

# Coláiste Muire Ballymote Guidance Newsletter Oct 24

As we have now well settled back to school, we wanted to take this opportunity to make you aware of **some** of ways students are being supported for their future in their personal/social, vocational and career choices. Remember, the Guidance Department are always available to support and advise students and parents as students' progress through secondary school.

The Guidance Team

## New - Guidance Drop in Sessions

Our **Monday break-time Guidance drop in sessions** will begin on Monday 14<sup>th</sup> October in the Guidance room and continue every Monday for the year. 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.

## Junior Guidance

### 1<sup>st</sup> years

The Transition programme is continuing as our 1<sup>st</sup> years settle into school and included a very enjoyable bonding tour on 3<sup>rd</sup> Oct.

Every 1<sup>st</sup> year student has a Guidance Related module as part of their wellbeing class delivered by a Guidance Counsellor over the course of the year. Topics include

- organising myself & planning for school
- let's talk about careers
- Key skills in focus.

Students are exposed to a wide variety of career possibilities through the subjects they study and discussions with teachers.

3<sup>rd</sup>, 5<sup>th</sup> & 6<sup>th</sup> year students will partake in a 'study skills' workshop run by Inspire Education on 12th December. More details to follow.

Ongoing individual Guidance Meetings

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

### 2<sup>nd</sup> years

2<sup>nd</sup> year students will have a Guidance Related Module as part of their wellbeing class focusing on

- Expectations from 2<sup>nd</sup> yr
- Preparation for CBA's and CBA skills.

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

Our lunchtime S.T.E.M. Club this year is focusing on careers in Science, Technology, Engineering and Maths. So far we have explored the work of the Astrophysicist and Marine Biologist  
So come along and get involved.

### 3<sup>rd</sup> years

3<sup>rd</sup> year students have a Guidance Related Module as part of their wellbeing class delivered by a Guidance Counsellor over the course of the year. Topics include

- Stress Management
- Study Skills
- Values Audit
- CV Taster

Subject choice will begin with 3<sup>rd</sup> year students early in the New Year, but it is never too early for students to think about their options for Senior Cycle.



Our Whole School Wellbeing Fair takes place 16<sup>th</sup> October. Students will have the opportunity to put down the pens and partake in an activity they have selected and are interested in.

## Senior Guidance

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

- Study Skills - This month there has been focus on enhancing study skills and time management strategies as students settle back to school.
- Students are preparing to visit open days and a number of guest speakers are organised to visit the school.
- UCAS applications are ongoing for students who have expressed an interest in applying to colleges in the UK, including Northern Ireland.
- By mid-November work will begin on CAO applications. Students will also be supported with applications for FE courses, apprenticeships, scholarships, college access schemes and study abroad possibilities
- Work is continuing on LCVP portfolios.

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

- Students are currently completing their career investigations in LCVP class.
- In careers class there is a focus on expectations and the transition from junior to senior cycle as well as an introduction to Career Terminology.
- The Sport Education Model as part of Senior Cycle PE programme allows students explore variety of jobs within sporting settings.

**IMPORTANT** – Save the date – **THURSDAY 21<sup>st</sup> NOVEMBER ATU Sligo** – Parents CAO and Options Information Evening. More information to follow.

**OPEN DAYS** - Colleges & Universities are, and will be, hosting 'Open Days' in the coming weeks! Details of upcoming open days can be found on the 'upcoming events' tab at [careersportal.ie](https://careersportal.ie). Senior cycle students, and parents if possible, should make a concerted effort to go to the open days of Colleges/Universities they may be interested in attending.