

# Hello Future

*Helping young people in Cumbria  
achieve their full potential.*

We offer impartial advice and opportunities to young people, their parents & carers and teachers & advisors across Cumbria, helping to explore their future and progression towards higher education.



**hello**  
**future.**

[www.hellofuture.ac.uk](http://www.hellofuture.ac.uk)

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 **OfS** Uni Connect  
Programme

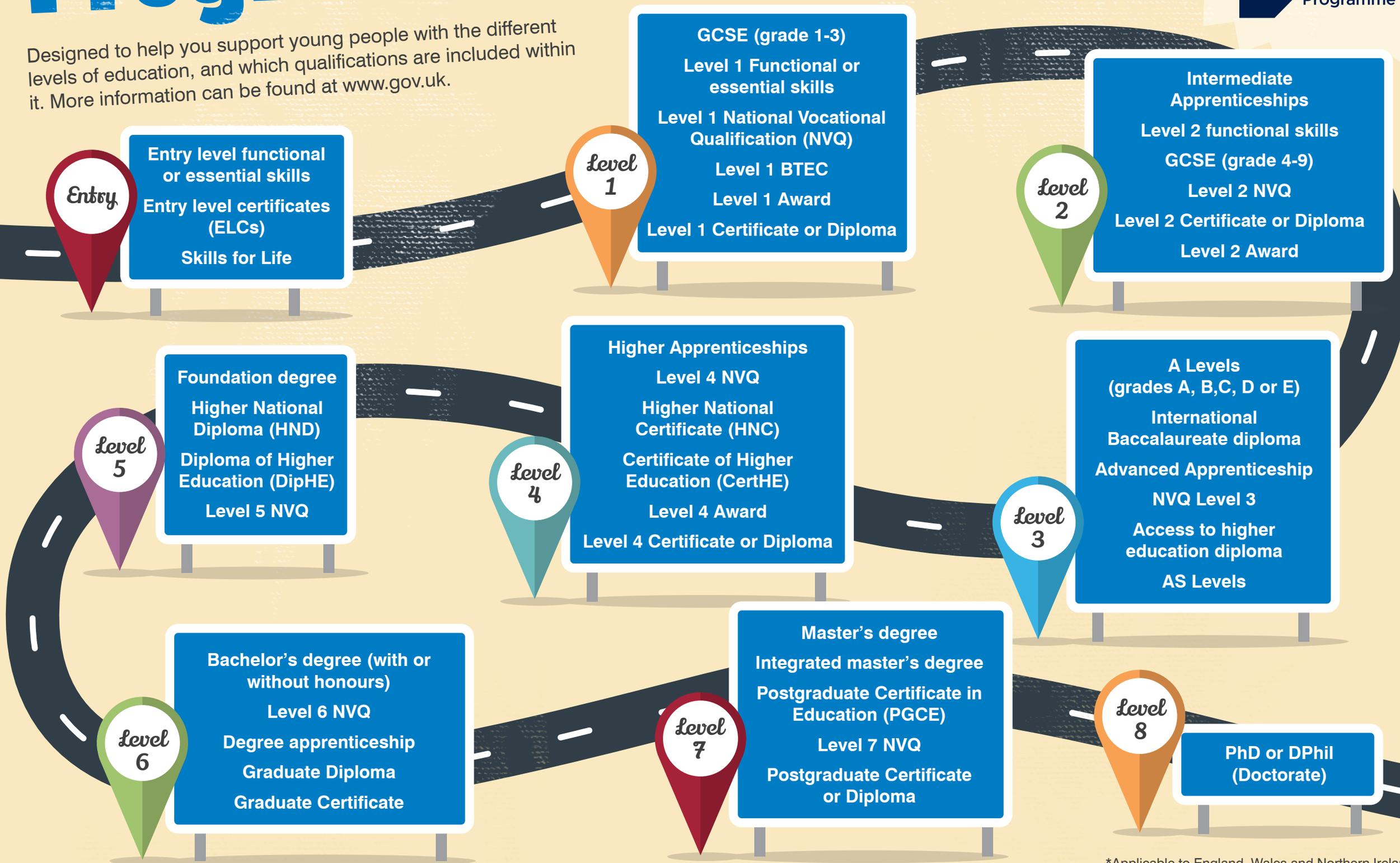
# About us

We are the Cumbrian hub of the national Uni Connect Programme, funded by the Office for Students (OfS). The OfS is the independent regulator for higher education in England. Their aim is to ensure that every student, whatever their background, has a fulfilling experience of higher education that enriches their lives and careers. Based in Carlisle and Eden, West Cumbria and Barrow-in-Furness, we are a partnership of further and higher education providers and organisations invested in skills and career development across Cumbria.



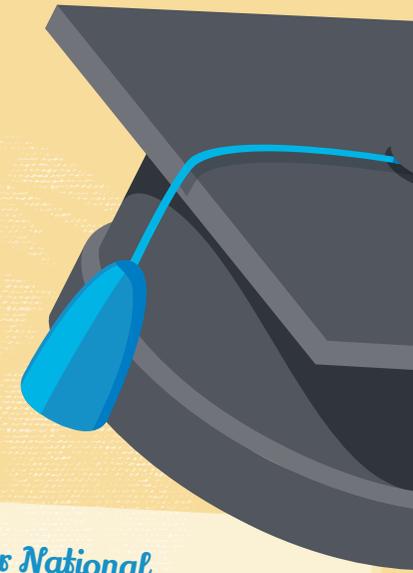
# A guide to Progression Routes

Designed to help you support young people with the different levels of education, and which qualifications are included within it. More information can be found at [www.gov.uk](http://www.gov.uk).



\*Applicable to England, Wales and Northern Ireland.

# Higher Education Explained: Qualifications



Higher education includes any post-18 qualification for which a learner can study full-time or part-time at a university, college or other higher education providers. This includes qualifications at level 4 and above:

## Degree Courses (Level 5+)

### Foundation Degree (FDA):

- Foundation Degree (FDA – Level 5).
- Blending practical learning with academic study to train for a specific job.
- Afterward, go straight into a career or complete a full degree.

### Bachelors (Undergraduate Degree – Level 6):

- Can take 2-4 years to complete – this may differ for degrees in medicine, nursing or dentistry (for example).
- Can be academic, practical or placement-based.

### Postgraduate study (Level 7):

- **Masters:** Similar to a bachelor's degree but at higher level. More focus on research.
- **Postgraduate certificate and diploma (PGCert/PGDip):** Alternatives for those who do not want to complete a full masters degree.
- **PGCE:** Postgraduate certificate in education. Often a requirement for careers in teaching if the Bachelors was not a teaching course.

## Other courses

### Conservatoires:

- Performance-based higher education in music, drama, screen and production.
- Based on individual tuition.
  - Practical training.
  - Opportunities to perform.
  - Some applications can be processed through UCAS (Universities and Colleges Admissions Service).

## Alternative HE providers

This may include higher education providers dedicated to specific subject pathways such as Performing Arts schools and sports training providers.

Some of these institutions may not receive annual public funding and financing may differ.

## Higher and Degree Apprenticeships (HADA – Levels 4 to 7)

- Designed by employers in partnership with HE and FE (Further Education) providers.
- 80% employment, 20% part-time study.
- Training is paid for by the Apprenticeship Levy.
- Students can earn a degree.

### Higher Apprenticeships:

Levels 4, 5, 6 and 7, dependent on the employer

- A higher apprentice may earn a HNC, HND, foundation degree or NVQ.

