

Parents Evening

Helping your
child achieve
their best

5th year



20th October 2020

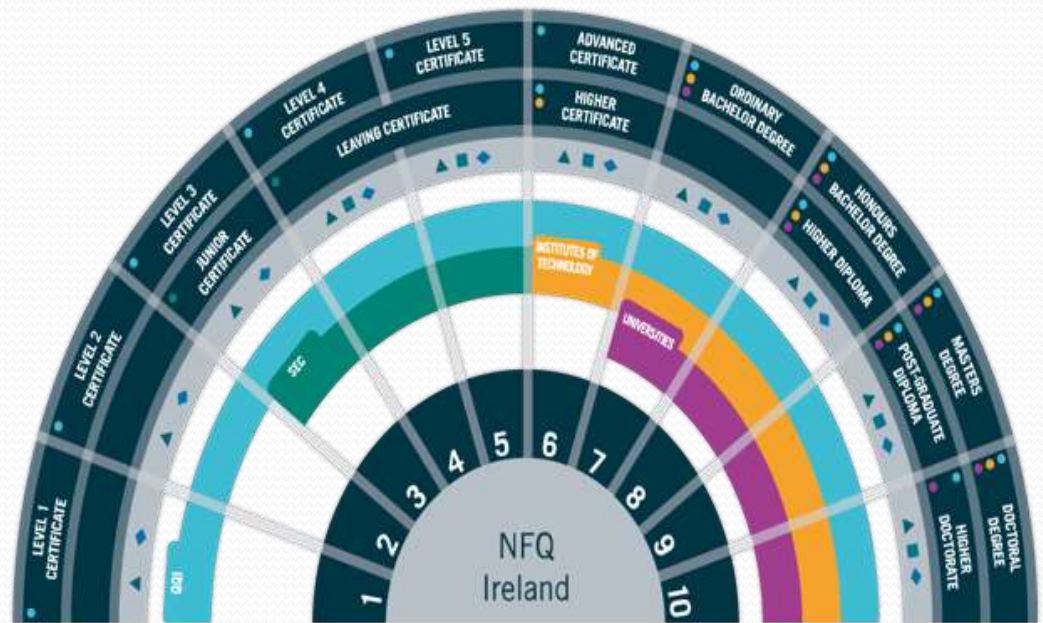
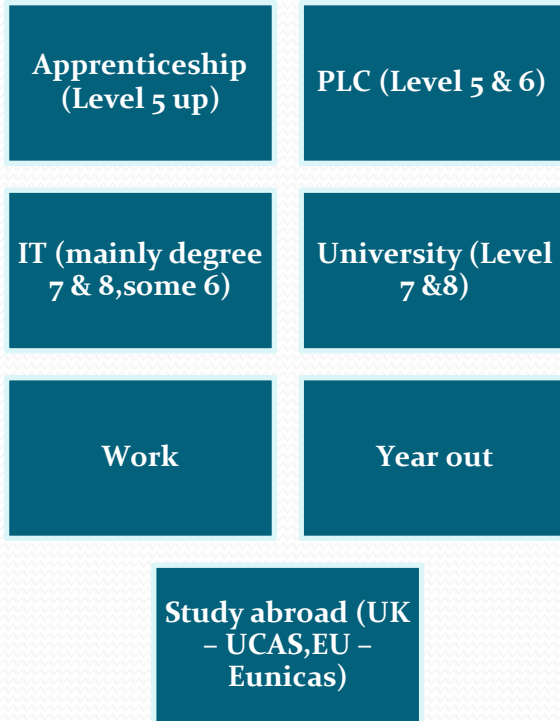
- Career Guidance
- Study Skills and Tips
- Other Information
- Questions & Answers



The Guidance Department

Annette Tierney & Trudy Carroll

Life after school



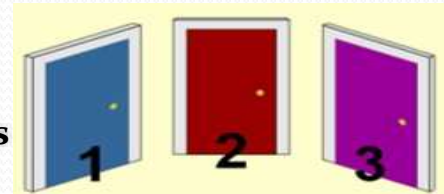
Focus on IT & University Entry

Check
out
Qualifax!

CAO

- The national database for sorting students' college applications.
- Each student fills in their own CAO application in 6th year, choosing the courses they are most interested in, in order of preference.
- In August, the CAO offer places if the student meets 3 criteria.

