# Parents Evening

Helping your child achieve their best

5<sup>th</sup> year

# 20th September 2021

Career Guidance

- Study Skills and Tips
- Other Information

Questions & Answers

- Ms Glynn Career Guidance Teacher
- Ms Lyons Year Head
- Ms Molloy Deputy Principal
- Mr. Carr Principal



# The Guidance Department Caroline Glynn & Trudy Carroll



My role and how I can support students to make informed decisions

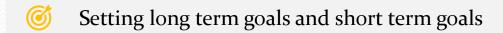


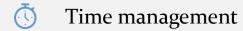
Students' role towards making informed decisions



Progression Routes, CAO, Points System

## Aim:







Study skills



Wellbeing

## The role of the Guidance Counsellor:

- \* Weekly Careers Class
- \* Individual Guidance Appointment

## **Educational**

(Subject & Level considerations, study skills & motivation)

### **Vocational**

(Progression routes & entry requirements)

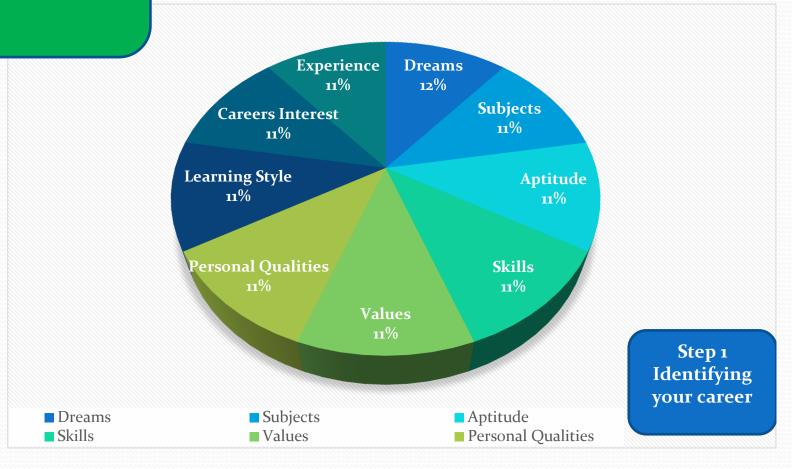
## **Personal**

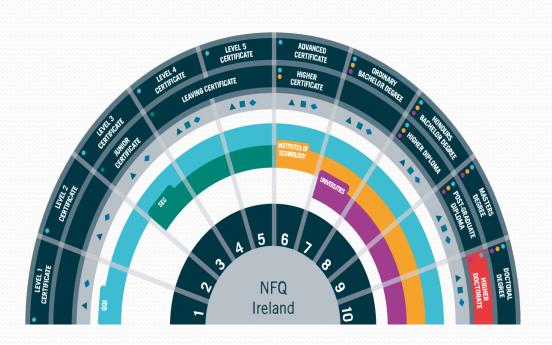
(Supporting emotional wellbeing)



Figure out what you are interested in and suited to, this will help you to realise why you are studying and will give you the motivation to keep going

### The Role of the Student





Apprenticeship (level 5+)

PLC (Level 5 & 6)

IT (Level 7 & 8, some 6)

University (Level 7 & 8)

Work

Gap Year

Defence forces

Study abroad (UK, Europe)

# Progression Routes (Practical/ Hands on Options)



## Apprenticeship www.apprenticeship.ie

- Applicant must be employed by an approved employer (SOLAS)

   apprenticeship job vacancies.
- At least 16 years
- Entry requirements/ educational qualifications depend on the programme (apprenticeship directory)

## PLC www.fetchcourses.ie

- Post Leaving cert course (1-2 years full time) held in community education centre/ schools/ colleges
- Work Experience
- Nationally recognised
- Opportunity to try out a course
- Step towards L.7/L.8 through CAO
- Apply directly to the college



## **Apprenticeships & Tipperary ETB**

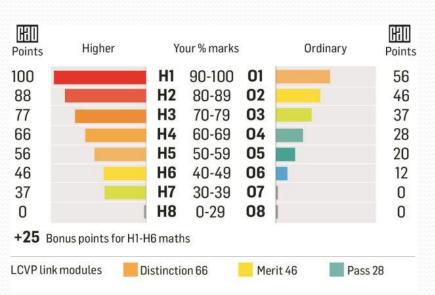
- Tipperary ETB is one of 16 ETB's that support employers and apprentices throughout apprenticeship training.
- 50+ apprenticeship options supported by 300+ employers across the Tipperary region.
- Range from Electrical, Engineering, Motor, Construction, Finance, Hospitality, ICT, and Logistics.
- Tipperary ETB Training Centre is located in Archerstown Business Park, Thurles (Phase - "off-the-job" training)



