



Welcome to our Year 13 Exam Success Evening

Parents play a crucial role in supporting their child's learning. High parental engagement is consistently associated with better academic outcomes.

Aims of this evening

- Boost the confidence of students and share information on how to make this year a successful one
 - Provide information to you about revision and future destinations
 - Give you the opportunity to ask questions
-

Key Dates –

1st October

2nd October

15th October

19th October to 6th November

3rd December

5th – 22nd January

13th January

28th January

8th to 26th February

26th April

10th May

24th June

12th August

Exams Success Evening

UCAS Conservatoires MUSIC applications

UCAS Deadline: Medicine/Dentistry/Veterinary/Oxbridge

Mocks 2

Sixth Form Parents Evening

BTEC Exams

UCAS Deadline

Sixth Form targeted meetings

Mocks 3

BTEC Exams Begin

Exams Begin

Year 13 Prom

A level exam results day

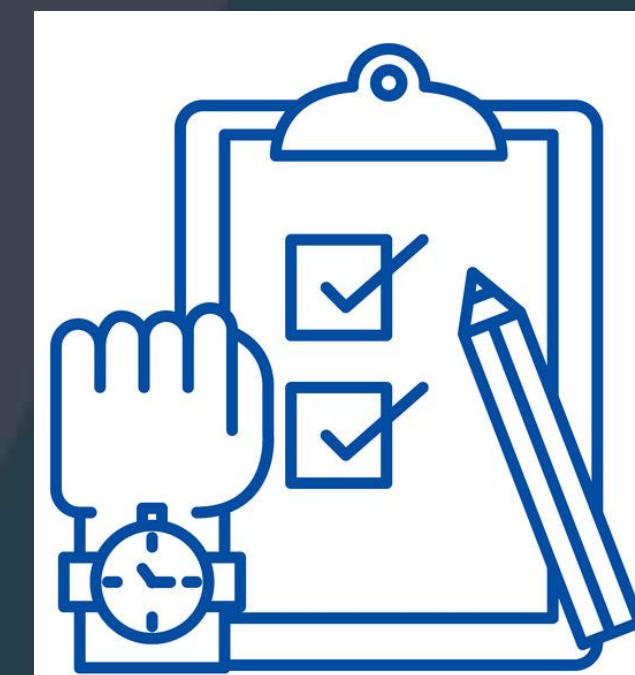
Key Dates – Days until...

19th October – 6th November **Mock 2 for Year 11 & 13** **28 days**

8th February – 26th February **Mock 3 for Year 11 & 13** **130 days / 18 weeks**

10th May **KS5 Exams** **221 days / 32 weeks**

12th August **A level Results Day** **315 days / 45 weeks**



How are staff supporting?



Quality first teaching

Tutor time programme encompassing study skills and revision skills

Exam Feedback and reflection

Year 11&13 Breakfast Boost (exam times)

Destinations support with Mrs Ridley, Destinations assembly update

Careers Appointments with the Careers

Students can ask their tutor to help arrange an appointment or email Liz Wright directly at liwright@queenelizabeths.com

The Role of the Tutor

- Role model
 - First point of contact – receiving and sending messages and building positive relationships
 - Delivering the Tutor Programme
 - Manage and front the tutor programme:
 - Study skills
 - Destinations
 - Attendance
 - Data crunch
 - Individual trackers/targets
 - Support with UCAS/apprenticeships
 - References
-

Tutor Time Programme

Year 12 and 13

	Monday	Tuesday	Wednesday	Thursday	Friday
AM 8.40-8.58	Tutor slides - prepare for the week	<u>Study Skills / Life Skills</u> (JXC)	C4L	<u>RE</u> (SOF) Assembly (split or joined)	Prepare for the weekend / <u>Weekly reflection</u>
	DACW	DACW	DACW	DACW	DACW
PM 13.35-13.58	<u>Destinations (TSR)</u> Unifrog, UCAS, speakers and destinations plc	<u>Study Skills / Life Skills</u> (JXC) <u>Reading (JXC) / Own Book!</u>	C4L	RE (SOF)	<u>Folder check</u> once every half term Mentor / Mop up activities from the week "Feel Good Friday Fun" (Active Tutor)

How can you help?

- ✓ Being here this evening
 - ✓ Provide a suitable place to study
 - ✓ Make revision resources accessible
 - ✓ Make a revision timetable together
 - ✓ Regular testing together
 - ✓ Know the dates and times of exams
 - ✓ Encourage the use of Learning platforms such as Seneca and Tutor2U
 - ✓ Healthy eating
 - ✓ Plan time off as a family
-



Student strategies for success

- Ensure your folders are organised and in order!
- Understand how you learn and what strategies are most effective
- Make a revision timetable and stick to it
- Revisit information frequently and in chunks
- Have a study space (no distractions)
- Use past papers and exam boards
- Work / study life balance
- Mental and physical health



How do I revise?

- ★ Read notes, textbooks and revision guides
 - ★ Use key information create flash Cards
 - ★ Use information to create Cornell Notes
 - ★ Create mind maps
 - ★ Use online platforms e.g. Uplearn, Seneca, Tutor2u
 - ★ Use past papers, mark schemes, feedback and model responses provided by your teachers
-