3 criteria or, the 3 doors



- **Minimum Entry Requirements:** Uni - H5 in 2 subjects and grade O6 or H7 in 4 subjects. IT - O6 or H7 in 5 subjects. NUIs generally require a third language. UL does not. T.C.D. only requires English, Maths, and Irish or a third language. You **must** check requirements for each specific course.
- **Subject Specific Requirements** ((BA Journalism & New Media, UL - H4 English) (Mathematical Science, NUIG, O1/H5 Maths) (Religion & English Lit., TCD - H4 English)
- **Points requirement:** Courses are awarded to those who meet the above criteria but then it comes down to the students with the highest overall points.

Focus on Apprenticeships

- **First step, visit:** www.apprenticeship.ie



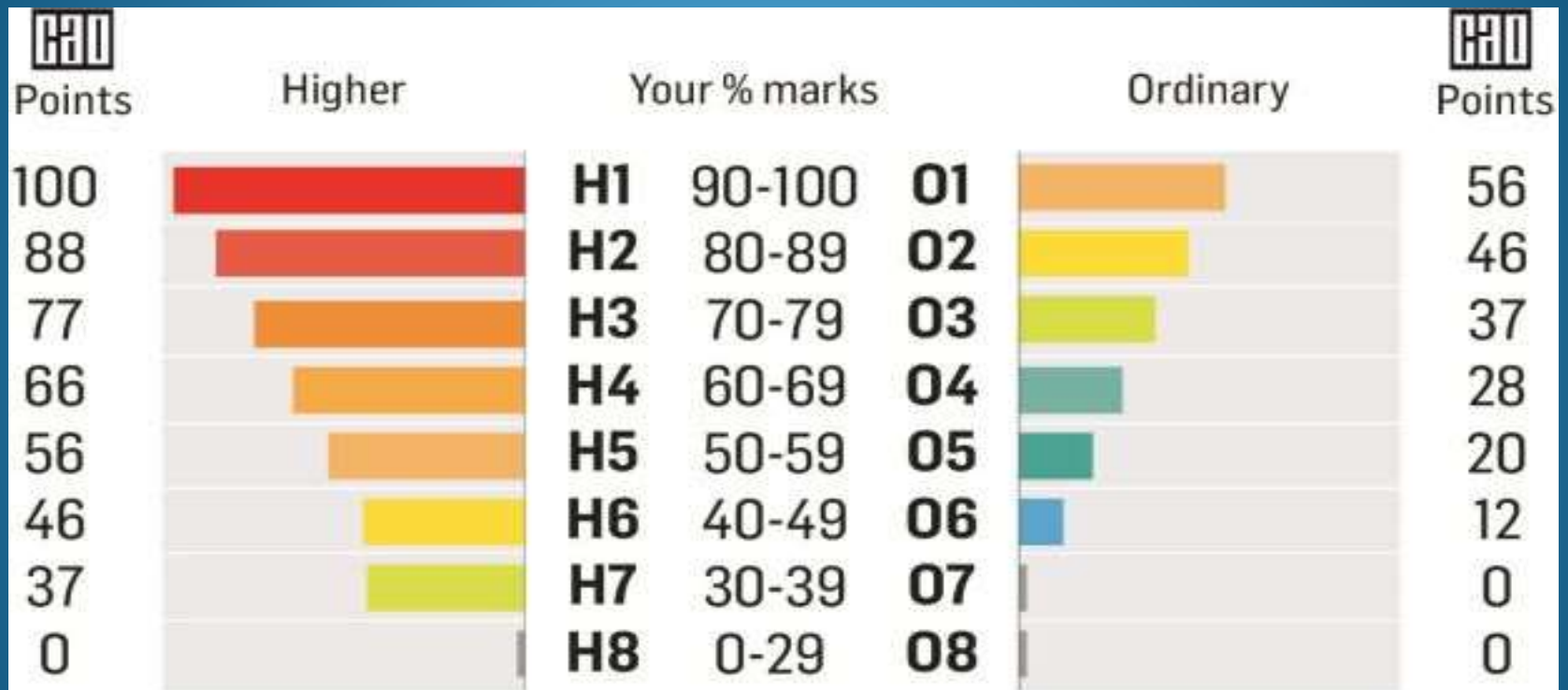
- **Apprentice Registration**

"To begin an apprenticeship, an applicant must be employed by an approved employer. To be eligible, the applicant must be at least 16 years of age and have a minimum of grade D in any five subjects in the Junior Certificate or equivalent. However, higher educational qualifications and other requirements may be sought by employers. Click for further information on [individual apprenticeships](#).

