

SURVIVAL GUIDE FOR YEAR 11G + LIFE AFTER GCSEs

YEAR 11

HANDBOOK

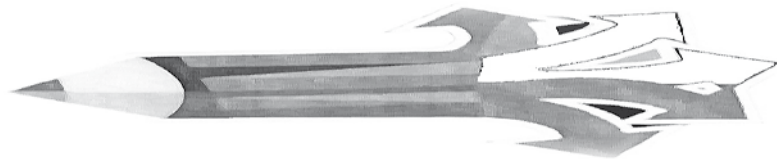
2011—2012



RECORD OF COLLEGES APPLIED FOR...

DATE	COLLEGE + COURSE	INTERVIEW DATE

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page no.

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PERSONAL ACTION PLAN

BEFORE YOU SIT YOUR GCSE EXAMS



1. Research careers which interest you by

- a. Using the Careers Section in the School Library
- b. Using the internet
- c. Attend Career Fairs advertised outside the Careers Office and in 'Morpeth Weekly News'.
- d. Talk to as many people as possible ie teachers, family, friends, business/academic mentors

2. Make sure you attend your Career Interview, if you are given an appointment. If you are unable to attend please advise Ms Hollidge before. During Wednesday lunchtimes there will be drop in sessions. Act upon the information given.

3. Investigate college and 6th form courses which interest you - remember they are very different from school. Get the information from:-

- a. Prospectuses
- b. www.londoncolleges.org.uk
- c. College representatives visiting our school.
- d. Attend college open evenings before Christmas.
- e. Students who attend these colleges now.

4. Apply to colleges or 6th forms- we suggest you apply to 2 or 3 places. When you decide (this can be done in July or August) advise the other colleges that have offered you a place that you wish to decline their offer. (See section 'Application Forms')

5. Apply for Modern Apprenticeships in March/April-REMEMBER you may apply for a place at a college before then just in case you are not successful.

- a. Connexions- Bow Road
- b. Apply directly to Companies
- c. Look on the notice board outside the Careers Office and Year 11 Notice Board

6. Look for a job

- a. Start looking at the vacancies in local and national newspapers and other places where jobs are advertised. See pages 19-26 for useful websites.
- b. Write to any companies (letter or e-mail) that you are interested in to see if they have any vacancies-sometimes companies do not advertise vacancies immediately and your letter may arrive at an appropriate time.
- c. Register with Connexions database-if any suitable jobs come up they will contact you.

MAKE SURE YOUR CV AND PERSONAL STATEMENTS ARE COMPLETED ON TIME.

If you need any help - ask. We are here to help you! GOOD LUCK!

PLANNING FOR YOUR FUTURE... 2011-12

SEPTEMBER & OCTOBER

- Think about what sort of courses you may want to study
- Explore Internet sites (see pages 18-22)
- Email colleges and 6th forms to get prospectuses sent to you

NOVEMBER & DECEMBER

- Phone up Colleges and 6th Form Schools to get course guides sent to you.
- Read all the guides, check entry requirements.
- Check for details of Open Days/Evenings
- Record Colleges/6th Forms + courses that you have applied for on page 2
- Use lunchtime drop-in sessions with your Careers Adviser.
- Finish your CV and personal statement.
- Revise for retakes and mock exams.

JANUARY & FEBRUARY

- Start to revise for your GCSEs
- See the Careers Adviser if you need some help.
- Apply to Colleges and 6th Form Schools NOW, if you haven't done so already!
- Record Colleges/6th Forms + courses that you have applied for on page 2
- Be well prepared for your college interviews ie get your Progress File up to date.

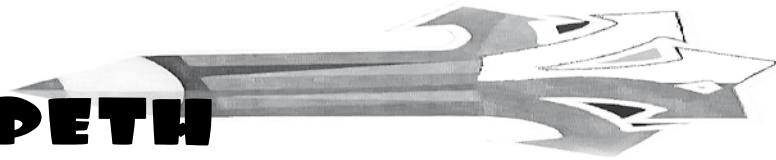
MARCH & APRIL

- Revise for your GCSEs exams
- Talk to your Careers Adviser if you are interested in applying for work-based training jobs, including summer vacancies, as provided by Futures' and for help to up date your CV.

