

# Career Guidance

Volume 1 Issue 2

November 2018

## CAO is now OPEN!

### Special points of interest:

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

### Inside this issue:

- HEAR/DARE 2
- Mindfulness 2

### How to apply:

- Go to [www.cao.ie](http://www.cao.ie)
- Click on the green APPLY button
- Complete the Personal Details requested
- Under the Qualifications & Assessment Summary heading, click box number 1 ONLY
- Proceed with application
- Make a note of your password as you will need it to log in
- You will be brought to a RECEIPT page
- The CAO number is at the top of this page

### How to Log In to your CAO account:

- Go to [www.cao.ie](http://www.cao.ie)
- Click the red MY APPLICATION button at the top of the screen
- Enter your 8 digit CAO number, your date of birth & your password
- Now you can begin to add courses to your form
- You can add up to 10 level 8 courses & up to 10 level 6/7
- Log out at the end of your session

### What's the closing date?

You must have some courses indicated on your form by Feb 1st

### Are the courses I put on my form for Feb 1st my final choices?

NO!

You will have a chance to make any changes to your choices from May 6th to July 1st 2019. This is free of charge

### How much does it cost to apply to CAO?

- €30 up to Jan 20th
- €45 up to Feb 1st

### Do I need a CAO form to apply for a Post Leaving Cert (PLC) course?

NO—you apply directly to each PLC college you wish to go to.



## 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 Nov

- 11th: [Carlow College](#)
- 16th: [DCU \(Fri & Sat\)](#)
- 23rd: [Maynooth \(Fri & Sat\)](#)
- 23rd: [WIT \(Fri & Sat\)](#)
- 24th: [LIT Thurles \(Sat\)](#)
- 24th: [MIC St Pats, Thurles](#)
- 28th: [National College of Art & Design](#)
- 28th: [Shannon College](#)

### 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?

[www.qualifax.ie](http://www.qualifax.ie)

## HEAR/DARE—[www.accesscollege.ie](http://www.accesscollege.ie)

**HEAR: Higher Education Access Route**—Students who have a particular financial need can apply for assistance with the costs of going to college through this application. (You can also apply for the SUSI Grant—separate applications)

**DARE: Disability Access Route to Education**—Students with a specific disability, hidden or visible, can apply for supports at Third Level through the DARE.

*Both schemes offer students an opportunity to access courses who's CAO points are higher than they achieved in their Leaving Cert.*

**Apply along with your CAO form at [www.cao.ie](http://www.cao.ie).**

### List of participating colleges:

**Institutes of Technology:** Athlone, Cork, Dublin, Dundalk, Galway Mayo, Blanchardstown, Carlow, Sligo, Tralee IT, Limerick

**Other colleges:** National College of Ireland, Dun Laoghaire Institute of ADT, Marino Institute of Education, Mary Immaculate College, Maynooth University, NUI Galway, Pontifical University, Maynooth, Royal College of Surgeons in Ireland, St. Angela's College, Sligo, Trinity College Dublin, University College Cork, University College Dublin, Dublin City University

### List of considered disabilities:

Attention Deficit Disorder (ADD)/ Attention Deficit Hyperactivity Disorder (ADHD) • Autistic Spectrum Disorder (including Asperger's Syndrome) • Blind/ Vision Impaired • Deaf/ Hard of Hearing • Developmental Co-ordination Disorder (DCD) – Dyspraxia • Mental Health Condition • Neurological Condition (including Brain Injury and Epilepsy) • Physical Disability • Significant Ongoing Illness • Speech and Language Communication Disorder • Specific Learning Difficulty (including Dyslexia and Dyscalculia)

**Full details on [www.accesscollege.ie](http://www.accesscollege.ie)**

**ASK YOUR GUIDANCE COUNSELLOR FOR ASSISTANCE WITH DARE APPLICATION**

## Simple Self Care Exercise—Mindful Breath

This exercise can be done any time, anywhere. It may be more effective if you can set aside some time where you can be alone & undisturbed. But you can use this exercise even while waiting in a que.....

- If you are sitting, put your two feet flat on the floor
- Close your eyes if you wish
- Take a gentle breath in for a count of 4 or 5—whatever is comfortable for you
- Hold this breath for a count of 3 or 4
- Let go your breath for a count of 4 or 5



Repeat this exercise at least 3 times for an overall feeling of relaxation. You can sit in stillness with your breath for as long as is comfortable for you.

Your mind may wander—simply acknowledge this and bring your attention back to your breath. Enjoy!

### DID YOU KNOW..?

People who were born during the months of September and November are more likely to live to be 100-years-old.

[wtfunfact.com](http://wtfunfact.com)

### Useful Websites

[www.qualifax.ie](http://www.qualifax.ie)  
[www.careersportal.ie](http://www.careersportal.ie)  
[www.spunout.ie](http://www.spunout.ie)

[www.fragrantheart.com](http://www.fragrantheart.com)