## CAO

# (National database for students' college applications) – Feb. of 6<sup>th</sup> year

## 3 Criteria



NB Research is crucial (rash decisions re subjects/ levels can be costly)

### 3 x Criteria to meet

### Minimum Entry Requirements

- Uni/IT L8: 2 x H5 & 4 x H7/O6
  - L<sub>7</sub> 5xH<sub>7</sub>/O6
- \*NUI's generally require a 3<sup>rd</sup> lang.
- •\*UL does not req. 3<sup>rd</sup> lang (course choice\*)
- \*TCD eng, mat &Ir/3<sup>rd</sup> lang.
- NB CHECK REQUIREMENTS

### Subject Specific Requirements

- Primary teaching
  Irish H4;
  Journalism &
  Digital
  Communications
  UL Eng H4;
  Mathematical
  Science NUIG mat
  H5/O1
- NB CHECK REQUIREMENTS

### Points Requirement

• Totalling students' best six subjects (\*bonus maths) – specific number of places – students with highest overall points

Taught through eng.

Location	Ireland	UK	Europe eng.
System of Application	CAO www.cao.ie	UCAS www.ucas.com	Eunicas  www.eunicas.ie
Number of colleges	44	>300	>160
Number of courses	1793	>18,000	>4,200
Deadline Dates	*early application: 5pm 20 <sup>th</sup> Jan. = €30 Normal applicate date: 5pm 1 <sup>st</sup> Feb. = €45	15 <sup>th</sup> Oct. (restricted Courses) 15 <sup>th</sup> Jan (all other courses)	15 <sup>th</sup> Jan (conditional/limited offers) Jan. + all other offer up to Aug.
Entry Requirements	Points, 5/6 subjects General + specific subject Requirements +	Specific Grades, tariff points, interview	2H4 + 4O6 for majority Specific requirements
Fees	The amount of the contribution varies from one institution to another. The maximum rate of the student contribution for the academic year 2021-2022 is €3,000.	UK (Eng, Scot, Wales) Ranges from location/ university/ college €9,000+ NI €4,500+	Fees vary significantly, depending on country/ university & degree programme (no fees-state-sector universities Denmark, Sweden or Finland BUT cost of living ≥800). Germany & Austria - no Tuition fees but 'semester fees', - €500-600 per year. (Medical Schools in Italy are low (650 - 4000 pa,- linked to family income), fees for Health Sciences in most other countries are high( €9,000 +)

## Goal Setting (Write them down)

- Long Term Goal = Think about what you would most like to do when you complete your Leaving Cert
- <u>Short Term Goals</u> = Think about the small steps you need to take to reach your long term goal



## **Goal Setting**

#### LONG TERM GOAL

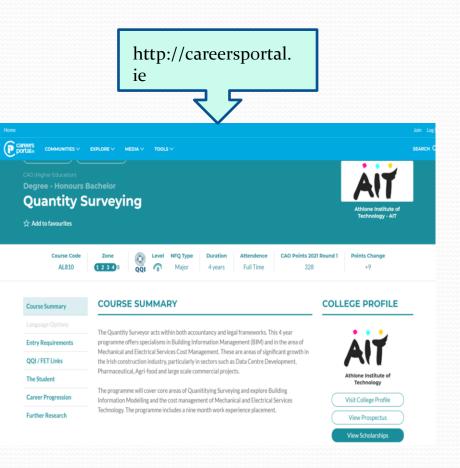
 Get enough points to get onto a Quantity surveying programme

