and using knowledge and skills for working with numbers, measures, shape and space, data, statistics, algebra and probability. Improving problem-solving skills. Acquiring the tools to help you understand science, engineering, technology and economics. Vital for employment, business and finance, and



Science

Developing and using knowledge and skills in biology, chemistry and physics. Using practical, enquiry and other skills to consider data, evidence, theories and explanations. Developing a critical approach to scientific evidence and methods. Investigating how science works and its essential role in society. Essential for further learning, employment and taking a full part in society. GCSEs in science are available as single, double or triple awards. Triple science is awarded as separate GCSEs in biology, chemistry and physics



A taste of GCSE's.....

Art

Art and Design helps students develop knowledge, skills, and understanding to enable them to express their creativity and imagination through responses to visual and written stimuli.

Business Studies

GCSE Business Studies is designed for students finishing secondary school to learn skills for running a business, such as managing money, advertising and employing staff.

Design and Technology

Creative, practical and theory based work, developing an understanding of research, planning, designing, making and evaluation skills.

Drama

Drama offers students the opportunity to explore drama as a practical art form in which ideas and meaning are communicated to an audience through choices of form, style and convention.

Food Preparation and Nutrition.

The Food preparations and nutrition course equips students with an array of culinary techniques, as well as scientific knowledge of processes, nutrition value, food traditions and kitchen safety.

Geography

Learning about the relationship between people and the climate, environment, water, landforms, places, work and development.

History

Learning about key individuals, societies, events, development and understanding the issues and links between past and present.

Information and communication technology (ICT)

Learning how ICT systems work, how to store information and how to help people solve problems. Exploring new developments in technology and different ways to use ICT.

Languages (French or Spanish)

Developing reading, writing, speaking and listening skills. Using these skills in different situations such as being on holiday or on business to Spain or France, as well as welcoming visitors or business people to England.

Music

Listening to and learning about a variety of musical styles. Composing music and performing as a soloist and in a group.

Physical Education

PE explores Anatomy and Physiology, Physical Training, Sports Psychology, Socio-cultural Influences and Health, Fitness and Wellbeing. Practical skills are also assessed through NEA (Non Examined Assessment).

Religious Education

Students will learn how religion, philosophy and ethics form the basis of our culture, and develop valuable skills that will help prepare them for further study.

Alternative provision courses

Leisure and Tourism

The course will give students a broad understanding of leisure and tourism, including the important vocational areas of customer service and marketing, as well as providing an insight into both the sport and recreation and travel and tourism industries in the UK.

Photography

Photography GCSE encourages students to produce images using light-sensitive materials such as photographic film, or digital methods of development and production to create static or moving images.

Triple Science

Pupils who are encouraged to study triple science will study all three sciences and end up with three GCSEs.

Finding good information

Good information is the key to choosing well.

Do you know where to get good information?

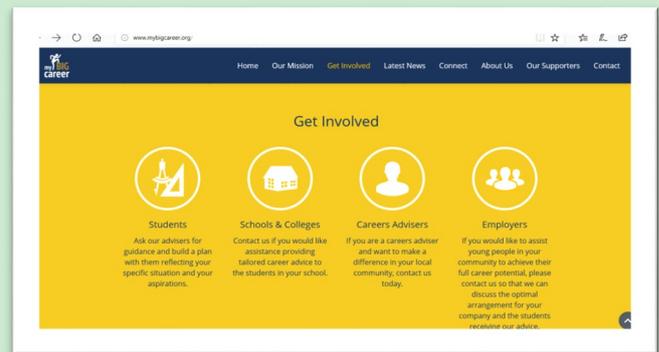
Where to look

A great place to start looking for information is in your school's careers resource centre. It should have:

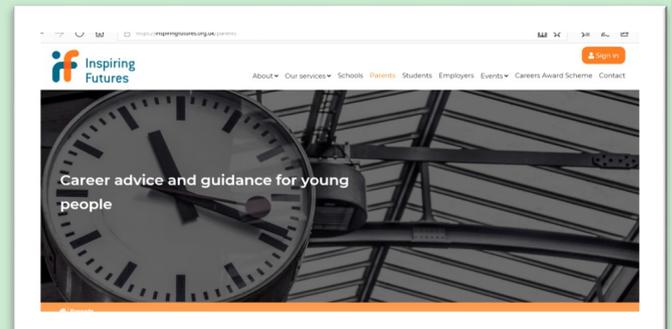
- people who can tell you where to find the information you want
- printed and multi-media information about Careers and other things that affect your life the
- contact details of people and organisations who can give you expert help
- computer programs to help you work out your career interests and find courses and careers that might suit you
- internet access so you can use online prospectuses and databases, and the 'Young people' pages on www.direct.gov.uk



