

## Advice and information for school leavers Summer 2020

### Health and wellbeing

Making the transition from High School to your chosen pathway is a milestone for every young person.

It's normal and expected to feel nervous and excited about this change. This year things are even more challenging because of COVID19. Having no school may feel like a relief, for others it might feel worrying or upsetting. There might be times when you are feeling safe and happy, or other times when you feel overwhelmed, anxious or low. For many of us feelings can change from day to day, hour to hour, or minute to minute. However, what you are feeling right now is valid!

When things are feeling difficult it can make a big difference to speak to someone. This could be trusted friends, family or someone at school. With the right help and support we can get through this. You can find further information about staying connected and emotionally healthy at

<https://www.edinburgh.gov.uk/support-pupils/home-school-closures---guide-young-people?documentId=12954&categoryId=20105>

### Pathways to a positive destination

It's important to have the right information to support you with finding the right route to the right course or the right job.

If you intend to move into employment, training, further or higher education, then the following guidance will help with planning your pathway. This pathway may have many twists and turns, and probably a few bumps along the way too – any obstacles will present opportunities. For some young people, choosing a gap year, to consider pathways may also be the right option.

If you're worried about exam results, leaving school or your next steps, your Pupil Support Leader and/or Skills Development Scotland (SDS) Careers Adviser are still available to help you make the right decisions. They can help you think about your options now and in the future whether it's college, university, apprenticeships, getting into a job or further learning.

You can:

- call the SDS helpline to speak an adviser on 0800 917 8000
- register at [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk) to access online resources
- continue to learn and train by accessing free online courses at [www.myworldofwork.co.uk/learn-and-train](http://www.myworldofwork.co.uk/learn-and-train)

**If you're in S4 or S5**, deciding to stay-on at school is also still an option. Contact school as soon as possible to discuss this and coursing arrangements.

## Sources of careers information, advice and guidance

### Employment and Training

[www.myworldofwork.co.uk/pupils](http://www.myworldofwork.co.uk/pupils)

[www.myworldofwork.co.uk/learn-and-train](http://www.myworldofwork.co.uk/learn-and-train)

[www.myworldofwork.co.uk/getting-a-job](http://www.myworldofwork.co.uk/getting-a-job)

facebook.com – SDS Edinburgh

[www.myworldofwork.co.uk/marketplace/opportunities](http://www.myworldofwork.co.uk/marketplace/opportunities)

[www.apprenticeships.scot](http://www.apprenticeships.scot)

DYW@edinburgh.gov.uk

[www.edinburghguarantee.org](http://www.edinburghguarantee.org)

[www.joinedupforjobs.org](http://www.joinedupforjobs.org)

### Further Education

[www.edinburghcollege.ac.uk](http://www.edinburghcollege.ac.uk)

[www.studentinformation.gov.scot/coronavirus-minister-message](http://www.studentinformation.gov.scot/coronavirus-minister-message)

[www.collegesscotland.ac.uk](http://www.collegesscotland.ac.uk)

[www.sqa.org.uk](http://www.sqa.org.uk)

[www.myworldofwork.co.uk/pupils](http://www.myworldofwork.co.uk/pupils)

### Higher Education

[www.UCAS.com](http://www.UCAS.com)

[www.studentinformation.gov.scot/coronavirus-minister-message](http://www.studentinformation.gov.scot/coronavirus-minister-message)

[www.sqa.org.uk](http://www.sqa.org.uk)

[www.myworldofwork.co.uk/pupils](http://www.myworldofwork.co.uk/pupils)

### Other

[www.edinburghcollege.ac.uk/Schools/Are-You-Still-At-School](http://www.edinburghcollege.ac.uk/Schools/Are-You-Still-At-School)

[www.edinburghcollege.ac.uk/Schools/Are-You-Still-At-School/Foundation-Apprenticeships](http://www.edinburghcollege.ac.uk/Schools/Are-You-Still-At-School/Foundation-Apprenticeships)

Care Experienced young people can access support at [www.hubforsuccess.org](http://www.hubforsuccess.org) Floor 6, 249 High Street, Edinburgh, EH1 1PN

**Edinburgh Learns pathways – senior phase transition**

Click on the blue underlined text in each box to access the resource 