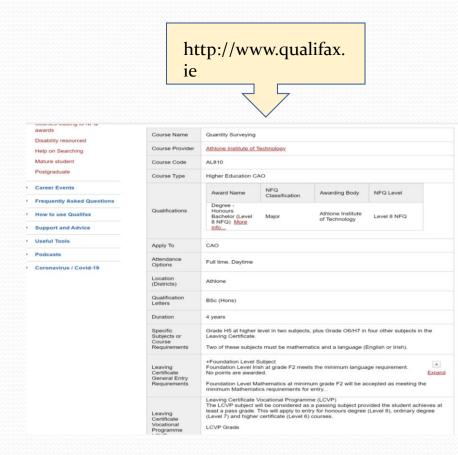
#### SHORT TERM GOAL

- Draw up a study time table for September
- Get my notes, folders and desk organised
- Talk to my maths teacher about staying in higher level

## **SMART Goals:**

# Research your career/ course of interest and identify what YOU need to do to reach your long term goal





SMART Goal Setting

S

**Specific** 

Make your goals specific and narrow for more effective planning.



Measureable

Define what evidence will prove you're making progress and reevaluate when necessary.



**Attainable** 

Make sure you can reasonably accomplish your goal within a certain timeframe.



Relevant

Your goals should align with your values and long-term objectives.





Time-based

Set a realistic, ambitious end-date for task prioritization and motivation.



I plan to do a four year level 8 degree course in Quantity Surveying in Athlone IT. I will need to get 320 points in my Leaving cert to get a place on this course.

M

For my term one exams I want to get a H5 in construction studies & DCG and I want to get an O6 in Irish and english and a H6 in maths, geography and Ag Science; totalling 287 points.

A

I will speak to my English and Irish teachers as I missed a lot of school last year and I know I fell behind in these subjects, I will discuss if an O6 in english and a H6 in maths is achievable and get tips on areas I need to work on.

R

I really enjoy construction and my work experience with a building contractor confirmed my interest, I know that quantity surveying would suit me because I'm a social person, I enjoy construction related topics and I don't find maths challenging.

T

For my term 1 exams I would like to achieve 287 points and for my end of year exams I will achieve 320 points. I will review my progress and speak to my teachers regularly and make an appointment with my guidance counsellor.

## In this section ....

- ► For Adult Learners
- Course Finder

#### All courses

Applying for a course outside Ireland

Choosing the right course

Courses leading to NFQ awards

Disability resourced

Help on Searching

Mature student

Postgraduate

- Career Events
- Frequently Asked Questions
- ▶ How to use Qualifax
- Support and Advice
- Useful Tools
- Podcasts
- ▶ Coronavirus / Covid-19

### Search All Courses Results

Showing 1 to 17 of 17 results

for

Keywords/Course Title: Quantity Surveying, Course Type: Higher Education CAO

New Search

Refine Search

<u>Compare</u>	Tag All	Code	Course	Course Provider	NFQ Level	Points
	Tag	CR570	Quantity Surveying	Cork Institute of Technology	Level 8 NFQ	375
	Tag	SG339	Quantity Surveying	Institute of Technology Sligo	Level 7 NFQ	216
	Tag	SG343	Quantity Surveying	Institute of Technology Sligo	Level 8 NFQ	300
	Tag	LY507	Quantity Surveying	<u>Letterkenny Institute of</u> <u>Technology</u>	Level 7 NFQ	204
	Tag	WD162	Quantity Surveying	Waterford Institute of Technology	Level 8 NFQ	226
	Tag	LC243	<u>Quantity Surveying at</u> <u>Limerick Campus</u>	<u>Limerick Institute of</u> <u>Technology</u>	Level 8 NFQ	278
	<b>T</b> ag	AL810	Quantity Surveying	Athlone Institute of Technology	Level 8 NFQ	328
	Tag	LY518	Quantity Surveying	<u>Letterkenny Institute of</u> <u>Technology</u>	Level 8 NFQ	304
	Tag	GA471	Quantity Surveying & Construction Economics	<u>Galway-Mayo IT -</u> <u>Galway</u>	Level 7 NFQ	234
	<b>T</b> ag	GA482	Quantity Surveying & Construction Economics	<u>Galway-Mayo IT -</u> <u>Galway</u>	Level 8 NFQ	304
	Tag	TU837	Quantity Surveying & Construction Economics - Bolton Street	Technological University Dublin - City Campus and TU Dublin - Technological University Dublin	Level 8 NFQ	413

## **Step 1: Recording**













From the moment you wake up make a note of EVERYTHING you do and how long it takes until you go to sleep

## **Step 2: Analyzing**







Analyse the list, highlight times of the day that you feel you did not use productively Pick out the 5 biggest time wasters