Mock Exam 2 Timetable

Autumn Mocks 1 Year11 & Year 13											
Session	Monday 19th October	Tuesday 20th October	Wednesday 21st October	Thursday 22nd October	Friday 23rd October		Monday 2nd November	Tuesday 3rd November	Wednesday 4th November	Thursday 5th November	Friday 6th November
9:00 - 11:30	GCSE English Lit Paper 1 & Unseen Poetry (2h 15m)	GCSE Maths Paper 1 (1h 30m)	GCSE RE Paper 2: Themes (1h)	GCSE Biology Paper 1 (1h 45m) GCSE Combined Science Biology Paper 1 (1h 15m)	GCSE Engl Lang P1 (1h 45m)	Half Term	GCSE History Paper 1: Germany and Conflict and Tension in Asia (2h)	GCSE Chemistry Paper 1 (1h 45m) GCSE Combined Science Chemistry Paper 1 (1h 15m)	Maths Paper 2 (1h 30m)	GCSE Physics Paper 1 (1h 45m) GCSE Combined Science Physics Paper 1 (1h 15m)	GCSE DT (2h)
	BTEC Ext Cert in IT - Unit 2 (2h 15m)	A Level Business Paper 1 (2h)	A Level Chemistry Paper 1 (2h 25m)	A Level Further Maths Paper 1 (2h)	A Level PE Paper 1 (2h 30m)		GCSE Geography Paper 2 and 3 combined- Urban Issues and Challenges and Fieldwork (1h 30m)	A Level Computer Science -Paper 2(2h 30)	A Level Geography - Human Geography (2h)	A Level Further Maths Paper 2 (1h 40m)	GCSE Food Prep Paper 1 (1h 45)
	A Level Product Design Paper 1 (2h 30m)	A Level English Lit Comb Paper Poetry & Drama (2h 15m)	A Level Computer Science - Paper 1 (2h 30)	A Level History The Tudors (2h 30m)	A Level Psychology Research mthds (2h)		A Level History - The American Dream (2h 30m)	A Level Psychology Core Studies (2h)		A Level Politics - US (2h 30)	A Level PE Paper 2 (2h)
	A Level Sociology Paper 2 Topics in Sociology (2h)	AAQ H&SC A&P (1h 30m)	A Level English Language Language, the Individual and the Society (2h 30m)				A Level Product Design Paper 2 (2h 30m)	A Level Media Comp 2 (2h 30m)			A Level Religious Studies - Dev Chst Thgt (1h 20m)
	A Level Theatre Studies Comp 3 (2h 30m)	CTEC H&SC E&D (1h 30m)	A Level Economics Paper 1(2h)								
		A Level Physics P1 (2h)									
		A Level Politics P1 - UK Politics (2h)									
1:00 - 3:15	GCSE Business Paper 1 - Investigating Small Business (1h 45m)	GCSE French Paper 4 Writing (1h 15m/1h 10m)	GCSE Geography Paper 1- Living with thhe physical environment (1h 30m)	GCSE Media Studies Comp 1 (1h 30m)	GCSE Computer Science: Paper 1 (1h 30m)	Half Term	GCSE Geography Paper 2 and 3 combined- Urban Issues and Challenges and Fieldwork (1h 30m)	GCSE French P1 & 3 (35m//45m & 45m/1h)	GCSE Spanish P1 & 3 (35m//45m & 45m/1h)	GCSE Media Studies : Comp 2 (1h 30m)	GCSE Computer Science: Paper 2 (1h 30m)
	GCSE Psychology Paper 1 (1h 30m)	GCSE Spanish Paper 4 Writing (1h 15m/1h 10m)	A Level Religious Studies - Philosophy (1h 20m)	GCSE Sociology Paper 1 - Understanding Social Processes (1h 45m)	GCSE Drama: Comp 3 (1h)		A Level Maths P2 Applied (1h 40m)	A Level Engl Lit Paper 2 Prose (1h 15m)	A Level French Paper 2 (1h 30m)	GCSE Sociology Paper 2 - Understanding Social Structures (1h)	GCSE Psychology Paper 2(1h 15m)
	BTEC Sport unit 2 (1h 40m)	A Level Maths P1 Core (2h)	A Level Biology Paper 1 (2h)	GCSE PE - Paper 1 (1h 25m)	GCSE Music Component 3: Appraising (1h 15m)		A Level Religious Studies - Ethics(1h 20m)	A Level Spanish Paper 2 (1h 30m)	CTEC H&SC Health & Safety (1h 30m)	GCSE PE - Paper 2 (1h 15m)	A Level Sociology P3 (45m)
		A Level Spanish Paper 1 (1h 45m)		A level Geography Physical Geog (2h)	CNAT Health & Social Care Principles of care in health and social care settings (45m)					A Level Psychology Applied (1h 15m)	
				A Level French Paper 1 (1h 45m)	A Level Media Studies Comp 1 (2h 15m)						

Summer Exam Timetable

Monday 10th May – Friday 18th June

QE Exams Page

AQA

OCR

Pearson

WJEC



Mr Cook – Revision planning and techniques

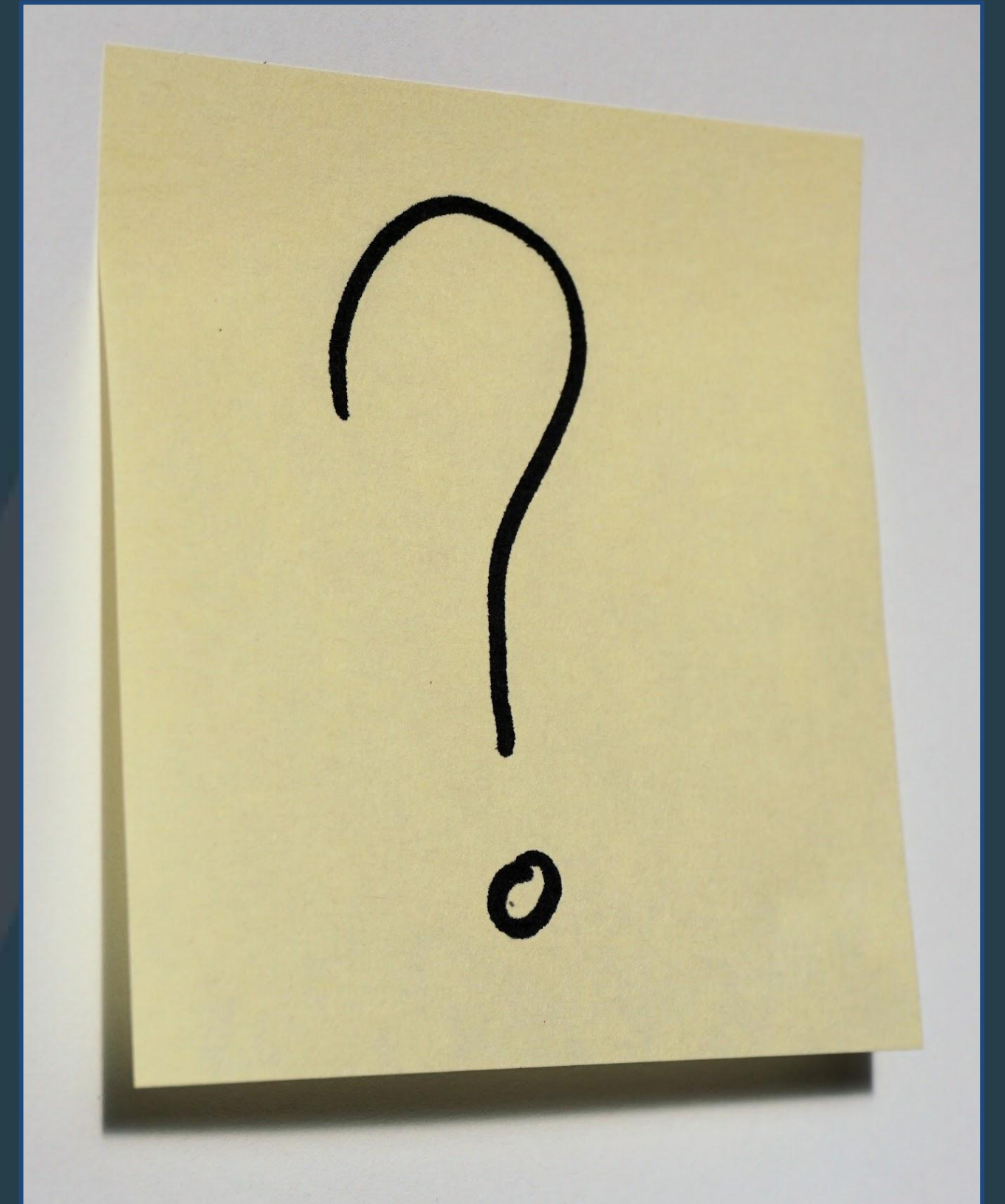
Parents play a crucial role in supporting their child's learning. High parental engagement is consistently associated with better academic outcomes.

Why is this important?