### Degree Apprenticeships:

Work towards a level 6 or 7 qualification equivalent to a bachelors or masters degree.

Available in a wide variety of sectors including: Arts, Media & Publishing, Business, Digital, Education and Childcare, Health, Engineering & Manufacturing, Legal, Science & Mathematics (and more).

## Higher National Certification (HNC) or Higher National Diploma (HND) (Levels 4 and 5)

- A HNC takes around 1 year.
- A HND can take 2 years if completing full time.
- Gaining practical experience with theoretical knowledge, leading straight into a career or a stepping stone to a full degree.

## Certificate of Continuing Education (CertCE)

- Equivalent to Year 1 of university.
- Can also be used as a stepping stone to a full degree.

## Certificate and Diploma of Higher Education (CertHE/DipHE):

- CertHE = equivalent to 1 year of degree.
- DipHE = equivalent to 2 years of degree.
- Often given to those who finish a degree early.

# Higher and Degree Apprenticeships

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OfS Uni Connect Programme

Applying to a Higher or Degree Apprenticeship

## What are Higher and Degree Apprenticeships?



- ✓ An alternative training route to gain a level 4 or above qualification.
- ✓ Provide opportunities for on-the-job training and the platform to explore the skilled professions within each sector.
- ✓ Qualifications that split your time 80/20:
  - 80% paid work
  - 20% post-18 study at a university, further education college or other provider
- ✓ A qualification led by employers where tuition fees are covered by the employer.
- ✓ Career/work/profession-based; co-developed and written by employers and level 4 or above education institutions.

## What Qualifications do you gain?



In a HA course the apprentice will work towards either a Level 4, 5, 6 or 7 qualification depending on what the employer is offering.

The length of study depends on the employer but can take from one to five years to complete.

A Level 4 Qualification is equivalent to a Higher National Certificate (HNC), and a Level 5 qualification is equivalent to a Higher National Diploma (HND) or a foundation degree.

A DA differs slightly in that the person on the apprenticeship will definitely work towards a Level 6 qualification, and in some cases, a Level 7 qualification.

Typically, a DA is three to six years long. Degree apprentices work towards a full bachelor's degree as a core component of the apprenticeship.

The employers and higher education institution collaborate to create the course and determine the length.

## Where to apply?

Go to 'Find Apprenticeship' on [www.gov.uk](http://www.gov.uk) to find local and national apprenticeship opportunities."

- You can also find a range of vacancies at [www.ratemyapprenticeship.com](http://www.ratemyapprenticeship.com) and use the 'Vacancy Snapshot' which provides useful information on well-known employers which may help with applications.

## What to expect

There can be a number of stages to the recruitment process:

- An application form or CV
- Online tests
- A phone or online interview
- An assessment day with employers

## When to apply

There is no fixed deadline to apply. Vacancies appear throughout the year. Some companies close their recruitment as soon as they have enough candidates.

**Autumn Term – Larger employers' vacancies appear**

**Spring Term – Majority of vacancies appear**

Some employers might start recruiting a month or two before the jobs start, so they are aiming to start work in August/September.

## Qualifications

Typically, applicants will need five GCSE's including English and Maths at grade 9-4, and Level 3 qualifications including: A Levels, NVQs, or a BTEC. Some employers will expect or require applicants to have studied subjects relevant to the apprenticeship.

Anything that the applicant can do to demonstrate their interest and readiness for work could help them stand out from the crowd, such as volunteering, relevant work experience or part-time work.

As well as being flexible and adaptable to suit changing business needs at work, apprentices will need to be self-motivated during independent study and be prepared to put what they learn into practice.

## What skills are employers looking for?

- ✓ Teamwork
- ✓ Collaboration
- ✓ Interpersonal skills
- ✓ Enthusiasm
- ✓ Motivation
- ✓ Communication
- ✓ Analysis
- ✓ Creative solutions
- ✓ Attention to detail
- ✓ Logical thinking
- ✓ Initiative

# MYTHS. busted

*Degree Apprenticeships are best suited to large companies who can afford the training costs*

**WRONG**

Being a small or medium-sized business is advantageous when it comes to getting funding for Higher and Degree Apprenticeships since they won't have to contribute to the Apprenticeship Levy but will be able to draw 90%-100% of the funding to help towards training costs for the apprentice from the Government. Look out for opportunities in small and medium-sized businesses, not just the multi-nationals.

*I won't have a real job*

**WRONG**

Most apprenticeships are full-time like a regular job. The Skills Funding Agency (SFA) states that the number of hours worked must be at least 30 hours per week, just seven-and-a-half hours less than the 37.5 hours worked on regular contracts. This can be reduced but only in exceptional circumstances. Apprenticeships must also last a minimum of 12 months and normally last between 1 to 5 years.

**FACT:** Over the past three years, 122,000 people have started Higher or Degree Apprenticeships. The government has pledged to create 3 million apprenticeships across all levels by 2020.

*Apprentices aren't academically-minded*

**WRONG**

Higher and Degree Apprentices who apply to the employers and HE provider will still need to meet the same entry requirements and high standards for the degree. AND you will achieve the same academic degree qualification.

*You can't do a Higher and Degree Apprenticeship at a Russell Group University*

**WRONG**

Yes, you can. The Russell Group consists of 24 member universities who are world-class, research-intensive universities.

*The learning that apprentices receive will be too generic and not relevant to industry*

**WRONG**

Research and innovation are at the heart of the Higher and Degree Apprenticeship courses. They have been developed by both employers and HE providers, so students receive the most up-to-date skills and knowledge relevant to each business sector.

*I can't afford it*

**WRONG**

Unlike most ways of gaining formal training and practical experience, apprenticeships are paid for by the government and your employer. Therefore you don't take out a student loan for fees and living costs and gain a degree at zero cost. So they're great if university isn't an option financially.

*A degree apprenticeship is not a real degree*

**WRONG**

All degree apprentices gain the same Bachelor's and Master's awards as traditional students, whilst higher apprentices will gain a higher education qualification such as a Higher National Certificate (HNC) or foundation degree. You also get to graduate in the same way as traditional students.

**FACT:** Apprenticeships are available in a wide range of sectors such as: Digital, Engineering, Nuclear, Project Management, Nursing, Accountancy, Leadership and Management.

*You won't be given any real work to do*

**WRONG**

Employers will put together a training plan to ensure apprentices have all the skills, knowledge and behaviours to be successful in their role. This puts you in a great position to progress in your field.

*Apprentices are paid bad salaries*

**WRONG**

Employers recognise the value of apprentices, meaning they do offer competitive salaries to attract the best talent. You'll be guaranteed at least the minimum wage (depending on your age and year of study this may be the apprentice minimum wage). Apprenticeships offer other financial benefits, allowing you to earn while you study, without paying tuition fees.

# Identifying skills

*in Community settings*

## Aims and outcomes

- ✓ Understand different ways to use skills logging with your young people:
  - Formal and informal methods
  - General or with a particular job/course in mind
- ✓ Learn about the different ways of using the Prospects website



# Skills log for community advisors to facilitate

Though those you work with will be developing various skills in the sessions they attend, young people often struggle to identify their skills so they can effectively display their abilities in an application or interview scenario. The below table allows them to break down the skills they have, with areas that they are strong with and areas they self identify may need more improvement.

It is important to discuss their skills in a direct, clear-cut way, which may include helping them identify the skills they have gained or are gaining whilst at your club. This means they will identify these skills and reflect on what they do well and what they feel they need to improve in order to be able to discuss this in an interview.

