



# Transition Workshop from Secondary School to Post 16 Summer 2020

for young people with ASC and their  
parents/carers

## Presenters

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# AIMS

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- ❑ Exploring choices at 16 Plus
- ❑ To help with a smooth transition from secondary school to post 16
- ❑ To encourage our young people to become happy and independent young adults
- ❑ The post 16 stage goes very quickly- if higher education is an option, there is very little time to think about this
- ❑ Therefore use this time to develop independence skills

# Welcome

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**Introduction:**

**Think about:**

- What you are hoping to gain from post 16 education
- Any concerns you might have

# Timings

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To apply for a Sixth Form this should be completed by the February half term or January in Year 11 but CHECK with the school- they vary!

For a college placement, the earlier the better, but some may even accept places for some courses in the September for a September start

For apprenticeships, look at the details on the forms



# Choices at 16 Plus

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## Staying at the same 6<sup>th</sup> Form

### Advantages:

Well known

Ready made friendship groups

Contacts already established

### To watch out for:

It may be more different than anticipated, for example, new common room, different key staff, new expectations, may not offer a wide choice, grades needed to get in- plan for these in advance



# Choices at 16 Plus

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## A different sixth form

**Advantages:** Tend to be quite academic, can choose a bigger or smaller 6<sup>th</sup> form than current school, more structured than a college, fresh start, may offer different courses to current establishment

**To watch out for:** Most students will already know each other, could be difficult to break into new groups, new environment to get used to

# Choices at 16 Plus



## Colleges

**Advantages:** Offer a wide range of courses at a variety of levels

Offers more independence and new social opportunities

Some offer excellent support for SEND students

## To watch out for:

Can be large and impersonal

A lot more freedom, may be less structured

# Choices at 16 Plus

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## Apprenticeships/Traineeships

**Advantages:** Out of the school environment, could be very structured, directly related to a career, chance to start earning money

**To watch out for:** may have more freedom, big change to adjust to, need to find out what the support structures are



# Adjusting to Apprenticeships

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It is a big transition from a 25-30 hour school week to a 37-40 hour work week. It can be very tiring especially at first so some resilience is needed. It can also be very rewarding! Again, it can be worth flagging ASC in advance to ensure support is available. There are a couple of good youtube videos on autism and Apprenticeships -

<https://www.youtube.com/watch?v=WmsVQLH0DWs> and

Max (14:40)

[https://www.youtube.com/watch?v=axw0arJPCsU&feature=youtu.be&fbclid=IwAR2IMYK3M9yjH4EyDMNWNuF8Ok0QcLRZN2GMqwrWBOeU\\_TC-ItIYUF-MNM](https://www.youtube.com/watch?v=axw0arJPCsU&feature=youtu.be&fbclid=IwAR2IMYK3M9yjH4EyDMNWNuF8Ok0QcLRZN2GMqwrWBOeU_TC-ItIYUF-MNM)

# Open Days

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When the virus permits, do think about visiting colleges and schools for Open Days to get a sense of them. This can be so helpful. Colleges like Sparsholt also do Year 10 Taster days and it is worth taking advantage of these.

There are (normally!) Open Days on over the summer. These offer a good insight too. You may also like to visit a college or school on a less busy day as Open Days can be quite full on! A quieter visit may give you an idea of a more normal day.



# Student Support

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Colleges and sixth forms can be really good at **differentiation** and ensuring support can be tailored around student needs. If you let them know you have ASC and how you work best, then they will be better placed to accommodate right from the start. Even knowing that there are quiet spaces available if needed can be useful!

There's also an element of **financial support** available. Different colleges and sixth forms offer this in different ways – some of these are dependent on household income with set thresholds, but others are available on a discretionary basis. Check with the college/sixth form for full details.

# Preparing for Change

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The move from secondary to post 16 can be a stressful time for young people with ASC; this can be for many reasons. For students who dislike change, there are a lot of changes in this transition:

- ❑ Change in courses studied
- ❑ Change in timetable
- ❑ Change in place of education
- ❑ Change in staff
- ❑ Change in time of leaving and a
- ❑ Change in journey



# Preparing for Change

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- ❑ Change in number of other students / friends
- ❑ Change in rules and expectations
- ❑ Change in routine

All of the above can cause some of our young person significant stress. In order to minimise this careful planning should take place



# Interview Meeting

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- ❑ Most sixth forms or colleges have an interview with the young person prior to offering a place. Employers will want to meet you too. Use this time to find out how needs are going to be met and to go through your worries. You can also ask to have a visit during working hours and to meet key staff in advance.
- ❑ Some sixth forms and colleges have taster days in the summer term. If you can have a look round in this term, it could be very helpful.

