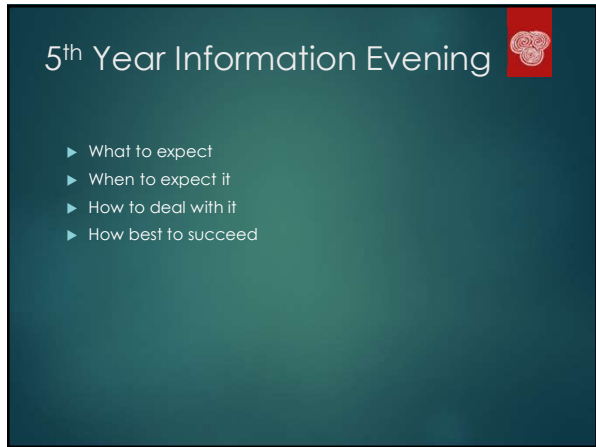




5th Year
Information
Evening


CLASS OF 2023 01.09.2020

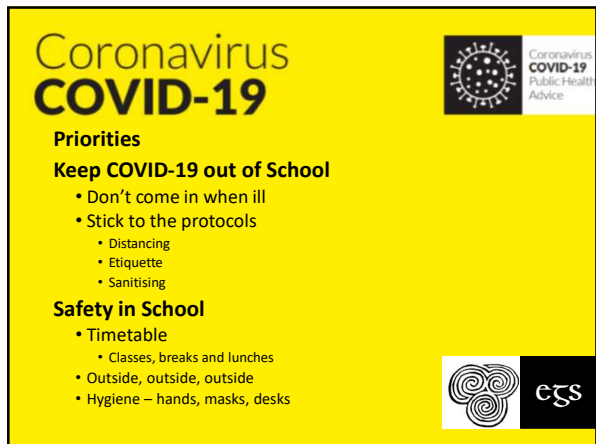




5th Year Information Evening

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





Coronavirus
COVID-19




Priorities

Keep COVID-19 out of School


- Don't come in when ill
- Stick to the protocols
 - Distancing
 - Etiquette
 - Sanitising

Safety in School

- Timetable
 - Classes, breaks and lunches
- Outside, outside, outside
- Hygiene – hands, masks, desks




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

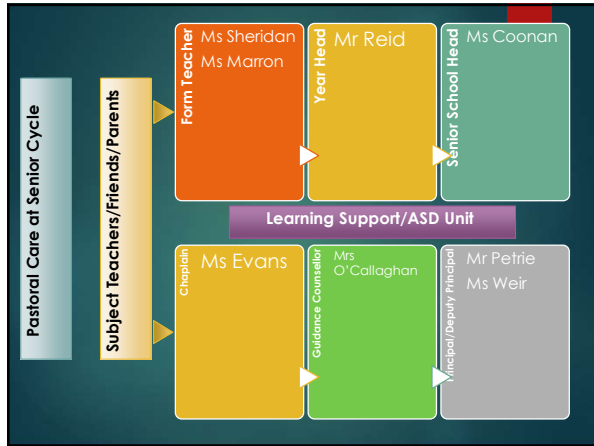


- ▶ Term two
 - ▶ Feedback – Parent-teacher meeting (March)
 - ▶ Feedback – interim reports
 - ▶ European Tour
- ▶ Term three (6 weeks)
 - ▶ Feedback – Summer exams and reports

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 2022

CAREERSPORTAL REACH+ CAREER & COLLEGE PREPARATION PROGRAMME




Career Guidance in 5th year

GOOD TIME TO CHECK OUT VIRTUAL COLLEGE OPEN DAYS – FULL LIST AVAILABLE UNDER WWW.CAREERSPORTAL.IE ON SCHOOL GUIDANCE WEBSITE

TRY OUT DIFFERENT COURSES AT UCD SUMMER SCHOOL OR NUI MAYNOOTH, UL & NUIG IN JUNE 2021

HIGHER OPTIONS CAREERS EXHIBITION IN OCTOBER 2022


START YOUR CAREER RESEARCH NOW



Extra curricular activities

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

Part time work



- ▶ Please don't!

Push on now



Thank you!



- ▶ notes@egs.ie
- ▶ PA AGM 16 September
- ▶ Sports Hall
 - ▶ Fundraising
 - ▶ Golf Classic - September
 - ▶ Fight Night - October
 - ▶ Car Parking