However, this does not need to be a formalised record-keeping activity, you could also facilitate this in more engaging ways, such as:

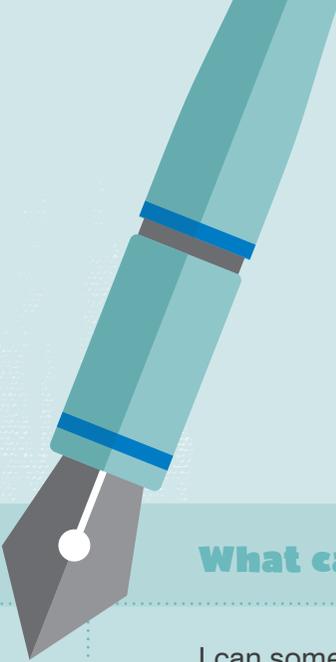
- Hosting a focus group at the end of the session where young people can discuss what they have done that day and reflect on their related skills.
- Try to incorporate the language when you are facilitating the activity, e.g. 'really good communication guys', so that you can come back to it for further discussion afterwards.
- Pick out some of the main skills you use and ask them to rate their own skill in that area from one to five. Once they have audited their skills, you can discuss their responses including what they might need to improve or stop underestimating themselves. Give concrete examples of how they have used these skills in action.

Skill	What do I do well?	What can I improve?
Communication	I have greatly improved my communication skills through my time in football club. As captain I have been able to give constructive feedback to my teammates. My coach has informed me this an area that my position of captain has helped me develop and therefore I feel I can pass on information well.	In dancing, sometimes I can misunderstand what I am being told, therefore I always ensure I check what I am being instructed to do so that I can strive for my best performance. This is something I would continue to develop if appointed in this role.
	<i>Note that the above shows how the skill has improved through their attendance at the club, and they have evidenced this assertion with an example.</i>	<i>It is not negative to talk about what you could improve, in fact it shows a level of self-awareness. The important thing is that they have identified an area for improvement, and then mention how they are working to improve this. This can also be linked to the job or course description – outlining a specific area they could improve in the role.</i>  <i>See example below.</i>

example

# Magazine Journalist

This role would require a degree, the specifics can be explored on the Prospects website (see below).

- 
- Skills you will need to show:
- ✓ Excellent writing skills
  - ✓ A proactive approach to research
  - ✓ Determination and persistence
  - ✓ Strong interpersonal skills
  - ✓ An demonstrable interest in the subject of the magazine
  - ✓ IT skills and familiarity with commonly used software

## Skill

## What do I do well?

## What can I improve?

### Excellent writing skills

Over my time at university, my writing has been vastly improved. My grammar and punctuation in particular have been picked up on by my tutors as areas of my best practice in this area, and they have acknowledged the marked improvement since first year.

I can sometimes have some difficulty with my writing being overly concise, therefore I have attended extra creative writing workshops during my time at university to become more comfortable with extending my writing when necessary. The role would allow me to further develop my ability to extend writing when the article calls for more length.

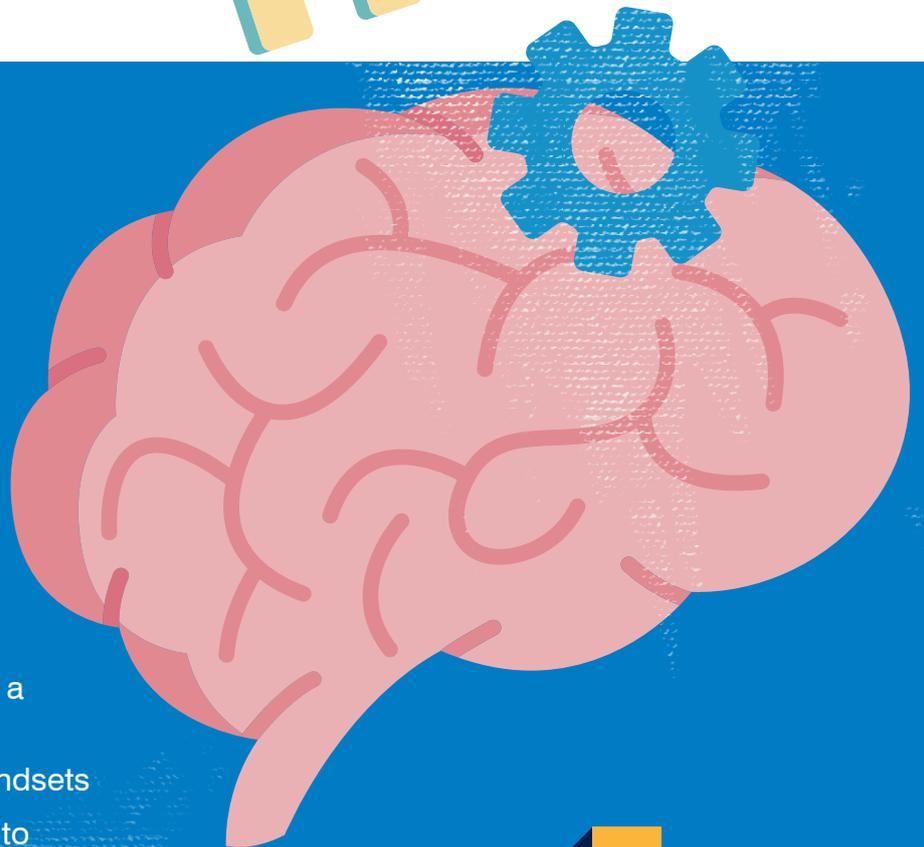
*The individual can write each skill from the job description into a table such as this when writing an application to see how they can incorporate their skills into their writing.*

Information for this job description was adapted from [www.prospects.ac.uk](http://www.prospects.ac.uk), a service providing information and advice regarding job roles and education opportunities. The service includes a quiz to establish which jobs may be best for you, and an A-Z of popular job descriptions.

We have attached an empty skills log for you to use with a young person if needed.

<b>Skill</b>	<b>What do I do well?</b>	<b>What can I improve?</b>

# Promoting Growth Mindset *in Community Settings*



## **Aims and outcomes**

- ✓ Understand Growth Mindset and how it applies to your practice in a community setting
- ✓ Identify positive and negative mindsets
- ✓ Be introduced to tools designed to promote Growth Mindset

# Growth Mindset

Growth Mindset is a concept first theorised by Carol Dweck from Columbia University. Seen as the positive mindset, Growth Mindset focuses on seeing failure as an opportunity for learning. This offsets the potentially negative impact this failure would normally have on an individual. This also extends to understanding that challenge develops our brains, and how determination, dedication and hard work are essential building blocks of success.

Put simply, Growth Mindset believes that ability is not fixed and that through learning from failure and developing a revised approach, individuals can improve their abilities.

This is relevant to community organisations as you are often providing activities for the children and young people you work with. You may also often have these individuals claiming that they can't do something so there is no point in them trying. By being aware of Growth Mindset, how to teach it and integrate it into your planning, you can show these individuals that their ability is not fixed. This is an essential life skill that develops more resilience as individuals are not knocked off course by small setbacks.

