

Scoil Mhuire Community School, Clane

Careers Research Workbook

Fifth Year Students

April 2020

Dear Fifth Year Students,

We hope you are all keeping well in these uncertain and different times.

This is an excellent opportunity for you to do some research and planning for your future career.

This booklet will help you to examine and get to know your interests and guide you through the process of researching and refining course/other option lists.

Take your time to go through the worksheets, do the research and discuss all stages with your parents/guardians.

Thorough research at this stage will save time next year.

Hopefully by return to school in August, you will have a list of well researched courses/other options you are considering and we can progress from there.

Please contact us by email – grainnemcgee@scoilmhuireclane.ie gwentravers@scoilmhuirecalne.ie if you have any questions.

Meanwhile stay well,

Kind regards,

Ms. McGee and Ms. Travers

How to research your Options

The steps involved in research

1. Understand the CAO process.

Go to www.cao.ie and become familiar with the various guides available in the Student Resources section of the CAO website, including the video guides explaining the application process.

<https://youtu.be/ennL1ZjxUf0>

2. Know yourself

Where do your interests lie in both academic terms and in your personal life? We have put together worksheets to help you figure out what areas you are interested in so you can then start researching related courses/options.

3. Research courses/ other options you have an interest in.

Once you know yourself and your interests you are better placed to start researching in detail the right courses/options for you. Research can include online searches, visiting careers websites, college websites and reading through handbooks and prospectuses. Compare courses and make lists of questions to ask about them. www.careersportal.ie www.qualifax.ie
www.apprenticeships.ie

4. Research colleges, campuses and cities/towns

See if the colleges that run courses you are interested in have an open day or facilitate campus tours. There's nothing like visiting a place in person to get a feel for it. You can also do research online about the characteristics and strengths of various institutes/courses and training programmes.

5. Talk to people

As part of your research put together a list of questions to ask lecturers, students or graduates. Can your family or a college help you contact someone working in an area or studying a course you're interested in?

The Truth about Jobs and Careers

If you're wondering where the jobs will be in four or five years' time when you graduate, here are a few things to consider:

- It is difficult to predict where the jobs will be long-term
- Careers are constantly changing, some disappearing totally, while new ones are coming on stream
- It is predicted that a person will have more than one career over a lifespan, the average is now three
- You can continue to upskill or re-train throughout your life
- There are often many routes into a wide variety of career areas

Find What You Love

Why doing what you love is the best decision for you

Fill out these worksheets to see if there is a trend in your answers which may direct you to researching courses in a certain discipline or that would lead to a career you'd love.

'Find something you love to do and you'll never have to work a day in your life' is a popular saying. If you study an area that interests and excites you, it will help you out of bed and into college or work. It also means you'll look forward to work every day when you start your career.

The most important factor in planning your future is that you love the subjects, topics and activities that will be at the centre of your studies and what you hope to work at. Even if jobs are guaranteed in a certain discipline and you have no interest, it will be difficult to stick with it and be happy in that role for the rest of your life.

My favourite Subjects at School

Subject	What I like about this subject

List what parts of the subjects you enjoy.

Is it the practical demonstrations? Team work? Problem solving? Writing essays? Helping others?

Do you find anything particularly interesting or enjoyable?

My Likes and Dislikes

I'm good at	I don't like

Do you know what are you good at? Have a shot at admitting what you know you can do well. Or even list what you're bad at (so it doesn't make it to your CAO/Option list).

My favourite Activities outside of School

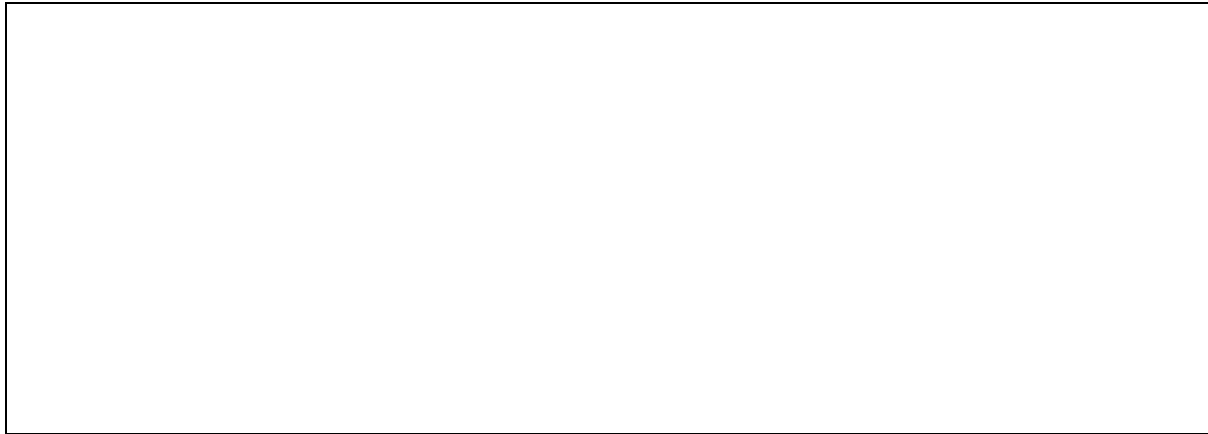
Activity	What I liked about it

Look back at transition year, work experience, volunteer work, summer camps, Irish college, sports and hobbies you are involved in outside of school. What did you enjoy the most?

