



5<sup>th</sup> Year  
Information  
Evening

CLASS OF 2022 03.09.2020



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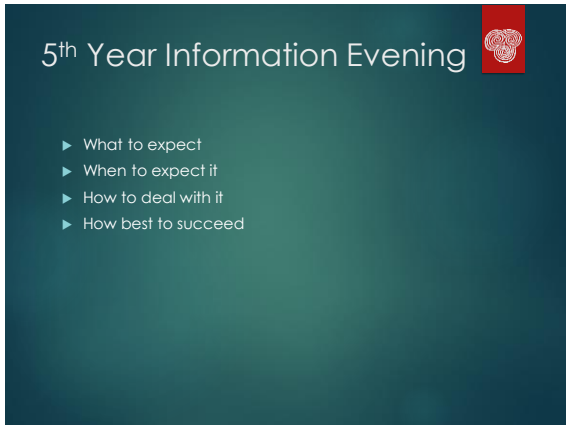
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5<sup>th</sup> Year Information Evening

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



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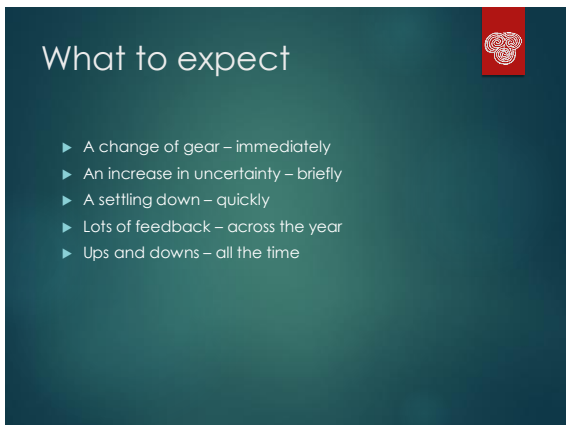
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What to expect

- ▶ 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



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# What to expect



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

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# Study and Homework



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

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# 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

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# 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

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# How to deal with it

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

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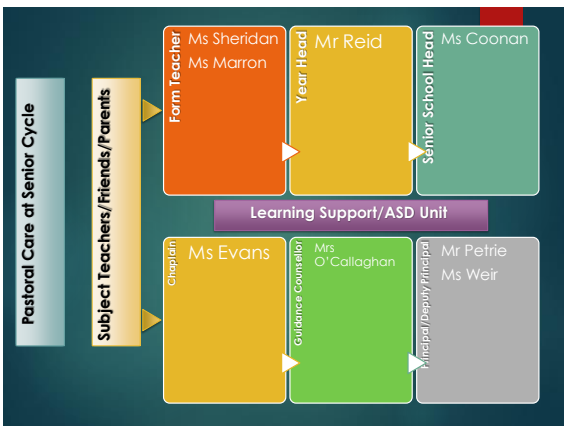
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## How to deal with it



- ▶ 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

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## Promoting Positive Mental Health



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

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## Career Guidance in 5<sup>th</sup> 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

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## Career Guidance in 5<sup>th</sup> year

GOOD TIME TO VISIT COLLEGE OPEN DAYS – FULL LIST AVAILABLE UNDER [WWW.QUALIFAX.IE](http://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

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## Extra curricular activities

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

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## Part time work

- ▶ Please don't!

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