



NEC GUIDE TO

# Home Study

A flexible, tutor-supported route to GCSEs and A levels  
for families exploring alternatives to school-based education

- ✓ Why choose home study?
- ✓ Case studies and examples
- ✓ Preparing for exams
- ✓ Pastoral care and wellbeing
- ✓ Support for transition and progression

## WHY CHOOSE HOME STUDY?

GCSEs and A levels are pivotal stages in a young person's life. The right learning environment can make a huge difference — not only to academic outcomes, but also to confidence, wellbeing, and future opportunities. Yet not every student thrives in a traditional classroom. For some, mainstream education may feel limiting, stressful, or simply out of step with how they learn best.

This is where home study offers a powerful alternative. It allows education to adapt to the learner — not the other way around. It offers families the freedom to create a flexible, student-centred experience that supports both academic success and emotional wellbeing.

At the National Extension College (NEC), we've spent over 60 years helping students learn in ways that work for them, with structured distance learning that fits around each individual's needs, goals, and lifestyle.

Families choose home study for many different reasons. Some make a proactive decision to seek a more tailored or values-aligned approach. Others are responding to changing circumstances — whether temporary or long term. Whatever your reason, NEC is here to provide clarity, structure, and support so your child can thrive.

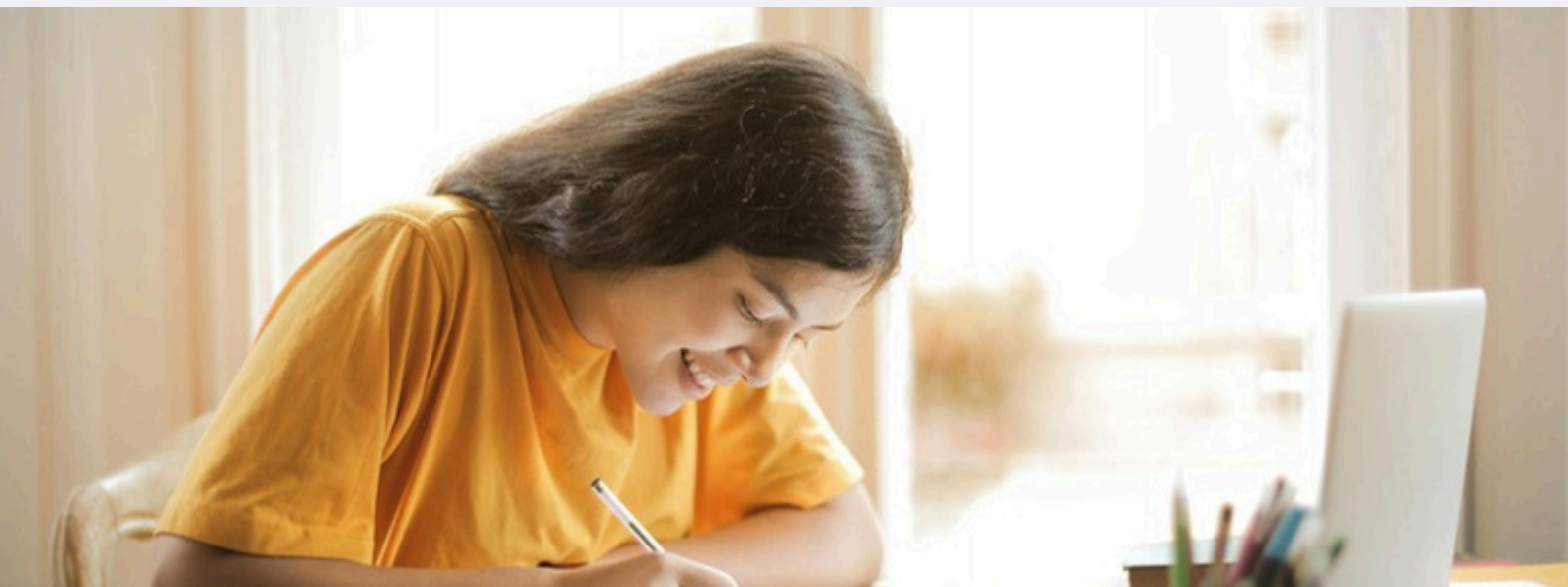
## COMMON REASONS FAMILIES CHOOSE HOME STUDY:

- A preference for flexible, self-paced learning that adapts to the student.
- Desire for education aligned with family values — religious, cultural, or philosophical.
- Interest in subjects not offered by local schools.
- Dissatisfaction with how the National Curriculum is taught or assessed.
- Struggles with anxiety, bullying, or a health condition that makes school attendance difficult.
- Unmet Special Educational Needs or lack of tailored support in school.
- A mobile lifestyle — living abroad or relocating frequently.
- Career or training commitments, such as competitive sport, performing arts, or entrepreneurship.
- A short-term need while waiting for a school place or addressing a temporary issue.

