



Future Quest Healthcare

# PARENT PACK

Find out how you can help support your young person with making the right career choice.



Health Education England



HEALTHCARE

# INTRODUCTION



Thinking about the 350 different careers available within the NHS can be daunting. Even having a specific focus on just one career idea from a young age can inadvertently narrow down options. Read on for advice on how you can support your young person as they explore options in healthcare and help them to make informed choices.

## Help them think about their future

Let your young person know it's perfectly OK not to know what they want to do in the future. School leavers from 2020 will likely change their careers as many as 11 times during their working life.

However, trying to ignore that career choices will have to be made at the end of Year 11 (and beyond) can create problems. Help your young person consider their options by opening communication with open questions, active listening and respecting their ideas. Help students link where they are now and the huge range of options within the NHS and beyond by using accurate information and help them to start investigating the opportunities.

You can suggest tools such as Careerpilot and the Step into the NHS Careers Test to help explore how their interests, strengths and personality traits link to career areas and open up discussion.

## Encourage them to keep going

It can be tricky to stay on top of everything; young people need to juggle their studies alongside thinking about their future plans. Students can easily be knocked off track by unexpected exam results, negative work experiences or the realisation that their interests in subjects and ideas are changing.

Try to celebrate learning from all experiences and self-reflection. Helping your young person focus on their strengths and developing resilience at an early age will support them to successfully cope with learning and working in the future. The Future Quest website has [resources and advice on supporting your young persons mental health.](#)





Let your young person know there are multiple pathways available at age 16 and 18 to allow them to reach their goals. Understanding that English, Maths and Science are the core subjects that educators and employers focus on can sometimes reduce the feeling of pressure young people have when they are studying a broad GCSE curriculum.

### **Build your own pathways knowledge**

Qualifications and routes into careers change quickly. Having an awareness of these options can help you to ask the most relevant questions and signpost your young person to useful resources.

After GCSE's, young people have more choice in what and where they study; T levels are a new type of vocational qualification that join existing vocational qualifications such as BTECs. A Levels are a qualification offered across a range of subjects. Most Post-16 qualifications are taken over 2 years.

You can find out more about pathways into NHS careers, including apprenticeships, degree apprenticeships, university, and post-graduate opportunities, through the [NHS Careers website.](#)

You can also update your knowledge on the funding options available to support qualifying in different healthcare careers. Find out more on the [NHS Business Services Authority website.](#)

### **Discuss their skills and qualities**

Skills develop as we progress through life. You can master existing skills through practice and develop new skills through new activities, allowing us to mature and develop. Knowing our skills and strengths can help us make well-informed choices about how to learn and which kinds of jobs and environments would suit us well. It can also help us think about compromise if a career idea will ask us to use skills outside of our comfort zone regularly. This [NHS tool can help your young person consider their skills.](#)

Talking about skills and identifying examples can help develop confidence and is also excellent preparation for applying for courses and jobs, and performing well in interviews.



### Do some extra research

Reading news articles about the healthcare sector can help young people feel more confident in their choices and gain a greater awareness of current policy and how healthcare is delivered. Other sources could include journals such as The New Scientist, the news from NHS England, or see the Future Quest Healthcare blog 'Healthcare as it Happens'.

Having an understanding of what's going on in the healthcare sector will also help your young person as they complete applications for courses and apprenticeships and go for interviews related to healthcare.

### Encourage them to listen to professionals

Case studies from different healthcare professionals can really help offer young people a reality check about a job role of interest. Learning from someone doing the job they are considering can also help students reflect if they are the right person for this job. This is also a great way to weigh up the pros and cons of different job roles. Encourage them to access virtual meetings and experience and also plan and attend face to face work experience. ing a broad GCSE curriculum.

### Consider current student views

Gaining advice and information from current healthcare students can help young people to visualise job roles more accurately and remove barriers that misinformation can build. It can be motivating for young people to see their peers succeeding in higher education and job roles. There are opportunities to chat with students on the UCAS website and useful student insights in our Healthcare Heroes blog.