<http://www.mybigcareer.org/>



<https://inspiringfutures.org.uk/parents>

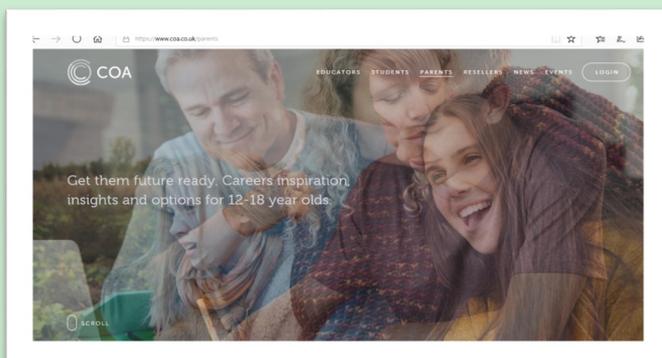


Useful websites

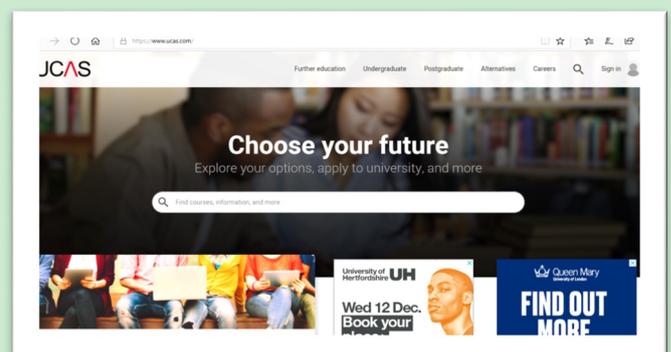
<https://www.fasttomato.com/>



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



<https://www.ucas.com/>



Taking control of your decisions



Are you ready to make your own decisions? Or are you tempted to follow the crowd? If you let other people choose for you, you could end up studying subjects or courses that suit them better than they suit you. Use these tips to make sure that this does not happen to you.

Research all your options before making a decision.

- Don't fall into the trap of thinking that some subjects are only for boys and some only for girls – this is not true.
- If you have a firm career idea, choose the subjects you need to meet the entry requirements for future opportunities that interest you, including higher education.
- If you don't have a firm career idea, choose subjects that will give you plenty of choice post 16.
- Make the most of your careers education lessons and ask for help from your family, friends, subject teachers, careers co-ordinator, careers adviser and others – you need good information, advice and guidance to help you choose well.



Your choices don't have to be job-related. It's fine to choose some simply because you enjoy or are good at them. But you should make sure that you choose a broad range of subjects that will give you plenty of choice post 16.



Do choose a course because:

It fits your interests and abilities

- You are good at it and think you will enjoy it
- It goes well with your other choices
- It links to a career idea
- You think you might want to continue studying it post 16
- It will help you meet the entry requirements for the post-16 options that interest you
- It will help to give you plenty of choice post 16.



Do not choose a course because:

Your friends have chosen it

- You think it will be easy
- You think it is a good course for a boy/girl to do
- Someone else thinks that it is a good idea for you to do it
- You like the teacher you have now
- You didn't have time to research your options properly or to get any information, advice and guidance from your careers adviser.

Use the space below to make notes about you, your skills and qualities.

You

Frequently asked questions

How do I know if I have chosen the right options?

Have you researched and thought carefully about your choices? Have you chosen options that interest you and match your abilities? Have you chosen options that you think you will enjoy, that link to a career idea or that give you plenty of choice in the future? If so you can be confident that you have chosen well.

Can I study something relevant to work that will help me to explore my career ideas?

Yes. Most schools offer a range of practical, work-related courses. Some offer the Diploma, which is a qualification based around work. Remember though that you will still have to study compulsory subjects such as English, mathematics and science.

I like sports/creative subjects best – can I do just these?

No. You must study compulsory subjects such as English and mathematics and most schools will give you option blocks to choose from. For example, you may have to choose one technology, one creative/sport and one language subject, as well as having one free choice.

I have a career in mind, but my friends say I won't be able to do it because of my gender. How can I find out who is right?

It is never a good idea to choose a career simply because of your gender. Speak to your subject teachers or make an appointment with your careers co-ordinator or careers adviser to discuss your concerns. They will help you think through your ideas and how well they match your interests and abilities. They may also be

I have a definite idea about the career I wish to follow and it is strongly linked to mathematics and science. Can I take more than one science?

In Redhill School you will study two sciences, some pupils will also have the opportunity to follow a third science as an additional option. However your science teacher will speak to you about this.

able to put you in touch with someone of your gender who is already doing the career

Am I allowed to change my mind once I have selected my options?

It's important to you and us that you are placed in the right subject area. One which you enjoy and have the opportunity to reach your fully potential. It is for that reason that the options process has been carefully planned to happen over a period of time to support you with making the right decisions as we do not want to be making changes at a later date and

