



the facts:  
tips for a healthy headspace



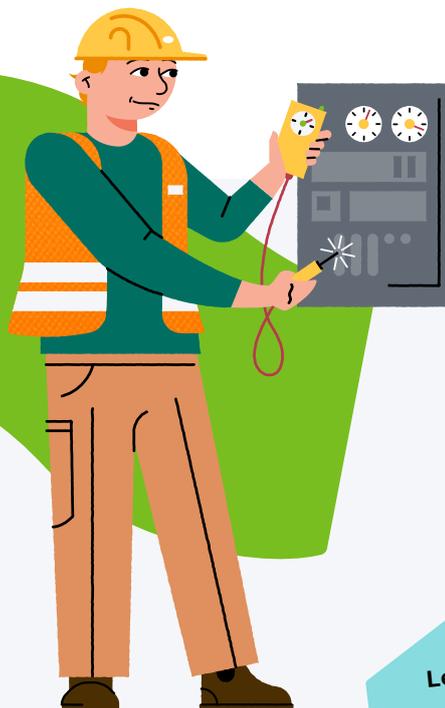
headspace  
National Youth Mental Health Foundation

# understanding your options after leaving school

**It can be challenging deciding what to do next when you leave school. You've been in school for many years and now it's time to take a step into the next stage of your life.**

If you left school early or didn't get the results you wanted and/or are confused about what to do next, you're not alone – these are common experiences for lots of young people.

To help you navigate your next steps, we've compiled a list of options for you to consider.



## TAFE and uni – alternative pathways

The traditional pathway from school to uni is not the only way. Most TAFEs and universities offer other pathways to get into courses.

There are many options and each TAFE/uni will have different pathways, so check their websites. They will be happy to work with you to map out an ideal pathway to your dream course.

### Useful website:

#### Course Seeker

A tool to easily search and compare thousands of courses from different institutions across Australia.

[courseseeker.edu.au](http://courseseeker.edu.au)

Find a study pathway that suits your individual needs



## Apprenticeships

Apprenticeships allow you to earn money while you learn a trade and work towards an accredited qualification. They can be full-time, part-time or school-based, and are available to anyone of working age.

Apprenticeships are usually for 3-4 years.

### Useful websites:

#### Australian Apprenticeships Pathways

A range of tools and resources to assist students researching apprenticeship and traineeship career pathways.

[aapathways.com.au](http://aapathways.com.au)

#### Apprenticeships Support

Find out more about apprenticeships and search opportunities.

[apprenticeshipsupport.com.au](http://apprenticeshipsupport.com.au)

Learn a trade and gain a qualification while you earn money.



## Traineeships

### Learn and study on the job

Traineeships are usually 1-2 years and are similar to apprenticeships. However, they provide on the job training in a wide range of occupations. Organisations usually list traineeships on their careers' page or via job search platforms like SEEK.

#### Useful website:

**SEEK**  
[seek.com.au](http://seek.com.au)



## Volunteer

### Build your network, gain experience

Volunteering can be a great way to gain real-world experience, meet new people and get a foot in the door. If you're curious about a particular industry or interested in an organisation, volunteering can help you build transferable skills and get industry experience.

There are many opportunities available in Australia and overseas. However, if you know an organisation you would like to volunteer for, it's worth contacting them directly and outlining your interest.

#### Useful websites:

**SEEK Volunteer**  
Australia's largest source of volunteer opportunities  
[volunteer.com.au](http://volunteer.com.au)

**Australian Volunteers**  
Search volunteer opportunities in Australia and abroad  
[australianvolunteers.com](http://australianvolunteers.com)

## Take a gap year

A gap year is a year off academic study and is often taken after you finish secondary school. It's a way to think about your journey so far and what to do next – you could travel, work and/or volunteer.

It can also be a great way to try something totally different, meet new people and experience a new culture. There are organisations that can do this for you, or you can plan it yourself.

#### Useful website:

**Year 13**  
Have a good list of gap year providers  
[year13.com.au/explore/travel](http://year13.com.au/explore/travel)



Meet new friends, experience other cultures, learn new skills

Getting support

If you're still unsure about what's next, headspace Work and Study can help – [headspace.org.au/workandstudy](http://headspace.org.au/workandstudy)

Our service is tailored to your needs and can support you in developing the skills and confidence to reach your work or study goals.

It's free and online – using webchat, video, email, or phone.



If you or someone you know is going through a tough time you can get help and support from headspace, your school, TAFE or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit [headspace.org.au](http://headspace.org.au)

If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.

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