

A decorative background featuring a circuit board pattern with lines and nodes, primarily visible on the left side of the image.

GUIDANCE BORRISOKANE COMMUNITY COLLEGE

APRIL 2020

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GUIDANCE

- We appreciate that we are all in very anxious and uncertain times.
- We understand that the stress and uncertainty is putting a lot of pressure on sixth years all over the country.
- We have put some information together to try and help students at this time.

CAO

- Points are determined every year by the combined results of all Leaving Cert students taking the exam.
- Remember all Leaving Cert students are in the same situation as you.
- Try not to worry about what will happen etc, focus on what you can do in relation to your study and leave it at that.
- Do not worry about what you cannot control if possible.

CAO

- The CAO office is closed.
- If you have an urgent query, the CAO can be contacted by clicking on the Correspondence section of the website.
- Please give as much detail as possible including your CAO number and date of birth.
- Allow plenty of time for a response.
- As the office is closed, postal correspondence will not be answered until the office re opens.

CAO

- If you have HEAR or DARE paperwork that you need to send, you are asked to wait and send it when the office re opens. It is not known yet when that will be.
- Late CAO applications can be made up until May 1st. Click on Apply (located on the CAO's home page).

CHANGE OF MIND

- The Change of Mind Facility opens on May 5th.
- Students can add in new courses, change the order of existing courses and delete courses.
- There is no charge for the Change of Mind and may be used as often as the student wishes.
- Remember to check entry requirements on qualifax before making changes.
- Students may not add restricted courses for the first time.

GOT QUESTIONS FOR COLLEGES?

- CAO [News://careersnews.ie/college-applications-news/](https://careersnews.ie/college-applications-news/)
- If you haven't already done so sign up for career news.ie newsletter to keep up to date with events.
- If you have a question for an individual college you can email them. All College emails are on the inside cover of your CAO handbook or you can access them on cao.ie and click on handbook.

SUSI GRANT

- Online SUSI grant applications open on 23rd of April.
- Students are advised to fill out the SUSI Eligibility Reckoner on the home page of the website before applying.
- The grant is means tested meaning it depends on your parents' total gross income (before any deductions are taken) for the previous tax year.
- Grants are available to PLC students and students attending full time courses in Institutes of Technology and Universities.

APPRENTICESHIPS

- Those who have applied for Bus Éireann and ESB apprenticeships will be contacted later in relation to further tests and interviews.
- Mechanical Automation and Maintenance Fitter Apprenticeship now recruiting at DublinAerospace.ie
- All those hoping to do an Apprenticeship are advised to keep looking for an employer via phone and email.
- A CV template will be emailed to all students.

DEFENCE FORCES

- The Defence Forces are recruiting
- Air Corp Apprentice 2020
- Army General Service 2020
- Naval Service 2020
- Further information and online application from military.ie click on Careers

RESERVE DEFENCE FORCES NOW RECRUITING

- The Army and Navy Reserve Forces now recruiting.
- The Reserve Defence Forces mirrors the permanent Defence Forces.
- For many the Reserve is a starting point in gaining entry to the permanent Forces.
- Closing Date is May 3rd 2020
- Apply military.ie

POST LEAVING CERT COURSES

- Students are asked to apply online for PLC courses
- Decide what college and courses you are interested in and apply via the College website
- You will need your PPS number and medical card number if applicable.
- The cost varies from €10 to €20 payable by laser or Credit Card.
- There may not be interviews so it is important to apply early.

AGRICULTURAL COLLEGES

- Applications for all full-time courses in Agricultural Colleges are to be found by clicking on the link below.
- <https://www.teagasc.ie/education/going-to-college/apply-online/agriculture-courses/>
- Information on Teagasc Grants is available at:
<http://www.teagasc.ie/education/going-to-college/grants/>

STUDY AND COPING STRATEGIES

- This year as difficult as it is now will not define your whole life, staying healthy is more important than any exam.
- Try to take life one day at a time and break down each piece of work in to tiny, tickable tasks.
- Devise a study plan.
- Set a routine for yourself as close to the school day as possible.
- Take your usual breaks.

STUDY AND COPING STRATEGIES

- Start with your favourite subject.
- Study in short burst 20 to 25 minutes with a short break and then continue.
- Focus on tasks rather than time spent (complete short questions on Maths paper one.)
- Use Virtual study groups if you can.
- Give your teachers feedback, tell them if you are having difficulties or if you don't understand something.

STUDY AND COPING STRATEGIES

- Talk to friends and family about how your study plan is going.
- With classes being delivered on-line make sure you take adequate time away from your screen too.
- If you are feeling that you cannot study, go for a walk and come back to it later.
- Work from exam papers if you are finding it difficult to decide where to start. Pick a topic and answer all exam questions on that topic.

STUDY AND COPING STRATEGIES

- Have a finishing time each night, do not spending all day studying.
- Make time to relax and do something you enjoy.
- Look at the positives, you have all received maximum marks in orals and practicals.
- Use different study strategies e.g. mind maps, note taking, testing your knowledge and by pretending to teach the topic to others.
- List topics or aspects of topics you are having difficulty with so when you contact your teacher you will be able to explain where you are having the difficulty.

FREE ACADEMIC HELP

- Language Apps Teanglann, Duolingo.
- FrenchNotes.ie live-streaming Tips and advice for Leaving Cert 8pm daily.
- Gaeity School of Acting Hamlet Watch party April 23rd.
- Maths video tutorials UCD – ucd.ie/msc/leavingcertvideos.
- CJ Fallon, Edco and Irevise have all allowed free online access to their resources.

COPING WITH STRESS

- Body
- Eat healthy, regular meals, plenty of water and fruit.
- Avoid too much caffeine, sugary drinks and foods.
- Aim for a regular sleep pattern.
- Avoid screen time for at least an hour before you sleep

COPING WITH STRESS

- Achievements
- Have a plan for your day.
- Start and finish studying at a set time.
- Set realistic goals for your allotted study time.
- Keep a list of content topics for each subject and tick them off the list as you complete them.

COPING WITH STRESS

- Connection
- Stay connected with friends and family.
- Take time to talk about what is going on for you.
- Use social media to chat to your friends, or preferably talk to them by phone.
- If you are feeling overwhelmed talk to your parents or a friend or teacher.
- You can be sure you are not the only one feeling this way.

COPING STRATEGIES

- Exercise
- Aim for 40 minutes exercise each day. Build it in to your routine.
- Walk, run or cycle.
- Play your favourite sport.
- Put on an Exercise DVD.
- Exercise stimulates endorphins and makes you feel more relaxed.

RELAXATION PRACTICES

- Take time out for yourself here are some suggestions.
- Read a book for fun
- Soak in a warm bath
- Cook your favourite meal
- Bake
- Listen to music

RELAXATION

- Breathing Techniques help reduce anxiety.
- Take a deep breathe in through your nose, hold it and then breathe out slowly through your mouth. Repeat as required.
- Counting backwards. Count backwards from 50. The physical act of counting backwards will distract you until you are feeling calm again.
- Visualization: Close your eyes and imagine a calm scene in your mind such as an isolated beach.

USEFUL MINDFULNESS APPS

- Some Mindfulness Apps you can download
- Smiling Mind.
- Worrytime App
- Headspace
- Daylio
- Mind shift

GUIDANCE

- We are here to help any questions please email
- annette.tierney@borrisokanecc.ie
- martina.maher@borrisokanecc.ie