



Planning your Post-16 Journey:

A Guide for Young People in Sheffield

Welcome!



Choosing what to do after Year 11 can be exciting, but it can also feel confusing. You don't have to decide alone—there's lots of help to guide you.


Sheffield City Council made this guide to help young people choose the best next step after Year 11. It's for students working from Pre-Entry Level up to Level 2 as they move into Post-16 learning. You might find it helpful to go through this guide with a parent, carer, teacher, or careers adviser.

This guide tells you what local schools and colleges offer for the school year starting in September 2025. If you're in Year 11 now, it will help you plan for next year. The guide organises everything by subject and career area so you can decide based on what you want to do in the future.

Exploring your options can help you feel more motivated, clear, and confident. It's the first step toward your success next year and beyond.

Remember, the government says you need to stay in education or training until you're at least 18 (Years 12 and 13). This helps you build skills and get the qualifications you need for further education, work, and adult life. If you have an Education, Health and Care Plan (EHCP), you can stay in education until you're 25 if that's best for you. This extra time can help you reach your goals and get ready for adult life.

This guide should be read on a computer or device instead of being printed because it has links you can click. The information was correct when written, but things can change. It's a good idea to check with schools and colleges for the latest updates!



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What's Important to Young People in Sheffield?

When we talk to young people about what they want for their future, we hear lots of different ideas. But many young people also want similar things. Do any of these sound like you?

- To get a job
- To have friends
- To keep learning new things
- To be more independent

You also share ideas about the types of jobs you'd like to do. Here are some examples of careers that interest you:

- Computer Scientist
- Game Designer
- Voice Actor
- Journalist
- YouTuber
- Retail Worker
- Nurse
- Police Officer
- Childminder

No matter what kind of adult life you want, there is plenty of help and support to help you reach your dreams. This guide focuses on Post-16 education options, but Sheffield City Council also has a website called the Local Offer. This website has lots of information about opportunities that can help you get ready for adulthood.

[Click here to visit the local offer](#)



Thinking about your Future

It's okay if you don't know what the future holds – many people feel the same way. Thinking about it can sometimes feel like a lot to handle. Here are some simple steps to help you picture your future:

1. Think About What You Enjoy

Start by thinking about what makes you happy. Do you like working with computers, helping others, or being creative? Your hobbies and interests can help you decide what kind of job or activities you might enjoy.

2. Take Small Steps

Instead of thinking about everything at once, focus on small steps. For example, if you love animals, you could visit an animal shelter or learn about different animal jobs. Small steps make big goals easier.

3. Picture a Day in Your Future

Imagine what your daily life could look like. Where might you live? What job could you have? Who would you spend time with? Thinking about this can help you understand what's important to you.

4. Make a Picture Board

You can make a vision board by cutting out pictures from magazines or drawing images that show your future dreams. Include things like jobs, places to visit, or activities you want to try.

5. Talk to Someone You Trust

Share your thoughts with a parent, carer, teacher, or someone who supports you. They can help you explore your ideas and guide you along the way.

6. Be Open to Change

Your interests may change, and that's okay! You don't need to have everything planned right now. Stay open to new opportunities and experiences.

Remember: You don't have to figure everything out at once. You have time to try things, learn, and grow at your own pace!



Understanding your Strengths

Knowing your strengths can help you feel more confident about your future and is important for planning your post-16 education. Here are some ways to find out what you're good at:

- 1. Think About What You Enjoy:** Start by considering the things you love to do. Do you like drawing, playing sports, or solving puzzles? The activities you enjoy can guide you in choosing subjects or courses that interest you.
- 2. Ask for Feedback:** Talk to people you trust, like family, friends, or teachers. Ask them what they think you do well. They might notice strengths in you that you don't see yourself, which can help you pick the right path for post-16 education.
- 3. Try New Activities:** Experiment with different hobbies and activities. This can help you discover new strengths. For example, you could try cooking, gardening, or learning a musical instrument. Exploring new things helps you understand what you might want to study more.
- 4. Reflect on Your Achievements:** Think about times when you felt proud of yourself. What did you do well? Maybe you helped a friend, finished a tough project, or learned something new. These moments can show you your strengths and help you plan for your future.
- 5. Keep a Strengths Journal:** Write down things you do well each week. This can help you notice your strengths over time.

Identifying your strengths will help you choose subjects or courses that fit you best, making it easier to find the right path for your future. Keep exploring and discovering what you're good at!

Coping with Change

Change can be hard, and it's normal to feel worried or stressed. Here are some simple steps to help you look after your mental health:

1.Talk to Someone: Share your feelings with a parent, carer, or friend. Talking can make problems feel smaller.

2.Keep a Routine: Doing things at the same time each day can help you feel more in control.

3.Do Things You Enjoy: Spend time on hobbies or activities that make you happy.

4.Stay Active: Regular exercise, like walking or dancing, can boost your mood.

5.Practice Deep Breathing: Taking slow, deep breaths can help you feel calm.

If you need more support, here are some organisations in Sheffield that can help:

- **Kooth:** Free, safe, and anonymous online mental health support. Find out more here: [Kooth](#)
- **Door43:** Support for 13-25s in Sheffield on mental wellbeing and more. Find out more here: [Door 43](#)
- **Golddigger Trust:** Helps young people build confidence through workshops and mentoring. Find out more here: [Golddigger Trust](#)
- **CAMHS:** Mental health support for under-18s. Referral needed via GP or school.
- **Sheffield Mental Health Guide:** Info on local mental health services and support. Find out more here: [Sheffield Mental Health Guide](#)

Remember, it's okay to ask for help. Taking small steps can make a big difference in how you feel.



Different Pathways after Year 11

After Year 11, young people with SEND in Sheffield have access to full-time programmes designed to build skills, confidence, and independence for the future. Here are three main pathways:

1. Life Skills and Independence

Life skills programmes focus on building everyday abilities to help you become more independent. Through activities like cooking, travel training, and teamwork, you'll gain practical skills, make friends, and grow in confidence as you prepare for adult life. From these programmes, you could progress to supported living, community activities, or volunteering.

