AUG 2026

THE PARENTS' GUIDE TO

GCSE Results Day

theparentsguideto.co.uk

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The Parents' Guide to

Join **Parent Club** for ongoing support

The teenage years bring a lot of change - and not always clear answers for parents. From school and friendships to wellbeing, revision and next steps, it can be hard to know how best to support your child.

The Parents' Guide To gives parents practical, easy-to-use support to help them feel more informed, more confident and less alone.

What you'll find in this guide:

✓ **Clear, up-to-date information**
Straightforward explanations to help you understand the topic without jargon.

✓ **Practical advice**
Helpful ideas and tips you can actually use at home.

✓ **Links to trusted sources**
Signposts to reliable organisations and further support when you want to explore something in more detail.

✓ **Helpful next steps**
Simple suggestions to help you feel clearer about what to do next.

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Parent Club

Parent Club is our monthly membership for parents of teens, offering practical, ongoing support across the school year. From revision and future choices to wellbeing and family life, the teen years bring plenty of questions and decisions, and Parent Club is there to give you clear, reliable help when you need it most. What you'll get:

☑ **Practical support** ☑ **Timely resources** ☑ **Live calls** ☑ **Specialist guides**

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Parent Talks

Join live calls on the topics parents ask about most, with practical advice, expert insight, and time for questions and answers.

Free for Parent Club members.

See what's on

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Introduction

There's intense focus on results day and it can be a nerve-racking time for you and your teen, both in the lead up and on the day itself.

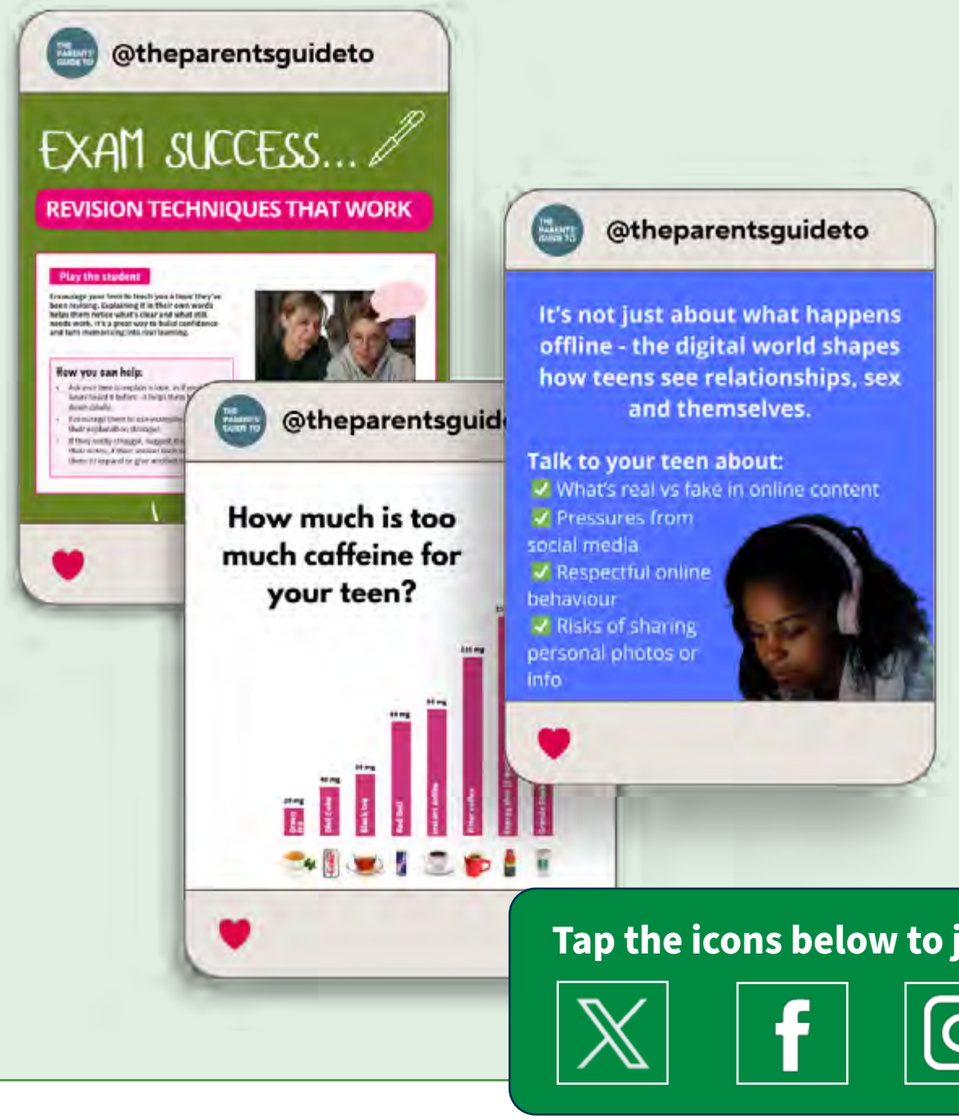
Once final exams are over in May/June, it seems as if nothing more can be done except wait out the long weeks until results are announced. All this tension and anticipation can build setting off a wonderful release if the results are good, but something potentially damaging if things haven't gone as planned.

