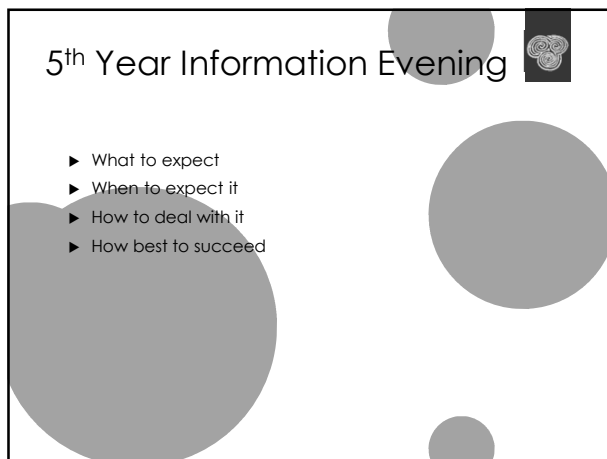


5th Year Information Evening

CLASS OF 2021 29.08.2019



5th Year Information Evening

- ▶ What to expect
- ▶ When to expect it
- ▶ How to deal with it
- ▶ How best to succeed



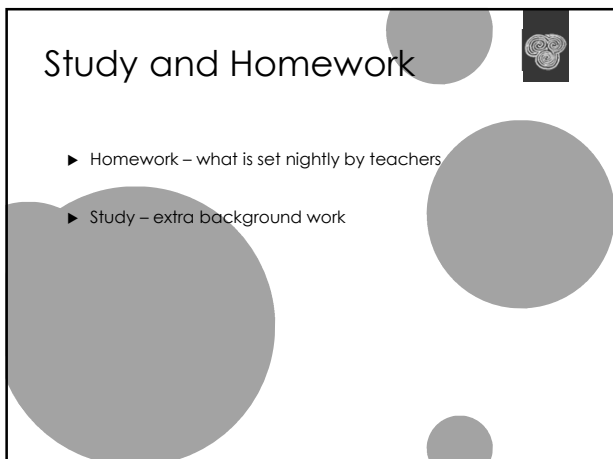
What to expect

- ▶ A change of gear – immediately
- ▶ An increase in uncertainty – briefly
- ▶ A settling down – quickly
- ▶ Lots of feedback – across the year
- ▶ Ups and downs – all the time



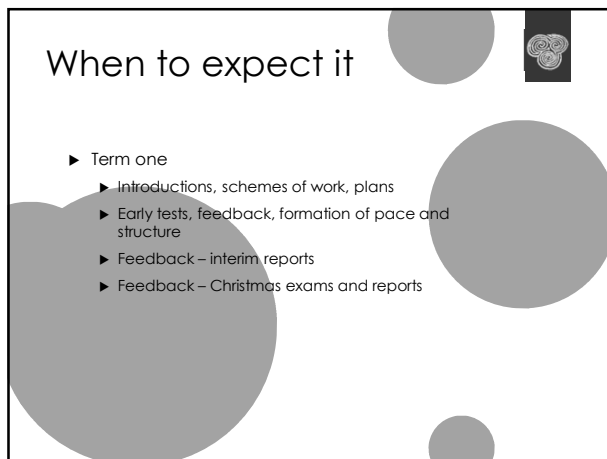
What to expect

- ▶ Laying foundations
 - ▶ STUDY
 - ▶ HOMEWORK
 - ▶ COURSEWORK
 - ▶ Projects
 - ▶ Practicals
 - ▶ Ongoing practical work



Study and Homework

- ▶ Homework – what is set nightly by teachers
- ▶ Study – extra background work



When to expect it

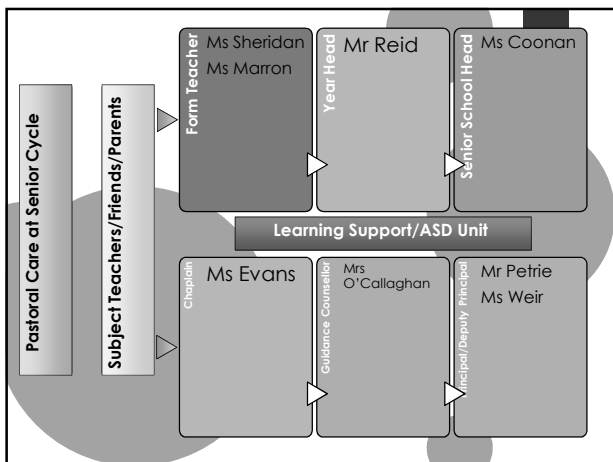
- ▶ Term one
 - ▶ Introductions, schemes of work, plans
 - ▶ Early tests, feedback, formation of pace and structure
 - ▶ Feedback – interim reports
 - ▶ Feedback – Christmas exams and reports

When to expect it

- ▶ Term two
 - ▶ Feedback – Parent-teacher meeting (March)
 - ▶ Feedback – Interim reports
 - ▶ European Tour
- ▶ Term three (29 days)
 - ▶ Feedback – Summer exams and reports