The opposite, therefore, is Fixed Mindset – the belief that ability is predetermined. Statements belonging to each mindset can be found below:



## Fixed Mindset

**“Failure is the limit of my abilities”**

**“I’m either good at it or I’m not”**

**“My abilities are unchanging”**

**“I don’t like to be challenged”**

**“I can either do it, or I can’t”**

**“My potential is predetermined”**

**“When I’m frustrated, I give up”**

**“Feedback and criticism are personal”**

**“I stick to what I know”**



## Growth Mindset

**“Failure is an opportunity to grow”**

**“I can learn to do anything I want”**

**“Challenges help me to grow”**

**“My effort and attitude determine my abilities”**

**“Feedback is constructive”**

**“I am inspired by the success of others”**

**“I like to try new things”**

**“I persist in the face of setbacks”**

**“My potential is not predetermined”**

There are some quick ways to sample mindsets in a group. When promoting a Growth Mindset, you can deliver a task that can seem impossible, but is actually very possible. “During these activities, you may quickly hear Fixed Mindset statements including: “this is impossible”; “is this a trick?”; “I’ll never get that”. Here would be the perfect opportunity to flip the narrative and introduce some examples of a Growth Mindset. On the next page, we have shared an example of one of these activities with instructions.



## Question

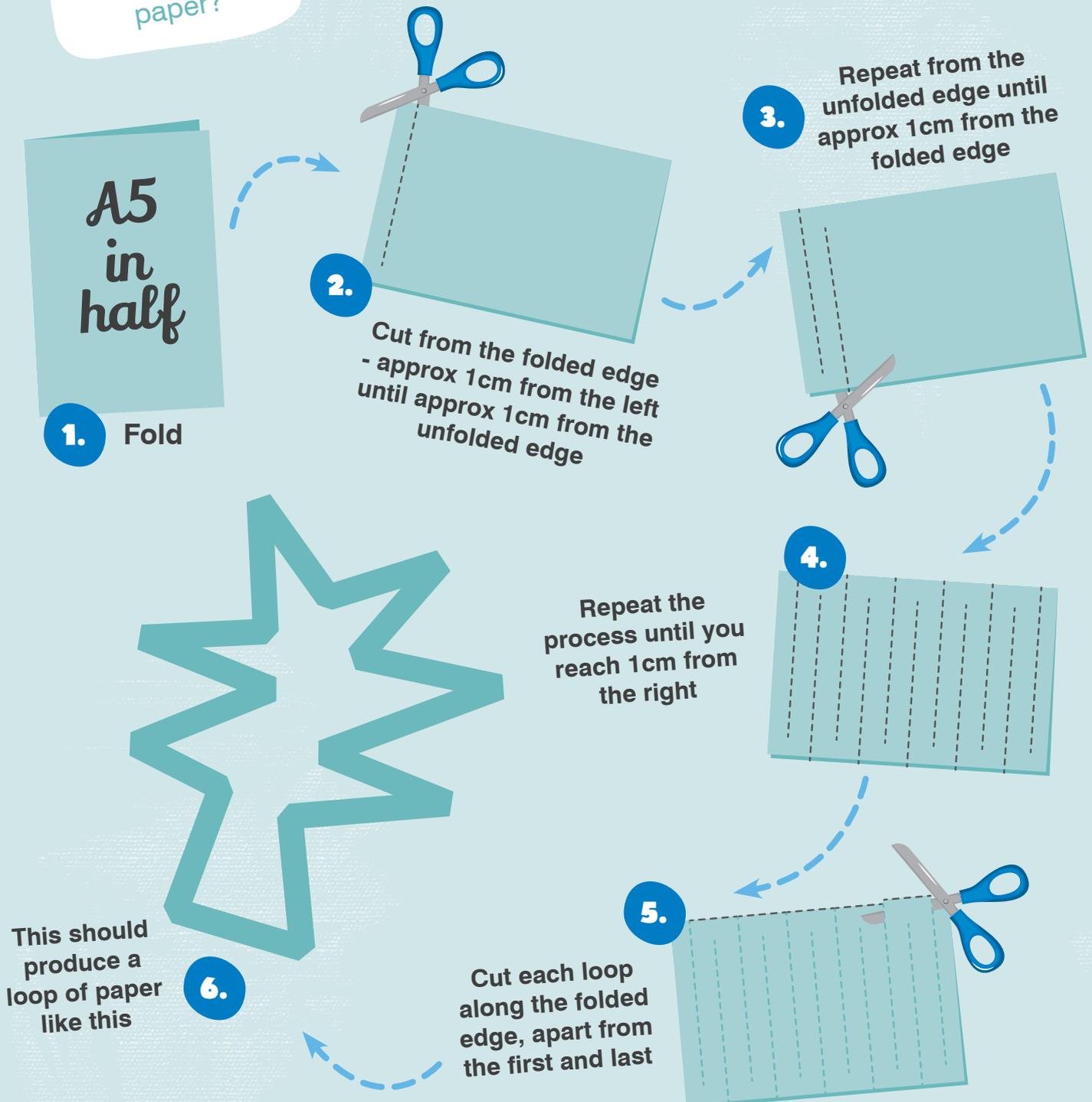
Can you fit a person through a sheet of paper?

## Instructions:

The aim of this task is to fit a whole person through an A5 piece of paper without any rips or tears. This can be completed individually or in small groups if you would like to include a team-building element.

The game can seem impossible at first, so allow participants some time to think about the task. Whilst they do, take a note of their attitudes: are they willing to try? or do they give up before they have given it a go?

The diagrams below show you the solution so that you can show them afterwards.