2. Foundation and Work-Preparation Courses

Foundation courses combine basic skills like English and Maths with hands-on projects and activities. These programmes help you prepare for future study or work, allowing you to explore different career areas in a supportive setting. After completing foundation courses, you may move on to vocational training or entry-level employment.

3. Vocational Courses for Job Skills

Vocational courses provide practical training in areas like hospitality, construction, and animal care. These courses offer real-life job skills and experience, giving you a strong start toward finding work or further training in your chosen field. From vocational courses, you could progress into entry-level jobs, apprenticeships, or advanced vocational training.

Each of these pathways provides personalised support and valuable experience, helping you take the next step toward a bright and fulfilling future!

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Understanding Different Levels

• Pre-Entry - Level 2

This table shows the different levels of programmes, what you need to start at that level and where you can go next.

Level	What It Means	What You Need to Start	What You Can Do Next
Pre-Entry Level	Very basic learning for developing key life skills.	No qualifications needed.	Move to Entry Level programmes for more skills.
Entry Level	Basic skills for learning and everyday life.	No qualifications needed.	Progress to Foundation Learning or Level 1.
Level 1	Beginner skills to prepare for work or study.	No qualifications needed, suitable for those with little to no GCSEs.	Move to Level 2 or start practical training.
Level 2	Intermediate skills, like GCSE level, preparing you for work or further training.	Grade 3 or above in GCSE English and Maths, or completion of Level 1.	Progress to apprenticeships, specialised training, or Level 3 courses.

Maths and English: What you Need to Know

To succeed in many jobs and higher-level courses, it's very important to reach a good level in English and Maths, ideally at grade 4 in GCSEs or Functional Skills Level 2. This is because the government requires people to meet these levels to access most jobs and courses beyond Level 2. Achieving these grades means you have strong skills in reading, writing, and using numbers, which helps in everyday life and work.

For Maths, this level means you can handle basic maths skills like working with money, measuring things, and solving problems. **In English**, it shows you can understand and share information clearly, whether it's reading, writing, or speaking. These are skills many employers look for when hiring.

However, if you find English and Maths hard, it's okay. Remember that everyone learns at their own pace, and there is support available. Many schools and colleges offer extra help to make sure everyone has the chance to do their best. You can work towards your goals in different ways and at the speed that's right for you. The most important thing is to keep trying your best and ask for support when you need it.

Jobs in Sheffield

Sheffield is a city with a variety of job opportunities for young people. The labour market in Sheffield is strong, with jobs in industries like healthcare, education, retail, and technology.

Healthcare is one of the largest industries in Sheffield, with many hospitals, clinics, and care services needing staff. Jobs are available for those interested in caring for others, such as doctors, nurses, and care workers.

Retail is another big industry in the city, with many shops, supermarkets, and shopping centres. There are lots of chances for young people to work in stores or in customer service roles.

The city also has a growing **tech** industry, with companies working on software, design, and digital services. This offers young people the chance to work with computers, websites, and apps.

For those who enjoy working **outdoors** or with hands-on skills, there are jobs in construction, engineering, and manufacturing. Sheffield has a strong history in making things, so there are still many factories and businesses needing workers.

There are also opportunities in **education**, with schools and colleges needing teaching assistants and other support staff.

In Sheffield, there is something for everyone, and young people can find a job that fits their interests and skills. It's important to explore different options and find the right path for you.

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Top Tips for Choosing your Next Steps

This is an exciting time as you start planning for life after school. Many students in Year 11 are thinking about what they want to do next. Learning about different paths can help you feel more confident and motivated as you prepare for the future.

Some of you may focus more on learning skills for specific jobs. This could mean exploring courses that teach practical skills, improve your communication, and help you become more independent.

Here are some tips to help you on this journey:

- 1. Join Annual Reviews:** If you have an Education, Health, and Care Plan, go to these meetings. Prepare with help from family or teachers. This is your chance to share your ideas for the future. If you have a personal assistant, they can attend too!
- 2. Look at Different Pathways:** Check out events, websites, or guides that explain various options for your future.
- 3. Try Taster Days:** Attend taster days at different colleges to try out subjects, meet staff, and see what fits you.
- 4. Talk to Teachers or Family:** Share your interests and strengths with people who can help you choose what's best for you.
- 5. Set Small Goals:** Breaking big goals into smaller steps can help you stay motivated.
- 6. Practice Life Skills:** Use this time to learn skills like cooking, budgeting, or using public transport.
- 7. Take Care of Yourself:** Moving on from school can be stressful. Practice ways to relax, stay active, and talk to someone if you're feeling stressed.

Remember, this is your journey—choose what's right for you!

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What's on offer in Sheffield

This guide will show you the different courses available in Sheffield and where you can study them. We've grouped courses by career sectors so you can easily see which ones match your career goals.

Each section describes what working in that sector is like, why jobs in that area matter, and what skills can help you succeed. You'll also find details about starting roles and how these can lead to more specialised jobs with further training. By exploring these sections, you'll get a clearer picture of each career path, helping you make choices that suit your interests and strengths.

Click on the links below to move to the page you are interested in:

<u>Life Skills</u>	<u>Life, Work and/or Academic Skills</u>	<u>Work Skills</u>
<u>Animals</u>	<u>Sport</u>	<u>Hospitality and Catering</u>
<u>Construction</u>	<u>Motor Vehicle</u>	<u>Engineering</u>
<u>Hair and Beauty</u>	<u>Digital and Creative Industries</u>	<u>IT and Computing</u>
<u>Health and Social Care</u>	<u>Science</u>	<u>Business</u>
<u>Horticulture and the Environment</u>	<u>Education</u>	<u>Performing Arts and Music</u>
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What's on offer in Sheffield

Courses take place across our community of Post-16 Providers in the city.

Please click below to visit their websites:

- [Sheaf Training](#)
- [The Sheffield College](#)
- [Nacro](#)
- [Choices College](#)
- [Kenwood Academy](#)
- [Longley Park Sixth Form](#)
- [Talbot Specialist School](#)
- [Bents Green School Sixth Form](#)
- [Seven Hills School](#)
- [CTS Training](#)
- [Learning Curve Group](#)



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I'm Interested in...