- Being organised is fundamental to improve success
- Revision Timetables give students control
- Time Management helps reduce stress and productivity

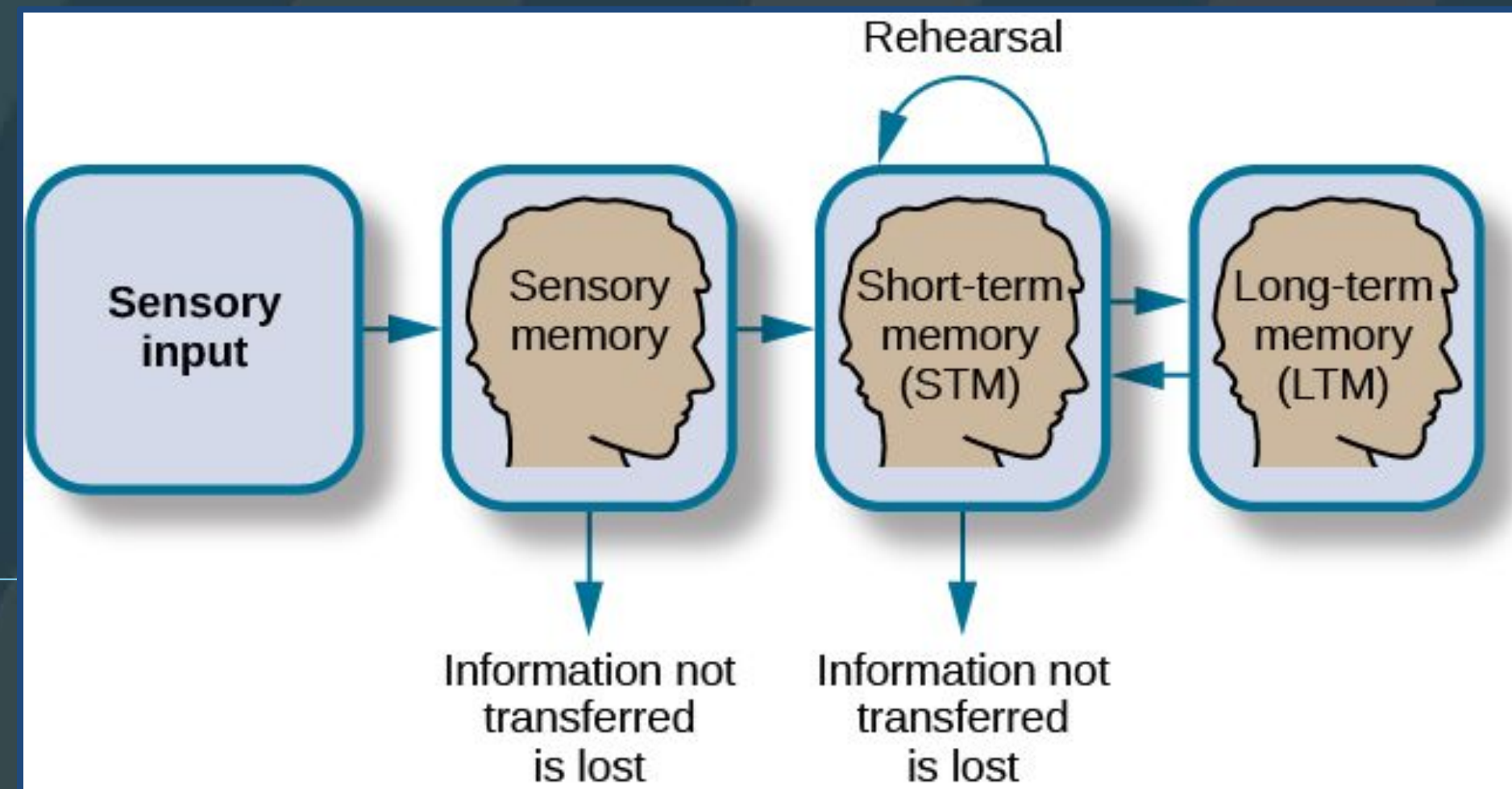
Common Questions

- When should I start to revise?
- How do I stay organised with my revision?
- How do I keep focused?
- How much should I do?



When should I start to revise?

- **Start early** to figure out your favourite and most successful techniques for revising, making you more prepared the closer exams get.
- **Mock exams** help you figure out how much work you need to do. Which subjects did you get the worst marks on? Start revising these areas! Knowing where your knowledge gaps are makes your revision less of a giant task. (use PLCs)
- Think about your past exams and see what you can learn from them. Revise too early or too late? If there was a technique that helps you revise for an exam try and replicate it.



How do I stay organised with my revision?

Make your revision timetable **week by week**.

Work your coursework time into your revision time

Setting realistic goals and sticking to them is better than setting unreasonable goals that can overwhelm you.

Give yourself just enough time to make your revision goals achievable. You want to feel a little bit of time pressure, but not too much. Strike a balance.

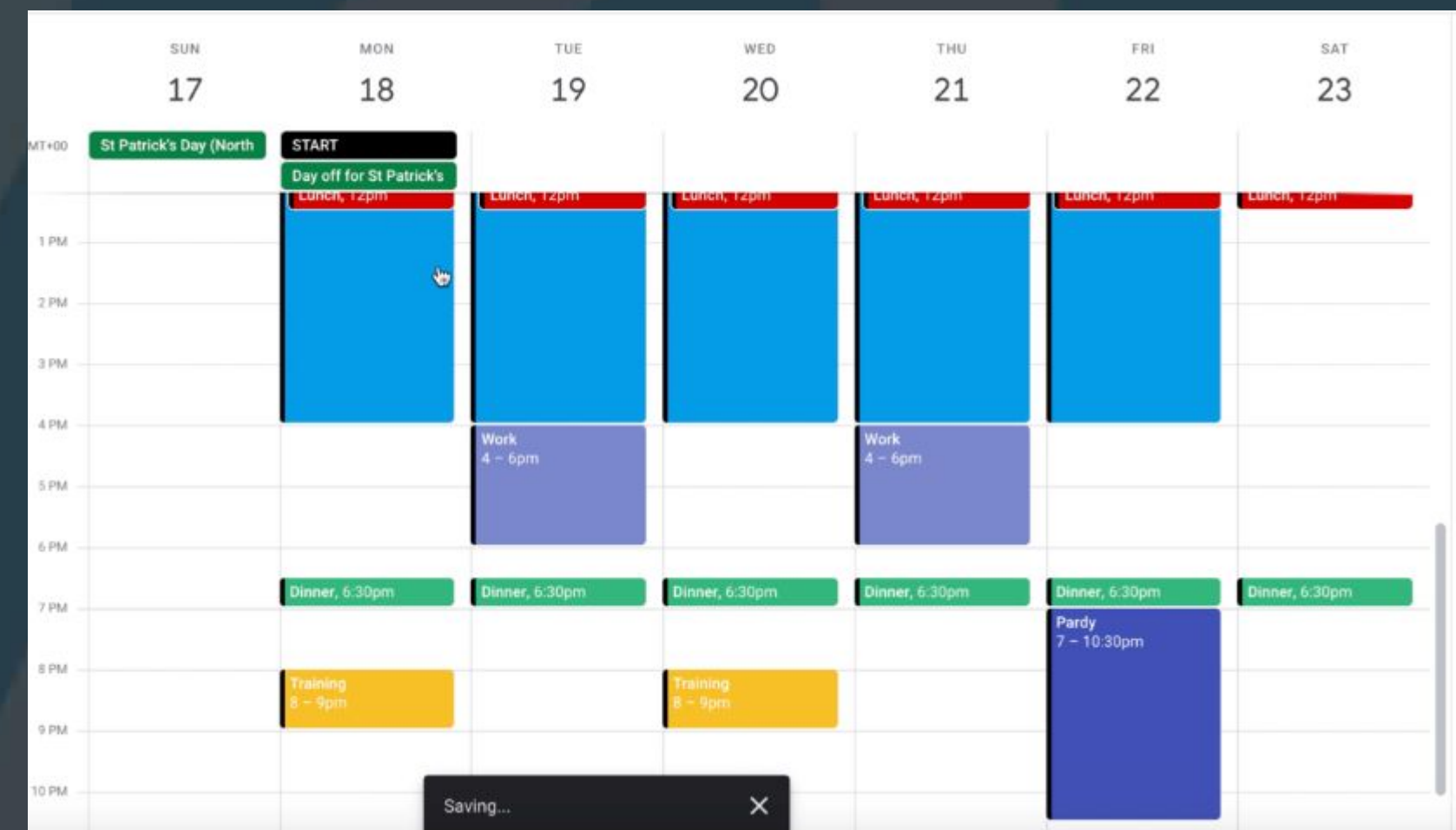
If you can't focus on your revision then mix up how you revise with some new techniques can help you stick to your timetable.