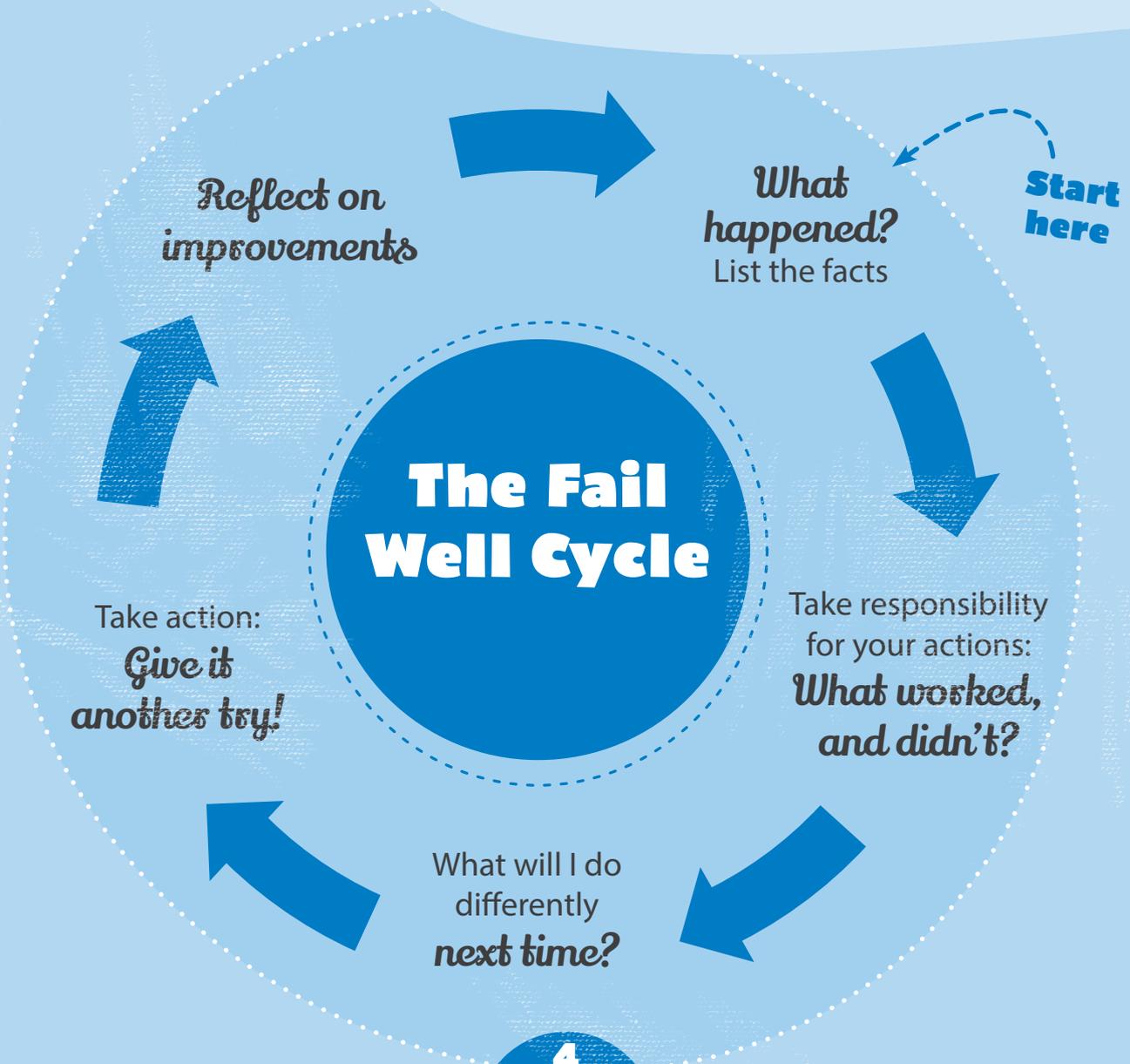


How can you incorporate **Growth Mindset** into your existing activities and discussions?

It could be helpful to have some questions you can use, examples include::

- ? How did you/ will you challenge yourself today?
- ? Was there a different strategy you could have tried?
- ? What have you learned about this 'failure' that you could change for next time?
- ? What else do you want to know or be able to do?
- ? If the 'success' was too easy, how could you make it more challenging?
- ? Who can you ask for help and/or honest feedback?
- ? Did you accept what you did was 'good enough' or did you push yourself harder?
- ? Are you proud of your activity today? Why/ why not?

These questions can be formalised into the 'Fail Well' cycle, where a young person can establish what went wrong and how they can improve at their next try.



# The Iceberg Illusion

Success in an iceberg

We have went through some more formal activities, but Growth Mindset can be used as a more conversational activity. Fro example, you can introduce learners to the concept of the 'Iceberg Illusion'. This can be incorporated into conversation or created into its own reflective activity.

**SUCCESS!**

**What people see**

**What people don't see**

**Persistence**



**Failure**



**Dedication**



**Sacrifice**



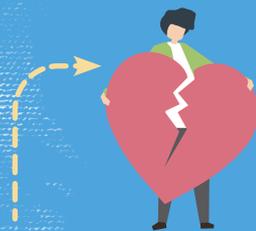
**Hard Work**



**Good Habits**



**Disappointment**



Firstly, introduce the idea that each successful person will have more to their story, they will have had setbacks that they had to work through and improve themselves.

For example: Walt Disney was fired from an early job at a newspaper as the editor felt he 'lacked imagination and had no good ideas'. He is now regarded as a pioneer of the American animation industry and as a producer holds the record for most Academy Awards earned by an individual, having won 22 Oscars from 59 nominations.

You could ask learners to research how Walt Disney gained his success or ask learners to reflect on people they are inspired by, whether that includes friends, family or someone in the public eye they look up to. How do your learners define success? "What inspires them about their chosen individuals?"

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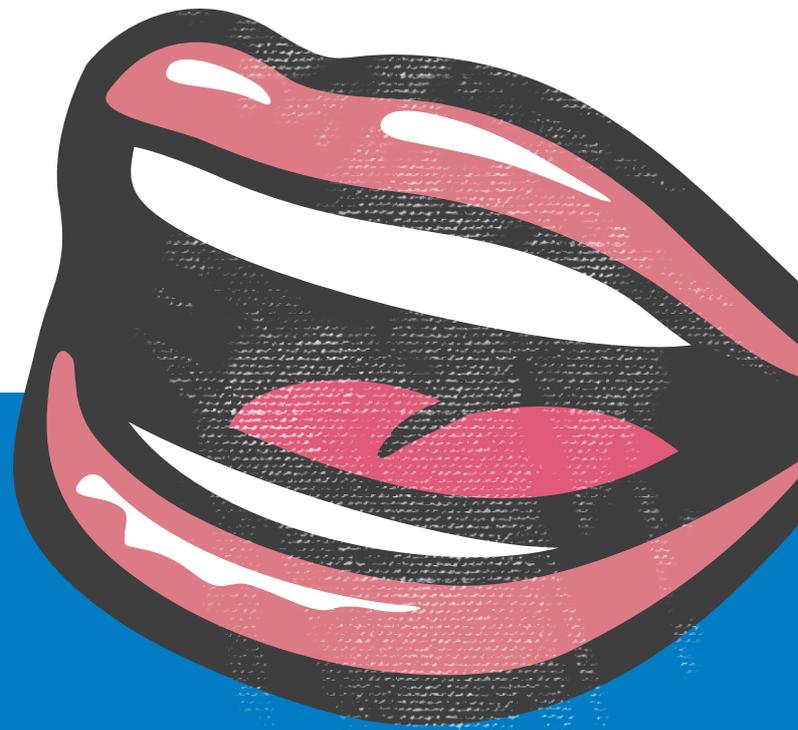
			
			
			
			
			

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# Jargon buster



**The key terms you may hear in  
relation to further education  
and higher education**

# Jargon buster

We have put together this jargon buster to go through some of the most common terms that may come up in a conversation about Further and Higher Education. This list is likely not exhaustive but may be able to point you in the right direction of the service you are looking for. It may also be worthwhile reading this alongside the Progression Routes sheet for level clarification.

## Further Education (FE)

Refers to the qualifications taken after school, generally between the ages of 16 and 18. The most common places to study are college or sixth form. To enter Higher Education, you will need a Level 3 qualification(s) that you can gain at FE, such as:

**A levels:** The academic qualifications gained from studying at a sixth form or college, students can choose 3 or 4 subjects.

**BTEC:** Vocational qualifications generally gained through studying at college. BTECs provide theoretical and practical knowledge in a range of subjects, and students choose one subject area.

## Higher Education (HE)

Refers to the qualifications that are taken at level 4 or above, i.e. taken after A Levels or equivalents. This includes university degrees, higher apprenticeships and degree apprenticeships. The most commonly heard of routes are:

**Degree:** A Level 6 qualification achieved through successful completion of a course of study at university or college. They can also be referred to as a Bachelors, e.g. Bachelor of Arts (BA).

**Degree apprenticeships:** A degree apprenticeship is an apprenticeship course where a student can gain a full bachelor's (Level 6 HE) or master's (Level 7 HE) degree upon completion. Students will spend most of their time working for their employers with a portion of their time studying at the partnered university, college or training provider.

**HADA's:** Higher and Degree Apprenticeships

Higher Apprenticeships: A higher apprenticeship is an apprenticeship course where students can gain Level 4 and above. Students will spend most of their time working for their employers with a portion of their time studying at the partnered university, college or training provider.

## UCAS: University and College Admissions Service

The central organisation who handle higher education applications across the UK

**Adjustment:** A service available from A Level results day for students who have gained higher results than expected and would like to apply for another institution and/or course with higher entry requirements.