Results Day is an important marker in your teen's academic achievements. However, although it can seem like the final verdict on how much your teen's got out of their schooling, the more realistic viewpoint is that it's a useful indicator as to whether your teen's on the right path. If results are poor, perhaps they need to take a different tack, such as focusing on qualifications that involve more practical studies instead of classroom studies, or where course work and ongoing assessment are the basis for grading rather than examinations.

GCSE results day is a pivot point, marking the transition from one academic phase to another. It's not a final destination, it's one step in a much longer journey. In this guide we'll share with you what you can do to help your teen prepare for their results, what you can do if they don't get the results they'd hoped for, including an outline of all the options available, and advice on where to get more help if you need it.

Follow us for bite-size tips and support!

Practical advice you can actually use at home



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How to prepare for every possibility

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Simple habits to help them get ahead.

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Easy ways to help them feel calm, confident, and prepared.

4. On the day
A step-by-step guide to help you support your teen on the day.

5. Making sense of results
Understanding grades, offers, and what they mean for the future.

Leading up to Results Day

It's a myth that there's no action to take ahead of results day, so neither you nor your teen should feel you just have to sit it out. One of the best ways to help the day go smoothly is to plan ahead and make sure they know what steps to take, especially if the worst happens and their results are disappointing.

Don't forget, as well as being a time to rest up after a busy summer term, the holidays are also a time for your teen to explore their hobbies and interests, including trying new ones. This is a fun way for them to broaden their experience and will help them do better in interviews later.

If they are anxious, we've also got tips on how you can help them manage stress and improve their mental resilience. This is an important life lesson and it's never too early for them to find effective ways to wind down.

Results day checklist:

- ✓ Get an early night on Weds 19th August so they're rested, even if they can't sleep properly! Trying to cope with emotional situations will be more difficult if they're tired.
- ✓ Rise and shine to head off early to get their results within an hour of them being ready – delaying could let anxiety build up.
- ✓ Eat a decent breakfast and drink plenty of fluids before heading to get their results. This will stand them in good stead if they get caught up and delayed once they're there or if they head off to celebrate with friends afterwards.
- ✓ Find out who they should speak to at school and at their next educational establishment, including phone numbers and email addresses. If they need to make calls, they'll want all the information right on hand.
- ✓ Make sure they've got pen, paper and a fully charged mobile phone with them.
- ✓ Read our guidance on about next steps BEFORE results day, so they've got a good idea of what appeals most as Plan B if Plan A falls through.
- ✓ Reassure them that you are there for them, with love and support, because of who they are. Your love is not dependent on what results they get.

Making The Most of Summer

What your teen does outside the classroom can be extremely valuable in shaping their future. Over the summer, it is worth encouraging them to do more than simply wait for results or drift through the break. Hobbies, interests, responsibilities and new experiences can all help them build confidence, develop useful skills and stand out later on.

Activities that may not seem directly connected to future plans can still make a real difference. They can help your teen discover what they enjoy, widen their experience and start to build strengths that will serve them well in sixth form, college, university, apprenticeships or work.

More than just a hobby

Hobbies and interests are often where teenagers develop some of their most valuable transferable skills. Whether they enjoy activities with others or prefer something more independent, they may be learning to communicate, manage their time, solve problems, show commitment or think creatively without even realising it.

Typical hobbies might include reading, football, gaming or vlogging, while other interests could include stand-up comedy, candle making, pet sitting or rapping. The key question is not whether the hobby sounds conventional, but whether it helps your teen learn, grow, connect with others or develop a skill.

Why balance helps

Balance matters too. Teens who are able to combine rest, fun, activity and responsibility often cope better with pressure and use their time more effectively. Having a range of interests gives different parts of the brain a chance to work and rest, which can help with resilience, adaptability and overall wellbeing.