Developing Life Skills

These Life Skills courses for young people are all about helping you become more independent and confident in everyday life. You'll learn important skills through fun activities like travel training, getting involved in your community, cooking, and working as a team. These exciting experiences will help you discover new interests, make new friends, and feel more independent as you grow!

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Personal Progress	No Formal Entry Requirements	Sheaf Training
Future Choices	No Formal Entry Requirements	Sheffield College: Bloom
Pathway to an Enriched Adult Life	No Formal Entry Requirements	Talbot Sixth Form
Pathway to Supported Adult Life	No Formal Entry Requirements	Bents Green Sixth Form

These courses support students in gaining skills for everyday life and discovering their place in the community.

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I'm Interested in...

Developing Life, Work and/or Academic Skills

These courses are all about helping you become more independent, confident, and ready for everyday life. You'll have the chance to try out different activities that will not only let you discover new interests but also help you figure out what you might want to study in the future. This is really important as you start to grow up and prepare for the world of work. You'll build your confidence, make new friends, and learn to do things on your own!

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Personal Progress Plus	No Formal Entry Requirements	Sheaf Training
Discovery	No Formal Entry Requirements	Sheaf Training
Independent Living and Work Skills	No Formal Entry Requirements	Sheffield College: Bloom

These courses support students in gaining skills for everyday life, discovering their place in the community and help them decide what subjects they might want to study in the future.

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I'm Interested in...

Developing Life, Work and/or Academic Skills

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Course	Entry Requirements	Provider
Foundation Studies: Pathway to Employment and Adulthood	No Formal Entry Requirements	Sheffield College
Building Bridges to Adulthood: Pathways to Independence	No Formal Entry Requirements	Seven Hills School Sixth Form
Preparation For Adulthood	No Formal Entry Requirements	Bents Green Sixth Form
Pre-Technical Studies	No Formal Entry Requirements	Sheffield College

These courses support students in gaining skills for everyday life, discovering their place in the community and help them decide what subjects they might want to study in the future.

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I'm Interested in...

Developing Work Skills

These Work Skills courses are made for young people with SEND to help you build confidence and learn about the world of work. You'll get hands-on experiences through meaningful work placements, which will give you a taste of what different jobs are like. These courses will help you develop useful skills, discover your strengths, and figure out which careers you're interested in. By learning what you're good at, you'll be ready to make the right choices about future jobs!

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Career Boost	No Formal Entry Requirements	Sheaf Training
Supported Internship Programme	18+, hold an EHCP and a desire to work	Sheaf Training
Supported Internship Programme	18+, hold an EHCP and a desire to work	Nacro
Work Ready Level 1	No Formal Entry Requirements	Nacro
Work Ready Level 2	Completed Work Ready Level 1	Nacro
Work Skills	No Formal Entry Requirements	Sheffield College: Bloom

I'm Interested in...

Developing Work Skills

(continued)

Course	Entry Requirements	Provider
Supported Internship	Must have an EHCP	Sheffield College
Supported Internship Programme	18+, hold an EHCP and a desire to work	Choices College
Personal Development for Employability Entry Level 3	Please Ask Provider	CTS Training
Certificate in Personal Development for Employability Level 1	Please Ask Provider	CTS Training
Certificate in Personal Development for Employability Level 2	Please Ask Provider	CTS Training

Students who finish these courses have gone on to get jobs, start apprenticeships, or volunteer in different roles. These courses help you explore and choose the right career for you, whether it's in retail, office work, hospitality, or other exciting areas.

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I'm Interested in...

Animals

The animal sector is all about working with animals and making sure they are happy and healthy. People in this field can work in places like vet clinics, farms, animal shelters, zoos, or wildlife conservation centres. They help animals stay healthy, find them loving homes, or learn about them to protect their natural habitats. This work is perfect for anyone who loves animals and wants to help make their lives better!

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Animal Care Level 1	No formal entry requirements, but you must have a passion for the care of animals and a good work ethic.	Nacro
Animal Care Level 2	Previous level 1 Animal Care qualification is desirable. Alternatively, you must have a passion for the care of animals and a good work ethic and hold at least Level 1 English and Maths.	Nacro
Animal Care Level 2	Grade 3 and above in English Language, Maths and Science +1 other subject at grade 3 and above.	Sheffield College

I'm Interested in...

Animals

(continued)

Where could these courses take you?

This work sector includes jobs where people look after pets, farm animals, and even wild animals.

Some examples of early careers in this sector are Animal Care Assistant, Kennel Assistant, Pet Grooming Assistant, Dog Walker, Pet Shop Assistant, Farm Hand, Stable Hand, and Wild Life Assistant.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Veterinary nurse, Veterinarian, Animal Trainer, Wildlife Biologist, Marine Biologist, Zookeeper, Animal Behaviourist, Animal Shelter manager, Conservation officer and Equine Specialist.

I'm Interested in...

Sport

The sport sector is all about getting involved in sports, fitness, and staying active. There are many different jobs in this area, like helping people exercise, planning fun events, or working with professional athletes. It's a fantastic field for anyone who loves being active, working with others, and helping people reach their fitness or sports goals!

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Sport Level 1	There are no specific entry requirements, but you must have an interest in this topic area.	Nacro
Sport Level 2	Experience of gym-based exercises, including free weights, is highly recommended. You will be required to have a degree of physical fitness and will need to be able to have completed Sport at Level 1, and should be working towards Level 1 Functional Skills in English and maths.	Nacro
Sport and Active Leisure Level 1	4 GCSEs grade 2 or above (or acceptable alternatives), including English Language.	Sheffield College
Sport Level 2	4 GCSEs grade 3 or above. For internal progression students, the entry requirement is the successful completion of previous areas of study and a Tutor Mentor recommendation.	Sheffield College

I'm Interested in...

Sport

Course	Entry Requirements	Provider
First Award in Sport Level 1	Please Ask Provider	Kenwood Academy
First Award in Sport Level 2	Please Ask Provider	Kenwood Academy
Sport Level 1	Please Ask Provider	CTS Training

Where could these courses take you?

