

Updates on Careers and Colleges March 30th 2020

Dear Students and Parents/Guardians,

We hope you and your families are coping and more importantly keeping well.

It is a difficult time for everyone, but we are all in this together and we will come through this. Remain calm, it will pass and hopefully we will soon get back to our usual routines.

We encourage you to continue to study for the examinations as if they are to normal schedule.

Get up early, sit at your desk and work through the normal school day, engaging with your on-line lessons and taking the breaks you would have in school.

In your study sessions - revise and practice exam questions.

We will keep you up to date with any information we receive.

Most colleges and offices are closed for now but have online advice available – either through live Q&A sessions or e- mail.

Here are some updates that may be of interest – as before please read all entries as there may be important information of relevance to you.

1. Maynooth University Soccer Scholarship Application closes April 1st

Contact: Barry Prenderville 086-7954367

2. I.A.D.T. Portfolio Submissions

IADT have now a Digital Portfolio Option and the date is extended to April 24th

See www.admissions@iadt.ie

3. NUIGALWAY live online Q & A sessions continue –

Tues 31st March 2-4pm – Business and Law

Thurs 2 April 2-4pm - Arts, Social Science & Celtic Studies

Tues 7 April 2-4pm - Medicine, Nursing and Health Sciences

Also engage with nuigalway.ie/caoblog for some interesting information

4. Dublin City University is available to answer queries on student.help@dcu.ie

5. Apprenticeships – please see www.apprenticeship.ie and the apprenticeship search tool on careersportal.ie for information

Some students have expressed concerns about apprenticeship availability after the crisis – we cannot predict what will happen, however if you are worried please be aware the late application facility on www.cao.ie is still available until May 1st to apply for college courses

and also consider applying for plc courses – see www.qualifax.ie for a full list of all courses available.

6. For Agricultural Science Students – see UCD Ag. Sc youtube channel for useful videos
<https://www.youtube.com/watch?v=wQlfbzeOtK4>

7. For Careers/ Courses in STEM – see smartfutures.ie and the STEM section on careersportal.ie

Also see :

<https://youtu.be/mQ4r3s6krJo>

<https://youtu.be/UeUz-l8NA0>

<https://youtu.be/FEeTLopLkEo>

S



THE 10 MOST COMMON MISTAKES STUDENTS MAKE

by @inner_drive | www.innerdrive.co.uk

- 01 SKIPPING BREAKFAST** This has a detrimental impact on attention and learning.
- 02 ONLY READING YOUR REVISION NOTES** Re-reading encourages you to skim read the text rather than properly processing it.
- 03 REVISING TO MUSIC** Listening to your favourite songs can distract you from revising. Study is usually best carried out in a quiet space.
- 04 MOBILE PHONES AND HOMEWORK** The mere presence of a phone has been found to cause a 20% decline in performance.
- 05 TAKING NOTES VERBATIM IN CLASS** Taking down word for word what your teachers says stops you from engaging with the material.
- 06 CRAMMING YOUR REVISION** Revising a little but often is much more effective than trying to learn a lot of information all at once.
- 07 NOT GETTING ENOUGH SLEEP** Set up a consistent bedtime routine that ensures you get the needed 8-10 hours sleep a night.
- 08 LEAVING THE HARD TASK TO THE END** Start hard tasks early as they always take longer than you think.
- 09 NOT GETTING ENOUGH FRESH AIR** Getting sufficient fresh air and exercise can have a positive impact on your wellbeing.
- 10 TAKING PHOTOS OF LECTURE SLIDES** Interacting with the material and making notes in your own words at the time of learning is a much more effective strategy.

8.