A summer that includes a mix of different activities can also help your teen return to the new school year feeling more refreshed, more motivated and more confident.

Developing their passions

As a parent, this might mean encouraging your teen to keep up a hobby, try something new, take on some responsibility or use some of their time in a purposeful way over the summer. This does not have to be formal or impressive. What matters most is that it helps them grow.

If an activity leads to your teen meeting new people, learning a skill, communicating well, working in a team, being creative or managing their time effectively, it is likely to be helping them build strengths that will benefit them in the future.

And, of course, it is no bad thing if some of this takes them offline too.

Skills they'll develop

- ✓ **Commitment** – Understanding the benefit of maintaining interest over the long term
- ✓ **Communication** – The ability to express complex ideas clearly and simply with others, either in writing or speech
- ✓ **Critical thinking** – Unafraid to ask questions and delve into deeper meaning
- ✓ **Focus** – Being able to concentrate on one thing at a time and not getting distracted
- ✓ **Leadership** – Being able to motivate and inspire others to take or follow action
- ✓ **Listening** – Actively listening and hearing what others are saying
- ✓ **Passion** – Feeling strongly about certain things and taking appropriate action to demonstrate and channel this passion
- ✓ **Problem solving** – Being able to think of, and develop, inventive solutions to problems
- ✓ **Resilience** – The ability to manage stress and bounce back when faced with difficulties – required to succeed under pressure
- ✓ **Teamwork** – Being able to collaborate and co-ordinate with others
- ✓ **Time management** – Using time effectively to maximise outcomes

Why transferable skills matter

Transferable skills are the qualities young people carry with them into all sorts of situations. These include communication, teamwork, initiative, adaptability, problem solving and reliability. They are often developed through experience rather than taught directly.

How teens build them

Teenagers often build these skills through everyday life outside the classroom - through hobbies, clubs, volunteering, part-time work, creative projects, sport, wider reading and taking on responsibilities at home.

Why they matter later on

When young people apply for sixth form opportunities, work experience, apprenticeships, university or jobs, they are often competing with others who have similar grades. Transferable skills help them show what kind of person they are, how they approach challenges and what they can contribute.

What you can look out for

If your teen is showing commitment, learning something new, solving problems, working with others, communicating well or taking responsibility, they are likely to be building strengths that will help them in the future.

Over the summer, encourage your teen to make time for interests, new experiences and small responsibilities, as these are often the moments in which transferable skills begin to grow.

Discover more

- ✓ National Careers Service
- ✓ UK Skills Builder
- ✓ The Parents' Guide to

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Managing Results Day Nerves

In the lead up to results day, help manage your teen's stress and nerves with our tips on instant ways to reduce stress. They're easy to put into action and most of them can be done anywhere at any time, with a positive impact in minutes.

However, don't forget, some of their stress may be caused by fear of letting you down, so let them know you love them for who they are and, whatever their results, that won't change.

1. Get laughing

Laughter literally changes the chemical composition in the body. Put on a favourite comedy show, sit back and watch. Easy to do even if concentration and energy levels are low. Half an hour is ideal, but there are lots of short clips on YouTube and a burst of laughter will reduce stress instantly.

2. Take a bath

Another easy one when energy levels are low. For best effect, add some essential oils, bubble bath or anything that creates a smell that makes them feel nurtured (good examples are lavender, vanilla, chamomile or cinnamon). Lay back, relax in the warm water and stress will wash away. Great to try ahead of bedtime, to help promote a restful night's sleep.

3. Take a walk!

Being physical is fantastic for both physical and mental health. This needn't be a great long trek – just ten minutes of brisk walking can get the circulation flowing, activate muscles, clear the head and stimulate the mind with more positive thoughts.

4. Look at what inspires you

Whether it's a photo, picture, painting, fabric, building or statue, looking at inspiring things will give them a lift. Encourage your teen to keep photos of anything that sparks joy in them on their phones so it's easy to look at; each time they do, they'll get a boost of feel-good hormones.

5. Read (or listen) to a book

One of the great things about reading a book is that it's a creative process. Unlike a film where they're presented with images and just need to watch, as they read a book the writer is inviting them to picture the situation in a way that resonates with them. It's a terrific way to step into another world and place – even if only for a few minutes at a time.

6. Help someone else

Good deeds create virtuous circles. They're not only helpful to the recipient, the giver gets a feel good boost from helping someone else. Win-win all round. It's one of the reasons volunteering is a great idea. Doing the occasional thing for our friends, family and neighbours can create the same effect.