People in the sport sector might work as coaches, trainers, sports facility staff, or event organisers. They could help teach skills, keep people safe, support health and fitness, or even manage sports teams and events. Some examples of early careers in this sector are Sports Assistant, Fitness Instructor, Lifeguard, Sports Coach Assistant, Outdoor Activity Instructor, Event Assistant, Personal Trainer and Sports Retail Assistant.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Sports Coach, Sports Therapist, PE Teacher, Sports Event Manager and Sports Journalist.

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I'm Interested in...

Hospitality and Catering

The hospitality and catering sector is all about serving food and drinks and making customers feel welcome. This includes jobs in places like hotels, restaurants, cafes, and at events. People who work in hospitality and catering help guests feel comfortable, enjoy tasty food, and have a great time.

Jobs in this field can include cooking, serving meals, greeting guests, or helping to plan fun events. It's a perfect choice for anyone who likes working with others, being part of a team, and creating a friendly atmosphere for customers!

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Hospitality and Catering	No Formal Entry Requirements	Sheaf Training
Food Technology	No Formal Entry Requirements	Bents Green Sixth Form
Catering Level 1	No Formal Entry Requirements	Nacro
Catering Level 2	You need to have completed Level 1 Catering. GCSE Grade 2 or above in English and maths or E3 Functional Skills.	Nacro
Catering and Hospitality Entry Level	No Formal Entry Requirements	Sheffield College

I'm Interested in...

Hospitality and Catering (*continued*)

Course	Entry Requirements	Provider
Catering and hospitality Level 1	4 GCSEs grade 2 or above (or equivalent qualifications), to include English Language.	Sheffield College
Catering and Hospitality Level 2	You need to have completed Level 1 Catering and Hospitality, and Functional Skills at a minimum of Entry 3, or GCSE equivalent.	Sheffield College
Bakery Level 1	4 GCSEs, grade 2 or above (or equivalent qualifications), to include English Language.	Sheffield College
Bakery Level 2	You need to have completed Bakery Level 1 and Functional Skills at Entry 3, or GCSE equivalent.	Sheffield College
Restaurant Food and Drink Service Level 2	Have achieved a Level 1 qualification and want to prepare for further learning in the hospitality and catering sector to progress	Sheffield College
First Award in Hospitality Level 1	Please Ask Provider	Kenwood Academy
First Award in Hospitality Level 2	Please Ask Provider	Kenwood Academy

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I'm Interested in...

Hospitality and Catering

(continued)

Where could these courses take you?

Examples of early careers in this sector are Kitchen Assistant, Waiter/Waitress, Barista, Catering Assistant, Baker, and Commis Chef.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Pastry Chef, Sous Chef, Chef de Partie, Head Chef, Bar/Café or Restaurant Manager.

I'm Interested in...

Construction

The construction sector is all about building things like houses, schools, offices, and bridges. There are lots of different jobs in this field, from coming up with designs to actually putting the buildings together. The construction sector is really important because it helps create the places where we live, work, and have fun.

This is a great field for people who like working with their hands, solving problems, and being part of a team. Plus, there are many chances to learn new skills and grow in this industry!

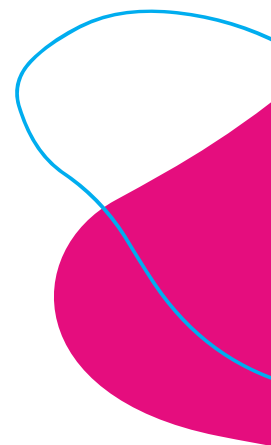
Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Construction (Multi-Trades)	No Formal Entry Requirements	Sheaf Training
Construction Level 1	No entry requirements, but you must have a passion for working in the construction industry.	Nacro
Construction Level 2	You must have completed a Level 1 Construction qualification and have a GCSE grade 2 or above in English and Maths or E3 Functional Skills.	Nacro
DIY household renovation or Repair Painting and Decorating Level 1	No Formal Entry Requirements	Sheffield College

I'm Interested in...

Construction

(continued)



Course	Entry Requirements	Provider
Brickwork Level 1	4 GCSEs grade 2 or above (or acceptable alternatives), including English Language	Sheffield College
Brickwork Level 2	Level 1 qualification in Brickwork/Bricklaying and 4 GCSEs grade 2 or above (or acceptable alternatives), including English Language	Sheffield College
Carpentry and Joinery Level 1	4 GCSEs grade 2 or above, including English Language	Sheffield College
Carpentry and Joinery Level 2	Level 1 qualification in Carpentry & Joinery and 4 GCSEs grade 2 or above (or acceptable alternatives), including English Language	Sheffield College
Plumbing Level 1	5 GCSE grades at 2 or above including English, Maths and Science	Sheffield College
Plumbing Level 2	Level 1 Plumbing and English, Maths and Science at grade 3	Sheffield College
Painting and Decorating Level 2	A Level 1 qualification in Painting & Decorating and 4 GCSEs grade 2 or above (or acceptable alternatives), including English Language	Sheffield College
First Award in Construction and the Built Environment Level 1	Please ask provider	Kenwood Academy
First Award in Construction and the Built Environment Level 2	Please ask provider	Kenwood Academy

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I'm Interested in...

Construction

(continued)

Course	Entry Requirements	Provider
Electrical Installation Level 2	Level 1 Electrical Installation and English, Maths and Science at grade 4	Sheffield College
Carpentry and Joinery Apprenticeship Level 2	4 GCSEs at grade 3 or above (or equivalents), and existing employment / experience within the industry. If you are not already employed within the industry you will need to find a suitable employer to complete your apprenticeship with	Sheffield College

Where could these courses take you?

Examples of early careers in this sector are Construction Labourer, Bricklayer, Painter and Decorator, Plumber, Crane Driver Electrician or Joiner.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Construction Manager, Architect, Civil Engineer, Project Manager, Surveyor, Safety Officer or Building Inspector.

I'm Interested in...

Motor Vehicle

The motor vehicle sector is all about cars and other vehicles. This industry covers everything from designing and building vehicles to fixing and taking care of them.

This sector is important because it helps people travel safely and move things from one place to another. It's a great field for those who like working with their hands, solving problems, and learning about technology. There are lots of chances to learn new skills and grow in this industry!

