

# Coláiste Muire Ballymote Guidance Newsletter Dec 24

*It's hard to believe that Christmas is upon us already, and as you know it has been a busy term for students and a lot has been happening in the Guidance sphere and you can read about some of it below. We would like to take this opportunity to wish you all a very happy Christmas and every good wish for 2025.*

*The Guidance Team*

The school  
Guidance  
Counsellors are  
Ms Cullinan, Ms  
McNamee & Ms  
McMorrow



## Junior Guidance

- All Junior cycle students participated in Guidance related activities during College Awareness week and are completing a rotating Guidance related Module as part of their wellbeing classes.
- The formal procedure of Subject choice for current 3<sup>rd</sup> year students will begin when we return to school. Students will have classes to support them with their decisions and there will be a parent student information evening on 22<sup>nd</sup> January.
- The Transition Year Information evening held for parents in October was very positive in highlighting the benefits of TY.
- Students continue to be exposed to a wide variety of career possibilities through the subjects they study and discussions with teachers.

Regularly check the [Guidance Page of the school website](#) for updates

3<sup>rd</sup>, 5<sup>th</sup> & 6<sup>th</sup> recently took part in a study skills workshop to give them study techniques and ways of planning their study for the busy time ahead. 6<sup>th</sup> year students have a workshop on Friday 20<sup>th</sup> December to put together a study plan for the Christmas break.

Ongoing individual  
Guidance Meetings



## Senior Guidance

### 6<sup>th</sup> years

Students are continuing to investigate their options for next year with UCAS, CAO, PLC and Apprenticeship applications underway. Students are being guided with the skills of research as ultimately the next step is their decision.

- Study Skills - This term has seen a continued focus on enhancing study skills.
- Students have been encouraged and have attended open days and information sessions and a number of guest speakers visited the school. These included visits from ATU Sligo, Galway University and a presentation on Health and Safety as a career. This will continue in the New Year and many colleges have Spring Open Days which students will be encouraged to attend. Details of open days can be found at the 'upcoming events' tab at [careersportal.ie](http://careersportal.ie)
- Students eligible for the HEAR or DARE scheme must indicate this on their CAO application by 1<sup>st</sup> February. Further information at [www.accesscollege.ie](http://www.accesscollege.ie).
- The New Year will see students being advised on college accommodation, scholarships and the SUSI grant. Work is also continuing on LCVP portfolios.

### 5<sup>th</sup> years

Along with what is happening in the careers class where students have completed their interest tests, a range of other activities are happening also.

- 5<sup>th</sup> year students attended the career options fair in October to get them thinking about their options after school.
- Talks are being organised for 5<sup>th</sup> year students including a recent presentation from a Sports Psychologist.
- 5<sup>th</sup> year LCVP students visited the Abbots facility in Sligo in November. 5<sup>th</sup> year work experience will be taking place in the New Year.

### Guidance Drop in Sessions

Our Monday break-time Guidance drop in sessions continue every Monday at lunchtime in the Guidance room. All students from 1<sup>st</sup> to 6<sup>th</sup> year are invited to drop in for an informal chat and ask any questions they may have.



Congratulations to our two 5<sup>th</sup> year students who won the College Awareness Quiz and took home their bag of College Awareness goodies.

There was very positive feedback from Octobers Whole School Wellbeing Fair. Students had the opportunity to, partake in an activity and try something new. We look forward to further building on this in the New Year. We also held a very successful Christmas jumper day this term to raise money for local charities.

Lunchtime Clubs continue and students can check the school notice boards to see if there is something happening that is of interest to them.

### IMPORTANT DATES

**Wed 22<sup>nd</sup> Jan** – Subject Choice evening for 3<sup>rd</sup> year students and parents.

**1<sup>st</sup> Jan** – Applications open for courses at Sligo College of further education. [www.sligocfe.ie](http://www.sligocfe.ie)

**Sat 11<sup>th</sup> Jan** – HEAR/DARE Application Information Day in ATU Sligo for 6<sup>th</sup> year students. Register at [accesscollege.ie](http://accesscollege.ie)

**1<sup>st</sup> Feb** – Closing date for CAO application.