

**Points of Reflection and Tips Sheet for 6<sup>th</sup> years over summer 2022**

Dear 6<sup>th</sup> year student, this document\* outlines some points of reflection and then a checklist of ‘tips’ for the class of 2022 as you prepare to end your post-primary education and transition to the next stage of your lives.

\*This document was written and distributed to students in May 2022. All information is correct and up to date at the time of writing. However, we are at a time of rapid change in terms of the availability of information, and it is advisable to keep up to date with official websites.

<p><b>Contact with your Guidance Counsellor</b></p>	<p><b>Contact your Guidance Counsellor if you have any questions or issues at the current time.</b></p> <p>Guidance Counsellors are available until June 3<sup>rd</sup> 2022 to support 6<sup>th</sup> year students with any Guidance related issues (social, personal, educational, and career). Guidance Counsellors will also be available upon return to school in late August.</p> <p>Guidance will post any relevant information on your teams page and one must check this daily going forward until June 3<sup>rd</sup>. Please be mindful that the CAO HANDBOOK has all potential queries answered and it would important to have this downloaded or printed off and to have at hand for easy access.</p>
<p><b>Wellbeing</b></p>	<p><b>A big transition, such as leaving post-primary school for the next stage in the journey, can be exciting. But it can also cause feelings of sadness or worry.</b></p> <p>For 6<sup>th</sup> year students, it is important to know that life is rarely perfect. The transition from post-primary education to the next step is significant. This</p>

	<p>transition will have its challenges. Asking for help and information where you need it will help you transition towards the next step of your journey.</p> <p>The following definition of wellbeing has been provided by the Department of Education and Skills (2018):</p> <p><b>‘Wellbeing is present when a person realises their potential, is resilient in dealing with the normal stresses of life, takes care of their physical wellbeing and has a sense of purpose, connection and belonging to a wider community.’</b></p> <p>If you are feeling unwell or anxious, talking to a responsible and trusted adult can be helpful. Agencies that are also available if you need extra support are available in the link: <a href="#">gov.ie - Wellbeing information and resources</a></p>
<p><b>Leaving Certificate Examination</b></p>	<p>The Leaving Certificate Examination will begin on <b>Wednesday 9<sup>th</sup> June</b>.</p> <ul style="list-style-type: none"> <li>• Be sure to note the <b>dates and times for each of your exams</b> from the relevant official timetable below.</li> <li>• You should arrive at least <b>30 minutes</b> before each examination.</li> <li>• It is a good idea to have a <b>printout of your timetable pinned up at home</b>.</li> </ul> <p><a href="https://www.gov.ie/en/publication/4c442-leaving-certificate-examination-timetable-2022/">https://www.gov.ie/en/publication/4c442-leaving-certificate-examination-timetable-2022/</a></p> <p>Further adjustments, which aim to lessen the load of your written examination papers were made in recognition of the disruption to your learning caused by extended school closures in 2020/2021. For more information, click on the link:</p> <p><a href="https://www.examinations.ie/misc-doc/EN-EX-22888090.pdf">https://www.examinations.ie/misc-doc/EN-EX-22888090.pdf</a></p>

<p><b>CAO Process</b></p>	<p><b>Make sure your CAO is in good order! This will help you have several options in August. For your CAO to be in good order, you should be careful to:</b></p> <ul style="list-style-type: none"> <li><b>(i) Make sure your courses are in <b>order of preference.</b></b></li> <li><b>(ii) Make sure that <b>you meet the <u>minimum entry requirements</u> for your chosen courses.</b></b></li> <li><b>(iii) Make sure you have <b>good 'backups' in place</b></b></li> </ul> <p>The CAO online <b>Change of Mind facility is now available (Free) and remains open until July 1ST</b></p> <p>A <b>Statement of Application Record</b> will be sent to all applicants before the end of May (Contact CAO if you do not receive it)</p> <p>It is <b><u>VITALLY important</u></b> that your CAO application is complete and that your courses are inserted in order of preference. This cannot be changed after <b>1st July at 5pm</b>. Remember, you can still introduce new courses onto your CAO lists until 1st July 2022 (except restricted application courses).</p> <p>All other CAO dates (e.g. the first round of offers) will occur as close to the 'normal' dates as possible – these dates are to be confirmed</p>
<p><b>Decision making in August</b></p>	<p><b>Decision-making in August (date TBC) is best done when:</b></p> <ul style="list-style-type: none"> <li><b>(i) Examination grades, <u>and</u> the CAO offers are available</b></li> <li><b>(ii) Discussed with a trusted and well-informed adult</b></li> </ul> <p>You will receive the results</p> <p>This information will help your decision to appeal a result in a subject</p>