7. Stretch

Stress tends to make us tense up, contracting muscles, folding inwards on ourselves, compressing the lungs and body. Combat stress by stretching one body area at a time and loosening the tension that's built up.

8. Breathe

Stress can cause unhealthy breathing, so teach your teen some breathing techniques to help them instantly restore balance, reduce their heart rate and feel calmer. Simply breathing in through the nose for five seconds and then out through the mouth for five seconds can help – repeat this for two or three minutes.

9. Play some music

There is no quicker and easier way to completely change their mood than listening to a piece of music. Make sure your teen's playing a feel-good vibe if they need uplifting, or a calming tempo if they're trying to relax.

10. Snuggle up with a pet

Having a cuddle with our furry friends can be very soothing and help relieve anxiety.

Support Beyond Results Day

Results day can bring a lot of emotion, but the worries do not always stop there. Our Teenage Stress and Anxiety guide is full of practical advice to help you support your teen through stress and anxiety more broadly.

Shop now

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When to Get Support

Don't be tough on yourself and expect to have all the solutions for your child's needs. It's absolutely fine to call on professionals to help you help them. Professional support includes more than counsellors and psychiatrists (although both these approaches can be helpful). There's a range of professional options available including:

1. **Teachers at school** – both in an academic capacity to help understand subjects better, as tutors to help create better ways of working outside school and pastoral experts who can help with emotional issues;
2. **Some schools have an independent counsellor** available with whom your children can talk in confidence (i.e. they will not relay the information to the school);
3. **Peer support networks** – these can be very helpful as speaking to someone of a similar age can sometimes feel easier than speaking to an adult, or speaking to someone just slightly older, who has more recently been through a similar experience can be very reassuring;
4. **Charities** – most now offer both online and telephone support. This anonymity (i.e. not being face-to-face) can make talking over problems and worries easier.

Too much anxiety

If your child is showing several signs of anxiety on a regular basis (several days each week) over a prolonged period of time (several weeks) then do seek help from external support services and a good place to start might be visiting your GP.

AnxietyUK

NHS

mind
for better mental health

SAMARITANS

GCSE Results Day 2026

When are results available?

Students can collect their results from school as early as 08.00 am on **Thursday 19 August**. Be sure to check with your teen's school, as different schools may open at different times.

We think it's a good idea for students to collect their results in person because there will be teachers on hand to help them with next steps, whatever their results might be.

Students receive a result slip (sometimes called a Candidate Statement of Provisional Results) detailing grades and the individual mark per paper. They'll get their certificates in the autumn term.

Preparing to collect results in person

Tempting though it may be to hold their hand, allow them to go alone if that's what they want to do.

We'd recommend a good breakfast ahead of getting to school early, so they're properly fuelled for whatever lies ahead. Don't let them put it off (especially if they're worried as their anxiety could increase as the day goes on.

Being prepared makes life easier.

Make sure their phone's fully charged, they have pen and paper for note taking when using the phone, photo ID, any acceptance letters and contact names and phone numbers of people they may need to speak to (if different from school for their next stage).

Other ways to collect results

If your teen can't collect the results themselves, check with the school as there may be other options. For example, having them sent by post, collected by someone else with ID, given over the phone, or made available via the parent portal.

Results App

For 2026, the government is rolling out the Education Record app nationally, allowing Year 11 pupils in England to access their GCSE results digitally.

Pupils can still attend school on Results Day as normal, and results will later appear in the app for those whose schools are using the system.

Why join Parent Club?

Support that arrives at the right time

Parenting a teen can bring different challenges at different points in the year. That is why **Parent Club** gives you month-by-month support that reflects what is actually coming up, from exams and next steps to wellbeing and everyday worries. You'll get helpful advice at the right time, so you feel more supported and better equipped as things arise.

Live calls

All Parent Club members get free access to our expert-led live calls on the topics parents ask about most, with practical advice, helpful insight and the chance to ask questions and take away ideas you can actually use at home.

Helpful guides

You'll also get access to selected digital guides across the year, giving you extra support on key topics and more depth when you need it.

Join today

What's Coming up

Finding Work Experience

Struggling to know how to help your teen find work experience? This talk looks at realistic ways to find opportunities, what counts, and how you can support them.

Free for Parent Club members

Book your place

Applying to University

If university applications feel confusing, this talk will help you make sense of the process. From course choices to personal statements, learn how you can support your child.