MAY, JUNE & JULY

- Call into Futures/Connexions Centre to apply for jobs/work based training and get any other help you may need.

HELP AT MORPETH



Within the school there are people who can help you.....

Ms HOLLIDGE

I am the Career Co-ordinator at Morpeth see me if you need any of the following:-

- Prospectuses
- College and 6th form information
- Career information
- Information about apprenticeships/training

I may not be able to answer all your questions, but I shall endeavour to put you in contact with outside agencies who will be able to help.

You can find me in the Career's Office. If I am not there leave a note in the school office so they can put it into my pigeon-hole.... *remember to put your name and form on the message.*

DROP-IN SESSIONS

Any pupil in Year 11 can come to the Careers Drop-in Session for general advice and information on colleges, training, jobs and universities. They are held in the Careers Room on Tuesday and Wednesday lunchtimes. You don't need an appointment, so please just pop in if you have any questions or if you would like to look at college/university prospectuses.

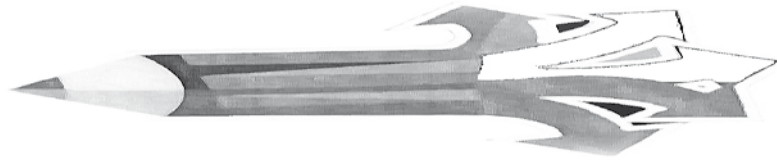
LINDSEY NOAKES

I am the student counsellor in school, I may have worked with a lot of you in one way or another, but for those who do not know what I do this is a short description.

- I can give you somewhere quiet and private to talk about things that are bothering you at school, at home or with family or friends. I don't speak to anyone else so you know what you say will be confidential.
- I can introduce you to outside agencies that could support you if you feel stressed or down. They also offer other services designed for young people, just ask me and I will direct you to the most appropriate one for your needs.
- I offer stress management workshops to help you with the GCSE exams.

You can find me in room NO 24 and I am available Monday to Friday so if you need to speak to me just come along and I will give you an appointment to see me

CONNEXIONS



Morpeth School's Careers Adviser is, Miranda Ellison. She will be able to:-

- Help you to identify your skills, interests and abilities to get you thinking about what types of jobs you might like to do in the future.
- Give you information and advice on college courses and which post 16 option will best suit you.
- Provide information on the training and practical work based opportunities available when you leave school.

For more information about how Connexions can help you, including information on a wide variety of jobs, please look at our website www.connexions.gov.uk.

WHAT HELP CAN I GET AT THE CONNEXIONS CAREERS OFFICE?

If you are interested in Work Based Training please come to register with us from mid May'09 at:

Connexions Centre, 35 Bow Road, E3 2AD Tel: 020 8983 3535

You can also come in to see us when you have left school if you:-

- Are confused or unsure about what you will do next.
- Have not applied or been accepted at any college.
- Have changed your mind about what you want to do in the future and need help finding out how to achieve your changed career goal.

Opening Hours: Monday - Friday 9am - 5pm

We are a 5 minute walk from Mile End Tube Station and the no. 25 bus goes to the office.

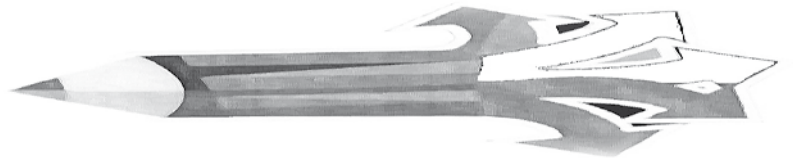
We are sometimes closed on Friday mornings for training or meetings, so please telephone us first if you are planning to come on a Friday morning.