It's important to take time away from revision to relax and look after your wellbeing. **Revising 24/7 isn't realistic** so remember to factor breaks into your timetable. Whether that's just time to watch TV, go out with friends or exercise.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
School 9.00 -15.00	School 9.00 -15.00	School 9.00 -15.00	School 9.00 -15.00	School 9.00 - 15.00	Homework 10.00 - 12.00	General Revision 10.00 - 11.30
Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 16.00 - 16.40	General Revision 13.00 - 14.00	Homework 12.00 - 13.30
Chemistry 17.00 - 17.40	English 17.00 - 17.40	History 17.00 - 17.40	Maths 17.00 - 17.40	English 17.00 - 17.40	General Revision 17.00 - 18.00	General Revision 16.30 - 17.30
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

Creating A Timetable

- Before creating a timetable go through each of your subjects and create “topics”/”themes” or “chunks” that you need to revise. These can often be identified from past papers or PLCs.
- Breaking down the subject is a good revision tool in itself and can also make your revision more focussed and manageable.
- For example..... Rather than blocking out 5.30-6pm for ENGLISH, you might decide to revise “Contextual factors for An Inspector Calls”



How do I keep focused?

The best time to study for concentration is between 10 AM–2 PM and 4 PM–10 PM, when the brain is most alert and receptive to learning. The least effective time to study is between 4 AM–7 AM.

Take breaks

You can try the **Pomodoro technique**, which involves setting a timer for 25 minutes of work, followed by a 5-minute break. Repeat this pattern, and after five Focus Time sessions, take a longer 30-minute break.

Read something unrelated

During a break, read something fun that's unrelated to what you've been studying. This can help your brain switch from analytical to creative mode.

Create a conducive study environment

Make sure your study space is comfortable, quiet, and well-lit.

Challenge yourself

Try to keep challenging yourself slightly, but not so much that you get overwhelmed or bored.

Procrastination!

Time limit and reward!

- Phone
- Games
- Friends
- TV

How much should I do?

There is no miracle number for how many hours you should study for an exam, but there are some good guidelines out there.

According to The Student Room, students revise 15 to 20 hours per week for their exams, which might sound like a lot until you break it down. This equates to **three to five hours of revision per day with weekends off!**

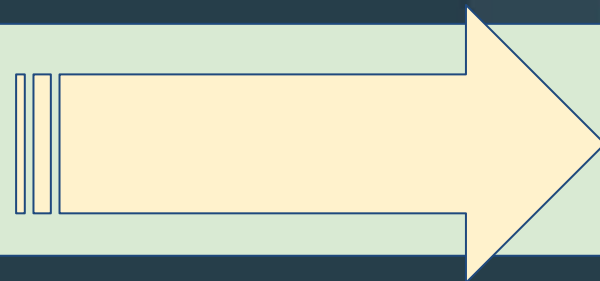
In most circumstances, it's not about how many hours you spend, but about the quality of what you get done in those hours.



How are you / they going to implement this?

Students - Top 5 Tips

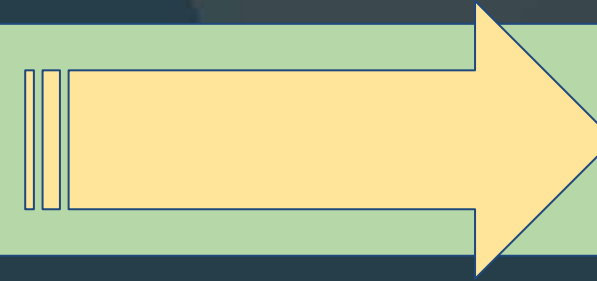
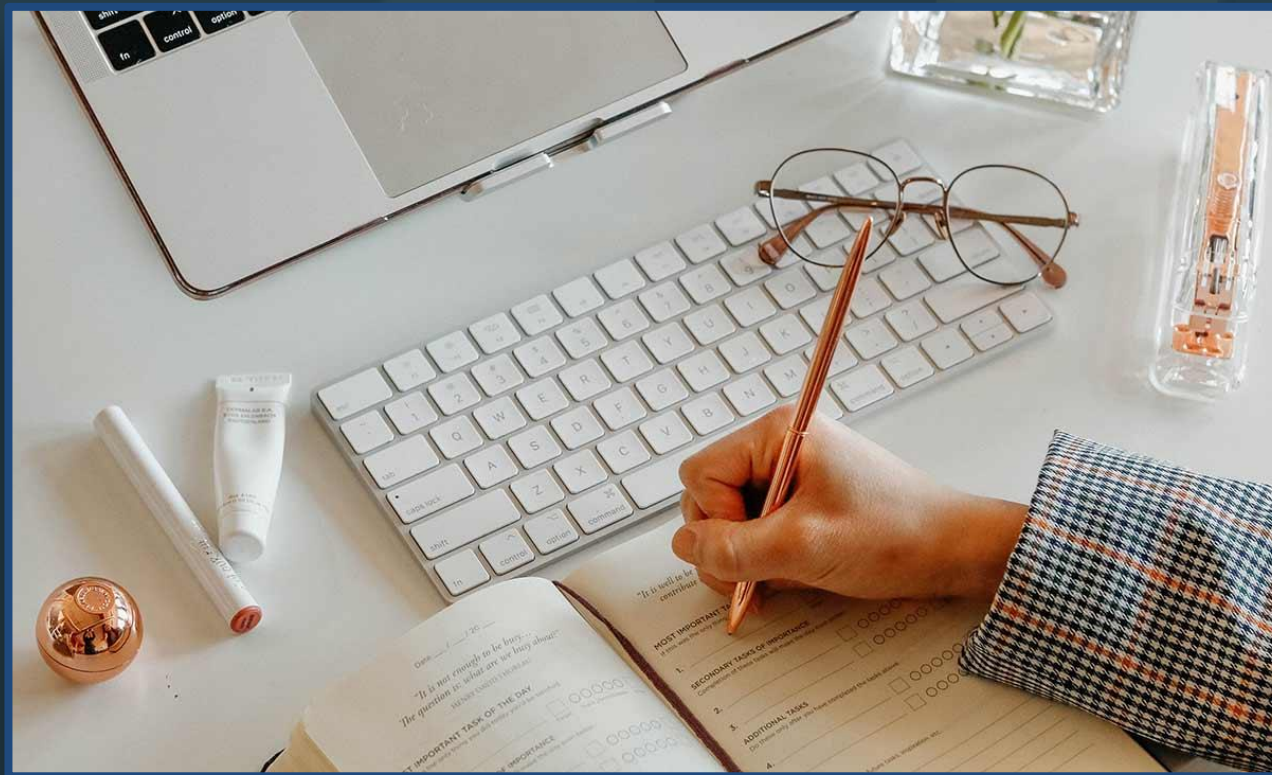
- 1 - Start early
- 2 - Be prepared to alter week to week
- 3 - Communicate with all involved - teachers, parents, friends
- 4 - Set goals and give rewards
- 5 - Ensure the environment is conducive to learning



1. Create a Positive Environment

Quiet Study Space: Ensure your son/daughter has a quiet, comfortable place to study without distractions.