**Clearing:** A service that opens on A Level results day for students without a place at a higher education institution. These students can apply to other courses to attempt to gain a place on a course with spaces still available.

**Extra:** An additional period of time to apply for courses through UCAS when someone has not applied during the main UCAS application period or has not received offers of a place.

**Firm choice:** A student's first choice, this is the institution and course they will attend if they meet the conditions of their offer.

**Insurance choice:** A student's second choice of higher education, usually with slightly lower entry requirements. This is the institution and course a student will attend if they do not meet the terms of their Firm choice.

**School Direct:** Part of the UCAS Teacher Training application scheme – for students studying postgraduate teacher training programmes based in a participating school.

**Track:** The online service allowing applicants to track the status of their higher education applications.

## Offers

**Conditional offer:** In your application, this is an offer of a place on a course subject to conditions. To be accepted on the course, you'll need to meet the conditions – usually related to your exam results (e.g. getting a BBC at A Level).

**Unconditional offer:** In your application to a course, this is an offer of a place on a course with no conditions (e.g. needing BBC at A Level).

## Some admissions tests

**BMAT:** The Biomedical Admissions Test. A form of medical admissions test required by certain universities.

**UCAT:** The UK Clinical Aptitude Test. An admissions test required by some medical and dental schools across the UK.



## Finance

**Bursary:** A non-repayable monetary award made to students who satisfy certain criteria as set by the awarding universities and colleges.

**DSA:** Disabled Student Allowance. Monetary awards made to those students who may need additional support (e.g. specialist equipment, printing costs, or a note taker) through their studies as a result of a disability or long-term health condition.

**Fee waivers:** These reduce your tuition fees, either on their own, or in a broader package of support with a bursary. Who can receive a waiver, and how much, is decided by each individual university. You can apply for them through a university.

**Hardship funds:** If you find yourself struggling financially at university, you can apply for extra money, the amount of which is decided by the university.

**SFE (Student Finance England):** Student Finance England manage applications for maintenance and tuition fee loans across England. You can also find information for Student Finance Wales and Student Finance Scotland.

## Styles of learning

**Lecture:** A style of teaching whereby staff deliver content to students on a course, with students taking notes.

**Seminar:** Smaller, more interactive, group teaching. Usually centred on group discussion with some work to prepare prior to the session.

**Tutorial:** One-to-one or small group sessions with a lecturer or tutor where the student can discuss their own work e.g. assignments in more detail.

The course is likely to be split into 'Modules': A period of study covering a particular topic. Many programmes are divided into modules with a certain number of modules required to complete a course.

## Types of degree course

**BA:** Bachelor of Arts, the undergraduate degree awarded to those studying an arts or humanities discipline.

**BSc:** Bachelor of Science, the undergraduate degree awarded to those studying a scientific discipline.

**Combined Honours:** A degree made up of more than one subject (e.g. BA (Hons) English Language and Linguistics).

**Master's degree:** Refers to a degree achieved at level 7. They are usually studied after an undergraduate degree (or equivalent) and are 1 – 2 years in length.

**Sandwich course:** A course with an additional year in which you work in the profession you're studying for.

**Undergraduate degree:** A qualification achieved at level 6 which usually last around 3 or 4 years. This is also called a 'Bachelor's degree'. Available to those who have completed A Levels, BTECS or equivalent.

## Apprenticeships

**Competitive Salary:** This means the salary and benefits will be in line with similar roles for other organisations or that it depends on your current skills and experience. Benefits could include a pension, access to a car, leisure facilities or a relocation allowance if you have to move.

**National Apprenticeship Service (NAS):** The NAS is part of the Skills Funding Agency and is a government agency that coordinates apprenticeships in England, enabling people to enter the skilled trade professions. Please visit [www.apprenticeships.gov.uk](http://www.apprenticeships.gov.uk) for more information.

**Sector:** An industry or part of an industry, covering groups of related occupations. Examples of sectors/ industries in apprenticeships are construction, engineering, health, manufacturing, accounting and management.

**Skills Funding Agency (SFA):** The Skills Funding Agency are responsible giving colleges, training providers and employers the right funding to help adults, young people, the unemployed and people with low skill levels to get the skills they need for employment.

**Standards:** Employers from over 200 organisations have been working together to develop a range of new apprenticeship standards approved by the Department for Education. An apprenticeship standard is a template for the way an apprenticeship is delivered, including: what an apprentice will do during their apprenticeship; and the skills and behaviours they will need to perform in the role they are training for.

## University

**Campus University:** A campus university is a term used to describe a university that is situated on one site, with student accommodation, teaching and research facilities, and leisure activities all together.

## Other

**CV:** A CV (Curriculum Vitae) is a primary part of any job search, and is a great way of pulling together all of your skills, experience and qualifications in one readable document.

**Cover letter:** A cover letter differs from your CV in that you are able to write about your skills and experience in more depth – and with the particular job in mind. It is very important that you write about your skills and experience that are relevant to the specific role you are applying for.

**Deferral:** In your application to a degree course, this is what to do if you'd like to carry an offer over to start it in the following academic year.

**Gap year:** Students may decide to take a year out of their studies before beginning a higher education course, this year can be used to work, travel or volunteer.

**Undergraduate:** An undergraduate is someone who has not yet completed their first degree (Level 6 qualification). You may also hear undergraduate degree which is the completed qualification.

**Postgraduate:** A postgraduate is someone who has completed their first degree and is now working towards a postgraduate qualification (e.g. Masters degree – Level 7). You may also hear postgraduate degree which is the completed qualification.

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# Hello Future

## Partners & Higher Education Institutions

It is important for young people to understand the variety of higher education options that are now available. It is no longer the case that learners need to gain higher-level qualifications by studying wholly academic degrees at a university. Pathways are more diverse and varied than ever, so it is important for young people to understand the variety of higher education options available after school or college.

The information in this booklet can be used to guide young people, as well as their parents and carers.

The information below is a very brief overview. It is advised that you take a look at the website links provided to find the complete list of each institutions' current offering.



# Partner *universities*

## University of Cumbria

A university first formed in 2007, their main campuses are now located in Carlisle, Ambleside, Lancaster and London. The University of Cumbria state they are a good investment of your time and skills, as they aim to provide and promote excellent and accessible higher education to focus on preparing you for your career.

**Subjects they offer are within five institutes:**

- Institute of Arts
- Institute of Education
- Institute of Business, Industry and Leadership
- Institute of Health
- Institute of Science, Natural Resources & Outdoor Studies

For full course listing, go to: <https://www.cumbria.ac.uk/study/courses/undergraduate>

## University of Central Lancashire (UCLan)

Founded in 1828, UCLan's main campus is still situated in Preston, though they have other sites, including West Lakes Science Park in Egremont. Amongst its programme portfolio of 400 undergraduate and 200 postgraduate courses, the university has been at the forefront of developing degrees in emerging disciplines such as Fashion and Forensic Science.

**Subjects they offer are within four faculties:**

- Lancashire School of Business and Enterprise
- Faculty of Clinical and Biomedical Sciences
- Faculty of Health and Wellbeing
- Faculty of Science and Technology

For full course listing, go to: [https://www.uclan.ac.uk/study\\_here/undergraduate/index.php](https://www.uclan.ac.uk/study_here/undergraduate/index.php)

## Lancaster University

A campus university located in Lancaster, this university offers a multitude of degree options, and attribute their high student satisfaction to their community feel and international outlook.