In this guide, we use the term home study to describe education that takes place outside of a traditional school setting, typically overseen by a parent, guardian, or carer. Whether you're just beginning to explore this path or are looking to enhance an existing approach, this guide will help you understand the options available — and how NEC can support your child's learning journey.

## WHAT MAKES NEC DIFFERENT?

When choosing home study, you'll want to feel confident in the support available. NEC offers a learning experience that is structured, accessible, and personal.



All of our tutors are UK-qualified teachers (QTS) and hold enhanced DBS checks. They provide detailed feedback, guidance, and encouragement every step of the way. Our Pastoral and SENCO teams are here to support mental health, motivation, and additional needs. And our experienced Exams Team works closely with families to navigate the complexities of booking exams, arranging access arrangements, and meeting coursework requirements.

NEC's flexibility is another major strength. Students can enrol year-round, and all courses are self-paced. Whether your child needs to accelerate, catch up, or study around other commitments like music, sport, or travel, our courses are designed to adapt.



## REAL STORIES: STUDENTS LEARNING THEIR WAY

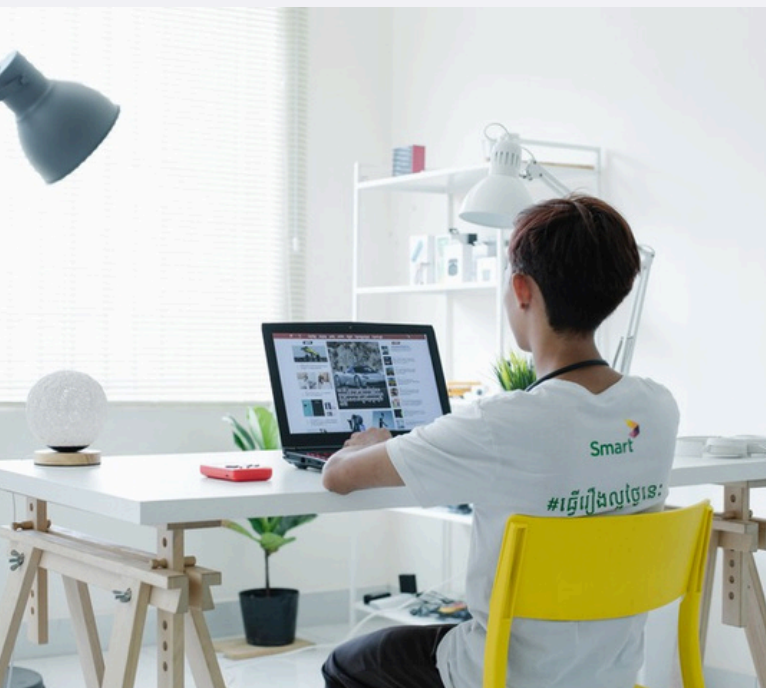
Every student's journey with NEC is unique. The examples below are inspired by real students who have studied with us — though names, details and images have been changed to protect their privacy. We hope this illustrates the breadth and diversity of the students we support.



**Arjun** struggled with anxiety and found the noise and pace of school overwhelming. NEC's calm, online environment allowed him to build confidence, complete assignments on his own schedule, and stay engaged in subjects he loved.

**Emily** is a talented gymnast who trains six days a week. Traditional schooling couldn't accommodate her timetable, but with NEC, she studied GCSEs around her training and competed internationally without falling behind.





**Quinn** started A levels with minimal support needs but experienced a change in circumstances that required increased pastoral care. NEC responded swiftly, and Quinn now receives bespoke academic and emotional support that adjusts with their needs.

**Sky** is academically gifted and was ready to begin GCSEs two years earlier than their school allowed. Their family turned to NEC to provide the challenge they needed. Studying at their own pace, Sky completed two GCSEs by age 14 and is now starting AS levels, supported by NEC tutors who stretch their thinking while protecting their wellbeing. NEC's flexibility allows Sky to thrive — both intellectually and emotionally.