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Motor Vehicle maintenance and repair Level 1	4 GCSEs grade 2 or above (or acceptable alternatives), must include English Language.	Sheffield College
Motor Vehicle and accident repair Level 1	4 GCSEs grade 2 or above (or acceptable alternatives), to include English Language	Sheffield College
Motor Vehicle maintenance and repair Level 2	Level 1 Motor Vehicle Maintenance and Repair or equivalent, and minimum of Entry 3 Functional Skills	Sheffield College
Motor vehicle and accident repair Level 2	Level 1 Motor Vehicle Accident Repair Level 1 or Motor Vehicle Body and paint. 4 GCSEs grade 4 or above, to include English and Maths	Sheffield College
Health and safety in the work place Level 2	There are no formal entry requirements for this qualification.	Sheffield College

I'm Interested in...

Motor Vehicle

(continued)

Where could these courses take you?

Early careers in the motor vehicle industry include Mechanic, Automotive Technician, Service Advisor, Vehicle Detailing Technician, Collision Repair Technician, Tire Technician or Vehicle Inspector.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Diesel Mechanic, Automotive Engineer, Vehicle Design Engineer or Electric Vehicle Technician.

I'm Interested in...

Engineering

The engineering sector is all about designing and building things to make life better. Engineers use science and math to solve problems and create things we use every day, like roads, bridges, machines, and new technology. Different types of engineers work on different projects; for example, civil engineers focus on roads and buildings, mechanical engineers design machines, electrical engineers work with electronics, and software engineers create computer programs.

Engineering is important because it helps improve the world around us. Engineers often work in teams to turn their ideas into reality, making it a great field for people who enjoy problem-solving and technology. There are many opportunities to learn and grow in engineering, which makes it an exciting career choice!

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Engineering Level 1	4 x GCSEs at grades 2 or above, to include English Language and Maths	Sheffield College
Engineering Level 2	5 x GCSEs grades at grade 3 or above (or acceptable alternatives), must include English Language, Maths and Science	Sheffield College
Engineering operative Apprenticeship Level 2	Individual employers will set the selection criteria for their Apprenticeships	Sheffield College
Advancing digital 2D AutoCAD training Level 2	Aimed at those with some experience in computing, perhaps in manufacturing or engineering design.	Sheffield College

I'm Interested in...

Engineering

(continued)

Where could these courses take you?

Early careers in this sector include Engineering Technician, Manufacturing Technician, Mechanical Assembly Technician, Maintenance Technician, Quality Inspector, Engineering Operative, Production Operative, CAD Technician, Design Technician and Mechanical Design Assistant.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Software Engineer, Manufacturing Engineer, Quality Assurance Engineer, Electrical Engineer, Civil Engineer, Mechanical Engineer, System Engineer, Environmental Engineer or Research and Development Engineer.

I'm Interested in...

Hair and Beauty

The hair and beauty sector is all about making people look and feel amazing! This industry includes jobs where people cut and style hair, do makeup, provide skincare treatments, and give manicures and pedicures.

If you enjoy being creative and working with your hands, this is a great field for you! You get to help others feel confident and happy about themselves. It's a hands-on job with plenty of chances to learn new skills and make friends with your clients.

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Introduction to Beauty Industries	No Formal Entry Requirements	Sheaf Training
Hair and Beauty Level 1	4 GCSEs grade 2 and above (or acceptable alternatives), including English Language	Sheffield College
Beauty Therapy Level 2	4 GCSEs grade 4 or above (or acceptable alternatives), including English Language	Sheffield College
Hair and Media make-up Level 2	4 GCSEs grade 4 or above (or acceptable alternatives), including English Language	Sheffield College
Hairdressing (European Hair of all types) Level 2	A minimum of 4 GCSEs grade 3 or above. Applicants must have a minimum of grade 3 in GCSE English Language or Level 1 equivalent in Literacy.	Sheffield College

I'm Interested in...

Hair and Beauty

(continued)

Course	Entry Requirements	Provider
Barbering Level 2	Applicants must have a GCSE grade 3 or above in English Language OR Level 1 equivalent in Literacy.	Sheffield College
Hair and Beauty Skills Level 1	Applicants must be aged 16-19 and have a genuine interest in the hair and beauty industry.	Learning Curve Group
Beauty Therapy Level 2	Applicants must be aged 16-19 and have a genuine interest in the hair and beauty industry.	Learning Curve Group
Hairdressing Level 1	Applicants must be aged 16-19 and have a genuine interest in the hair and beauty industry.	Learning Curve Group
Hairdressing Level 2	Applicants must be aged 16-19 and have a genuine interest in the hair and beauty industry.	Learning Curve Group
Barbering Level 2	Applicants must be aged 16-19 and have a genuine interest in the hair and beauty industry.	Learning Curve Group
Nail Services Level 2	Applicants must be aged 16-19 and have a genuine interest in the hair and beauty industry.	Learning Curve Group

I'm Interested in...

Hair and Beauty

(continued)

Course	Entry Requirements	Provider
Hair and Media Make-Up Level 2	Applicants must be aged 16-19 and have a genuine interest in the hair and beauty industry.	Learning Curve Group
Cosmetic Make-Up Level 2	Applicants must be aged 16-19 and have a genuine interest in the hair and beauty industry.	Learning Curve Group

Where could these courses take you?

People working in hair and beauty often work in salons, spas, or sometimes even on film and TV sets. Some jobs include hairstylists, barbers, beauty therapists, nail technicians, and makeup artists.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Senior Hair Stylist/Colourist, Salon Manager, Spa Therapist, Nail Technician, Aesthetic Practitioner, Holistic Therapist, Men's Grooming Specialist, Senior Barber, Barber Shop Manager or Hair and Beauty Trainer.

I'm Interested in...

Digital and Creative Industries

The digital and creative sector is all about using technology and creativity to make cool things like websites, games, videos, art, and music. People who work in this area do jobs like graphic design, animation, photography, video production, and social media.