**Subjects they offer are within four faculties/departments:**

- Arts and Social Sciences
- Health and Medicine
- Management School
- Science and Technology

For full course listing, go to: <https://www.lancaster.ac.uk/study/undergraduate/courses/>

## Edgehill University

Edgehill University is a campus university located in Ormskirk in Lancashire, close to Liverpool and Manchester. The University has been offering higher education for over a century, based on an ethos of opportunity through excellence.

**Subjects they offer are within three faculties:**

- Faculty of Arts and Sciences
- Faculty of Education
- Faculty of Health and Social Care

For full course listing, go to: <https://www.edgehill.ac.uk/study/undergraduate/>

# Partner colleges

## Lakes College

'We focus on careers not just qualifications' – Lakes College facilitate a variety of higher education options. They offer a range of HNCs (Higher National Certificates), HNDs (Higher National Diplomas), foundation degrees, and higher/degree apprenticeships, without having to leave Cumbria.

For more information, go to: <https://www.lcwc.ac.uk/>

## Carlisle College

'Carlisle College can help you fulfil your goals', with a range of higher education courses. Designed with local employers, they ensure that all courses give you the graduate skills and knowledge needed in your industry. Some of the subjects offered include: computing; business and engineering.

For more information, go to: <http://www.carlisle.ac.uk>

## Furness College

'As the largest provider of education and training in South Cumbria, studying with Furness College can offer you a wide range of benefits'. With over thirty years' experience of providing higher education, they offer routes in subjects such as: business with project management; computing; education; and health and social care.

For more information, go to: <http://www.furness.ac.uk>

## Kendal College

Highlighting their 'small and friendly college with small class sizes', Kendal College have links with industry to provide a range of higher education courses. With their staff having first-hand professional experience of their field, they offer courses such as: business; engineering and outdoor adventure.

For more information, go to: <http://www.kendal.ac.uk>

## Myerscough College

With 'exceptional resources and a unique countryside location', Myerscough is one of the UK's largest land-based and sports colleges, offering degrees in more than 20 exciting subjects. These subjects range from agriculture to equine studies to motorsport to veterinary nursing.

For more information, go to: <http://www.myerscough.ac.uk>

# Partner colleges

## Newton Rigg College

Though based in Penrith, the higher education is mainly based at their sister college - Askham Bryan College - in York. All of their programmes are geared to not only support academic development, but also essential skills such as business management and IT skills. As another land-based college, they offer a range of courses.

For more information, go to: <http://www.newtonrigg.ac.uk> or <http://www.askham-bryan.ac.uk>

## Lancaster and Morecambe College

Offering HNCs and HNDs in subjects such as Art & Design or Creative Digital Media Production, Lancaster and Morecambe College say 'your future starts here'.

For more information, go to: <http://www.lmc.ac.uk>

# Other partner organisations

## Cumbria County Council

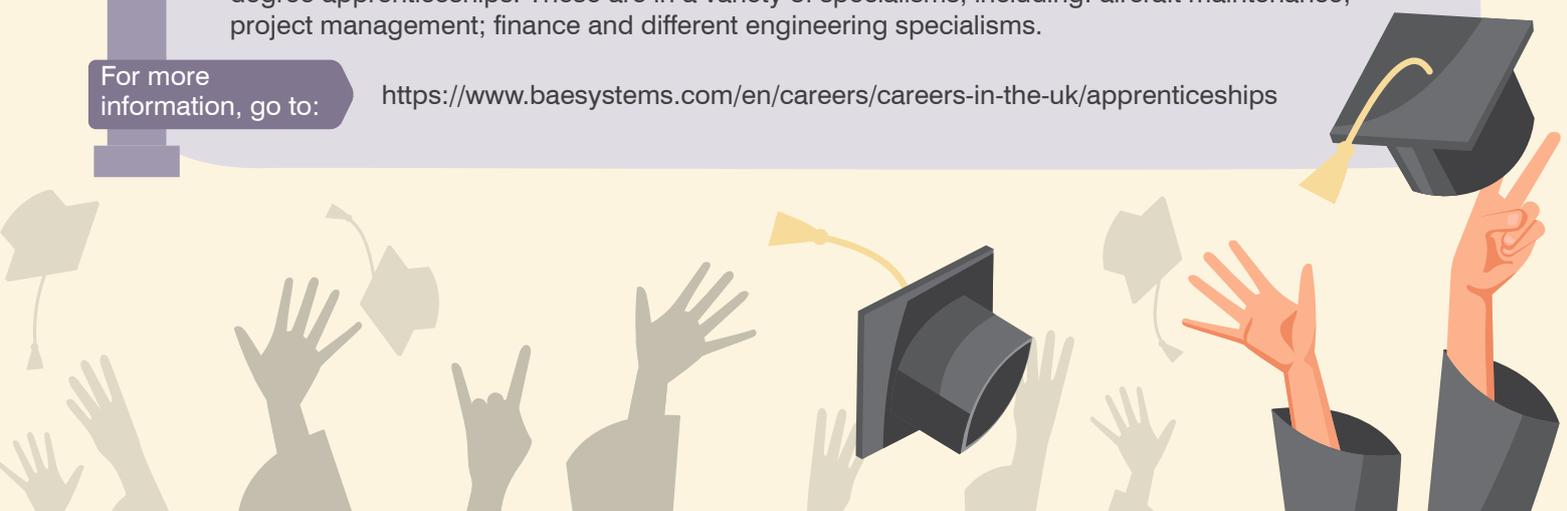
This organisation can offer higher and degree apprenticeships, these are uploaded as they are offered, so they will not always be on the site. We would recommend checking the website to see what is available.

For more information, go to: <https://www.cumbria.gov.uk/jobsandcareers/apprenticeships/opportunities.asp>

## BAE

BAE have sites in Barrow-in-Furness as well as further afield, and offer a range of higher and degree apprenticeships. These are in a variety of specialisms, including: aircraft maintenance; project management; finance and different engineering specialisms.

For more information, go to: <https://www.baesystems.com/en/careers/careers-in-the-uk/apprenticeships>



# Directory

## Training providers

**Gen 2** Workington, Carlisle, Seascale, Ulverston [gen2.ac.uk](http://gen2.ac.uk)

*Apprenticeships & Degree-Level Study*

**PHX Training** Barrow, Carlisle, Cleator Moor, Morecambe, Workington [phxtraining.co.uk](http://phxtraining.co.uk)

*Part-Time Courses & Apprenticeships*

## Colleges

**Carlisle College** Carlisle [carlisle.ac.uk](http://carlisle.ac.uk)  
*Degree-Level Study, Professional & Technical Full-Time Courses, Apprenticeships, Part-Time Courses*

**Furness College** incorporating Barrow Sixth Form Barrow [furness.ac.uk](http://furness.ac.uk)  
*Degree-Level Study, Professional & Technical Full-Time Courses, Apprenticeships, Part-Time Courses, A Levels*

**Kendal College** Kendal [kendal.ac.uk](http://kendal.ac.uk)  
*Degree-Level Study, Professional & Technical Full-Time Courses, Apprenticeships, Part-Time Courses, A levels*

**Lakes College** Workington [lwc.ac.uk](http://lwc.ac.uk)  
*Degree-Level Study, Professional & Technical Full-Time Courses, Apprenticeships, Part-Time Courses*

**Lancaster & Morecambe College** Lancaster [lmc.ac.uk](http://lmc.ac.uk)  
*Degree-Level Study, Professional & Technical Full-Time Courses, Apprenticeships, Part-Time Courses*