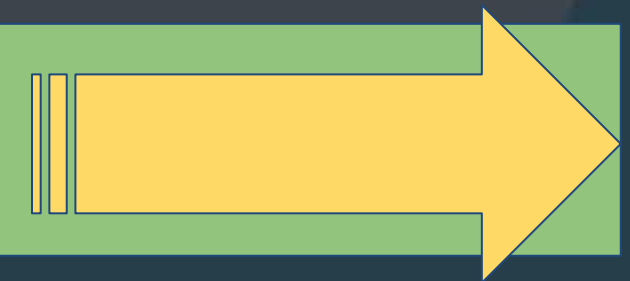
Healthy Lifestyle: Encourage regular exercise, healthy eating, and sufficient sleep.



2. Help with Planning

Revision Timetable: Assist your son/daughter in creating a realistic revision timetable that breaks down subjects into manageable chunks.

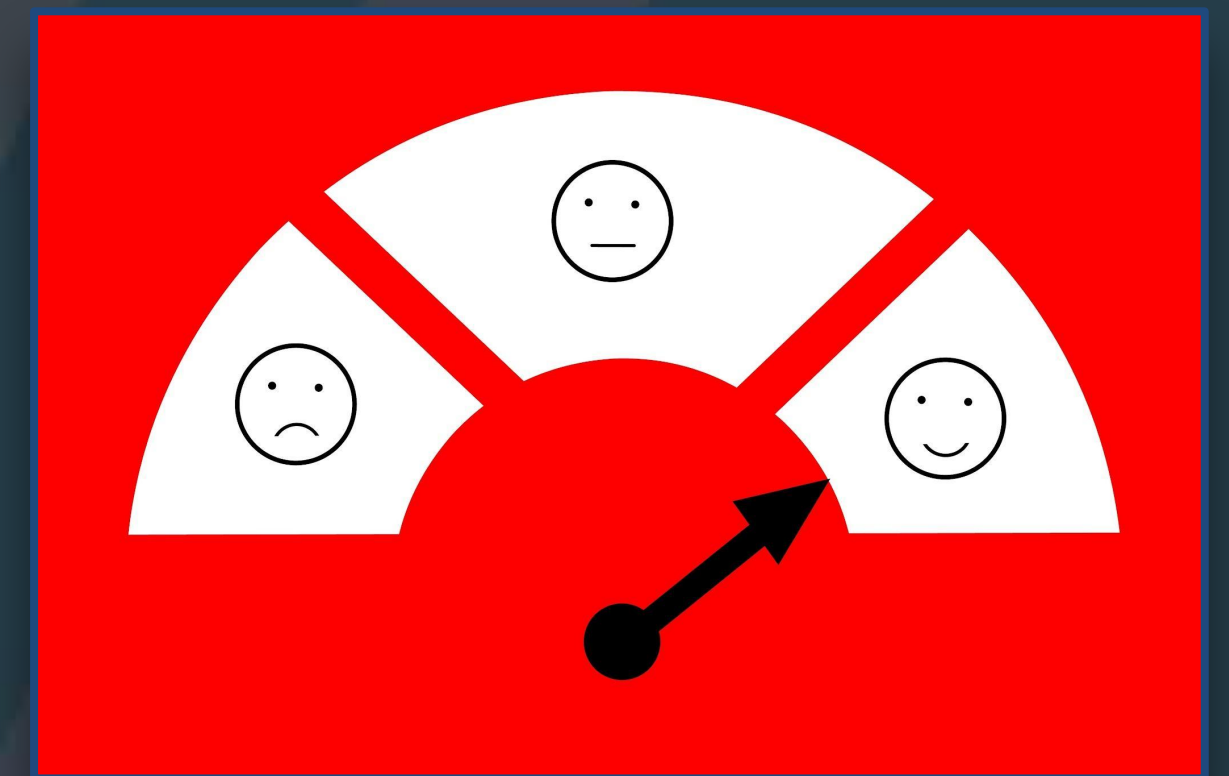
Balanced Schedule: Make sure they take regular breaks and balance study time with activities they enjoy.



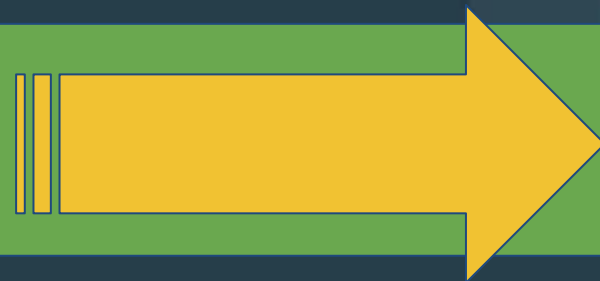
3. Emotional Support

Stay Positive: Reassure them that you are proud of their efforts, regardless of the outcome.

Manage Stress: Be aware of signs of stress and anxiety. Encourage relaxation techniques and a good bedtime routine.



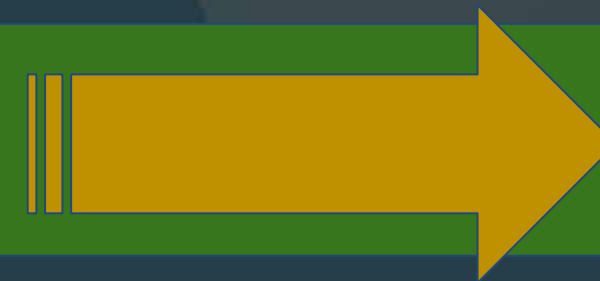
Supporting your son/daughter during their revision can make a significant difference in their performance and well-being. Here are some tips to help you provide the best support:



4. Be Involved

Show Interest: Take an interest in their subjects and ask about their progress.

Be Available: Be around to offer help and support, but avoid taking over their revision.



5. Practical Help

Quizzing: Offer to quiz them on their subjects to help reinforce their learning..

Healthy Snacks: Keep the kitchen stocked with healthy snacks and drinks to keep their energy levels up.



6. Prepare for Results Day

Stay Calm: Help them stay calm and manage their expectations for results day.

Plan a Treat: Plan a fun activity or treat to look forward to after exams are over. Supporting your son/daughter through their A-levels is about balancing practical help with emotional support. Every bit of encouragement and understanding can make a big difference.



Supporting your son/daughter during their revision can make a significant difference in their performance and well-being. Here are some tips to help you provide the best support:

Any Questions?



