Sixth Form Futures

	Year 12	Year 13
Intent	At the heart of our Futures Programme lies **a deep commitment to student wellbeing.** We believe that making decisions about life beyond sixth form is not just about careers or qualifications, but **about understanding who you are, what you value, and the unique talents you bring to the world.** Our programme **empowers students to explore their values, beliefs, strengths, and passions, encouraging them to shape futures that are both ambitious and authentic.** We challenge students to avoid comparison with others and instead focus on what brings them joy and purpose. We emphasise that there is **no single perfect pathway; rather, there is a pathway that is right for each individual.** Through honest and **up-to-date labour market information**, we provide **clarity and realism**, supporting students to weigh financial considerations alongside the broader factors that lead to personal fulfilment and long-term happiness. Every student is encouraged to consider not only their next steps, but also the **positive role they will play in future societies.** Our Futures Programme is enriched by **a wide range of guest speakers**, university links, workplace visits, and industry partnerships. These experiences inspire students to envision themselves in **different futures, broaden their horizons, and build the confidence to pursue their aspirations with resilience and determination.** Above all, the Futures Programme equips students with the self-awareness, knowledge, and ambition to make confident, informed decisions – enabling them to take ownership of their futures and to thrive in a world full of opportunity.	
Autumn	Awareness	Apply
	The **Aspirations Employability Diploma (AED)** is a crucial element of	Students are allocated time during DEAR to work on their **personal**

	our Futures Programme, ensuring that every student develops the power skills that are essential for success in the modern world. These skills are not only valued by employers but are also fundamental to thriving in life beyond sixth form. At the start of the AED, students are introduced to each **power skill** and guided to reflect honestly on their own strengths and areas for growth through an assessment framework. This process helps students recognise the progress they have already made, while challenging them to set ambitious goals for further development. Crucially, the **AED moves beyond reflection into action.** Through a series of three employer-led projects, students put their skills into practice by **working on authentic, real-world challenges.** These experiences give students the chance to test themselves in professional contexts, develop confidence, and see the tangible impact of their contributions. **Futures 1 (In academy conference)** As the initial stage of the Futures Programme, Futures 1 is about broadening horizons and sparking ambition. It gives students the confidence to see beyond assumptions, to consider pathways that align with their own values and talents, and to begin shaping a vision of the future that feels both possible and personal. At this early point, students are **encouraged to open their minds to the many pathways** available after sixth form, beginning to understand the breadth of possibilities before them. Students explore the wide variety of university courses and institutions, gaining an appreciation of the different experiences and opportunities they offer. Alongside this, they are introduced to the	**statements and complete their UCAS applications**. This process is supported by an ongoing, **two-way dialogue** between tutors and students, focusing on the quality of personal statements and the suitability of chosen courses. Personal statement support- UCAS ● The new personal statement and what admissions tutors are looking for ● The personal statement guides Sample statements ● Oxford PPE ● Medicine ● Speech and Language Therapy Personal statement check list Course choice check list UCAS tariffs In house deadlines

	route of degree apprenticeships, recognising that university is not the only path to success. By comparing employment prospects and potential salary outcomes across these routes, students start to develop a realistic, balanced view of the choices available. A vital aspect of Futures 1 is ensuring that decisions are made from a place of **truth and clarity**. Common myths surrounding student finance are addressed head-on, helping students to **make informed judgements without prematurely ruling out higher education as an option.** Futures 1 booklet	
Spring	***Preparation and explore (for application)***	***Preparation and wellbeing (for starting higher education)***
	Extended Discipline Exploration – Deepening Knowledge In the final stage of the programme, **students are encouraged to extend their knowledge within their chosen discipline beyond the curriculum.** Using the **ABC reflection method,** students document not only their activities but also the insights, skills, and growth they have gained from them. This stage is introduced by an academic from a local university, providing guidance and inspiration while connecting independent exploration to the wider academic and professional landscape. This phase nurtures intellectual curiosity, self-reflection, and a proactive approach to learning. ABCs ABCs log	Starting university is an exciting and challenging step for young people, and preparation beyond academics is key to success. Learning to manage **finance and budgeting** helps students balance rent, bills, food, and social activities while avoiding unnecessary debt. **Safety on nights out** is also important, from staying with friends to planning safe travel home. Supporting **wellbeing** through good sleep habits, exercise, and recognising when to seek help ensures students can thrive both personally and academically. Finally, building basic **cooking skills** not only saves money but also supports healthy living, making day-to-day life at university more enjoyable and sustainable. Student finance- guest speaker

	Futures 2 – University Visits and Insight (offsite visit) In Futures 2, students take the next step in their journey by visiting Southampton University and Southampton Solent University, gaining first-hand experience of higher education environments. These visits are designed to **broaden horizons, deepen understanding, and inspire ambition, helping students to visualise themselves in a variety of future academic and professional pathways.** **Southampton University,** a prestigious **Russell Group institution**, offers students a window into a research-led environment where academic excellence, inquiry, and innovation are at the heart of study. By exploring this university, students can experience how cutting-edge research shapes learning, and how pursuing rigorous academic pathways can open doors to highly specialised careers and global opportunities. In contrast, **Southampton Solent University** provides a more **vocational and work-focused approach**, with a broader intake of students and courses designed to prepare graduates for immediate success in the workplace. Visiting Solent allows students to see how practical, career-oriented programmes can develop skills, confidence, and employability, demonstrating that higher education is not one-size-fits-all but can be tailored to individual talents, ambitions, and learning styles. Together, these visits **highlight the diversity of higher education,** encouraging students to consider the range of institutions and pathways available. By comparing a research-intensive university with a vocationally-focused institution, **students are better equipped to reflect on what type of environment will suit their learning style, aspirations, and future goals.**	• How to manage exam pressure to support our own wellbeing • Safeguarding wellbeing with greater independence • Safeguarding wellbeing when travelling abroad and planning ahead • Awareness of spiking (Talk About Trust) • Online financial harms • Student/ young person budgeting • Cooking skills (enrichment) Students continue to look for apprenticeships Apprenticeships - government website Career Pilot

	Students also attend the **Careers and Apprenticeship Show** held annually. This provides our students with an opportunity to network and make valuable contacts. Meeting employers, current apprentices, and professionals gives you connections which might help with getting work experience, placements, or just advice. Even asking good questions can leave a positive impression. These contacts might open doors later. This opportunity also **shows students the Realistic Job Market** Awareness. Students can find out what jobs or apprenticeships are actually available now in Dorset. Careers and Apprenticeship Show -	
Summer	*Search and apply*	*Effective revision and examinations*
	In Futures 3, students take a decisive step towards shaping their own futures by receiving **step-by-step guidance** on applying through UCAS. This stage of the programme is designed to make the application process accessible, structured, and empowering, ensuring that every student can approach it with **confidence and clarity.** Students learn **to navigate the UCAS platform**, understanding exactly what information is required, how to complete each section, and how to present their academic achievements, experiences, and ambitions effectively. Through practical walkthroughs and hands-on exercises, students gain the skills to manage their application independently while being supported by expert guidance. A central focus of Futures 3 is the personal statement, where	

	students explore how to communicate their unique strengths, values, and passions. By examining examples of successful statements and reflecting on their own experiences, students are encouraged to write authentically, demonstrating not only their academic potential but also the qualities that make them distinctive. Futures 3 presentation Applying to UCAS	
	Support UCAS Prospects Career Pilot Uni Taster Days Social Mobility Foundation Sutton Trust **Up to date** Guardian- University League Tables The University- Time Bomb The Guardian- higher education **Parents** UCAS Uni Taster Days	