	<p>In any given year, a set of Leaving Certificate results is not guaranteed to grant access to a CAO course.</p> <p>Often, on results day, students can react to their leaving certificate grades, e.g. <i>“oh no, I do not have enough points for my course... what am I going to do?”</i> or <i>“brilliant, I have ten points more than I need for my course. I am getting my first choice.”</i></p> <p>These statements are not true for students... there is no way of telling if your grades will translate into the correct number of CAO points for your course.</p> <p>For students in the examples above, the commentary shows these students misunderstand how the CAO system works.</p> <p><b>Points change every year, and we NEVER know what the points for your chosen CAO course will be. It is important to remember that decisions should be made when both the Leaving Certificate grades and the CAO offers are in hand.</b></p> <p>In addition, when you get your grades and your CAO offer, it will be important for you to discuss your options with a <b>well-informed</b> adult in August. Sometimes very well-meaning individuals are quick to offer advice without fully understanding the systems that are in place.</p> <p>If things do not work out exactly as you expected, you will have choices and options. Your school Guidance Counsellor will be able to help if you are unsure.</p>
<b>Appeal Process</b>	<p><b>If you are not happy with one or more of your results from the Leaving Certificate Examination, you can choose to appeal.</b></p>

<b>HEAR / DARE</b>	<p>You will be notified by email of the outcome of your HEAR /DARE application by the end of <b>June 2022</b>. If you do not receive any correspondence by 1<sup>st</sup> July, contact a member of the <a href="#">HEAR/DARE</a> teams.</p> <p>If you are eligible, you can compete for one of the reduced points places on offer in the universities and colleges taking part in the HEAR/ DARE schemes. All HEAR /DARE course offers are made by the CAO. For further information, please see: <a href="http://www.accesscollege.ie">www.accesscollege.ie</a></p>
<b>SUSI (Application for Grants)</b>	<p><b>If you think you may qualify for a grant, you can apply through SUSI at the website below.</b></p> <p>Applications received before the priority closing dates will be prioritised for assessment by SUSI. The priority closing dates <b>June 9<sup>th</sup> 2022</b> are for grant renewal applications &amp; <b>7<sup>th</sup> July 2022</b> for new grant applications.</p> <p><a href="http://www.susi.ie">www.susi.ie</a></p>
<b>PLC</b>	<p><b>Keep an eye out on all relevant websites for information about PLC Applications and Offers.</b></p> <p>For the most up to date information, check with the relevant college website or: <a href="http://www.fetchcourses.ie/">www.fetchcourses.ie/</a></p>
<b>Apprenticeships</b>	<p><b>The system of apprenticeships remains in place, and it is expected that there will be opportunities for application, as in previous years.</b></p> <p>For the most up-to-date information, please see:</p> <p><a href="http://www.apprenticeship.ie">www.apprenticeship.ie</a></p>
<b>Applying for a job</b>	<p><b>Get your CV and cover letter into good shape. It may also be useful to 'brush up' on your interview skills.</b></p>