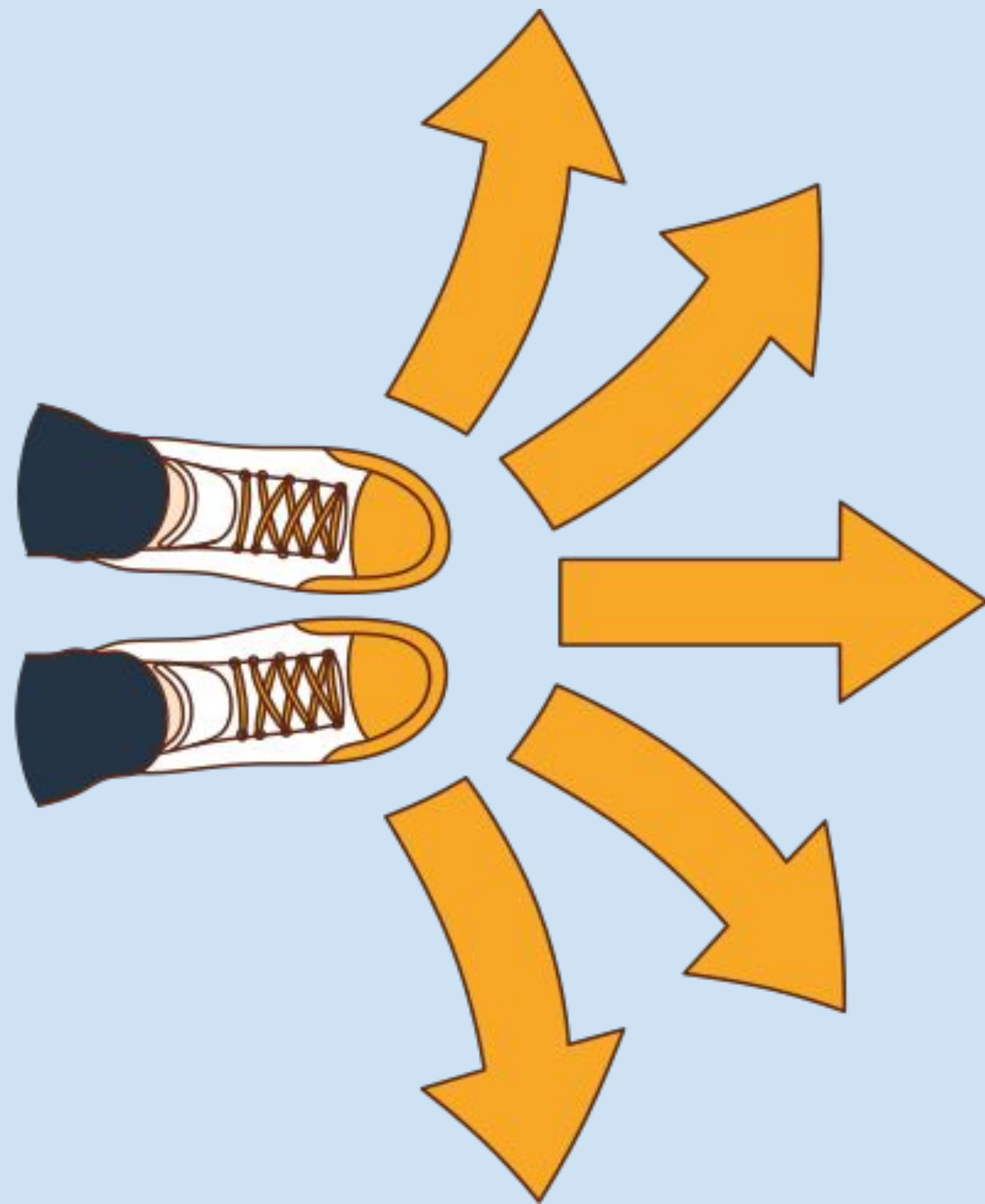
Mrs Ridley – Destinations

Parents play a crucial role in supporting their child's learning. High parental engagement is consistently associated with better academic outcomes.

Why is this support important?

- Having access to all the options Post 18 allows our students to make informed decisions
- External visits, engaging in Destinations activities and building a CV supports our wide variety of applications
- It provides an understanding of deadlines for particular courses and routes
- This presentation outlines the in school and wider support in place for students

What options do you have Post-18?



FURTHER EDUCATION

HIGHER EDUCATION

APPRENTICESHIP

DEGREE APPRENTICESHIP

EMPLOYMENT

EMPLOYMENT WITH TRAINING

GAP YEAR OR VOLUNTEERING



2025 Destinations

Aim high, be aspirational



Apprenticeships

DMW Architects

RAF

NHS

Royal Navy

Toni & Guy

BDO (tax accountancy)

Atlas Elektronik

University

Architecture at Cambridge & Sheffield

Medicine at Lancaster (deferred)

Dentistry at Dundee

Maths at Oxford & University College London

Actuarial Science at York

Chemistry at Birmingham

Human Geography with planning and

Engineering at Cardiff

Economics and International Relations at

Southampton

Multiple courses including Engineering, Data

Science, Law, Sociology, Drama and Languages

at Bristol and Exeter.

2026 Destinations

Aim high, be aspirational



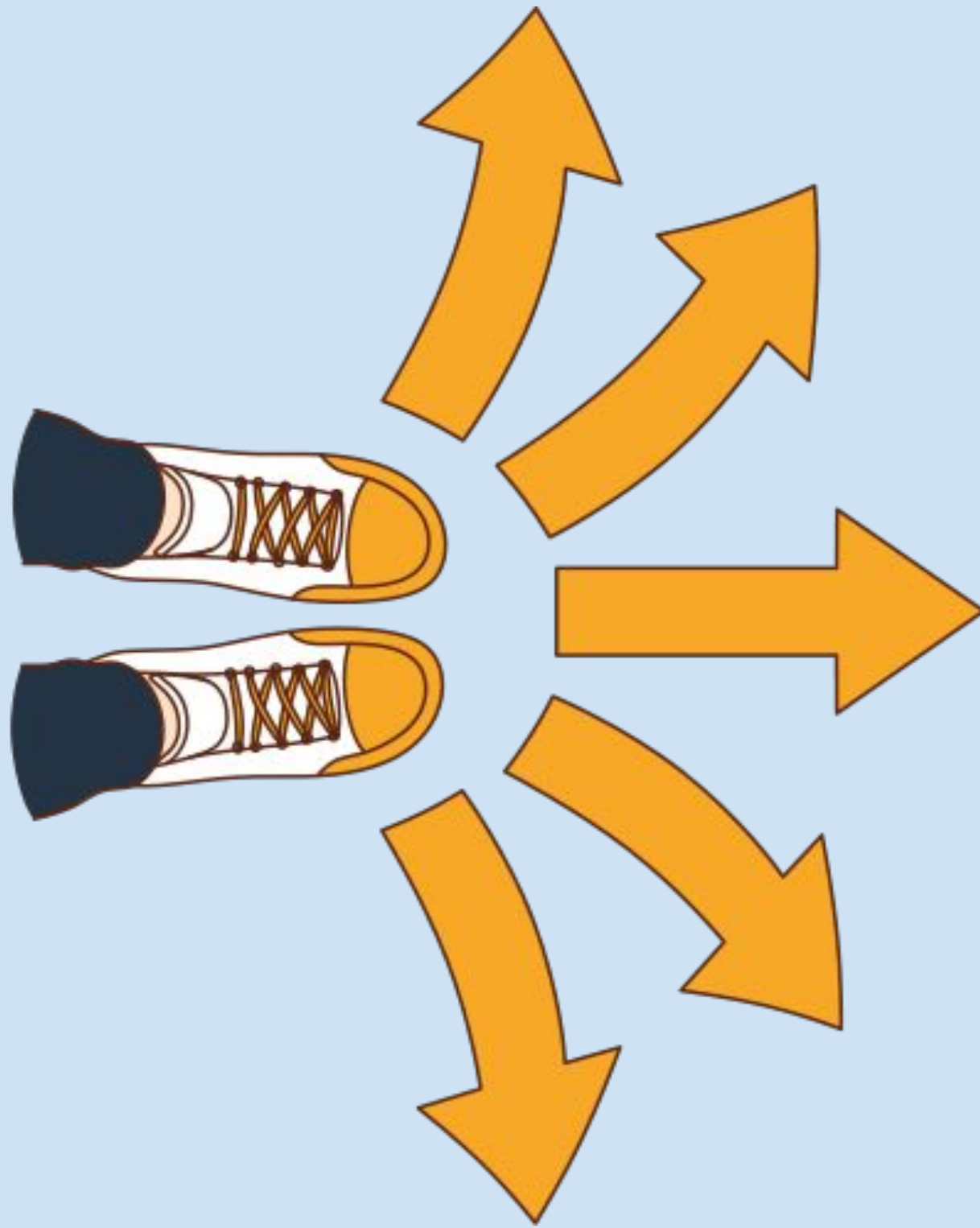
Apprenticeships

- Forvis Mazars
- Chartered Surveyors
- Level 7 Solicitors Apprentice
Clark and Rowe
- Police apprenticeship
- Chef at Lore of the Sky
- Superior Seals Business
Management
- Knights Brown Construction

University

- Philosophy & Theology at Oxford
- Veterinary Science, Physiotherapy and Law at Nottingham
- Economics & Data Science at LSE
- Computer Science at King's College
- Architecture, Law, Maths, International Relations at Cardiff
- Psychology, Business, Politics and International Relations, Global sustainability at Bristol
- Mechanical Engineering and fashion at Loughborough
- Linguistics at Edinburgh
- Biomedical Science at Sheffield
- Law, Marketing, Management, Sociology & Criminology at Exeter
- Nursing, Politics, Cyber Security and Finance at Southampton

What support is offered at Post-16?