### Be aware of the timelines for action

Look at the timelines for getting into medicine, pharmacy and the allied health professions. This can help your young person to research and make decisions between Year 10 and the end of post-18 learning. There are many different deadlines and actions to tick off the 'to-do' list to support confident progression from school.



### **Keep in contact with school/college**

Regular contact from school/college can help you understand your young person's progress linked to the curriculum, which can generate conversations at home. School/college staff might also be able to offer support with access to careers advisers and careers events on site. Sharing your young person's goals and aspirations with teachers can help them to motivate and inspire them in the classroom.

### **Keep an open mind**

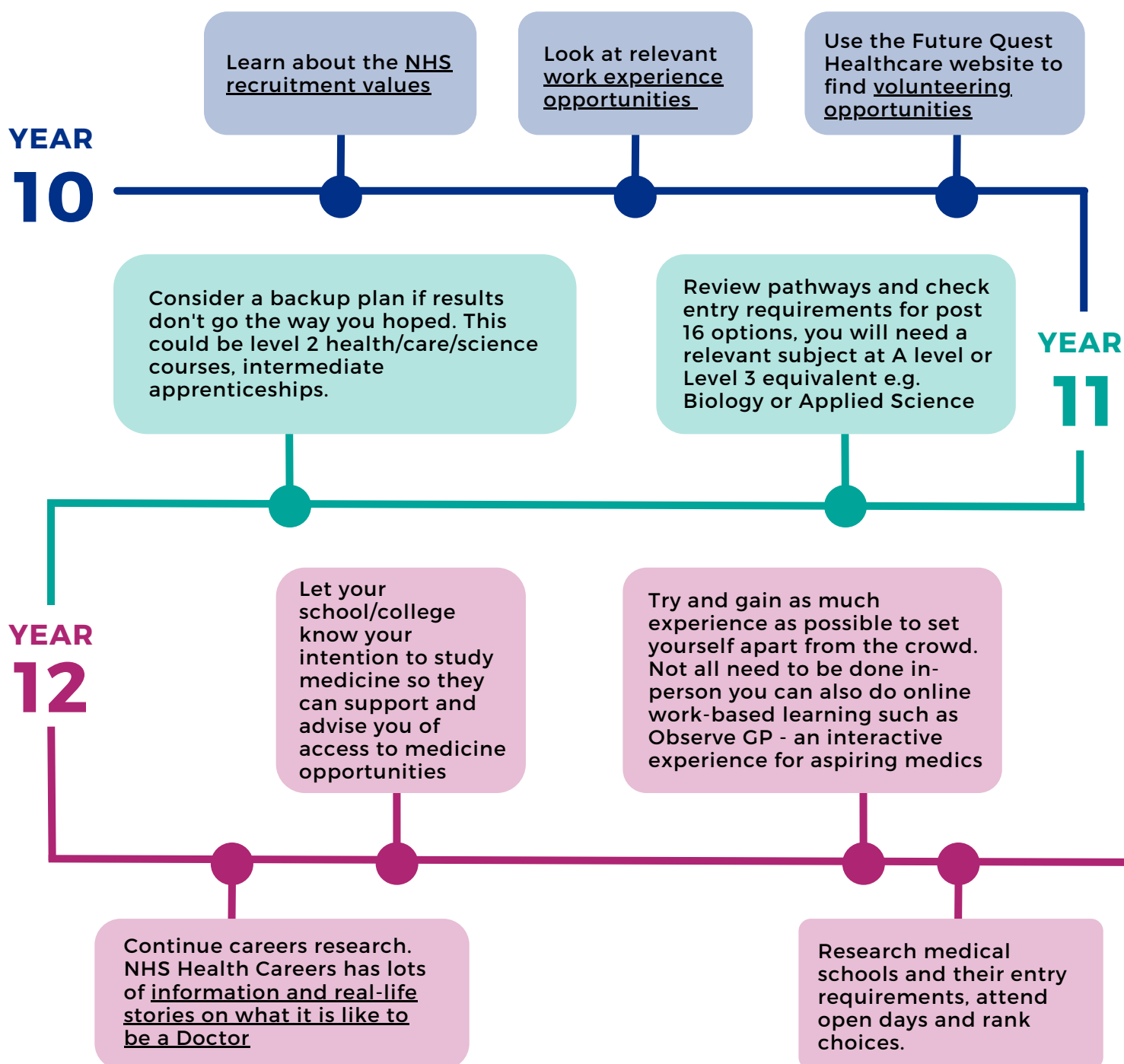
When you start helping your young person with career planning it can feel challenging. However, with good planning and fully considering the options at each stage, every part of the journey can offer new lessons, insights and enjoyment. Using the pointers listed above will provide an awareness of opportunities and an understanding what is required in healthcare careers. Encouraging young people to keep an open mind to consider a range of options is important as they navigate their own ideas and plans.