Add up all the time you wasted

### **Time Management:**

Analyse the time available to YOU

In order to manage your time effectively it is important to identify where you are wasting it using the RAC method

### Step 3: Change















A 'to do' list helps to prioritise - limit your tasks to 5 & rank them in order of importance Declutter and orangise your notes/ desk/ folders, don't waste time looking for things Schedule you time to avoid multitasking as this can lead to stress Onganise your day realistic to you, setting start and stop times

# **Study Timetable**

Commitments Realistic Homework **Study Blocks** Timer Prioritise **Learning Goals** 

Begin by making a list of all your responsibilities/ commitments (training, job, matches etc.)

Be realistic about the time you have available to study – factor in your journey home, dinner etc.

Look at your school timetable – what days are you most likely to get more homework – your study time may be shorter/longer some Once you know the things ou have available, schedule your study session specific to your attention span e.g. study for 50 mins break for 10 mins; study for 30 mins break for 5 mins)

Set start and stop times

Prioritise the subjects you find most challenging at the start of the week

Set precise learning goals e.g. identify the chapter/ topics you need to work on specifically

Englis Irish Math Frenc	3 s 3	Со	mplet	ed Sti	udy Ti	metal	ole
		Tues	Wed	Thurs	Fri	Sat	Sun
9- Busine	,	School	School	School	School	English French	Match
12-4	School	School	HW	School	School	Maths Business	Biology Geog
4-5	HW	HW	Irish	HW	HW		Irish
5-6	HW	HW	Geog	HW	HW		
6-7	Meal	Meal	Meal	Meal	Meal	Meal	Meal
7-8	English	Training		Maths	Biology		
8-9	French	Training		Business			

Weeks to LC.	Week	Topic	Lesson Video & Notes	Exam Paper Questions
12	Monday 13th - 19th March	Algebra I, Algebra II, Algebra III	Lesson 1 & Notes Lesson 2 & Notes Lesson 8 & Notes	2016 P1 Q3 2015 P1 Q3, Q4 2014 P1 Q3
11	Monday 20th - 26th March	Number Patterns I, Number Patterns II	Lesson 3 & Notes Lesson 4 & Notes	2016 P1 Q5 2015 P1 Q7 2014 P1 Q6 2013 P1 Q8
10	Monday 27th - 2nd April	Complex Numbers	Lesson 14 & Notes	2016 P1 Q2 2015 P1 Q6 2014 P1 Q2 2013 P1 Q1