Connexions Personal Advisers can help you with problems that you feel are stopping you from doing what you want to do now or in the future. These can be issues around bullying, homelessness, family problems, alcohol or drug misuse.

FOR HELP WITH THESE OR OTHER PROBLEMS YOU CAN CONTACT:-

Connexions One Stop Shop at 150 Burdett Road, London E3 4JT . Tel: 020 8880 6190 ,

Mobile: 07961 898 339 Opening Hours: Monday- Friday 9am-5pm



APPLYING TO CAMBRIDGE HEATH SIXTH FORM

Cambridge Heath Sixth Form is a collaboration between Morpeth School and two other local schools, Oaklands and Swanlea. All three schools have specialisms, Morpeth for the visual and performing arts, Oaklands for sciences and languages and Swanlea for business and enterprise. All three schools were graded as Outstanding in their most recent inspections.

At Cambridge Heath we have four campuses – the three school sites and the Wessex Centre. We keep movement down to a minimum and all students are based on one of the campuses and have all or at least the majority of their lessons on this campus. At Morpeth we have a separate sixth form study and social area, a brand new Music building with really high specification equipment and facilities, new sports halls, additional Art and Photography rooms including a dedicated area for sixth formers, and a new Science lecture theatre. This is on top of existing facilities such as the Drama rooms and theatre.

Our sixth form offers courses for students of all abilities and interests. This includes a wide range of A levels and level 3 BTECs, taught at Wessex and Morpeth by Morpeth teachers, level 2 BTECs and GCSEs and a Foundation Learning course at level 1 and Entry level. We continue to offer the highest level of support, guidance and enrichment to help you succeed and to achieve your goals.

SOME DATES FOR YOUR DIARY

- 1st November 2011 - Our new website goes live on. You can apply online.
- 16th November 2011 - Open evening at the Wessex Centre
- 16th December 2011 – deadline for round one applications need to be received by.
- January and February 2012 - Interviews will take place during at the Wessex Centre at the end of the school day so that you will not need to miss lessons.
- Heads of department will be attending assemblies over the next half term to inform you of the subjects on offer and what each course entails.
- There will be a series of taster sessions throughout the year to help you decide on the best courses for you.
- You may apply after the round one deadline but you may not get all your choices.
- Please note that CHSF has limited places available so you are encouraged to apply early to ensure that you are offered a conditional place. Those who apply early are interviewed first.

LOOKING FOR WORK ON THE INTERNET



www.worktrain.gov.uk - Includes job vacancies

www.fish4jobs.co.uk - Advertises about 40,000 job vacancies & provides tips on jobseeking

www.londonjobs.co.uk - Advertises jobs in London Area

www.jobcentreplus.gov.uk - Vacancies & advice from Jobcentre Plus

www.jobsaopublic.co.uk - All jobs within London Borough Councils

www.retailmoves.com - Retail jobs in the UK

www.retailchoice.com - Retail jobs in the UK

www.reed.co.uk - Vacancies & advice from Reed Employment Agency

www.monster.co.uk - Vacancies & advice including CV writing & interview techniques

www.totaljobs.co.uk - Advertising over 90,000 vacancies in UK

www.workthing.co.uk - Vacancies by industry in UK

www.thepaperboy.co.uk - Links to all the national newspapers vacancies

www.topjobs.co.uk - Vacancies by industry in the UK

www.jobserve.com - Vacancies by industry in the UK

www.charityjobs.co.uk - Vacancies with charity organisations

www.recruit-online.co.uk - Links through to various recruitment agencies

www.officerecruit.com - Vacancies by industry in the UK

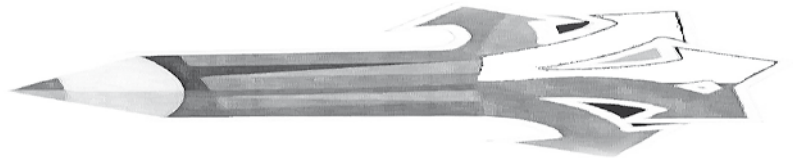
www.planetrecruit.com - Vacancies by industry in the UK