**Lily** was thriving in English but found maths challenging. At school, this imbalance was hard to manage. NEC allowed her to tailor their pace for each subject, building confidence in maths while pursuing her creative passions.





**Anil**, based in Gaza, studied three A levels with NEC while applying to study medicine at Cambridge — an inspiring example of resilience. **Harley** managed ADHD and dyslexia while resitting science A levels. **Charlie**, with ASD and anxiety, achieved an A\* prediction in maths and is applying to study physics.

**Alex** and **Jack** are A level students who benefit from NEC's on-demand support. They study mostly independently but know they can book tutorials when needed. As Jack's goals became more ambitious, their family requested extra academic sessions — something NEC could flexibly provide.



**Casey** and **Morgan** both navigated the EHCP process while studying at NEC. Morgan transitioned from private to local authority funding mid-year, supported by our consistent communication and structured delivery. Casey's needs were more intensive, but NEC's internal expertise and pastoral support helped drive forward the EHCP application and academic progress.

**Jordan** joined NEC mid-year and was given early, structured academic and safeguarding support. This solid foundation helped them settle in, grow in confidence, and thrive academically. They are now preparing to take on a second A level — evidence of the success of front-loaded, live support.

## COURSES THAT FIT AROUND YOU

One of the reasons so many families choose NEC is the quality and flexibility of our course design. We specialise in creating structured online courses that are ideal for self-study — offering both academic rigour and adaptability.

Each course is developed by subject matter experts (SMEs) and grounded in the latest research into online pedagogy and distance learning. The result is a dynamic, engaging learning experience that supports a wide range of learning styles and paces.

**Our courses are not simply digital versions of textbooks. They're designed to guide students step-by-step, using interactive content, embedded activities, and clear progress indicators. Assignments are built in from the start, allowing students to track their development with the help of tutor feedback.**

Because our approach is rooted in flexibility, students can personalise their learning journey. Whether your child prefers to focus on one subject at a time or follow a more traditional schedule, NEC courses can accommodate and adapt. Suggested study plans are available, but students have the freedom to create routines that reflect their needs and energy levels.



## All courses include:

- Rich multimedia resources designed for online learners.
- Tutor-marked assignments and progress feedback.
- An intuitive virtual learning environment.
- Student forums for peer discussion and encouragement.



This structure allows for both independence and support. Students have the freedom to take ownership of their studies, backed by qualified tutors and a Student Support Team that's ready when extra help is needed.

Whether a student is aiming for university or exploring new interests, NEC courses provide the right balance of structure and flexibility to make meaningful progress possible.

## COURSE SPOTLIGHT - STRUCTURED GCSE PROGRAMME

Our **Structured GCSE Programme** is designed to provide a guided, flexible one-year GCSE experience, ideal for those looking for more structured support.

**Comprising expert-led live teaching, tailored feedback, and a strong pastoral framework, each course combines independent learning with the reassurance of regular check-ins, interactive learning tools, and a personalised support network.**

At NEC, we know every learner is different. Our Structured GCSE courses are designed to ensure students can engage fully, study flexibly, and succeed on their own terms.

All courses are built around cutting edge interactive adaptive learning design and include:

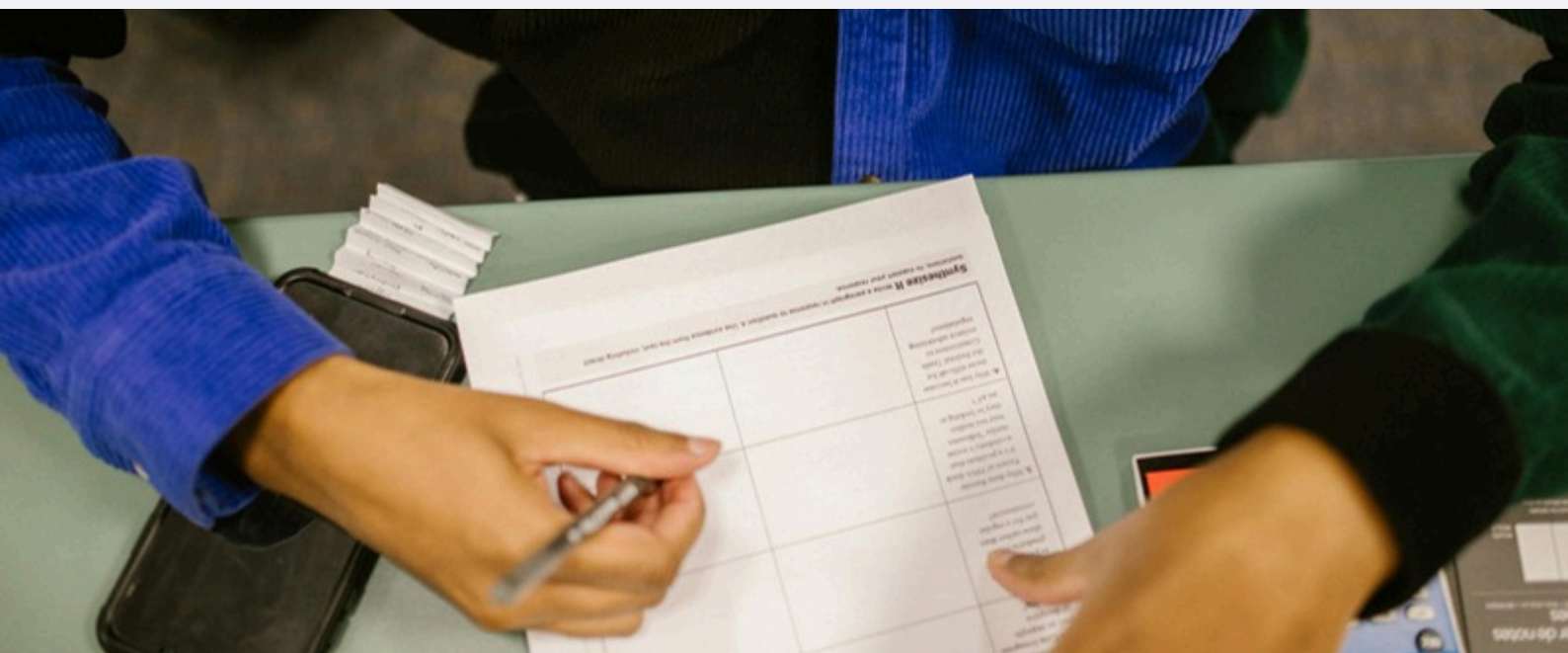
- a Study Schedule at the start of every section
- a Course Plan to track seminar dates, deadlines, and submitted work
- a subject-specific Introductory Quiz to assess prior knowledge.

Combining structure and flexibility to support learners with a wide range of needs — from SEND and mental health challenges to high-performing students looking for an interactive academic experience — our online Structured GCSE Programme is built to ensure every student can achieve their goals.

## PREPARING FOR EXAMS

One of the biggest challenges for home study is managing public exams — but NEC makes this easier.

We provide expert advice on selecting qualifications (GCSEs, IGCSEs, A levels, Functional Skills), locating partner exam centres, and understanding deadlines. Our team handles coursework authentication and supports access arrangements for students with additional needs.



We advise families to plan early and stay in regular contact with our Exams Team. For students with SEND, access arrangements — such as extra time or rest breaks — must be applied for in advance.

NEC supports the full documentation process, helping students feel calm and prepared.

## EXAM PREPARATION CHECKLIST

To support your planning, here are some of the key elements to consider when preparing for exams with NEC:

- **Booking an exam centre:** Not all centres accept private candidates — our Exams Team can help you identify options.
- **Access Arrangements (AA):** If your child needs extra time, a reader, or other support, gather evidence early **and contact our team to help guide your application.**
- **Non-Exam Assessment (NEA):** Some GCSE and A level subjects include coursework or practical components that must be authenticated by NEC.
- **Practical Endorsements:** For A level sciences, practical endorsements must be arranged through specialist centres — our team will advise on what's needed.
- **Deadlines:** Each exam board has specific deadlines for entry, access arrangements, and coursework submission. NEC provides reminders and guidance throughout the year.

Early, well-informed preparation is the key to success. With NEC, you're never alone in the process — we're here to guide every step of the way.



## SUPPORTING THE WHOLE CHILD

Supporting your child at home isn't about having all the answers — it's about being present, responsive, and willing to adapt. At NEC, we provide the structure, tools, and encouragement families need to make that possible.