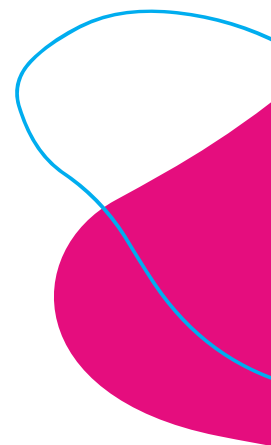
This field is perfect for anyone who loves working with computers, dreaming up new ideas, and using their imagination. There are lots of ways to learn and grow, and it's a really exciting area to be a part of as technology keeps changing!

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Essential Digital Skills	No formal entry requirements.	Bents Green Sixth Form
Introduction to Creative Industries	No formal entry requirements.	Sheaf Training
Digital Media	No formal entry requirements.	Sheaf Training
Games & Photography & Film Level 1	For students who have not studied at the college - 3 GCSEs at grade 2, English and Maths Functional Skills at Entry Level 2 and BKSB IA Entry Level. For students progressing from Foundation Learning - achievement of an Entry Level qualification, English & Maths Functional Skills at Entry Level 2 and 85% attendance.	Sheffield College
TV and Film Level 2	4 GCSEs grade 3 or above (or acceptable alternatives) including English Language.	Sheffield College

I'm interested in...

Digital and Creative Industries (*continued*)



Course	Entry Requirements	Provider
Art and Design Level 2	4 GCSEs grade 3 or above (or acceptable alternatives); including English Language and an art-related subject or portfolio of art work.	Sheffield College
Games & Design & Interactive Media Level 2	4 GCSEs grade 3 or above (or acceptable alternatives), including English Language.	Sheffield College
Photography and Journalism Level 2	4 GCSEs grades 3-9.	Sheffield College
Art and Design UAL Level 2 Diploma	At least 2 Grade 3s at GCSE.	Longley Park College
First Award in Creative Digital Media Production Level 1	Please Ask Provider	Kenwood Academy
First Award in Creative Digital Media Production Level 2	Please Ask Provider	Kenwood Academy
GCSE Art	Please Ask Provider	Kenwood Academy



I'm interested in...

Digital and Creative Industries (*continued*)

Where could these courses take you?

Jobs in digital and creative fields can include creating content for websites, designing logos, editing videos, or even building apps and games. This sector is important because it helps businesses connect with people and makes information easy and fun to understand. Early careers include: Photography Assistant, Production Runner, Junior Graphic Assistant, Camera Assistant, Lighting Assistant, Production Assistant, Gallery Assistant, Interactive Media Assistant, Printmaking Assistant, Junior Art Assistant, or Social Media Assistant.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Photographer, Graphic Designer, Creative Director, Games Designer, Animator, Art Director or Digital Marketing Specialist.

I'm Interested in...

IT and Computing

The IT and computing sector is all about working with computers, software, and technology to help people and businesses stay connected and solve problems. Jobs in this area include setting up and fixing computers, writing programs, building websites, creating apps, and keeping data safe from cyber threats.

This field is perfect for anyone who loves solving problems, learning about new technology, and working with computers. There are lots of exciting career paths to choose from, and as technology keeps changing, there are always new skills to learn and new jobs to discover!

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Introductory Diploma in Information Technology Level 1	4 GCSEs grade 2 or above to include English Language and Maths.	Sheffield College
Technical Diploma in Computing technologies Level 2	5 GCSEs grade 3 or above to include English Language and Maths.	Sheffield College
Digital Marketing Level 2	No formal entry requirements.	Sheffield College
Award in Cyber Security Level 2	No formal entry requirements.	Sheffield College

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I'm Interested in...

IT and Computing

(continued)

Course	Entry Requirements	Provider
Computing Level 1	Please Ask Provider	Kenwood Academy
Computing Level 2	Please Ask Provider	Kenwood Academy

Where could these courses take you?

IT Support Assistant, Data Entry Clerk, Office Administrator, IT Technician, Help Desk Support, Junior Network Assistant, Digital Marketing Assistant, Content Creator, Junior Cyber Security Assistant, IT Support and Security Technician or Junior Security Analyst.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Web Developer, Software Developer, Data Analyst, IT Support Manager, or Cyber Security Analyst.

I'm Interested in...

Health and Social Care

The health and social care sector is all about helping people stay healthy and giving support to those who need extra help in their daily lives. This includes caring for patients in hospitals, assisting older people at home or in care homes, working with individuals who have physical or learning disabilities, helping those with mental health challenges, and supporting children and their families.

This field is perfect for people who love to help others, are good listeners, and want to make a difference in people's lives. There are many rewarding jobs available, and you can learn new things and grow in your career while making the world a better place!

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Health and Social Care Level 1	4 GCSEs grades grade 2 or above including English Language.	Sheffield College
Health and Social Care Level 2	4 GCSEs grades grade 3 or above including English Language.	Sheffield College
Health and Social Care Level 2 Certificate	At least 2 grade 3s at GCSE	Longley Park Sixth Form
First Award in Health and Social Care Level 1	Please Ask Provider	Kenwood Academy
First Award in Health and Social Care Level 2	Please Ask Provider	Kenwood Academy

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I'm Interested in...

Health and Social Care

(continued)

Where could these courses take you?

People who work in health and social care help others in different ways. They may care for people who are ill or getting better, give advice on how to stay healthy, or work in teams that collect medical samples to find out why someone is unwell. Many people say these jobs are very rewarding, especially if you like helping others.

Jobs in this area include nursing, being a paid carer, working in social care, and providing therapy. You could also be a care assistant, health support worker, activities coordinator, personal assistant, or support worker. These roles can be in hospitals, people's homes, care homes, or day centres.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Registered Nurse, Social Worker, Paramedic, Speech and Language Therapist, Physiotherapist, Occupational Therapist, Care/Case Coordinator, Midwife, Counsellor/Psychotherapist, or Health and Social Care Manager.

I'm Interested in...

Science

The science sector is all about understanding how everything in the world works. This includes studying living things, exploring space, and creating new technologies. It covers different subjects like biology, chemistry, physics, and environmental science.

People who work in this field might be in labs, hospitals, or even outside, doing experiments, testing samples, or solving problems.

This sector is perfect for those who love asking questions, investigating, and learning new things. There are lots of exciting career paths available, all focused on making cool discoveries and improving our lives!