RECRUITMENT AND EMPLOYMENT AGENCIES

Adecco Recruitment Solutions 6 Wesferry Circus London E14 4HD 020 7512 9135
www.adecco.co.uk

Admiral Catering 131 Middlesex Street London E1 020 7626 6222
www.admiralgroup.com

Ambitions Employment 56 Broadway Stratford London E15 1NG 020 8534 5444
www.ambitionsemployment.co.uk



Brook Street 18a Cranbrook Road Ilford Essex IG1 4DL 020 8478 1116
and 22 Broadway Stratford London E15 020 8555 8261
www.brookstreet.co.uk

Capital Recruitment Network Ltd 560 Commercial Road London E14 7JD 020 7790 0140
www.capitalrecruitmentnetwork.co.uk

Docklands Personnel, Docklands Business Centre, 10-16 Tiller Road London E14 8PX
020 7345 5070
www.docklandsPersonnel.moonfruit.com

Kelly Services West India House 30 Marsh Wall Isle of Dogs London E14 9TP 020 7512 0220
www.kellyservices.co.uk

Manpower PLC 39 Broadway Stratford London E15 4BQ 020 8522 1111
www.manpower.co.uk

Manpower PLC 1st Floor Ensign House Admirals Way London E14 020 7538 1050
www.manpower.co.uk

Office Angels Grd. Floor East 40 Marsh Wall London E14 9TP
www.office-angels.com

Office Angels 186-190 High Road Ilford Essex IG1 1LR 020 8478 5252
www.office-angels.com

Reed Employment 22 Harbour Exchange Square London E14 020 7538 9696
Reed Employment 35 Cranbrook Road Ilford Essex IG1 4PA 020 8514 3777
www.reed.co.uk

Ritz Recruitment 133 Middlesex Street London E1 7JF 020 7929 5850
www.ritzrec.com

Select Appointments PLC 59 Cranbrook Road Ilford Essex IG1 4PG 020 8514 1133
www.select.co.uk

Select Education 1st Floor Suite 3a Cranbrook House Cranbrook Road Ilford Essex IG1 4PG 020
8478 2250 www.randstadeducation.co.uk

Social Work Associates Ltd 301 Coppergate House 16 Brune Street London E1 7NJ 020 7953
7878 www.socialworkassociates.co.uk

Stratford Labour Hire Ud 55 Broadway Stratford London E15 4BQ 020 8221 1066
www.localstaffhire.co.uk

A-Z OF SOME LOCAL COLLEGES



BARKING COLLEGE

Dagenham Road
Romford
Essex RM7 0XU
01708 770000

www.barkingcollege.ac.uk
Underground to Dagenham Heathway from
Morpeth – approx 1 hr

CAMBRIDGE HEATH 6TH FORM

The Wessex Centre
Hadleigh Street
Bethnal Green
London E2 0LD
02077917350
www.cambridgeheath.towerhamlets.sch.uk

CITY & ISLINGTON COLLEGE

383 Holloway Road
London N7 0RN
0207 700 9200
www.candi.ac.uk
Underground to Holloway Road
Journey time from Morpeth – approx 45 min

COMMUNITY COLLEGE HACKNEY

Falkirk Street
London N1 6HQ
0207 613 9000
www.tcch.ac.uk
Bus
Journey time from Morpeth – approx 30 min

HAVERING COLLEGE

Araleigh Green Road
Hornchurch
Essex RM11 2LL
01708 455011
www.havering-college.ac.uk
Underground to Hornchurch
Journey time from Morpeth – approx 1hr

B6 6TH FORM COLLEGE

Brooke House
Kenninghall Road
London E5 8BP
0208 525 7150
www.brookehouse.ac.uk
S2/D6 bus
Journey time from Morpeth – approx 30 min