**Myerscough College** Bilsborrow, Preston [myerscough.ac.uk](http://myerscough.ac.uk)  
*Degree-Level Study, Professional & Technical Full-Time Courses, Apprenticeships, Part-Time Courses*

**Newton Rigg College** Penrith [newtonrigg.ac.uk](http://newtonrigg.ac.uk)  
*Degree-Level Study, Professional & Technical Full-Time Courses, Apprenticeships, Part-Time Courses*

## Universities

**University of Cumbria** Lancaster, Carlisle, Ambleside, Barrow, Workington [cumbria.ac.uk](http://cumbria.ac.uk)

**Lancaster University** Lancaster [lancaster.ac.uk](http://lancaster.ac.uk)

**University of Central Lancashire** Preston, Burnley, West Lakes [uclan.ac.uk](http://uclan.ac.uk)

**Edge Hill University** Ormskirk [edgehill.ac.uk](http://edgehill.ac.uk)

## Sixth Forms in Cumbria

As well as A Levels, some sixth forms also offer technical courses. Contact them for a full overview.

**Appleby Grammar School** Appleby in Westmorland [appleby.cumbria.sch.uk](http://appleby.cumbria.sch.uk)

**Barrow Sixth Form** part of Furness College Barrow [www.furness.ac.uk](http://www.furness.ac.uk)

**Caldew School** Dalston, Carlisle [caldew.cumbria.sch.uk/students/sixth-form/](http://caldew.cumbria.sch.uk/students/sixth-form/)

**Central Academy** Carlisle [rrca.org.uk/sixth-form](http://rrca.org.uk/sixth-form)

**Chetwynde School** Barrow-in-Furness [chetwynde.co.uk](http://chetwynde.co.uk)

**Cockermouth School** Cockermouth [cockermouthschool.org/6th-form/](http://cockermouthschool.org/6th-form/)

**Dallam School** Milnthorpe [dallam.eu](http://dallam.eu)

**Energy Coast UTC** Workington [energycoastutc.co.uk/learning/](http://energycoastutc.co.uk/learning/)

**Keswick School** Keswick [keswicksixthform.weebly.com](http://keswicksixthform.weebly.com)

**Kirkbie Kendal School** Kendal [www.kirkbiekendal.cumbria.sch.uk](http://www.kirkbiekendal.cumbria.sch.uk)

**Kirkby Stephen Grammar School** Kirkby Stephen [ksgs.cumbria.sch.uk](http://ksgs.cumbria.sch.uk)

**Lakes School** Windermere [thelakeschool.com](http://thelakeschool.com)

**Millom School** Millom [millom.cumbria.sch.uk/](http://millom.cumbria.sch.uk/)

## Sixth Forms in Cumbria

**Newman Catholic School** Carlisle  
[newman.cumbria.sch.uk/curriculum/sixth-form](http://newman.cumbria.sch.uk/curriculum/sixth-form)

**Netherhall School** Maryport  
[netherhall.cumbria.sch.uk/](http://netherhall.cumbria.sch.uk/)

**Queen Elizabeth Grammar School** Penrith  
[qegs.cumbria.sch.uk/sixthform](http://qegs.cumbria.sch.uk/sixthform)

**Queen Elizabeth School**  
Kirkby Lonsdale  
[moodle.queenelizabeth.cumbria.sch.uk](http://moodle.queenelizabeth.cumbria.sch.uk)

**Richard Rose Central Academy**  
Carlisle [rrca.org.uk](http://rrca.org.uk)

**The Nelson Thomlinson School**  
Wigton [nts.cumbria.sch.uk](http://nts.cumbria.sch.uk)

**The Queen Katherine School**  
Kendal [qks.org.uk/6th-form](http://qks.org.uk/6th-form)

**St Benedict's Catholic High School**  
Whitehaven [st-benedicts.cumbria.sch.uk](http://st-benedicts.cumbria.sch.uk)

**Trinity School** Carlisle  
[trinity.cumbria.sch.uk/sixth-form/](http://trinity.cumbria.sch.uk/sixth-form/)

**Ullswater Community College** Penrith  
[ullswatercc.co.uk/](http://ullswatercc.co.uk/)

**Ulverston Victoria High School** Ulverston  
[uvhs.uk](http://uvhs.uk)

**West Lakes Academy** Egremont  
[westlakesacademy.org.uk/post-16/](http://westlakesacademy.org.uk/post-16/)

**Whitehaven Academy** Whitehaven  
[whitehavenacademy.org.uk/sixth-form/](http://whitehavenacademy.org.uk/sixth-form/)

**William Howard School** Brampton  
[williamhoward.cumbria.sch.uk/sixth-form/](http://williamhoward.cumbria.sch.uk/sixth-form/)

**Workington Academy** Workington  
[workingtonacademy.org/sixthform/](http://workingtonacademy.org/sixthform/)

## Volunteering

[do-it.org](http://do-it.org) for national volunteering  
[cumbriacvs.org.uk](http://cumbriacvs.org.uk) for Cumbria volunteering

## Other

[wearencs.com](http://wearencs.com) (National Citizen Service)  
[inspira.org.uk](http://inspira.org.uk) (careers support in Cumbria)

## Higher Education

[www.ucas.com](http://www.ucas.com)  
[www.prospects.co.uk](http://www.prospects.co.uk)  
[www.nationalcareers.service.co.uk](http://www.nationalcareers.service.co.uk)  
[www.gov.uk](http://www.gov.uk)  
[www.thecompleteuniversityguide.co.uk/](http://www.thecompleteuniversityguide.co.uk/)  
[www.whatuni.com/](http://www.whatuni.com/)  
[www.theuniguide.co.uk/](http://www.theuniguide.co.uk/)  
[www.discoveruni.gov.uk/](http://www.discoveruni.gov.uk/)  
[www.apprenticeships.gov.uk/](http://www.apprenticeships.gov.uk/)

## Gap Years

[careerpilot.org.uk](http://careerpilot.org.uk) (general advice)  
[etrust.org.uk/the-year-in-industry](http://etrust.org.uk/the-year-in-industry)  
(paid industry placements)  
[yearoutgroup.org](http://yearoutgroup.org)  
(voluntary & course opportunities abroad)  
[gapwork.com](http://gapwork.com) (jobs & volunteering)

## Self Employment

[prospects.ac.uk](http://prospects.ac.uk) (general advice)  
[greatbusiness.gov.uk](http://greatbusiness.gov.uk) (national website)  
[gov.uk/starting-up-a-business](http://gov.uk/starting-up-a-business)  
(national website)  
[fsb.org.uk](http://fsb.org.uk) (Federation of Small Businesses)  
[cumbriachamber.co.uk](http://cumbriachamber.co.uk) (Cumbria)

## Online Courses

[open.ac.uk](http://open.ac.uk)      [edx.org](http://edx.org)  
[coursera.org](http://coursera.org)      [futurelearn.com](http://futurelearn.com)  
[hellofuture.ac.uk/courses](http://hellofuture.ac.uk/courses)

## Money

[thepiggybank.org.uk](http://thepiggybank.org.uk)  
[moneyadvice.service.org.uk](http://moneyadvice.service.org.uk)  
[gov.uk/student-finance](http://gov.uk/student-finance)  
[citizensadvice.org.uk](http://citizensadvice.org.uk)

**hello**  
**future.**

**OfS** Uni Connect  
Programme