For entry to some apprenticeships, applicants are required to undergo a SOLAS-approved [colour vision test](#)."

- **A few courses require a student contribution. Most courses, costs covered by Dept of Ed/Employer**
- **Courses run through local ETBs**
- **Generally a 4-year training programme**

The Leaving Certificate Points System



+25 Bonus points for H1-H6 maths

LCVP link modules

Distinction 66

Merit 46

Pass 28

Useful Websites & Open Days

Many HEIs (Higher Education Institutes) are hosting virtual open days this year. Some have created virtual tours of the campus which are on their website for all to view.

All students are advised to sign up to the <https://careersnews.ie/> newsletter as it provides information on the jobs sector, study tips and new courses throughout the year plus much more.

<https://www.qualifax.ie/> on the Qualifax home page you can search for courses through their 'course finder' based on a key word, location, qualification level etc.

<https://open.spotify.com/show/5eUTaKHFwnmKY9SQoiAMKM> This link takes you to the Leaving Cert Guidance podcast by GC Donnchadh O'Mahony. Each week he highlights various college, courses and useful information for students in senior cycle.

The Guidance Dept at BCC share weekly study goals, weekly wellbeing goals and have recently started a Guidance Dept newsletter.

Students and parents and guardians are invited to follow us at:

@BCC_Guidance (Twitter)

@borrisokane_cc_guidance (Instagram)

The Bigger Picture

- Key ingredients: sleep, nutrition, hydration, exercise, wellbeing.
- The power of uncertainty - it can cause a sense of being overwhelmed, stressed, anxious.
 - How to combat this:
 - Open and honest conversations, staying away from too much media.
 - What you can control / what you cannot control (draw a circle and write inside and outside circle on sheet. Seeing in on paper helps calm what's in the mind.
 - Routine.
- Sleep difficulties:
 - How to combat this:
 - No screen time at least an hour before bed - phones not in bedroom perhaps?
 - GLAD - reflect over your day and recall and visualise moments of: Gratitude, Learning, Accomplishment & Delight.

Panic Attacks

A PA occurs when our body is told by our brain (specifically the amygdala) that there is a threat or danger nearby. Adrenaline is then released around our body to help us react accordingly (fright, flight, or freeze). However, as nowadays we generally don't need this to run (flight) or hide (freeze) from wild animals, the amygdala picks up on anything that could indicate a stressful situation.

PAs can occur as a result of a multitude of situations and these are different for everyone but one thing that they have in common is that they convince the person that they could die, have a heart attack and become worried that everyone can see what's happening. Symptoms and sensations include: heart palpitations, dizziness, sweating, unable to breathe, pins and needles in arms, dry mouth. Despite this, PAs are not dangerous. Think of people you know who experience PA - they always survive them.

A PA tends to last between 5 and 10 minutes, and during this time it feels like forever for the person experiencing the attack.

There are various strategies to deal with PA but the one strategy that I give to our students is: Sit through the PA and put your hands on your chest, rubbing/soothing your chest in circular motions saying, 'I am okay, this is just a panic attack, it's only panic, I am okay, it's only a panic attack' and so on. Over time the panic attack reduces in intensity and doesn't return. Our amygdala gets the message that the perceived danger it picked up on is not really a danger to us at all, so it gets bored of signalling the adrenaline release

Open, honest conversations about panic attacks and anxiety help normalise it, therefore lessening their power.

What does the Guidance Dept. provide?

Develop research tools and skills to cater for a variety of interests.

1 class per week: CAO, PLC, Apprenticeships, studying abroad (UCAS & EUNICAS), Labour Market Trends, Budgeting, Personality & Career Interest Tests.

**1 to 1 meetings:
Career-based: Personal interests & hobbies,
School results, Aptitude tests,
Family background and interests.
Counselling: personal issues.**

Study Skills & Well-being

Year Head Ms Ryan

Improving Study Skills for Leaving Cert

- Set SMART goals
- Manage your time well
- Concentrate and be organised
- Improve your reading, note-taking and memory
- Revise well
- Cope with stress
- Believe!