#### Borrisokane Community College Calendar 2021/2022 - Subject to Public Heath Advice.

Staff Professional Development Thursday August 26th 6 hours Staff Planning Friday August 27th 6 hours First Year Induction - Monday and Tuesday 23rd and 24th August First Day of Term - Monday August 30th. JCT Staff Development Day - To be decided Friendship Week - September 20th to September 24th TY DAT tests - week commencing September 27th Staff Meeting - Monday October 4th 4.00 - 6.00 - 2 hours Maths Week - October 4th to October 8th Sixth Year Exams - October 19th to October 22nd Mid-Term Break - Monday October 25th - Friday October 29th. Meeting for Leaving Certificate Parents on the CAO system - Wednesday November 3rd 8 pm. Science Week - November 7th to November 13th November. Open Night - Tuesday November 9th 7.30pm - 3 hours Geography Week - Monday 15th to Friday 19th November. First Year Parent/Student/Teacher Meeting – Thursday November 18th 4.15pm to 6.45pm – 3 hours Parent/Student/Teacher Meeting 3rd and 6th Year -Thursday November 25th 4.15pm to 6.45pm Fifth Year Exams - Wednesday December 2<sup>nd</sup> - Friday December 4<sup>th</sup>. Enterprise Week - December 6th to December 10th Leaving Certificate Geography Field Trip - Thursday 9th December Christmas Concert - 16th and 17th December 8pm. Christmas Holidays - Closing Wednesday December 22nd - Reopen Thursday January 6th Parent/Student/Teacher Meeting 2nd and 5th Year - Thursday January 27th 4.15 pm to 6.45pm Staff Meeting Tuesday Feb 1st 4.00 - 6.00 - 2 hours Mock Exams - Monday February 7th - Friday February 18th. Transition Year Work Experience – Monday February 14th - Friday February 18th. LCVP Work Experience - Wednesday February 16th - Friday February 18th. Mid - Term Break - Monday 21st - Friday 25th February. Meeting for parents of 3rd and TY students - Senior Cycle Options Wednesday March 2nd 8pm. Staff Meeting Wednesday March 2<sup>nd</sup> - 4.00 - 6.00 - 2 hours Closing Date for LCVP Portfolio - Friday March 4th. Literacy Week - Monday March 7th to Friday March 11th Closing Date for Leaving Certificate History Project – Friday March 11th. Seachtain na Gaeilge - March 7th to March 18th WellFest Week - Monday March 21st - Friday March 25th. St Patrick's Day Bank Holiday - Thursday March 17th School Holiday - Friday March 18th Parent /Student/Teacher Meeting 1st and Transition Year - Thursday March 24th 4.15pm to 6.45pm JCT Staff Cluster Day - Monday March 28th 2022 Meeting for First year Parents on Choosing Option Subjects - Wednesday April 6th 8pm. Easter Holidays - Closing Friday April 8th - Re-open Monday April 25th. Staff Meeting Monday April 4th - 4.00 - 6.00 - 2 hours Bank Holiday - Monday May 2nd Staff Meeting Wednesday May 4th 4.00 - 6.00 - 2 hours  $\textbf{Transition Year Work Experience} - \textbf{M} \textbf{o} \textbf{n} \textbf{d} \textbf{a} \textbf{y} \ 23^{rd} \ \textbf{to Friday June } 3^{rd}$ Summer Exams - Monday 30th May. Summer Holidays - Friday 3rd June. Junior & Leaving Certificate Exams commence Wednesday June 8th 2022. Junior & Leaving Certificate Exams finish Tuesday June 28th 2022.

Set a time each week to organise your study space and notes (a clutter free space will help you to avoid distraction and improve concentration) Smartphones in your pocket create a world of distractions at your fingertips (use digital wellbeing features to lock apps on your phone)



Reviewing material covered in class supports long term memory

Tell others about your goals, it will increase your sense of commitment

Reward yourself for achievement and effort, incentives will increase your sense of motivation

## We are all unique....we learn in unique ways

**➢** Auditory



Learn listening to words (record yourself, educational podcasts, audio books, go for a walk & listen to a podcast etc.)

**≻**Visual



Learn looking at words (create powerpoints, mind-maps, graphs etc.)

**≻**Kinaesthetic



Learn doing (Move around when reading, teach others, debate, study group, go for a walk & listen to a recording of yourself etc.)

## Learning a Poem: Use your Learning Style strength



- Visual: Do you learn by watching/ examples/ imagining
- Auditory: Do you learn by listening/speaking/repeating
- Kinaesthetic: Do you learn by doing/being involved/experiencing

Learning a Poem  LEARNING STYLE	метнор
Auditory	Repeat aloud or record yourself and play it back     Put it to music
Visual	<ul> <li>Imagine the events of the poem in your head</li> <li>Highlight the different lines/ verses in different colours</li> </ul>
Kinaesthetic	Cut up the lines/ verses, shuffle them and stick them back in the correct order     Draw a story board of the themes

# Remain focused when revising

### Revision

• When revising a topic fill in the KWL grid to help you focus



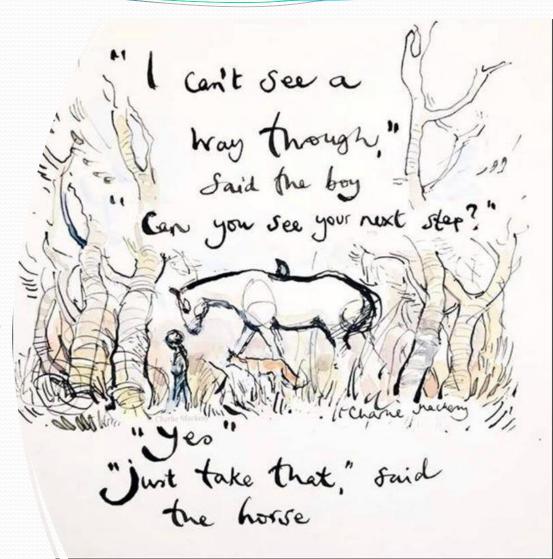
## Note Taking

- Divide your page into two sections (a large section and a margin)
- Use the larger section of your page to summarise key points
- · Highlight the most important elements
- Use the margin to identify abbreviations/ buzz words/ Acronyms/ Mnemonics
- You may find it helpful to colour code/ highlight your key learning