Free for Parent Club members

Book your place

Revision Techniques That Work

Not all revision advice is useful. This talk focuses on the strategies that genuinely help students revise effectively, with practical ways to support without adding pressure.

Free for Parent Club members

Book your place

Staying Safe Online

Worried about the online world your teen is growing up in? This talk explores the issues parents worry about most, with practical advice you can actually use.

Free for Parent Club members

Book your place

Understanding Grades

GCSEs are graded from 1-9. All numerical grades are passes, with grade 4 indicating a standard pass, grade 5 indicating a strong pass and 9 being the highest grade possible. In some cases, students may receive a "U" meaning they have not achieved a grade.

However, grade 4 is the minimum level that students must achieve in English and maths. If they are graded 3 or below, they will need to retake the exams.

This numeric system of grading was introduced in 2017, and if you are more familiar with the previous A* to G grading system, the table below gives some comparable points, although the two systems are not directly equivalent.

Old grades	New grades
A* A	9 - *Highest grade* 8 7
B C	6 5 - *Strong pass* 4 - *Standard pass*
D E F G	3 2 1
U	U - *No grade awarded*

Understanding Options

Resits

Students that don't achieve a grade 4 or above can retake English language and maths GCSEs in November 2026 free of charge. If they achieved 4 or above and wish to retake to improve their grade, they will be expected to pay.

For other subjects, students will be expected to pay and will have to wait for the next summer exam time in 2026 to resit.

If they obtain a lower mark when resitting an exam, they can choose to use the higher mark achieved.

GCSE remarks

If the marks seem inappropriate given your teen's skill level, it's possible to apply for a remark. It's vital your teen speaks to their subject teacher first and confirms their opinion, because grades can go down as well as up. The deadline for review of remarking GCSE is 25 September 2026

Getting the results they'd expected

Congratulations! This is wonderful news and they can go onto their next steps as planned. Time to celebrate.

Getting better results than they'd expected

Congratulations! This is wonderful news and they can go onto their next steps as planned, or reconsider their options if there is an alternative path they would prefer to take. For example, they may wish to take different A level subjects or start an apprenticeship at a higher level. Time to chat to their teachers at sixth form, college, or other education provider about their options before celebrating!

What to do if results are disappointing

The most important thing is to remember that this is not the end of a successful career for your teen, albeit that they may need to take a different approach than what they had originally planned. Try to be supportive and reassuring; there are always alternatives, and a positive outlook usually speeds up finding the right solution.

School support

Make sure you know who to contact at your teen's school or college for advice and support if results do not go as planned. Find out this information ahead of results day so you have the details to hand, should your teen need them.

Next steps if results don't go to plan:

1. Contact the school / college / education provider and see whether they will be accepted with their existing results. If their grades are just below what they had expected, this may be possible.
2. If they have not passed maths and/or English, it may be possible for them to start their new course whilst studying for resits at the same time.
3. This may also apply if they have not passed one or two of their other GCSE subjects.
4. Look for alternative qualifications where they can study something similar that requires lower GCSE passes.
5. Do an internship or volunteer placement to obtain, and be able to demonstrate, that they have skills needed to continue further studies .
6. Start an apprenticeship – perhaps at a lower entry level.

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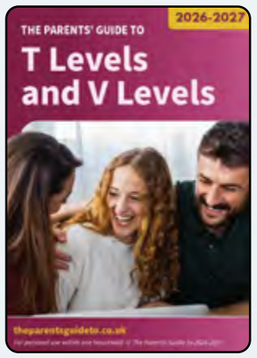

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Results Day flowchart

Did your teen get the grades they needed for their chosen sixth form, college or course?

YES

Great news – next steps

- Check that their place has been confirmed
- Follow any enrolment instructions
- Double-check subject choices
- Keep emails and paperwork safe

NO

Do not panic

- Check whether their place is still available
- Contact the sixth form or college as soon as possible
- Ask what alternatives are possible
- Keep an open mind about different courses or routes

Do they still want the same next step?

YES

Speak to the provider

- Ask whether flexibility is possible
- Find out if other subjects or courses are available
- Clarify deadlines and next steps

NO

It may be time to rethink

- Look at other sixth forms or FE colleges
- Consider different subject combinations
- Explore alternatives such as vocational courses or apprenticeships
- Get advice before rushing into a decision

Still unsure what to do next?

Pause, get advice and remember there is usually more than one option. Your child's school or college, a careers adviser, and the National Careers Service can all help you think through the next step.

Think a grade may be wrong?