- Students who need careers advice can make an appointment with our **Careers and Work Experience Manager, Liz Wright**
- For help with UCAS or Apprenticeship applications students can speak to me, **Careers & Destinations Lead, Mrs Ridley**
- **Tutors** are always there for support
- We have our dedicated Destinations activities every week to work on applications and explore different careers
- There are step by step guides and **PLCs** in the **Year 13 Google Classroom** to support applications, and opportunities are posted regularly and also the Bulletin
- Students should all be registered on **Unifrog** which has application builders for CVs, cover letters and personal statements. It also has an extensive Apprenticeship database and lots of careers advice
- Students applying to university need to be registered on **UCAS** and using their **Hub** support tools with their application

The three sections



Why do you want to study this course or subject?

Show your passion and knowledge for your chosen subject. It lets universities and colleges know why you're a good fit.



How have your qualifications and studies helped you to prepare?

Talk about the skills you've developed in your education, and how they'll help you succeed.



What else have you done to prepare outside of education, and why are these experiences useful?

Reflect on any other activities or personal experiences outside the classroom that make you suited to the course.

A Useful guide to question evidence

This is just a guide, you may find some evidence fits better in a different section **there are no rules** – it is personal to you.

The sections do not have to be equally weighted – it is up to you if you have more for Q1 & Q2 that is fine.

Just make sure that you have an example to backup every point you make and you have at least **350 characters of evidence for each section.**



Question One (subject)	Question Two (education)	Question Three (extra curriculars)
Personal Experiences	Essays, projects, experiments	Work Experience/shadowing
Trips & visits	Challenges/ Competitions	Employment or volunteering
MOOCs	EPQ, Core Maths or MOOCs	Hobbies & Interests
Ted talks, podcasts, blogs, vlogs, substack	Mentoring + leadership Responsibilities within school	Sporting achievements in teams or individually
Documentaries, books	Awards	Personal responsibilities

What deadlines are coming up?

Key Date	Action
Ongoing	Apprenticeship and employment opportunities – keep searching and applying UCAT tests
2nd October 2025	UCAS – Conservatoires MUSIC applications deadline
15th October 2025	UCAS– Deadline for Medicine, Dentistry, Veterinary and Oxbridge applications
October & November 2025	UCAS – Admissions tests – Oxbridge, LNAT etc
December 18th	QE Personal Statement draft deadline
14th January 2026	UCAS – Official final deadline for applications
March 2026	Apply for student finance & accomodation Apply for Student disability allowances, bursaries etc

Careers Information

- Careers Road Map 2026/ 27
- Local Market Information - giving you a picture of ...

Opportunities

- Job opportunity - accounting in Alderholt

Finance Opportunities

- Lloyds Bank Work Experience: Spend a Saturday i...

Virtual work experience

- WSP Virtual Work Experience: Sustainable Project ...
Posted 16 Sept
- Environment Agency Virtual Work Experience Opp...
Posted 16 Sept
- Geography Virtual Work Experience: Discover Real...
Posted 16 Sept

Apprenticeships

- BDO Apprenticeships- Southampton
Posted 16:03
- Engineering apprenticeships now open with NESO
Posted 15:55
- PFK Accountancy & Tax Apprenticeships are live
Posted 12:51
- Deloitte BrightStart Apprenticeships and Work Ex...
Due 7 Oct
- KPMG Apprenticeship applications are open!
Posted 23 Sept
- Accountancy Apprenticeships Opportunities - PF...
Due 23 Sept



Dorset – Careers Insight



Dorset Careers Hub provides an understanding of labour market trends within the county.

The Careers and Enterprise company provide schools and colleges with regular updates on employment trends, and our close networking with employers supports our understanding of what skills and qualifications employers are looking for.



Termly TOPIC

A sector shaping the future

Dorset is home to the Dorset Innovation Park, a centre for advanced technology, engineering, and defence, supporting around 800 highly skilled jobs. The park is also home to the Defence BattleLab, a unique facility where businesses work on innovative solutions to real-world defence and security challenges.



Employers in the sector

Companies based in or connected to Dorset Innovation Park include:

- QinctiQ
- TKMS Atlas UK
- Norco Composites
- Ministry of Defence (MOD)
- FDI Engineering
- VASPBA
- i9 Tech



Careers in high demand

- Software Developers & Software Engineers
- Electricians
- Fabricators
- Design Engineers
- Test Engineers
- Project Managers
- Procurement Specialists
- Logistics Coordinators



Technical skills employers want

- Computer-Aided Design (CAD)
- Electronics
- Systems Engineering
- Cyber Security
- Mechanical Design
- Embedded Software
- Quality Assurance



Essential employability skills

- Problem Solving
- Teamwork
- Communication
- Attention to Detail
- Organisation
- Creativity



What does Dorset specialise in?

Dorset companies are working on exciting technologies, including:

- Autonomous (self-operating) systems
- Maritime technology
- Artificial Intelligence (AI)
- Underwater technology
- Communications systems
- Digital and cyber security



Your route into the industry

Yeovil College is one of only **five Defence Technical Excellence Colleges in England**, helping young people develop the technical skills needed for careers in engineering, technology, and defence.



Future opportunities

The UK Government plans to invest **£290 billion in defence**, helping to create around **60,000 new jobs** across areas such as:

- Aerospace
- Drone Technology
- AI & Quantum Computing
- Shipbuilding
- Missile Defence
- Nuclear Technologies
- Munitions Manufacturing

Why consider this sector?

If you enjoy **technology, engineering, problem-solving, maths, science, or design**, defence and advanced engineering offer exciting careers where you can help create the technologies of the future.

Your career starts here. Find out more:

Talk to your teacher, tutor, careers adviser, parent or carer, or scan:



Dorset
Careers
Hub



National
Careers
Service



DSTPN 'Your
future. SORTED!'
directory

Dorset
CAREERS HUB

THE CAREERS &
ENTERPRISE
COMPANY

The Unifrog Explore tool

exploring

Careers library

✕ Careers favouredited

>

Subjects library

✕ Subjects favouredited

>

Know-how library

✓ Guides favouredited

>

Courses

✓ 1 course added, 0 completed

>

MOOCs

Make your first shortlist

>

Read, Watch, Listen

✕ Profiles favouredited

>

Special opportunities

0 shortlists

>

Career sectors

Here are some sectors you might be interested in [See all Sectors >](#)



Electrical services and engineering

People who design, install, maintain, and repair electrical systems and equipment.

[Read the profile >](#)



Transport

People who move people and things to where they need to go, like airplane pilots or boat captains.

[Read the profile >](#)



Law

People who help to make sure justice is done, like lawyers and judges.