Set SMART Study Goals!

- **S** (Specific) – Don't have your target as 'study topic for 40 minutes' – instead be specific – 'Revise 2 characteristics and read notes on them three times'
- **M** (Measure) – Measure your progress towards your goal – use a revision checklist for each subject and tick off each topic as you study/revise it!
- **A** (Action-related) – Break down your study goal into a set of specific tasks, e.g. background reading of research material, draw up essay plan, complete essay
- **R** (Realistic) – Don't set goals you are unlikely to be able to achieve – it will only discourage you! Be realistic with your time!
- **T** (Time-Based) – Always time your study tasks – working back from the deadline!

Managing time well

- Weekdays:

Plan a routine, have a study plan, create a definite time and area for study and stick to it.

Supervised study is a great option and a great routine

- Weekends:

- Use the early finish on Fridays to complete homework
use Saturday for rest and recreation and revise on
Sunday and get prepared for Monday morning

Some other points –

- Importance of Attendance/Punctuality
- If student absent or late- please email as soon as possible to let me know reason, for Eportal updating
- Follow through TEAMS if absent
- Email YH and Evanna if leaving school early:
louise.ryan1@borrisokanecc.ie, info@borrisokanecc.ie
- Appointments outside of school if possible
- Homework
- Cars- not allowed go to car or use during the day
- Uniform- Appropriate PE gear and full uniform on days of no PE
- Check and Connect- corridors, email etc

Well-being- The Decider Programme

- The Decider Skills use Cognitive Behaviour Therapy to teach children, young people and adults the skills to recognise their own thoughts, feelings and behaviours, enabling them to monitor and manage their own emotions and mental health.
- Peer support group
- Pick out key skills depending on group and deliver one class a week over 6 weeks
- Referrals are from students themselves, YH, teachers and parents

Projects – Start in time.

- Geography
- History
- Construction Studies
- Home Economics
- Design & Communication Graphics
- Engineering
- Agricultural Science
- Art
- LCVP

Eportal

- School System to record student information
 - Timetable
 - Attendance
 - Calendar of School Activities/Events
 - Positive Comments
 - Behaviour Record
 - Examination Results

Monthly assessments on Eportal. Teacher and student set target and compare achievement to target each month.

- Log on details sent to parents - username and password. If log in details lost contact school and we can email them to you.
- Log on from school website – www.borrisokanecce.ie
 - Link to Eportal at top of Home Page.

Data Protection

- Eportal
- Reports to Student.

School with Covid-19

- New Procedures
 - One way system on corridors
 - Face Masks
 - Goggles for practical subjects
- Students should not attend school if symptoms
- Family members restrict movement while family member waiting on test
- Follow GP guidance

Coronavirus **COVID-19**



Coronavirus
COVID-19
Public Health
Advice

**Stay safe.
Protect each other.**

Know the symptoms. If you have them, self-isolate and contact a GP.

Continue to:



Wash

your hands well and often to avoid contamination.



Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue safely.



Limit

contact with others when out and about.



Distance


yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell.

Symptoms of COVID-19

- > a fever (high temperature – 38 degrees Celsius or above)
- > a cough – this can be any kind of cough, not just dry
- > shortness of breath or breathing difficulties

#holdfirm

Visit [HSE.ie](https://www.hse.ie) for updated factual information and advice

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- If students out of school follow class materials on TEAMS.
 - Follow a structure using timetable.
 - Any queries email subject teachers.

Parent Teacher Meetings

- If you need to speak to an individual teacher please contact the teacher or school office – 067 27268 or email info@borrisokanecce.ie or email the teacher.
- Contact Year Head, Principal and Deputy Principal.
- We are awaiting guidance in relation to holding year group parent/teacher meetings.

Mid-term break

- No group meetings.
- Organise for friends to meet online.

Final Word what can we do to help?

- Allow/ Encourage the dream
- Facilitate Research
- Inform yourself
- Support and Encourage
- Praise
- Encourage short study breaks to improve concentration
- Leaving Cert is similar to a marathon very important that the student is at their peak in June 2022.
- Ultimately decisions are student's own allow them to take responsibility.
- Help your child set short term goals and build on them.