Notes	Buzz Words
Notes	Buzz Words
Notes	Buzz Words

## Wellbeing

- Stay Active
- Stay Connected
- Surround yourself with positive people
- Have a plan
- Look after physical health (sleep & food)
- Ask for help

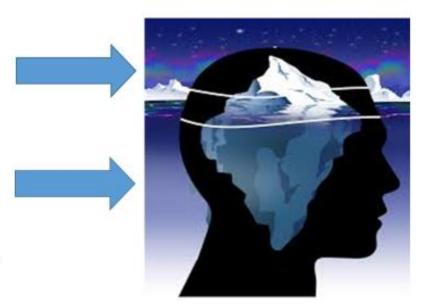


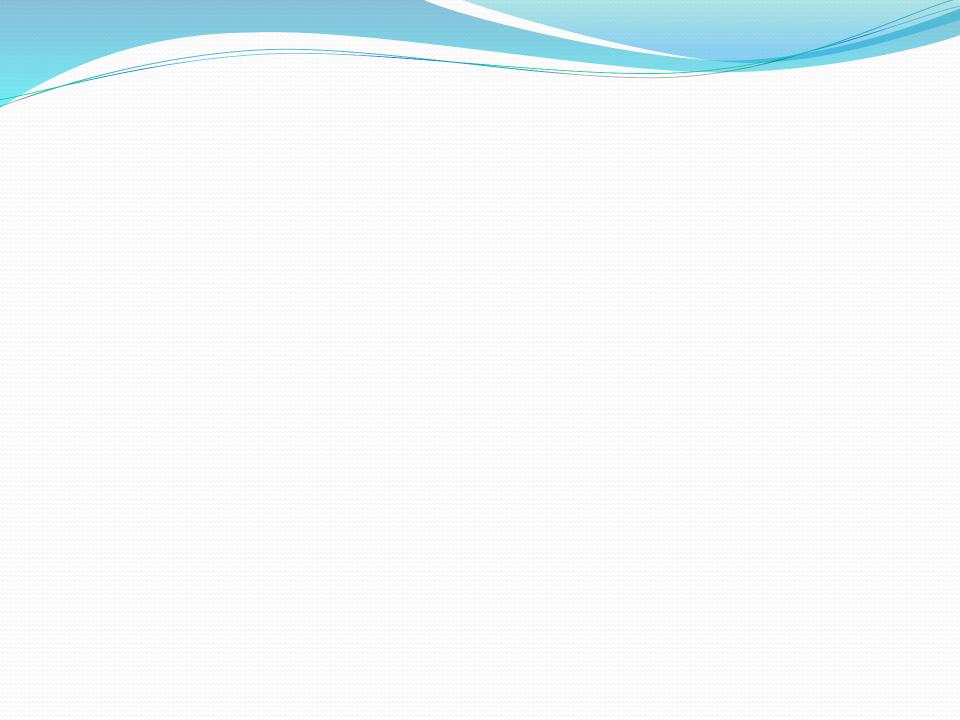
## Positive Self Talk

Conscious part = 10% of the mind (long-term memory, critical & logical thinking)

> Subconscious part = 90% of the mind (beliefs, habits, emotions...)

the subconscious mind does what you tell it:
"Whatever comes up the exam I can handle it"
"I know my work, I will do well"
"I am good enough"
"I deserve to do well, I've worked hard"





# Ms Eimear Lyons – Year Head

- Time management
- Homework and study
- Attendance & punctuality
- Subject projects
- Uniform

Questions & Answers

# Setting subject targets

- Setting target grades are very important, otherwise its difficult to see progress.
- Log into eportal
- Write target grade for each subject into journal page 29a
- If target is not set, discuss with teacher and set
- Write class exam result for each subject in journal
- Reflect on all results did you reach your target, why/why not, what can you do to ensure you improve your grade, is target realistic, does target need to be reviewed
- Put a study plan in place
- Work towards reaching target in each monthly and class assessment
- Study must start NOW! Best of luck!