**Parent Voice: “What I really appreciated about NEC was how I could be part of my son’s learning without having to do everything myself. The tutor feedback helped me stay informed, and I felt like I had a team behind me. The flexibility meant we could adapt when life got tricky, and having a pastoral contact made such a difference. I felt supported too — not just him.”**

## HOW PARENTS CAN SUPPORT AT HOME

- Check in regularly: Create space for casual, open chats about learning and wellbeing.
- Use NEC's feedback tools: Assignment feedback and dashboards give insight into your child's progress.
- Shape a routine together: A flexible plan builds independence and structure.
- Stay emotionally available: A listening ear can make all the difference.
- Reach out to NEC support: Our Pastoral and SENCO teams are here for you.
- Find your community: Join our webinars and forums to connect with others.

## PASTORAL CARE

We welcome and value all students and want to ensure you have the opportunity to achieve your goals.



NEC's delivery model is self-directed and self-paced learning. Many students find this flexibility is welcome. For some, occasional or regular support from a specialist tutor will enable them to reach their full potential. The list below details the types of support NEC can offer.

- Study Skills
- Personal Timetable creation
- Regular Monitoring of progress
- Meeting deadlines
- Exam preparation
- Support to access services for mental health support.

## **WELLBEING FOR LEARNING PROGRAMME**

NEC's Pastoral Officer has created a series of focused sessions throughout the year which provide students with the space to explore any barriers to learning they may have. The sessions provide information and techniques regarding how to be a successful online distance learner.

- The sessions are free of charge for NEC enrolled students.
- Live, engaging and supportive.
- Every other month.
- Topics include: Getting Started, Motivation and Procrastination, Revision and Anxiety.

## **INITIATING SUPPORT**

You may have had a conversation with our Pre-enrolment Team about the services we offer to enrolled students, and would like to put this support in place.

You may have made contact with the NEC Pastoral Officer through the Student Support Team. Or our Pastoral Officer may have reached out to you.

Either route is fine, and will be met with the same professional and supportive response.

## **BUILDING SKILLS FOR THE FUTURE**

Home study offers a powerful foundation for lifelong learning. With NEC, students develop essential skills:

- independent learning
- time management and self-motivation
- critical thinking and resilience
- communication and goal-setting.

Whether a student is heading for higher education, vocational training, or employment, our goal is to help them thrive.

## **UNIVERSITY APPLICATIONS**

As a fully registered UCAS Centre, we support students through the entire University application process. Our experienced team works closely with students to ensure they have the guidance, documentation, and encouragement they need to succeed — no matter their destination.

NEC provides one-to-one help with writing personal statements, selecting courses, and meeting key deadlines. We issue official predicted grades based on tutor-marked assignments and progression, and provide professional references written by experienced academic staff.

For students applying outside the UK, we can provide transcripts, references, and course information to meet international entry requirements.



## **SIXTH FORM AND COLLEGE APPLICATIONS**

Many of our students transition into sixth form, specialist colleges, or blended learning programmes after completing NEC GCSEs. We support with references and application documentation as needed.



## **APPRENTICESHIPS AND VOCATIONAL TRAINING**

NEC students also pursue routes such as apprenticeships or vocational qualifications. Our team can help identify suitable progression pathways and provide the references and support required for application success.

## **WHAT THIS MEANS FOR YOU**

For parents, knowing there's a qualified team in place to support your child's next steps brings peace of mind. We don't just deliver flexible learning — we help shape futures. Whether your child is aiming for Oxbridge, a vocational pathway, or simply exploring their options, NEC will be with them every step of the way — offering structured advice, trusted guidance, and personalised support.

## THE WIDER HOME EDUCATION LANDSCAPE

We understand that home study is part of a bigger picture. For broader advice and information, these external resources may be useful:

- **Education Otherwise**  
A long-standing support organisation for home educators.
- **Care for the Family**  
Resources for families facing various challenges.
- **OpenLearn**  
Free higher education courses from the Open University.
- **Ed Yourself**  
Guidance on elective home education law and practice.
- **Parliament.uk**  
Updates on home education legislation.
- **NSPCC**  
Keeping children safe online.



## START YOUR JOURNEY WITH NEC

Home study is an empowering choice. With NEC, you don't have to do it alone. We bring expertise, structure, and care — so your child can flourish on their terms.

Explore our courses, speak to our team, or download more resources:



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