# MEDICINE TIMELINE



For resource links and more, scan the QR code or visit the Future Quest Healthcare website [www.fqhealthcare.org.uk/choosing-a-pathway/medicine/timeline-and-resources](http://www.fqhealthcare.org.uk/choosing-a-pathway/medicine/timeline-and-resources)



Investigate, prepare for and practise UCAT (University Clinical Aptitude Test)/BMAT (BioMedical Admissions Test). You can find more [information about UCAT](#) here and [BMAT past papers](#) here.

Locate and register with a test centre for your entry test. You can take these from summer Y12

Check UCAS Track for replies from HE providers and prepare for and attend interviews. Check if your school or college provides mock interviews.

Finalise choices (taking into account test results if taken) and personal statement for UCAS application for school/college to add reference and predicted grades for submission by **15th October**. 4 out of your 5 choices can be medicine.

YEAR  
**13**  
SEPTEMBER

NOVEMBER/  
DECEMBER

Make sure you have added final back-up choice in UCAS Track, by 25 Jan deadline. Research alternative roles in the NHS as a backup plan.

Find out if offered a place for medicine.

Accept firm and insurance offers by reply deadline, shown in UCAS Track

JAN -  
MARCH

If unsuccessful, research a backup plan. This could be a science degree + postgrad training, alternative healthcare/science career path via apprenticeship/degree apprenticeship or full-time degree, gap year and apply again. NHS Health Careers have some great advice on [what to do if you don't get into medical school](#)

[Apply for student finance](#) from Feb, preferably by end of May, and any scholarships or [NHS Bursaries](#) you may be eligible for. You should also check if your medical school or HE provider has any scholarships or bursaries that you can apply for

Research location, course materials, budgets, travel etc and apply for accommodation (usually around May)

YEAR  
**12**

# AHP TIMELINE



For resource links and more, scan the QR code or visit the Future Quest Healthcare website [www.fqhealthcare.org.uk/choosing-a-pathway/allied-health-professions/timeline-and-resources](http://www.fqhealthcare.org.uk/choosing-a-pathway/allied-health-professions/timeline-and-resources)



YEAR  
10

Learn about the NHS recruitment values

Look at relevant work experience opportunities

Use the Future Quest Healthcare website to find volunteering opportunities

Weigh the pros and cons of full-time study vs apprenticeship and apply to all the options you are interested in. You can find information about NHS apprenticeships here.

Review pathways and check entry requirements for post 16 options, some require a relevant subject at A level or Level 3 equivalent e.g. Biology or Applied Science

YEAR  
11

Consider a backup plan if results don't go the way you hoped - level 2 health/care/science courses or intermediate apprenticeships

Continue careers research and discuss your ideas with teachers, careers advisers, family and friends, and develop a network of potential contacts for experience, work shadowing, job-study opportunities. The NHS has advice and guidance for those looking at careers in healthcare.

YEAR  
12

You could also start looking at the government apprenticeship database and job NHS job vacancies and work out what steps you need to take to be able to make good applications for similar opportunities next year i.e. how you can develop relevant skills and experience.

Research Higher Education courses (degrees/foundation degrees) on their course pages online, attend open days and compare choices, paying attention to entry requirements, personal statement advice and selection methods

Look for NHS work experience opportunities and extra-curricular activities that will help your personal statement

Start following news stories and policy related to health especially those related to the roles you are interested in. This will help broaden your understanding of current issues and prepare for writing applications and interviews

Become familiar with the NHS values and constitution and how you could demonstrate these. This is important as the NHS uses values based recruitment

YEAR

13

SEPT - NOV

Attend open days and finalise choices and personal statement for UCAS application for school/college to add reference and predicted grades for submission by **25 January at the latest**. Universities arrange interviews from late autumn so earlier application can be helpful

DECEMBER

Start looking for degree apprenticeship opportunities, apply and keep a record of your applications.

