

Career Guidance

Volume 1, Issue 1

October 2018

Special points of interest:

- UCAS Early deadline: Oct 15th
- UCAS General Deadline: Jan 15th
- CAO Feb 1st
- HEAR & DARE: apply with CAO form
- SUSI grants: April 2017

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Welcome to the first edition of our Career Guidance Newsletter!

Each month we will upload a Career Guidance Newsletter to the school website

This will include timely information & reminders to assist your daughter's education/career decision-making.

Researching a variety of options is key to the decision-making process.

Each student needs to gather all the information they need to make the best decision for them regarding their future education & career choices.

You can support them in this task. We will help you by adding links to useful websites that you can access together.

The main thing you can do is simply to listen to her. She may not need you to take any action, just be a sounding board and let her express her concerns.



College Open Days

College Open Days are a great way to experience the 'feel' of a college campus. You can speak directly to lecturers in the department that you are interested in joining. But you need to be prepared. It is important to research the courses you are interested in before you go. Have a list of questions ready & write down the answers!!

Open Days in Oct

NUI Galway: 5th Oct

Shannon College of

Hotel Mgt: 12th Oct

UCC: 13th Oct

LIT, Mary I, UL: 18th Oct

Athlone IT, St Angela's

Sligo: 19th Oct

Suggested questions to ask at an Open Day:

- How many places are available on this course?
- What student supports are available?
- What is the employment rate from graduates of this course?
- What about scholarships?

Students can apply **NOW** for college in England, Scotland, Wales & Northern Ireland.

Must apply by **Oct 15th** for: Medicine, Dentistry, Veterinary, Oxford/ Cambridge.

Jan 15th for all other courses. However, early application is advised. We endeavor to have all applications completed **by the end of November**.

Applicants must write a Personal Statement, outlining their reasons for choosing their course. Sample statements are available from each Guidance Counsellor.

Students are fully supported with this application both in Careers class and with individual appointments.



Support your daughter in reaching her full potential. Goal Setting—Get SMART!

You can apply the **SMART** guidelines to **Short, Medium & Long** term goals. **Start as you mean to go on....**

SMART Goals

Specific: State exactly what you want to achieve, breaking a larger task down into smaller items.

Measurable: Establish clear definitions to help you measure if you are reaching your goal.

Achievable & Realistic: Aim high....but not too high! Set yourself goals that you will be able to accomplish. Start small & challenge yourself more as you grow in confidence.

Timed: Set realistic time limits for your study and stick to them. Establish a routine for yourself.

- Break your goals down into Short, Medium & Long Term goals
- Be flexible
- Include extra-curricular activities in your time-table
- Review & reset goals if not working out.

DID YOU KNOW..?

Autumn Stats from the Met Office 2017:

Sunniest 1959
Warmest 2006
Driest 1922
Coldest 1919
Wettest 2000

<https://www.metoffice.gov.uk/learning/seasons/autumn/when-does-autumn-start>

Useful Websites

www.qualifax.ie
www.careersportal.ie
www.spunout.ie