



## BIRCHWOOD HIGH SCHOOL SIXTH FORM CAREERS INFORMATION AND POST 18 OPTIONS

At Birchwood Sixth Form, we're here to help you plan confidently for life beyond school. Our careers programme — built around the Unifrog platform — gives you the tools to explore a wide range of post-18 options, whether that's university, apprenticeships, or heading straight into employment.

We believe that every student deserves personalised, high-quality guidance. That means supporting you to make informed choices, whatever your ambitions. From mentoring university applicants to helping you explore career-focused pathways, we ensure all routes are treated equally and with care.

If you're unsure about your post-18 options or would like personalised support, don't worry — all students are scheduled a one-to-one guidance meeting with our qualified careers advisor, which can be arranged through Mrs Crimes.

### RESOURCES TO KNOW:



**Unifrog** is an online platform designed to help you make informed decisions about your future. It brings together all the available information about university courses, apprenticeships, careers, and training opportunities into one easy-to-use place.

With Unifrog, you can explore your interests and strengths, research a wide range of post-18 options both in the UK and abroad, and track your progress as you plan your next steps. It also supports you in building a strong personal statement or CV, preparing for interviews, and managing applications — whether you're aiming for university, an apprenticeship, or the workplace.

We'll be using Unifrog throughout Sixth Form to guide your careers education and ensure you have the tools and information you need.



The University Central Admission System (**UCAS**) is the portal for all university applications. All students wishing to make a university application will be guided through the application processes with timely information on how the system works.

The UCAS website has a wealth of information about Post 18 choices, including non-university pathways.



**Amazing Apprenticeships** is an online resource that helps students, parents, and educators understand the world of apprenticeships. It offers up-to-date information about the wide range of apprenticeship opportunities available across different sectors — from engineering and healthcare to digital media and finance.

Through engaging videos, employer profiles, case studies, and practical guides, the website showcases real-life stories and explains how apprenticeships work, what they offer, and how to apply. It's a great tool for exploring alternative routes to university, combining earning with learning, and finding out what employers are really looking for.



The Hertfordshire Opportunities Portal (HOP) is the go-to website for exploring local careers, training, and employment opportunities across Hertfordshire. Created in partnership with local employers, schools, and training providers, HOP gives you access to a wide range of information about the job market in your area — including apprenticeships, work experience placements, events, and employer insights.

## YEAR 12 WORK EXPERIENCE

At Birchwood we run a work experience programme in Year 12. **ALL** Year 12 students are expected to organise and undertake a week of work experience. The 'Work Experience Week' will be in the week beginning 22 March 2027. It will be up to you to secure a work placement although we will do our best to help you if you require assistance. It is essential that you begin to think about this work experience as early as you can.

All 'paperwork' will be needed in school **BEFORE** Friday 12 February. This deadline is in place to allow us time to process all the information and to carry out the necessary health and safety checks. It also means that you will not be spending time trying to look for a placement during the lead up to your exam period.

Ignoring your work experience is not an option!

## BENEFITS OF WORK EXPERIENCE

Work experience is a valuable step in helping you shape your future. Whether you're planning to stay in education or head straight into the workplace, gaining experience in a real-world setting shows that you've taken the initiative to explore your options and understand what working life is really like.

By taking part in work experience, you'll build essential skills, grow in confidence, and work with people from different backgrounds — all of which will help strengthen your CV or UCAS application. It's also a great way to demonstrate your enthusiasm and commitment to your chosen career path.

**Work experience can help you to:**

- Understand what daily working life is really like
- Discover your strengths, interests, and areas for improvement
- Develop key skills such as communication, teamwork, and problem-solving
- Take ownership of your future and clarify your goals
- Provide real evidence of your abilities to future employers or universities

Even if you're not yet sure what you want to do, work experience can help you figure it out. You might find a career you love — or realise something isn't quite right for you. Either way, it's a safe and useful space to explore your options.

Ask yourself:

- What tasks or environments do I enjoy most?
- Do I work best independently or as part of a team?
- What feedback have I received from others?
- Could I see myself doing this long term?

Whatever you discover, every placement brings you one step closer to understanding your future path.

The following websites may help you:

[Work experience - All About Careers](#)

[Work experience](#)

[Bright Knowledge](#)

<https://uptree.co/>