JAN - MARCH

Check UCAS Track for replies from HE providers and prepare for and attend interviews. Check if your school or college provides mock interviews, these may include psychometric and physical tests (eg paramedic) and group tasks

Undergo selection for degree apprenticeships online or in person tests, interviews and group tasks

FEB - MAY

If unsuccessful, research a back-up plan - related degree + postgrad training, alternative healthcare/science career path via apprenticeship/degree apprenticeship or full-time degree, gap year and apply again (consider how you will boost your application)

Receive offers and add an extra choice if you get no offers

Accept firm and insurance offers (you'll go to your firm choice if you get the grades they've set) by reply deadline (shown in UCAS Track)

Consider alternatives to degree apprenticeships, such as an entry-level job or apprenticeship at Level 2 or 3 or foundation degree, HNC/D, or Cert HE (level 4/5 Higher Education courses) at college full or part-time, or via distance learning e.g. HND Health and Social Care

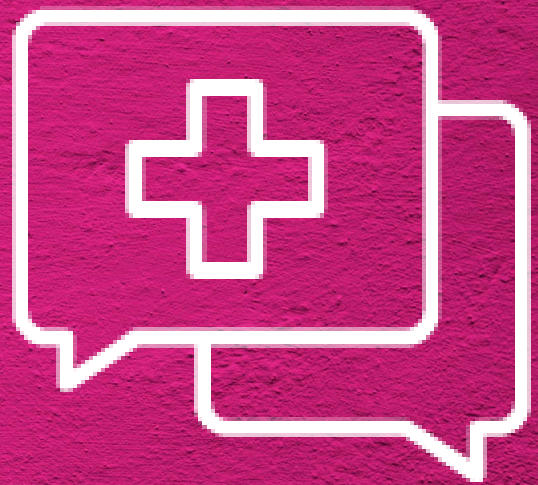
Apply for student finance from Feb, preferably by end of May, and any scholarships or awards you may be eligible for e.g. that the NHS/HE provider offers

Research location, course materials, budgets, travel etc and apply for accommodation (usually around May). If your degree is eligible for NHS learning support fund (Training grant of £5000 per year of studies), you can usually apply from June.

# PHARMACY TIMELINE



For resource links and more, scan the QR code or visit the Future Quest Healthcare website [www.fqhealthcare.org.uk/choosing-a-pathway/pharmacy/timeline-and-resources](http://www.fqhealthcare.org.uk/choosing-a-pathway/pharmacy/timeline-and-resources)



YEAR  
10

Learn about the NHS recruitment values

Look at relevant work experience opportunities

Use the Future Quest Healthcare website to find volunteering opportunities

Weigh the pros and cons of full-time study vs apprenticeship and apply to all the options you are interested in. You can find information about NHS apprenticeships here.

Review pathways and check entry requirements for post 16 options, you will need a relevant subject at A level or Level 3 equivalent e.g. Chemistry or Applied Science

YEAR  
11

Consider a back-up plan if results don't go the way you hoped. This could be level 2 health/ care/ science courses, intermediate apprenticeships, job with accredited training/time off for study

Continue careers research to find out more about what a career in Pharmacy is like

YEAR  
12

Research universities offering MPharm and other HE pathways and their entry requirements, attend open days and rank choices.

Let your school/college know your intention to study pharmacy so they can support and advise you of access to medical science opportunities such as the Sutton Trust Summer School

Start following current affairs for this industry so you are aware of what is changing in the industry. This could help prepare for applications and interviews in the future

Read up on the professional standards for pharmacists that underpin their work. Think how could you start to evidence some of these

Become familiar with the NHS values and constitution and how you could demonstrate these - the NHS use values based recruitment so this is really important

If you are considering pharmacy assistant or a pharmacy technician as a back-up look at the government apprenticeship database and job NHS job vacancies and work out what steps you need to take to be able to make good applications for similar opportunities next year i.e. how you can develop relevant skills and experience

Start drafting UCAS personal statement.