CITY OF WESTMINSTER COLLEGE

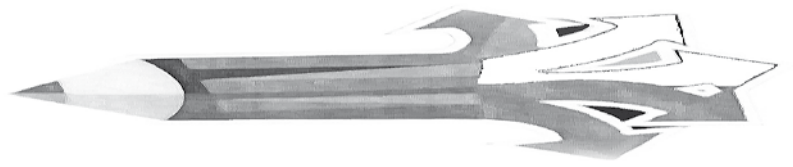
25 Paddington Green
London W2 1NB
020 7258 2728
www.cwc.ac.uk
Underground to Paddington
Journey time from Morpeth – approx 1 hr

EPPING FOREST COLLEGE

Border Lane
Loughton
Essex IG10 3SA
0208 508 8311
www.epping-forest.ac.uk
Underground to Debden
Journey time from Morpeth – approx 45min

LEWISHAM COLLEGE

Lewisham Way Campus
Lewisham Way
London SE4 1UT
0208 692 0353
www.lewisham.ac.uk
DLR to Lewisham
Journey time from Morpeth – approx 45 min



LEYTON 6TH FORM COLLEGE

Essex Road
London E10 6EQ
0208 928 9000
www.leyton.ac.uk
Underground to Leyton
Journey time from Morpeth – approx 45 min

NEW VIC

Prince Regents Lane
London
E13 8SG
0207 473 4110
www.newvic.ac.uk
Underground to Plaistow
Journey time from Morpeth – approx 45 min

SOUTHWARK COLLEGE

The Cut
London SE1 8LE
020 7815 1563
www.southwark.ac.uk
Underground to Waterloo
Journey time from Morpeth – approx 45 min

WALTHAM FOREST COLLEGE

Forest Road
London
E17 4JB
0208 501 8000
www.waltham.ac.uk
Underground to Walthamstow
Journey time from Morpeth – approx 1 hr

NEWHAM COLLEGE OF FE

High Street South
London E6 6ER
0208 257 4000
www.newham.ac.uk
Underground to East Ham
Journey time from Morpeth – approx 45 min

REDBRIDGE COLLEGE

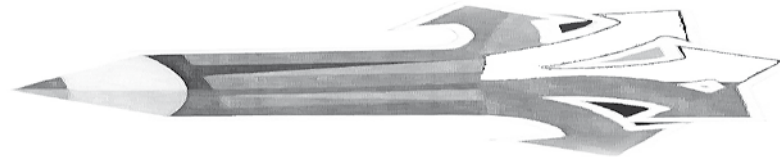
Little Heath
Barley Lane
Romford RM6 4XT
0208 548 7400
www.redbridge-college.ac.uk
Underground to Newbury Park
Journey time from Morpeth – approx 1hr

TOWER HAMLETS COLLEGE

Poplar High Street
London E14 0AF
0207 510 7777
www.tower.ac.uk
DLR/bus
Journey time from Morpeth – approx 30 min

WESTMINSTER KINGSWAY COLL.

Sidmouth Street
London
WC1H 8JB
0870 0609800
www.westking.ac.uk
Underground to Kings Cross
Journey time from Morpeth – approx 45 min



TOWER HAMLETS 6TH FORMS

CENTRAL FOUNDATION 6TH FORM

Harley Grove
London
E3 2AT
0208 981 1131

GEORGE GREENS 6TH FORM

Manchester Road
London
E14 3DW
0207 987 6032

MULBERRY GIRLS 6TH FORM

Richard Street
London
E1 2JP
0207 790 6327
www.mulberry.towerhamlets.sch.uk

RAINES 6TH FORM

Approach Road
London
E2 9LY
0208 981 1231

OUTER BOROUGH 6TH FORMS

CAMDEN CONSORTIUM

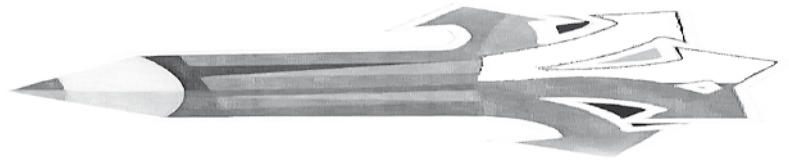
Camden School for Girls
Sandall Road
London
NW5
0207 482 8200
www.camdengirls.camden.sch.uk