# Preparing for Interview- Questions

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This may be the first time you have had a formal interview. It might make you feel quite anxious so preparation is the key. It is much better if you can do this on your own, without a parent.

**Make a list of the questions you might be asked e.g.**

- Why do you want to do this course?
- What makes you think you will be able to cope with the demands of the course?
- What extra curricular activities will you join in with/how will you contribute to the wider life of the school?
- What might you find difficult about post 16 and how will you overcome this?
- Why do you think you will be successful ?

# Preparing for Interview- Practice

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When you have thought about some questions, write down the answers on cue cards, or record your answers and play them back. Ask someone ( a parent) to look at your answers with you and to develop them if appropriate.

Practise the interview- lots of times!



# Preparing for Interview- Practicalities

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- Think about what you are going to wear- this is a formal occasion
- Think about your body language- again practise this
- Make sure you arrive in plenty of time
- Take any relevant documents with you- e.g. for an Art course, do you need a portfolio?
- Remember this interview can be very good practice for other interviews you may be having soon- e.g. for a part time job. This could be the right time for you to put together a CV too.
- Look at Barclays Life Skills for further information and practice.

# At the Interview or at a subsequent meeting

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You could also talk about:

- ❑ Helpful strategies used currently
- ❑ Potential difficulties and the ways around these
- ❑ What structures are in place and how well they work
- ❑ Take any advice notes or pass notes that you use

# Smooth Transition

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May involve the following:

- ❑ Extra Visits
- ❑ Photo Book /Transition Booklet
- ❑ Mentor / key people
- ❑ Social Skills



# Smooth Transition

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You could look at prospectus and website together.

- ❑ Talk frequently about Post 16 in a positive way
- ❑ Talk about how any worries can be overcome.
- ❑ Look through photo / transition booklet / practise the route
- ❑ Work through some of the social skills- e.g how to introduce yourself, how to ask for help



# Clothing requirements

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- ❑ Find out what the clothing requirements are. A Sixth Form might insist on business dress. Buy ahead of time and practise wearing if necessary.
- ❑ If you are doing an apprenticeship, you may need a uniform. Again, get ahead of time and make sure it fits and is comfortable.



# Developing Independence

## Transport

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- ❑ **Getting to and From School**
- ❑ There may be a new route to school or you may be travelling at different times and no longer using school transport. If public transport is being used for the first time, try it out.
- ❑ You might need to do this in stages- go together first, then do part of a journey together, meet at start and end etc. Do this well ahead of starting the new setting.
- ❑ You might also think about learning to drive. How will you budget for this? Will you drive to school? Will you take other people?

# Developing Independence- Planning

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## □ Timetables

Make sure you know where the lessons are and that you know how to get there. Look at your study periods. How are you going to use these ? How will you plan your time? Write it on the time table. You can plan in when you need to work in the evenings too.

## Planning

You are probably used to having a school planner. You may still get one, if not, get a notebook to write down coursework deadlines, mentor meetings and so on. Or use a phone app.

# Developing Independence- Homework

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## □ Homework

There will be longer pieces of work with longer deadlines. Some of this may contribute to overall exam marks.

You may need to divide the homework up into more manageable chunks. There may no longer be a homework club so find out if there is a supervised study room. Do you need support organising your homework? If so, ask for it!





# Developing Independence- Budgeting

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- ❑ Are you giving your son/daughter an allowance? Decide what this will cover e.g. school trips, transport, all clothes, food away from the home, leisure activities
- ❑ Think about setting up the young person with a bank account for this, paying any allowance monthly and discussing how it is going weekly
- ❑ What about a part time job?
- ❑ Ensure that it doesn't interfere with studies
- ❑ Teach your child to budget: daily, weekly, monthly

# Developing Independence

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- ❑ As well as developing independence in terms of education, and the points discussed above, this is the time to think about what else the young person needs to learn in order to become a successful adult and to be able to live independently. For example:
  - ❑ Cooking a range of basic meals
  - ❑ Using the washing machine and the iron
  - ❑ Using a range of transport
  - ❑ Applying for jobs/university
  - ❑ Telephone skills
  - ❑ Personal Hygiene

# All the best!

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