[Read the profile >](#)



By career area

[Arts and Media \(126\) >](#)

[Business and Finance \(36\) >](#)

[Construction, Property and Architecture \(33\) >](#)

[Education and Training \(22\) >](#)

[Engineering \(30\) >](#)

[Hospitality, Food and Sport \(44\) >](#)

[Human services and Administration \(27\) >](#)

[Law and Public safety \(35\) >](#)

[Manufacturing and Maintenance \(18\) >](#)

[Medicine and Health \(75\) >](#)

[Plants, Land and Animals \(38\) >](#)

[Politics and Social care \(48\) >](#)

[Sales and Marketing \(27\) >](#)

[Science and Technology \(57\) >](#)

[Transport and Logistics \(25\) >](#)

By skill

[Accountability \(116\) >](#)

[Adaptability / Resilience \(101\) >](#)

[Digital literacy \(98\) >](#)

[Independence \(83\) >](#)

[Organising / Time management \(200\) >](#)

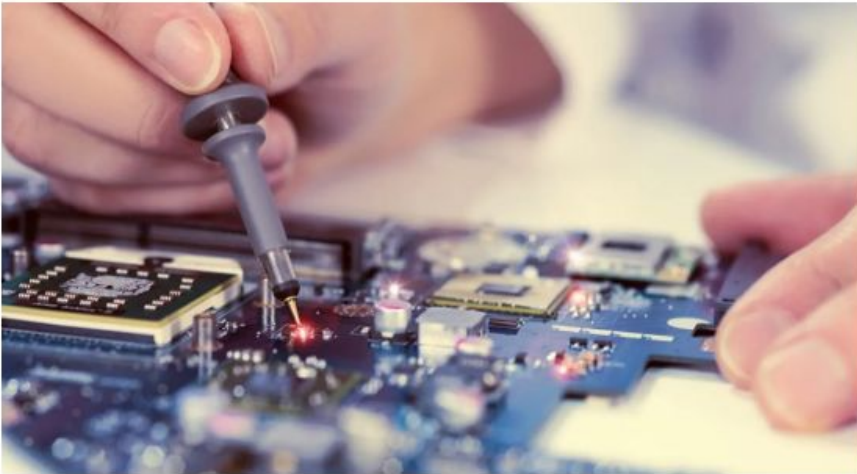
[Physical abilities \(95\) >](#)

Electrical services and engineering

[Share](#)



[Back](#)



People in this sector work with electrical systems that power homes, buildings, and machines. They make sure electricity is safe to use by designing, installing, checking, and fixing electrical equipment. Their work is important for keeping lights on, machines running, and buildings safe.

You could specialise in:

- a hands-on service role, like electrician (where you'll focus on installing, repairing, and maintaining electrical systems)
- an engineering role, like electronics engineer (where you'll focus on designing and developing complex electrical systems)

How to get started

To become an electrical engineer, you'll usually need a degree or degree apprenticeship. This could be specifically in electrical engineering, or it could be in a related science subject (like applied physics).

You can access other careers in this sector, like electrician or household electronics engineer, through vocational training. You could, for example, do an apprenticeship.

Whatever route you take into the sector, work experience is really important - this will be a part of any apprenticeship, and many degrees will include a year in industry.

It can be useful to have a postgraduate qualification in electrical engineering or a more specialised subject (like aeronautics or robotics) if you know exactly what area you want to work in.

Skills you need

You'll need the following competencies:

- excellent problem-solving
- excellent knowledge of science
- strong numeracy and digital literacy
- teamwork, to work well with engineering colleagues

Where next?

[Engineering](#)
4 career sectors profiles

[Return to the career sectors library Start.](#)

The Unifrog Careers library tool

Here you can explore career profiles and read the 'Career path and progression' and 'Entry requirements' sections to help inform your next career goals.

Cognitive behavioural therapist

Also called: CBT, talking therapist, behavioural therapist

Cognitive behavioural therapists (CBT practitioners) use a form of talking therapy to help patients change thinking and behavioural patterns which are unhelpful to them.

[Share](#)



[Back](#)



Career path and progression

With experience, you could supervise other CBT practitioners.

You could also set up your own practice, working as an independent practitioner and seeing patients privately.

You could also specialise in teaching or research at college or university.

Entry requirements

You'll usually need:

- a degree in nursing, social work, occupational therapy, arts therapy, psychology or psychotherapy
- experience of working in mental health
- an accredited postgraduate qualification in CBT

To work with children and vulnerable adults, you'll also need a criminal records background check.

In the US, you'll need a state license to become a CBT professional. For this, you'll need to complete a minimum number of trainee hours and pass an exam.

The Unifrog Apprenticeship search tool



HOMEFAVOURITESLOCKERAPPLYHELP

TEACHER >

1 Start

2 Standards

3 Longlist

4 Shortlist

5 Complete

Select Vacancies below

Pick the best vacancies for you by ranking, filtering and searching. Click next when you're done.
Stuck on a strange term? Check out the [glossary](#) ▾

Rank ▾Filter ▾

Keyword search

Starting very soon (11)
Within 4 weeks

Starting soon (10)
Within 1-3 months

Starting in a while (55)
In 4+ months



Apprentice Content Creator

 Make UK

Distance: 118 miles



Apprentice Wireless Technology Technician

 COTEL TELECOM (UK) RENTAL

Distance: 150 miles



Content Creator Apprenticeship

 PLATINUM K9 LTD

Distance: 163 miles



Content Creator Apprenticeship

 APOLLO ACTIVE COMMUNITY INTEREST COMPANY

Distance: 184 miles



Content Creator Apprenticeship



Apprentice Theatre and Events Technician

 STORYDEN LIMITED

Distance: 73 miles



Content Creator Apprenticeship

 ART CLASSES GROUP LIMITED

Distance: 78 miles



Level 3 Content Creator Apprenticeship

 EXCELLENCE-SOLUTIONS LIMITED

Distance: 92 miles



Content Creation Apprenticeship

 FLAPJACKERY LTD

Distance: 96 miles



Production Assistant Apprenticeship



Production Apprenticeship Fast Track Wales

 BBC

Distance: 69 miles



Police Constable Degree Apprenticeship (PCDA)

 Thames Valley Police

Distance: 76 miles



Police Community Support Officers (PCSOs)

 Thames Valley Police

Distance: 76 miles



Police Constable Degree Apprenticeship (PCDA)

 Metropolitan Police Service

Distance: 84 miles

next ▶

or go back

Welcome Student' *to the Complete Destinations Platform*

What is unifrog?

Unifrog is an award-winning, online careers platform designed to support students in making informed decisions about their futures. Unifrog has a range of tools that are suitable for all year groups. You have a personal account that provides you with a wide range of information related to your interests and aspirations. Key features of the platform include:

- **Exploring Pathways** – personality quizzes, career and subject profiles, MOOCs and webinars
- **Recording** – self-reflection about extracurricular activities and key employability skills
- **Opportunities** – search tools showing live vacancies/courses/placements for apprenticeships, universities (in the UK and abroad), FE, virtual work experience and much more
- **Applications** – tools to help you build applications for a range of pathways (e.g., CVs, Personal Statements, Common App Essays)

To find out more enter the following web address in your browser <https://tinyurl.com/Parent-Introduction> or access via the QR Code to watch a 3 minute video



Students Getting Started - Logging on

- Open the Unifrog Webpage
www.unifrog.org
- Enter the student's school email address in the username. ie
Numbersurnamefirstname@queenelizabeths.com
- Type in the temporary password: **QESchool**.
- You will then be prompted to change your Password



Parent Log on

We have also set up a Unifrog log on for your parents/carers giving them the opportunity to be a student too. This can be accessed by entering the following access code on the home page at www.unifrog.org
QUELparents.

How can you implement this learning?

- Students to re-visit the information shared by Mrs Ridley in Destinations sessions and all the posts on the Google Classroom
- Use the Unifrog tool to investigate key skills and investigate careers routes