LA SWAP

Parliament Hill Girls
Highgate Road
London
NW5
0207 692 4175/4157
www.laswap.camden.sch.uk

HAVERING 6TH FORM COLLEGE

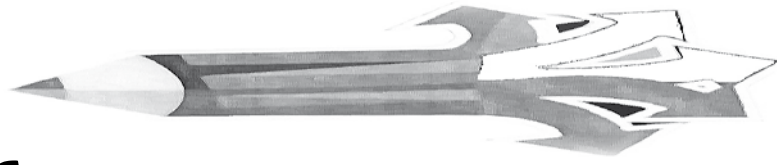
Wingleye Lane
Hornchurch
Essex
RM11 3TB
01708 514400
www.havering-sfc.ac.uk



USEFUL WEB SITES FOR CAREERS & HIGHER EDUCATION

CAREER IDEAS

- Career Comp@nion (Surfin2Careers) - <http://www.careercompanion.co.uk>
- Careers A-Z - <http://careersa-z.co.uk>
- Careers Europe- <http://careerseurope.co.uk/>
- Careers Portal - <http://www.careersportal.co.uk>
- Careerscape Online - <http://www.cascaid.co.uk/careerscape>
- CareersMatch- <http://www.cascaid.co.uk>
- Careerssoft - <http://www.careerssoft.co.uk/>
- CASCAiD Ltd - <http://www.cascaid.co.uk>
- CID 2003/4 (careerssoft)- <http://www.careerssoft.co.uk/cybervisit>
- Connexions - <http://www.direct.gov.uk/en/young/people/index.htm>
- Fast Tomato (Prospects Sales & Marketing) - <http://www.fasttomato.com>
- ISCO Careerscope - <http://www.isco.org.uk>
- Open Doors - <http://www.opendoorsmedia.co.uk>
- The Virtual Careers Library - <http://www.careers.lon.ac.uk/output/page178.asp>



COURSES & UNIVERSITIES

- Aim higher - <http://www.aimhigher.ac.uk>
- BBC Onelife - <http://www.bbc.co.uk/radiol/onelife> Education choices at 16+, 18+, & 21+. Work, job guides & CV's.
- Uni4Me - <http://www.uni4me.com/home>

WORK & VOLUNTEERING

- Gap Year.com - <http://www.gapyear.com>
- Jobs4u - <http://www.studentjobs4u.co.uk>
- Work Thing - <http://www.workthing.com>
- Working Abroad - <http://www.workingabroad.com/>
- Worldwide Volunteering Online - <http://www.www.org.uk>
- The National Centre for Volunteering - <http://www.volunteering.org.uk>
- The Prince's Trust - <http://www.princes-trust.org.uk>

SPECIFIC CAREER INFORMATION

- Local Government Careers Explorer <http://www.lgcareers.com>
- Springboard UK Limited - <http://www.springboard.net>

SERVICES AVAILABLE FOR STUDENTS



As well as academic careers support in Year 11, you may need other types of support in your personal life. Here are a range of local support services you can access:

MORPETH SCHOOL COUNSELLING SERVICE

020 8981 0921
Lindsay Noakes
Room NO 24

ADDACTION

020 7729 2070
www.addaction.org.uk
232 Cambridge Heath Road
Drug rehabilitation, treatment and education for all drug issues
Self-referrals welcome

AGE CONCERN

020 8982 7124
Supports the carers of older people, who are residents of Tower Hamlets

