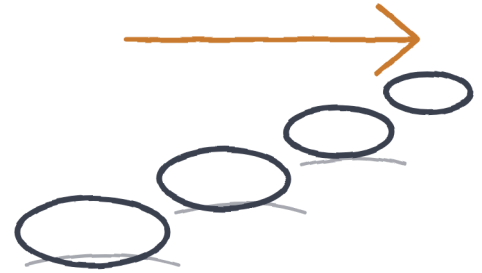


FACT SHEET • COLLEGE

Helping Your Young Person Prepare for the Future

As college draws to a close, the questions about what comes next get louder: university, an apprenticeship, a job, or a year finding out what they actually want. Many young people feel they should already have a clear plan, when in fact very few of their peers do either. Helping them prepare well is less about giving answers and more about building readiness for whatever comes.



TIP 1

Separate the plan from the person

Having no clear plan yet does not mean they are behind. Say so plainly, so the pressure to have it all sorted does not become the main story.

TIP 2

Build practical independence early

Cooking a meal, managing money, doing a load of washing; small skills matter more once they leave home. Hand over one task at a time rather than all at once.

TIP 3

Talk about routes, not one path

Show that university, apprenticeships and work are all valid ways forward, and that people move between them. This takes the pressure off picking the one "right" route.

TIP 4

Let them lead the research

Encourage them to look into options themselves, through open days, prospectuses and people already doing the job, rather than handing them a plan you have worked out.

TIP 5

Keep the door open for after

Whatever they choose, make clear you are still there once it starts, not just until decisions are made. That reassurance often matters more than the decision itself.