# Managing time well

### Weekdays:

- Get up on time, eat a good breakfast, arrive to school on time
- Get to class on time
- Eat a good lunch
- In evenings, have a quiet place to study
- Have a study plan, create a definite time to each subject and stick to it.
- Set targets; discuss with subject teacher p29a
- Supervised study is a great option and a great routine
  - after school study Mon –Thurs 4pm -6.15pm €3 pay per session
- Get organised for the next day before you go to bed
- Get to bed early, no screens- charge phones in kitchen
- Take breaks; get fresh air and exercise in preference to sitting in front of TV or screen

### 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

Part time jobs are not a good idea when trying to manage school study and hobbies

## Attendance

- Importance of Attendance/Punctuality
- If student absent, late or signing out early, please let the school know by using the school iclass app. or alternatively email as soon as possible to let me know reason, for Eportal updating
- eimear.lyons@borrisokanecc.ie
- Follow through TEAMS if absent, important to catch up
- Students under 18 must be collected at the school
- Cars- Students are not permitted use their car or to sit in cars during the day.

Subject	% Value in Leaving cert &- details	Approximate start date
Art	50% Project 20% Practical Day Exam	Starts in 6th yr – 10 wks approx May of 6th yr – 5 hr exam
Agricultural science	25% Project	Starts October 5 <sup>th</sup>
Construction Studies	25% Project and Portfolio 25% practical day exam	Starts in 6th year 4-hour exam in May of 6th year
Computer science	30% Course Work	Preparations begin in 5th year
DCG	40% Project	Starts in September of 6th Year – Finishes in January of 6th Year
Engineering	Project; Higher level 25% Ordinary level 30%	6 <sup>th</sup> year
Geography	20 % project	6th year
History	Reasearch study report 20%	October 2021
Home Economics	20% Food Studies Assignment	Starts in October of 5th year
PE	Physical Activity Project 20% Performance Assess. 30 %	Start 6 <sup>th</sup> year 6 <sup>th</sup> year
French / German	Oral exam 25%	Preparation begins in 5 <sup>th</sup> year Oral exam in March/April 6 <sup>th</sup> year
Gaeilge	Oral exam 40%	Preparation begins in 5th year Oral exam in March/April 6th year
More info. In assesment policy on website	link to assessment policy on website	

## School Uniform

## New PE uniform

The PE Uniform is available to order online at the following website: www.xgear.ie/collections/borrisokanecommunity-college