Continue researching university options and attend any further open days. You should also register on the UCAS site and start completing UCAS form online. Draft UCAS personal statement and get feedback from teachers, family and friends.

YEAR

13

SEPT -  
NOV

Finalise UCAS choices and personal statement for school/college to add reference and predicted grades for submission by **25th January** at the latest.

Start looking for apprenticeship opportunities for pharmacy assistant/pharmacy technician roles, apply and keep a record of your application.

DECEMBER

JAN -  
MARCH

Apply for student finance and any scholarships or awards you may be eligible e.g. that the NHS/HE provider offers.

Check UCAS Track for replies from HE providers and prepare for and attend interviews. Your school/college may provide mock interviews so it is worth asking about this. Interviews may include scenario-based questions, group tasks, science and maths tests, and questions to elicit your knowledge and motivation. They are investigating if you have the core competencies, behaviours and also uphold their ethical values and professional standards for the role.

FEB -  
MARCH

FEB -  
MAY

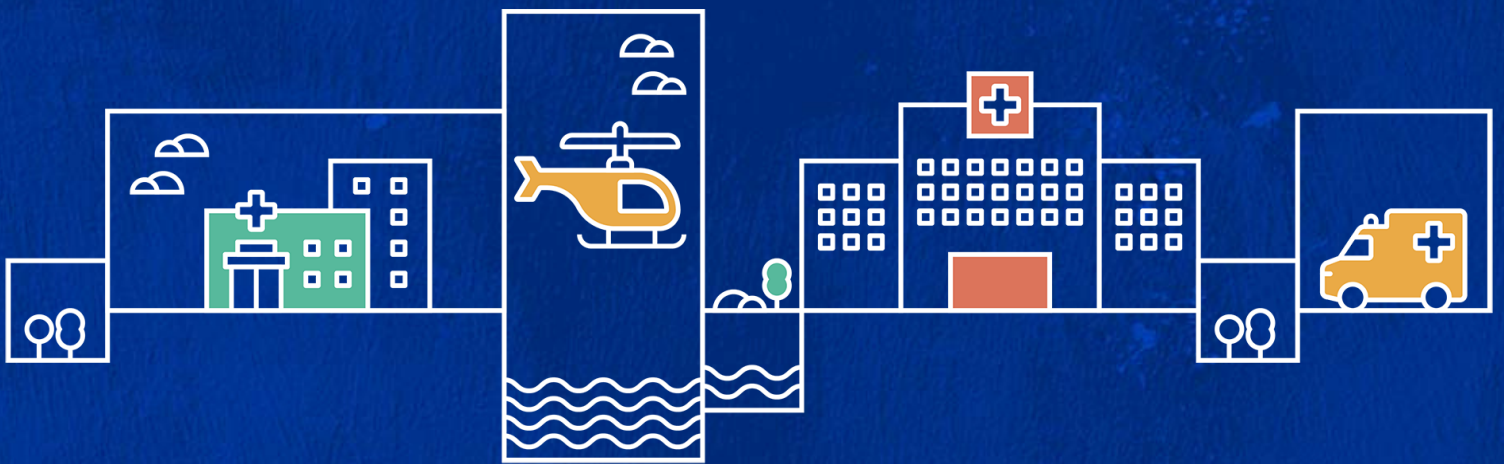
Receive offers and add an extra choice if you get no offers. If unsuccessful, research backup plan - pharmacy foundation year or foundation degree, alternative healthcare/science career path via apprenticeship/degree apprenticeship or full-time degree, gap year and apply again (consider how you will boost your application)

Research location, course materials, budgets, travel etc and apply for accommodation (usually around May)

Accept firm and insurance offers by reply deadline which is shown in UCAS Track

Explore if the organisation Pharmacy Support could offer any support if needed whilst you study.

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



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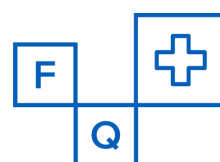
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