ALCOHOL EAST

020 8257 3068
Education and counselling regarding alcohol misuse

APASENTH

020 7375 0554
Support and provision for disabled young people

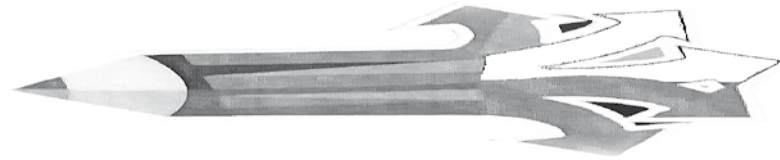
BRICK LANE YOUTH DEVELOPMENT ASSOCIATION

020 7375 0389
Aasha Gang Mediation Project
Shaathi Mentoring Project
Amaal Girls' Group

DIAL UK

01302 310 123

Disability information and advice line



GALOP

020 7704 2040

www.galop.org.uk

Advice and assistance to lesbian, gay, bisexual and transgendered people

HOMELESS

020 7364 7418

Tower Hamlets Borough homeless section

KEEN

020 7377 5151

Study support and revision help and a place to study with qualified teachers

LIFELINE

0207 093 3007

www.lifeline.org.uk

Lifeline Project aims to provide information, help, support and guidance to those affected by drug and/or alcohol abuse.

MIND

020 7537 7284

www.mind.org.uk

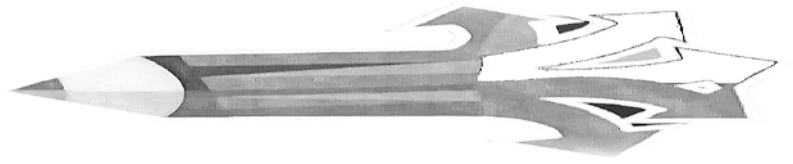
Information and support about mental health issues, for those in distress or for their families

NAFAS

020 7729 0044

www.nafas.org

Local agency offers education & treatment for drugs issues, which is culturally sensitive for Asian and Black people - self referrals accepted



RAPID RESPONSE TEAM

020 7364 3193

Mediation for gangs and conflicts

Outreach work

SCHOOL LINK PROJECT

07956 470770

After school support class

Weekend and school holiday clubs and trips

STEP FORWARD

020 7739 3082

www.stepforward-web.org

234 Bethnal Green Road

Sexual health clinic

Family planning, contraception, relationships, debt, domestic violence,

1:1 counselling service

TEENAGE PREGNANCY ADVISOR

020 8223 8429

TERRENCE HIGGINS TRUST

020 7835 1495

www.tht.org.uk

Provides services which help improve the health and quality of the lives of those affected by HIV

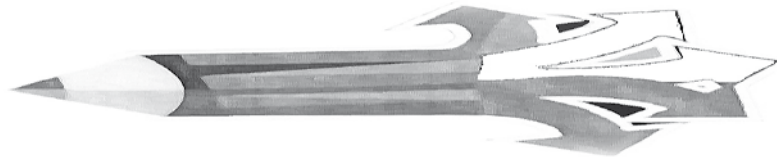
YOUNG CARERS' PROJECT

020 7790 7204

www.carers.org/local/localcentre/towerhamlets

Organises trips and social activities, as well as offering advice and information

Mixed group and Bengali girls' group



EMERGENCY AND OUT OF HOURS SERVICES

Child Line

0800 11 11

www.childline.org.uk

Free 24 hour helpline for young people in distress or danger

LONDON LESBIAN AND GAY SWITCHBOARD

020 7837 7324

24 hour help and advice

NATIONAL DOMESTIC VIOLENCE HELPLINE

0808 2000247

Free 24 hour service

SAMARITANS

08457 90 90 90

www.samaritans.org.uk

24 hour helpline

Confidential emotional support for those experiencing feelings of distress or despair

If you wish to find out information on other services, please do not hesitate to ask.

Jill Moore

Citizenship, Personal, Health and Social Education Co-ordinator, Morpeth School

PLEASE NOTE:

This booklet has been put together in good faith to support your child and the information is correct to the best of our knowledge.