My Interests

Write down what you are interested in – write anything that comes to mind from school subjects to things you have read about, what stuff takes your interest on social media, what you spend your time on, to activities with friends or family.

Once I have completed my studies/training, I see myself:



What's important to you about how you would like to spend your days inside and outside of work? Is it working outdoors? Is it physical work? Is it working in a lab? Is it working in an office? Is it having opportunities to work abroad? Is it being organised? Do you work shift hours? A 9-5 job? Your answers will help give you an idea of the setting or career you see yourself in.

Keep these words close to hand when reading about careers and courses, because if the things that interest you keep cropping up in course descriptions you're definitely on the right path.

Researching Courses/Training Options

Once you have found where your interests lie it's time to see what courses you can do in these areas or that can give you the skillsets you enjoy or help you find work in the type of working environment you would do well in. There are many websites you can use to research courses and careers apart from individual college websites. www.smartfutures.ie www.engineersireland.ie

www.medicalcareers.ie www.educationcareers.ie www.solas.ie etc

As part of your research put together a list of questions to ask lecturers, students, graduates or people you know in careers of interest to you.

You can talk to people at open days, school talks, during online Q&A sessions, by sending an email to a course leader.

How to turn your interests into Course/Training Choices

What I Love	Related Courses/Training	Related Careers

Once you have found where your interests lie, it's time to see what courses you can do in these areas or that can give you the skillsets you enjoy or help you find work in the type of working environment you would do well in.

You can research on these sites:

www.careersportal.ie www.qualifax.ie - offer information on all options in Ireland

www.ucas.com – for UK options www.eunicas.ie – for European options

All individual college websites e.g. www.maynoothuniversity.ie www.tcd.ie
www.tudublin.ie www.dcu.ie www.ul.ie www.myucd.ie www.nuigalway.ie
www.ucc.ie etc

See cao.ie for full list of colleges and contact details.

Compare Courses – on the CAO you can apply for up to 20 courses

10 at Level 8 10 at level 6/7 – can be a mix

Course Name	College	Entry Requirements	Work or/Study abroad option	Class size	Length of Course	Level 6,7,8	Questions You have

Progression Routes

While the focus of many students is to research and apply for level 8 courses, there are other options that can lead to the same outcome.

Level 6/7 progression

Research the courses you are interested at levels 6, 7 and 8. Check on the Institute of Technology websites if a level 6 or 7 course you are interested in will allow you to progress on to a level 7 or 8 (eg the level 8 course you really wanted) once you meet the required grades and there are places available.

You may find yourself ending up with the same qualification, having taken a different route – maybe an extra year of study.

Further Education (FE) progression routes - PLC Courses

A PLC is a one year course at Level 5 in a College of Further Education

Many colleges of Further Education (PLC colleges) allow you to progress on to third level- but you must check the links.

Please note that doing a PLC course **does not guarantee entry** onto a Third Level College course, so as part of your research, contact both institutions to find out if this option is the right one for you.

You apply directly online to each individual PLC college.

Advice from college students for Leaving Cert. Students.

Study what you love "Don't worry about where you're going to college, it's your results at the end of it all that will speak volumes, and if you study/work at what you genuinely love, it won't feel like hard work." Denise Brophy, Retail Management

Don't follow your friends "Take the time to consider what course you want to study. Pick something that you want to study and don't pick a course in a college because that's where your friends are going. If you are really interested in a course find out more about it." Lauren Hayde, Legal Studies

Work out your finances "Talk to your family and friends, work out your finances, find out what you are entitled to (grants etc.) You are doing this for

yourself, that must be a key to your thinking, you are improving your knowledge so you can achieve more." Ken Clancy, Information Technology

Research courses in detail "You need to figure out if you like the modules of the courses you're looking at, as there's no point attempting a course as it's disheartening and an expensive mistake if you have decided it's not for you after paying fees and other expenses." Isaac Allen, Applied Computing

Choose your own path "My career guidance teacher introduced me to a quote which every student coming out of secondary school should abide by: 'Do not go where the path may lead, go instead where there is no path and leave a trail' – Ralph Waldo Emerson." P .J. Doyle, Architectural & Building Information Modelling Technology

Know your interests "Don't panic, take your time and never put anything down for the sake of it. Sit down and think, 'Okay what am I interested in?' Once you do that, think is this an area that you could see yourself working in for the future?." Donnchadh Fahey, Applied Healthcare

PLC Courses I am interested in: www.qualifax.ie

Name of PLC Course	College offering this course

Apprenticeships I am interested in: www.apprenticeships.ie

Type of Apprenticeship	Length and Qualification

For further information on:

Grants go to : www.susi.ie

<https://youtu.be/022M9QUwrRI> (Grants explained)

HEAR and DARE progression routes to help you get into college if you have an illness, disability or are economically disadvantaged www.accesscollege.ie

<http://www.cao.ie/index.php?page=videodh&l=377514136> (video guide)

Post Leaving Cert Courses – see www.qualifax.ie www.careersportal.ie

<https://youtu.be/J2ewkThnhNQ> (PLC Considered)

Please contact guidance counsellors if you have any questions.