How to deal with it

- ▶ **MANAGING WORKLOAD**
 - ▶ Plan, plan, plan
 - ▶ Structure, structure, structure
 - ▶ Time, place, environment
- ▶ **MANAGING SELF**
 - ▶ Exercise
 - ▶ Social time
 - ▶ Screen time



How to deal with it

- ▶ **MANAGING STRESS**
 - ▶ It is part of the Leaving Cert, as it is part of life
 - ▶ We learn to manage it
 - ▶ Anxiousness is OK
 - ▶ We are here for you
- ▶ **PROMOTING POSITIVE MENTAL HEALTH**
 - ▶ Building resilience
 - ▶ Maintaining perspective
 - ▶ KEEP IN TOUCH WITH US

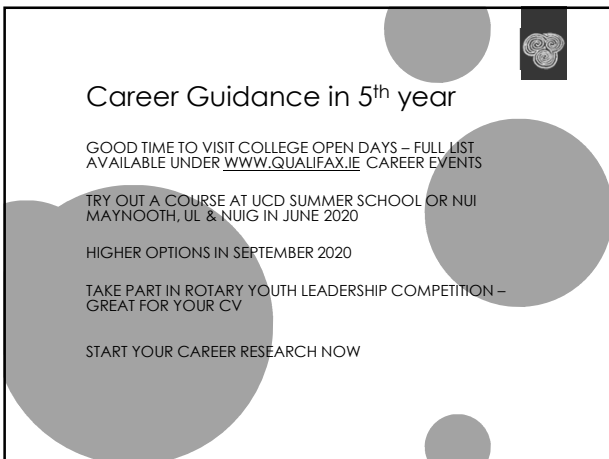
Promoting Positive Mental Health

- ▶ School commitment
- ▶ This will be hard
- ▶ There will be anxious-ness
- ▶ There will be good and bad days

Career Guidance in 5th year

FOLLOW ON FROM CAMBRIDGE PROFILE & EIRQUEST TESTS COMPLETED IN TY

- WEEKLY GUIDANCE CLASSES
- INDIVIDUAL CAREER INTERVIEW
- WIDE RANGE OF GUEST SPEAKERS
- VISIT TO UCD CAMPUS FEBRUARY 2019
- REACH CAREERS BOOKS



Career Guidance in 5th year

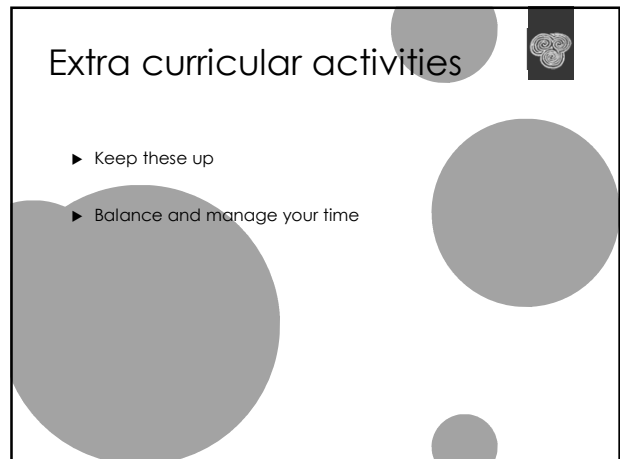
GOOD TIME TO VISIT COLLEGE OPEN DAYS – FULL LIST AVAILABLE UNDER WWW.QUALIFAX.IE CAREER EVENTS

TRY OUT A COURSE AT UCD SUMMER SCHOOL OR NUI MAYNOOTH, UL & NUIG IN JUNE 2020

HIGHER OPTIONS IN SEPTEMBER 2020

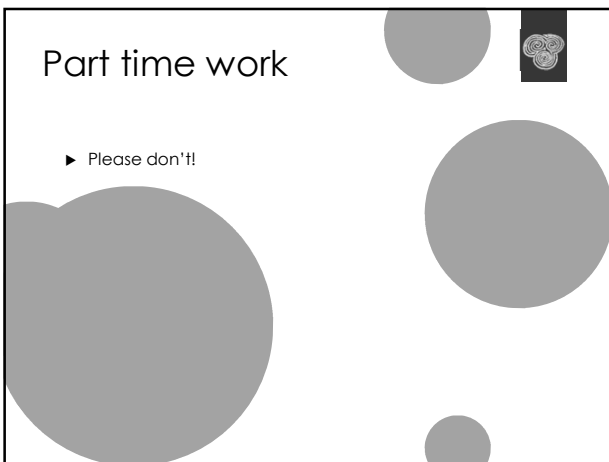
TAKE PART IN ROTARY YOUTH LEADERSHIP COMPETITION – GREAT FOR YOUR CV

START YOUR CAREER RESEARCH NOW



Extra curricular activities

- ▶ Keep these up
- ▶ Balance and manage your time



Part time work

- ▶ Please don't!