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Science Level 1	4 GCSEs grade 2 or above must include English Language.	Sheffield College
Applied Science Level 2	4 GCSEs grade 3 or above. Must include Double Science and one of English Language or Maths at grade 3.	Sheffield College
Applied Science BTEC Level 2	2 GCSEs at grade 3 or above including Science.	Longley Park Sixth Form

I'm Interested in...

Science

(continued)

Course	Entry Requirements	Provider
GCSE Biology	Please Ask Provider	Kenwood Academy
GCSE Science	Please Ask Provider	Kenwood Academy

Where could these courses take you?

Laboratory assistant, pharmacy assistant or healthcare science assistant.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Pharmacist, Forensic Scientist, Microbiologist, Biomedical Scientist, Research Scientist or Laboratory Technician.

I'm Interested in...

Business

The business sector is all about how companies and organisations make things to sell to customers. This includes many different types of businesses, like shops, restaurants, and technology companies.

People who work in this area might do jobs in marketing (getting people to buy things), finance (managing money), human resources (helping employees), or management (running the business). Their jobs could be about selling products, planning events, or making sure everything runs smoothly.

This sector is great for those who enjoy working with others, solving problems, and being creative. There are lots of exciting career opportunities, and it's a fun field where you can really make a difference in the economy and your community!

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Business Level 1	4 GCSEs grade 2 or above including English Language.	Sheffield College
Business Level 2	4 GCSEs grade 3 or above - these must include English Language and/or Maths at grade 4.	Sheffield College

I'm Interested in...

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Course	Entry Requirements	Provider
Business Level 1	4 GCSEs grade 2 or above including English Language.	Sheffield College
Business Level 2	4 GCSEs grade 3 or above - these must include English Language and/or Maths at grade 4.	Sheffield College

I'm Interested in...

Business

(continued)

Course	Entry Requirements	Provider
Business BTEC Level 2	2 GCSEs at Grade 3 or above.	Longley Park Sixth Form

Where could these courses take you?

Business Administration Assistant, Customer Service Representative, Operations Assistant, Quality Control Assistant, Retail Assistant, Sales Assistant, Human Resources Assistant, Junior Project Coordinator, or Digital Marketing Assistant.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Business Administrator, Human Resources Officer, Accountant, Business Analyst, Logistics Coordinator or Paralegal.

I'm Interested in...

Horticulture and the Environment

The horticulture and environmental sector is all about taking care of our planet and finding ways to help it stay healthy. This includes jobs that involve growing plants, flowers, and crops, as well as taking care of gardens and natural spaces. People in this sector also work to conserve resources, reduce pollution, and promote renewable energy sources like solar and wind power.

This field is perfect for those who care about the environment and want to make a positive difference in the world. There are lots of exciting career options that help protect our planet for future generations!

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Outdoor Learning	No formal entry requirements.	Bents Green Sixth Form
Horticulture Level 1	4 GCSEs at grade 2 or above including English Language.	Sheffield College
Horticulture Level 2	4 GCSEs grades grade 3 or above including English Language.	Sheffield College
Introduction to Land Based studies Level 1	4 GCSEs at grade 2 or above including English Language, Maths and Science. Experience of working with animals is desirable, but not essential.	Sheffield College

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I'm Interested in...

Horticulture and the Environment

(continued)

Course	Entry Requirements	Provider
Environmental conservation Level 2	4 GCSEs at grade 3 or above including English Language.	Sheffield College
Floristry Apprenticeship Level 2	4 GCSEs at grade 3 and above including English Language with Maths no lower than an E. You will also need to gain a suitable employer.	Sheffield College

Where could these courses take you?

Garden Centre Assistant, Ground Maintenance Worker, Horticulturist Assistant, Landscape Technician, Farm Worker, Park Ranger, Florist or Floral Assistant.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Botanist, Landscape Designer, Specialist Florist, Horticulturist, Conservation Officer, Ecologist, Environmental Consultant, Agricultural or Horticultural Scientist, Environmental Policy Analyst, Sustainability Manager, Recycling Management Officer, Climate Change Analyst or Hydrologist Specialist.

I'm Interested in...

Education

The education sector is all about helping people learn new things and grow. It includes schools, colleges, universities, and training centres where students of all ages can gain knowledge and skills.

This sector is great for people who love sharing what they know, helping others, and making a difference in their communities. There are many different job options available, so if you're passionate about learning and teaching, the education sector has lots of opportunities for you!

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Education and Early Years Level 1	Minimum of 4 GCSEs grade 2 or above, including English Language. Students must also obtain a DBS check.	Sheffield College
Education and Early Years Level 2	3 GCSEs at grade 3 or above to include: Maths at grade 3 and English Language at grade 4 (it is essential that learners have this grade before beginning this course, as there will not be an opportunity to study for this alongside the course)	Sheffield College
Teaching Assistant Level 1	This programme has no formal entry requirements, however experience of working with children or young people in some capacity will help you gain the most from the course.	Sheffield College

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I'm Interested in...

Education

(continued)

Course	Entry Requirements	Provider
Teaching Assistant Level 2	GCSE grade 3 or equivalent in English Language and Maths. Experience of working with children or young people in some capacity will help you gain the most from the course.	Sheffield College
Early Years Practitioner Apprenticeship Level 2	A minimum of 4 GCSEs at grade 3 or above including English Language and Maths.	Sheffield College
Cache Level 2 Diploma for the Early Years Practitioner	A minimum of 2 GCSEs at grade 3 or above	Longley Park Sixth Form

Where could these courses take you?

These courses could lead you to jobs like these:

Playworker, Childcare Assistant, Nursery Nurse, Teaching Assistant, Learning Support Assistant, SEND Assistant, or Early Years Educator.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Primary School Teacher, Secondary School Teacher, Early Years Educator (Level 3+), Special Educational Needs Teacher, Further Education Lecturer, Special Educational Needs Coordinator, or Careers Adviser.

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I'm Interested in...

Performing Arts and Music

The performing arts and music sector is all about being creative and expressing yourself through things like acting, dancing, singing, and playing instruments. It includes fun events like theatre shows, dance performances, music concerts, and other live activities where people can show off their talents.