Ask the school for advice

- Speak to staff about whether a review of marking is worth considering
- Check the deadlines carefully
- Do not rely on a grade changing – make a back-up plan as well

Rethinking What They Do Next

All 16 year olds must undertake further education until they are 18. This doesn't mean they have to stay on at school or go to college, they can get a job with a training element to it, but they cannot work full-time without some training. Their options are to take academic qualifications, such as A levels, BTECs, IB or T Levels or take vocational qualifications, such as an apprenticeship, technical qualifications or job with training.

Remember, low grades do not mean your teen cannot study their chosen subject at sixth form. There may be an option to retake the GCSE, or commence the sixth form subject without a retake. However, in some cases, GCSE results are a strong indicator of future performance and it may not be wise to pursue a subject for which they do not have a natural aptitude; choosing an alternative subject might be a better option. Speak to their school teachers and get advice about next steps.

If they've struggled to get good results at GCSE, they can do an internship to get the experience to progress.

What's the best route for future success?

Sixth form qualifications fall into two categories: academic or vocational. Academic qualifications are subject focused and largely theoretical, whilst vocational qualifications are usually more hands-on and pertain to industry and the world of work. The best known qualifications are A levels and BTEC, because many schools and colleges offer both these options. However, there are other alternatives that could well be a better fit for your teen.

Studied at school or college:

- A levels
- BTEC
- International Baccalaureates (IB) – *only offered by a small number of schools*
- T Levels
- Cambridge technicals

Studied through work (with release to an educational centre for the learning element)

- Apprenticeships
- BTEC apprenticeships
- Technical qualifications (such as NVQs Tech Bac or City and Guilds)

All of the above options provide routes to higher education after sixth form, so your teen will not be closing down their chance of further study by taking any one of them. However, if your teen has a specific course or university they hope to start after sixth form, they should check entry requirements before choosing what to study at sixth form.

Exam Results Helpline
Delivered by the National Careers Service
0800 100 900

Where to get independent help

Sometimes it's easier to discuss next steps during times of disappointment with someone who isn't directly or personally involved.

The Exam Results Helpline is also available and can be used to access free support from trained careers advisors. They're open 08.00-20.00 Mon-Fri and 10.00-17.00 Saturdays and Bank Holidays. Opening hours are extended around results day.

Qualification/ Educational Routes

Join **Parent Club** for ongoing support

Level 8	**Doctorate (PhD)**		**NVQ 8**
Level 7	**Masters degree (MA)**		**Degree apprenticeship / NVQ 5, 6, 7**
Level 6	**Bachelors degree** BA or BSc		
Level 5	**Foundation degree** FdA or FdSc	**Higher National Diploma (HND)**	
Level 4		**Higher National Certificate (HNC)**	**Higher apprenticeship / NVQ 4**
Level 3	**A levels** Grades A-E; **International Baccalaureate**; **T Levels**; **BTEC Ext Dipoma BTEC certificate**; **V Levels (new for 2027)**; **Advanced app. / NVQ 3 / Supported Internships**		
Level 2	**GCSE** Grades 4- 9 (C, B, A or A*)	**BTEC first diploma**	**Intermediate apprenticeship / NVQ 2**
Level 1	**GCSE** Grades 1- 3 (D,E,F or G)	**Foundation diploma / entry level qualifications**	**Traineeship / NVQ 1**

Academic route | **Vocational route** | **Applied / work route**

Levels of Education

In England, Wales and Northern Ireland there are 8 qualification levels (1 - 8) plus an entry level qualification for those just starting. Generally, the higher the level, the more difficult the qualification is.

With so many different qualifications, it can be hard to know what they mean and where they might lead to next. To help you understand, we've created a summary of what the levels mean highlighting academic, vocational and work-based routes to higher education.

Making The Right Choice

You know that the better grades your teen achieves at sixth form, the more options they'll have about what to do next. Remember, they're likely to improve their outcomes when they're studying both something they enjoy learning that is presented in a way that appeals to them. In broad terms, those who like coursework and prefer "doing" will enjoy taking BTECs, T Levels or apprenticeships. Students that prefer listening and taking exams will enjoy the traditional A level or IB approach.

Same destination, different path

If your teen has their heart set on a career choice but little aptitude for the subjects needed to progress towards it, vocational courses can be helpful. Someone that wants to go into business could avoid a maths-heavy Economics A level and choose to take a BTEC in Business Studies or a T Level in Business Services instead.

Alternatively, they can start an apprenticeship in an industry area they are interested in (such as hotels and leisure) and work towards their goal from a different angle.