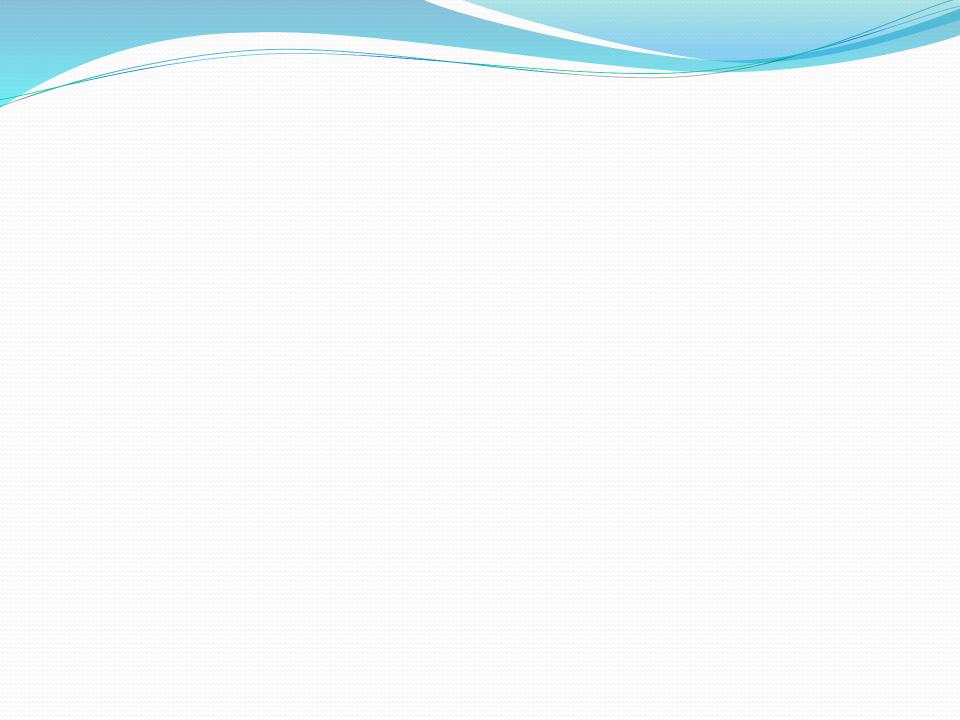


## Uniform





- Blackwatch tartan skirt (Skirt must not be altered in length and worn below the knee)
- Navy uniform trousers For girls the Hunter brand or equivalent uniform trousers. For boys plain navy school uniform trousers. Fashion navy trousers will not be acceptable. (Further details available by checking the sample at the school).
- Bottle green v-neck jumper with college crest. White shirt (2).
- Navy School Jacket with Crest.
- Footwear: Black, Brown, Navy Shoes.
  Black, Brown, Navy and Navy/Green
  Decks. The only runners that can form part
  of the school uniform are complete black
  runners. Canvas, Uggs, Vans or similar
  footwear are not allowed.



# **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 <u>www.borrisokanecc.ie</u>
  - Link to Eportal at top of Home Page.

## Assessments

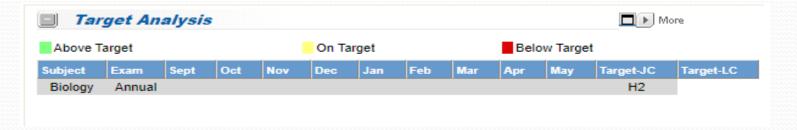
- Assessment Policy on School website.
- Monthly Assessment on EPortal. Result and Grade
  - September
  - November
  - December
  - January/February
  - March/April
  - Targets set at beginning of year and can be adjusted as year moves on.

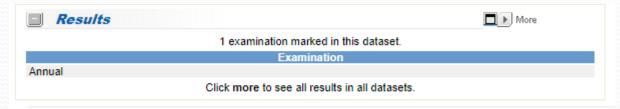
## Assessments

- 5th House Exams
- November Results and Formative Comment on EPortal
- May/June Results and Formative Comment on EPortal

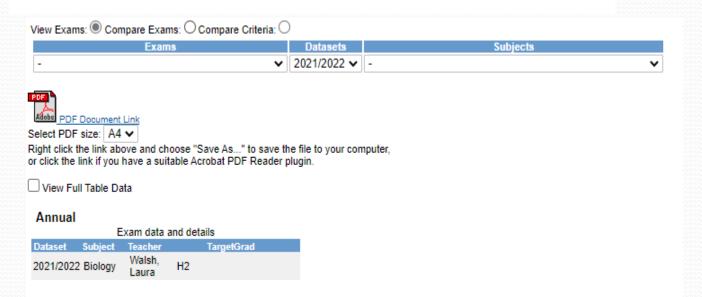
Report uploaded to EPortal.

## **EPortal**





Click More



Select Year from Datasets dropdown menu

## **Data Protection**

- Eportal Personal Data.
- Reports to Student over 18 parents have no access to Eportal unless with students permission.
- Forms for permission on school website Click Here.

# School App

- iClass App
- Verification Code RT@7T4
- News
- Events
- Send Notes to School Absence/Lates/Leave early



## 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



## 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.le** for updated factual information and advice





 If students out of school follow class materials on TEAMS.

- Follow a structure using timetable.
- Any queries email subject teachers.
- Sports and Activities returning
- Trip for 5<sup>th</sup> year 29<sup>th</sup> Sept OEC Scarriff. €45 on W2P

## Parent Teacher Meetings

- If you need to speak to an individual teacher please contact the teacher or school office 067 27268 or email <a href="mailto:info@borrisokanecc.ie">info@borrisokanecc.ie</a> or email the teacher.
- Contact Year Head, Principal and Deputy Principal.
- We are awaiting guidance in relation to holding year group parent/teacher meetings.

## **Parents Committee**

- Huge support to the school over the years
- Encourage parents to join the committee
- Voice of parents in the school
- Survey in next few weeks suggestions for Parents Committee. V

## Final Word what can you 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 2023.
- Ultimately decisions are student's own, allow them to take responsibility.
- Help your child set short term goals and build on them.
- Follow progress on Eportal

• Slides available on school website in next few days.

• Questions?