	<p>To put your ‘best foot forward’ in applying for jobs, it is important to be well prepared.</p> <p>Draft and re-draft your CV and cover letter before finalising the document. Ask a trusted family member / knowledgeable adult to read over the documents.</p> <p>When applying for jobs, it is important to make a good impression. For more information, please see:  <a href="https://www.ncge.ie/sites/default/files/20190826%20WSG-Applying-Jobs-Student-Resource-Sheet-EN.pdf">https://www.ncge.ie/sites/default/files/20190826%20WSG-Applying-Jobs-Student-Resource-Sheet-EN.pdf</a></p>
<p><b>Communication with University / College / Institution</b></p>	<p><b>Each university/college/institution has a website. Keep up to date with all updates and check the website regularly.</b></p> <p>Virtual tours and other online opportunities for interested students to avail of at the current time. You can also contact the university/college/institution as required. Please check the colleges website as many college open days have been recorded and are on the individual colleges website.</p>
<p><b>Applications to UCAS</b>  <a href="https://www.ucas.com/">https://www.ucas.com/</a></p> <p><b>Applications to Europe</b>  <a href="https://www.eunicas.ie/">https://www.eunicas.ie/</a></p> <p><b>Applications to USA</b></p>	<p><b>Check websites regularly for the most up to date information.</b></p> <p>The colleges and universities will be making decisions about methods of delivery in the coming months. A blended learning approach with class contact time and some remote learning may be possible for next year. This situation is evolving, and information will become available in due course.</p>
<p><b>Applications for Medicine in Ireland – HPAT results.</b></p>	<p>This year the HPAT results will be returned to students in late June – see below.</p>

	<p><a href="https://hpat-ireland.acer.org/">https://hpat-ireland.acer.org/</a></p> <p>It is important to be wise about your CAO and not make any reactive changes due to the HPAT result you receive. It is advisable, irrespective of your HPAT result, to complete your CAO (i) in order of preference, (ii) with good ‘backups.’</p> <p>Ideally, it would be best if you had your CAO in order before receiving your HPAT results.</p>
<p><b>Future Counselling</b></p>	<p><b>Guidance</b></p> <p>Guidance Counsellors / Career Services and Supports are available to you once you leave the post-primary system. For example, third level colleges and universities will have a service available. Guidance is also provided in the FET sector through various services such as adult education services and training centres.</p>

## Timeline of some important dates for 6<sup>th</sup> year students:

**Remember: more important dates might become available. Check with official websites for more information**

### May:

- ✓ Get in touch with your Guidance Counsellor to finalise all aspects of your plan and your back up plan.
- ✓ Complete the ['Taking Stock'](#) survey to let your Guidance Counsellor know what your Guidance needs are at the current time.
- ✓ Reflect on how you are feeling at the current time. What can you do to look after your wellbeing?
- ✓ Check all appropriate/official websites for updates on a regular basis.
- ✓ Apply for SUSI if eligible

### June:

- ✓ Leaving Certificate Examinations: 9th June – 29<sup>th</sup> June
- ✓ HPAT/ HEAR/DARE Ireland will be in touch with students.
- ✓ Check all appropriate/ official websites for updates on a regular basis.

### July:

- ✓ **Change of mind closes on 1st July at 5 pm.**
- ✓ You will be notified by email of the outcome of your HEAR /DARE application by the end of **June**. If you do not receive any correspondence by 1<sup>st</sup> July, contact a member of the [HEAR/DARE](#) teams.
- ✓ Grant applications received before the priority closing dates will be prioritised for assessment by SUSI. The priority closing dates are **Thursday 9th June 2021** for grant renewal applications & **Thursday 7th July 2021** for new grant applications.
- ✓ Check all appropriate/ official websites for updates on a regular basis.

### August:

- ✓ Results of Leaving Cert
- ✓ Remember: It is advisable to have **BOTH** your results **AND** your CAO offer before making choices on what to do next, as outlined above.
- ✓ It may be helpful to speak to a well-informed adult before making any final decisions.
- ✓ Schools reopen, and Guidance Counsellors will be available



- ✓ The NPC offer a helpline service that will be established and will be available to all students who may have a query regarding their results etc. Please keep an eye on the news, or social media platforms for this number.
- ✓ Have your CAO handbook at the ready as many points of information are answered in the handbook.