Options after GCSE:

Full time study

A levels
(level 3)

T Levels
(level 3)

BTECs
(levels 1,2,3)

Other technical qualifications
(levels 1,2,3)

Exam retakes

Work and study

Apprenticeships
(levels 2,3)

Supported internships

Traineeships

LEVEL 2
Intermediate apprenticeships

Typical length
12-18 months

Entry requirements:
None or few

Qualifications obtained:
GCSE, BTEC or equivalent

Who's it for?
Mostly for 16-year-olds with limited or no academic qualifications.

LEVEL 3
Advanced apprenticeships

Typical length
12-24 months

Entry requirements:
Usually 5 GCSEs

Qualifications obtained:
A levels or equivalent

Who's it for?
Mostly for 16-year-olds with reasonable academic achievements but who don't want to study in sixth form.

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A Summary of All Their Options - Part 1

	Qualification Type	Type of learning	Entry requirements	Subject choices	UCAS points	Can lead to
A levels (academic)	General Certificate of Advanced level qualification	Mostly theory	At least x5 GCSE grade 4 – 9. At least grade 5/6 in the subject/s chosen for A level	Typically three subjects	56 points – A* 48 points – A 40 points – B 32 points – C 24 points – D 16 points – E	University, further study, training or work apprenticeship
International Baccalaureate	Diploma Programme **(IBDP)** Careers Related Programme **(IBCP)**	Mostly theory, some practical Balance between practical/theory	Set by the school, up to 5 GCSEs	Up to six subjects plus some compulsory modules At least two from the IBDP range + CP core + career related study	Up to 56 for Higher Level and 28 for Standard Level (7). In the IBCP, students also earn up to 12 points for the Reflective Project.	University, further study, training or work
V Levels (vocational)	Vocational Level Qualification	Classroom learning plus applied, vocational assessment	Up to 5 GCSEs	Introduced 2027 in a limited range of subjects. Gradual rollout.	To be confirmed	University, apprenticeships, training or work
BTEC Nationals	*(Level 3 are similar standard to A Levels, with subsidiary diploma equivalent to one A level, BTEC diploma equivalent to two A levels and extended diploma equivalent to three).*	Combination of practical and theory	Up to 5 GCSEs	Three vocational subjects	For subsidiary diploma: 56 points – D* *(distinction)* 48 points – D *(distinction)* 32 points – M *(Merit)* 16 points – P *(Pass)* *Points are doubled for diploma and tripled for extended diploma*	University, further study, training, professional development programmes or work
T Levels (technical)	Technical Level Qualification	Classroom learning (80%) with industry placement (20%)	Up to 5 GCSEs	One industry field, such as construction or Education	168 points - D* 144 points - D 120 points - M 72 - 96 points - P	University, apprenticeships

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A Summary of All Their Options - Part 2

	Qualification Type	Type of learning	Entry requirements	Subject choices	UCAS points	Can lead to
Cambridge Technicals	A Cambridge Technical Extended Certificate (equivalent to an A level) or Cambridge Technical Diploma (equivalent to x2 A levels)	Practical course with lots of coursework based on real life case studies	At least x5 GCSE passes	Range of vocational subjects	Cambs Tech level 3: 56 points – D* (distinction) 48 points – D 32 points – M (merit) 16 points – P (pass)	University, further study, training or work
Other Qualifications	City and Guilds; National Vocational Qualifications (NVQs) or Tech Bac (similar to Baccalaureate)	Dependent on the qualification, most contain practical on the job training	Set by the school, up to 5 GCSEs	Range of vocational subjects	In most cases no UCAS points are awarded but there are some exceptions.	Further study, training, professional development programmes or work
BTEC Apprenticeships	Advanced Level 3 (equivalent to x2 A levels)	Work based including off-site learning	Advanced Level 3 - depends on employer, some require at least 3 GCSEs	Range of vocational subjects, driven by the job offered	N/A	University, further study, training or work
Other Options	Volunteer with training / internship / National Forces – a starting point to other qualifications or work	Work based	None	A range of vocational subjects, driven by the job offered	N/A	Further study, apprenticeships or work

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Final Words

We hope you've enjoyed reading this guide and feel better prepared for results day. Now it's time to enjoy the holidays with your teen, creating happy memories as they move closer towards becoming independent young adults.

If your teen doesn't get the GCSE results they want, then this guide will give you some thoughts on how to reassess and create an alternative way for them to achieve their ambitions.

