

How can we help you? What are your options?

## Guide for Students who can't continue with their studies

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**MDXworks** is on hand to help you plan your next steps.

At this time of your exit from the University, **MDXworks** is still on hand to help you think about your next steps.

We can check CVs via our [mdxworks@mdx.ac.uk](mailto:mdxworks@mdx.ac.uk) email, help you apply for jobs; whether they are for a temporary measure to help you financially or think about the kinds of jobs that are available to you with your current qualifications or help you think about the next steps that are available to you career-wise.

Useful websites:

[www.prospects.ac.uk](http://www.prospects.ac.uk) – Use the Prospects Planner to help you think about the kind of career you really want.

[www.gov.uk/topic/further-education-skills/apprenticeships](http://www.gov.uk/topic/further-education-skills/apprenticeships) - Apprenticeships combine practical training in a job with study. It allows you to gain job-specific skills whilst get time for study related to your role.

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### Further HE Options

FE Colleges – local colleges run further education courses that might help you change career direction, put you on a path to start another degree course or help you think about a different way to get to the career you have always wanted.

- Barnet and Southgate College [www.barnetsouthgate.ac.uk](http://www.barnetsouthgate.ac.uk)
- Uxbridge [www.uxbridge.ac.uk](http://www.uxbridge.ac.uk)
- West Thames [www.west-thames.ac.uk](http://www.west-thames.ac.uk)
- UCAS – if you are looking for another HE institution to study at [www.ucas.com](http://www.ucas.com)

Note: Your funding options may be restricted so seek advice from Student Welfare first.

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### Other Help and Support

**Wellbeing** – if you are struggling to cope then the Wellbeing Service can provide emotional support from departments such as Counselling. They run a drop in service every weekday at 2pm from Sunny Hill House

**Welfare Advice** – Welfare advice have a range of information leaflets to help you, including information about Student Funding entitlements and debt and money management. Email [welfare@mdx.ac.uk](mailto:welfare@mdx.ac.uk)

**Job Centre** – they provide information about any benefits that might be available to you such as Universal Credit or anything else that might be on offer. They can also help you look for work, whether it be temporary or permanent using their 'find a job' service. Visit <https://www.gov.uk/contact-jobcentre-plus>

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