This sector is perfect for those who love being creative, enjoy teamwork, and want to share their skills with others. There are lots of exciting job options, whether you want to perform on stage, create music, or help out behind the scenes to make shows happen. The performing arts and music sector is a lively place that celebrates culture and brings people together through creativity.

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Music Level 2	4 GCSEs grade 3 or above to include English Language. NB: Applicants need to be able to play an instrument to a competent level or sing. The interview will include an audition.	Sheffield College
Performing Arts and Production Level 2	4 GCSEs at grade 3 or above to include English Language. It is desirable that applicants have some recent experience of performing in front of an audience.	Sheffield College
First Award in Performing Arts Level 1	Please Ask Provider	Kenwood Academy
First Award in Performing Arts Level 2	Please Ask Provider	Kenwood Academy

I'm Interested in...

Performing Arts and Music

(continued)

Where could these courses take you?

In the performing arts, you can find actors, dancers, musicians, directors, and stage crew who work together to create entertaining shows. People in this field often practice for many hours to perfect their skills and put on great performances for audiences.

These courses could lead you to jobs like these:

Music Assistant, Sound Technician, Theatre Technician, Entry Level Actor/Dancer, or stage Assistant Manager.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Professional Actor, Musician, Dancer or Choreographer, Voice Artist, Stage Manager, Theatre Director, Lighting Technician, Sound Technician, Music Producer, Costume Designer, Teaching, or Talent Agent.

I'm Interested in...

Travel and Tourism

The travel and tourism sector is all about helping people discover new places and have fun on their holidays. This includes jobs in travel agencies, tour companies, and transportation services like airlines and buses. If you love meeting new people, learning about different cultures, and sharing your passion for travel, this sector is perfect for you! There are many exciting job opportunities, whether you want to be a travel agent, a tour guide, a hotel manager, or do something else that makes travel enjoyable for everyone. Overall, this sector helps connect people to different cultures and create amazing experiences all around the world!

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Aviation Level 2	4 GCSEs at grades 3-9, including English Language and Maths. Either English Language or Maths must be grade 4-9. Functional Skills Level 1 can be used as equivalent to GCSE grade 3 and Functional Skills Level 2 can be used as equivalent to GCSE grade 4 or above.	Sheffield College
Travel and Tourism Level 2	4 GCSEs at Grade 3 or above including English Language and Maths.	Sheffield College
Travel and Tourism Level 1	Please Ask Provider	CTS Training

I'm Interested in...

Travel and Tourism

(continued)

Where could these courses take you?

People who work in travel and tourism help plan trips, provide information about destinations, and ensure that travellers have a great experience. This can involve arranging transportation, booking accommodations, and organising activities for tourists. Airport Ground Staff, Flight Attendant, Airline Customer Service Representative, or Tour Guide.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Travel Agent, Tour Manager, Tourism Development Officer, Airline Operations Manager, Travel Writer/Blogger, Cruise Consultant, or Sustainable Tourism Officer.

I'm Interested in...

Public Services

The public services sector is all about helping people and keeping our communities safe. This includes important organisations like the police, fire department, ambulance services, and local government. If you want to make a difference in your community and help others, this sector is a great fit for you! There are many different jobs you can do, like being a police officer, firefighter, social worker, or community support worker. Overall, this sector is really important because it helps keep everyone safe and healthy!

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Public Services Level 1	4 GCSEs at grade 2 or above. Alternatively, a suitable entry level qualification will also be considered.	Sheffield College
Public Services Level 2	4 GCSE grade 3 or above. A successful Level 1 student will need a recommendation from their course leader. All students will continue to study GCSE English and maths.	Sheffield College
Public Services Level 2	Please Ask Provider	CTS Training

I'm Interested in...

Public Services

(continued)

Where could these courses take you?

People who work in public services are committed to making sure everyone gets the help they need. They are there in emergencies, keep us safe, and provide important services to the community. This includes helping during natural disasters, making sure everyone follows the law, and assisting people who need extra support.

These courses could lead you to jobs like these:

Police Community Support Officer, Trainee Firefighter, Emergency Response Assistant or Community Support Officer.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Police Officer, paramedic, Firefighter, Youth Worker, Probation Officer, Community Development Worker, Criminal Justice Professional, Emergency Management Specialist, or Housing Officer.

I'm Interested in...

Counselling and Psychology

The counselling sector is all about helping people with their feelings and challenges. Counsellors are trained professionals who listen and provide support in a safe and private space. They help people work through problems like stress, anxiety, and relationship issues.

Counsellors use different methods to help their clients understand their feelings better and find ways to solve their problems. They can work in schools, hospitals, community centres, or their own offices.

This field is great for people who enjoy helping others and want to make a difference in their lives. Careers in counselling can include jobs like school counsellors, mental health counsellors, or family therapists. Overall, the counselling sector is important for supporting mental health and happiness in our communities.

Below are the available courses, their entry requirements and the name of the school or college who delivers them.

Course	Entry Requirements	Provider
Level 1 Counselling introduction	No formal entry requirements.	Sheffield College
Level 2 Counselling helping skills	No formal entry requirements.	Sheffield College
GCSE Psychology	Please Ask Provider	Kenwood Academy

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I'm Interested in...

Counselling and Psychology

(continued)

Where could these courses take you?

Health Care Assistant, Support Worker, Mental Health Support Worker, or Education Support Worker.

What other jobs are there in this area?

Other roles which would require further specific training, qualifications or experience include Counsellor, Hypnotherapist, Cognitive Behavioural Therapist, Psychotherapist, Music Therapist, Dance/Movement Therapist, Art Therapist, Occupational Therapist, Substance Abuse Counsellor, Family Therapist, or Clinical/Forensic Psychologist.

Your Thoughts Matter

As you move forward, **remember, you don't have to figure everything out all at once.** Take small steps and focus on what feels right for you. If you ever feel unsure or need help, **talk to someone you trust**—like a teacher, parent, carer, or support service. **You are not alone, and there is always help if you need it.**

We would also love to hear what you think about this guide! **[Click here](#) or scan the QR code below to share your thoughts.** You can tell us what you liked, what could be better, or any ideas you have. **Your feedback will help improve this guide for other young people.**



Thank you for sharing your thoughts.
Good luck with your journey—you've got this!