Almost all of us tend to be better at things we enjoy than things we don't. If your teen has a natural passion for certain subjects (whether academic or vocational), they will likely make good post GCSE choices.

Don't forget, your teen will need to spend a lot of time on them (much more than they did at GCSE), so it's a good idea that they have an interest and aptitude for the subjects they study.

Sixteen is possibly the first time your child is making decisions for themselves that will have a significant impact on their future. It's important for them to realise that they will need to make choices that are right for them and not follow what their friends are doing; it's the first step toward their independent future. Whilst they should be making decisions for themselves, they'll still appreciate help, guidance and support from you.

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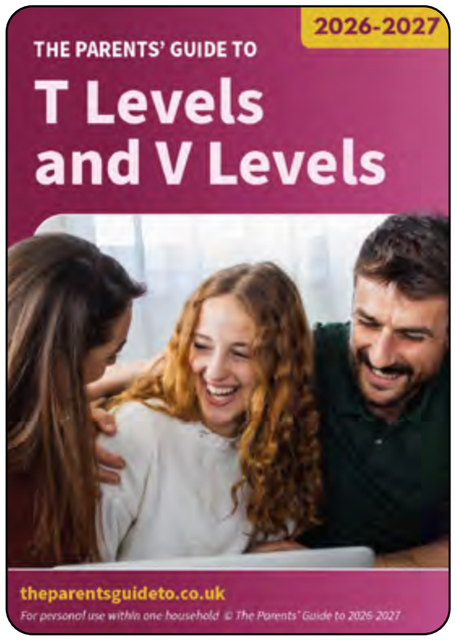

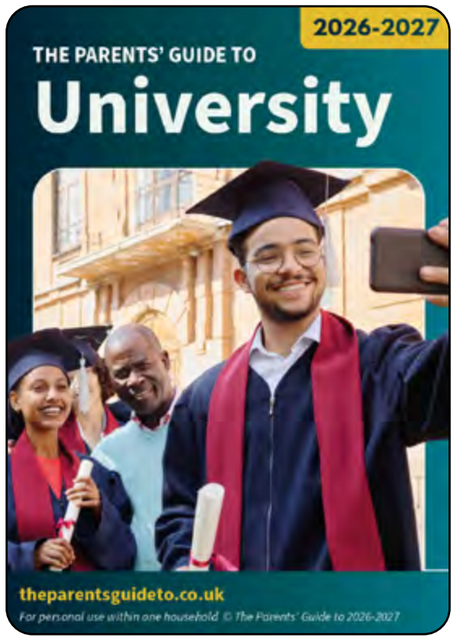

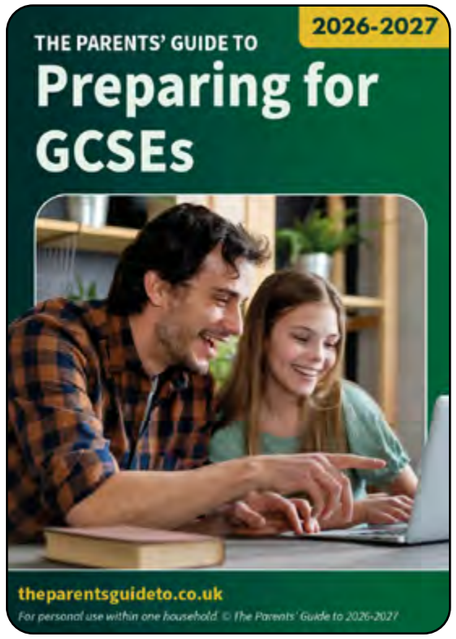

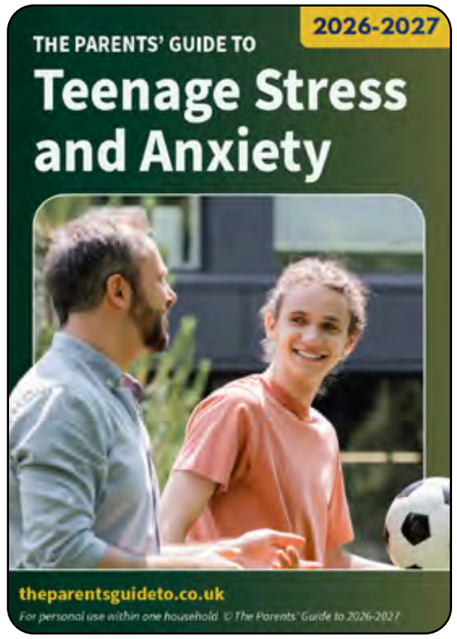

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