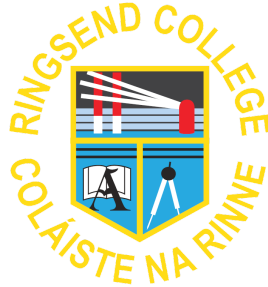


Ringsend College Guidance Newsletter



January Edition: 2021

Dear Parents/Guardians,

The CAO has been open for applications since 5 November. Please check the key dates by logging onto www.cao.ie or by clicking on the **Guidance Portal** section of the school website where you will find all relevant dates/guidance notices.

While students are reminded constantly of key dates and all events are posted in **Google Classroom** it is the student's responsibility to check dates which are specific to his/her application.

All students completed their CAO application demo with the assistance of the guidance counsellor in December. Students can use the following link to do further research on courses.

https://careersportal.ie/careerplanning/story.php?ID=2501204766&utm_source=BenchmarkEmail&utm_campaign=CareersPortal_Newsletter_December_2021&utm_medium=email

This aim of this newsletter is to give information to students/parents and guardians regarding:

- **Career events for the coming year**
- **CAO**
- **Higher Education Access Route (HEAR)**
- **Disability Access Route (DARE)**

- **Scholarships**
 - **Apprenticeships**
 - **SUSI grants**
 - **Subject Option information for Transition Year students**
-

[OPEN DAYS/CAREER EVENTS](#)

Most Open Days/Career Events are virtual this year. All career events are on the **Guidance Portal** of the school website. These are updates every day. It is the student's responsibility to check these events.

Students can also click on the link below to view all career events.

https://www.qualifax.ie/index.php?option=com_wrapper&view=wrapper&Itemid=22

[CAO](#)

There are no CAO handbooks this year. Students need to log onto www.cao.ie in order to access all information. They can download the CAO handbook from this site.

I would recommend that parents/guardians read the CAO handbook with your son/daughter as it contains all information on the following:

- ❖ CAO application process.
- ❖ Change of mind facility.
- ❖ Offer of places.
- ❖ Accepting/declining places.
- ❖ What to do if you do not receive a place.

Parents/guardians will also find all this information on www.cao.ie

Key dates for the CAO are as follows:

5 November 2021- CAO online application facility opens.

20 January 2022 -5.15pm-early closing date-€30:

1 February 2022-5.15pm-normal closing date-€45

1 March 2022-5.15pm-closing date for completion of HEAR/DARE forms.

15 March 2022-5.15pm-closing date for submitting HEAR/DARE documents to CAO

5 May-1 July 2022 –free change of mind facility open.

HEAR/DARE APPLICATIONS

The Higher Education Access Route (Hear) is an admissions route for school leavers who for social, financial or cultural reasons are under-represented at third level education.

AM I ELIGIBLE TO APPLY FOR HEAR?

- ❖ Family income below €45 790 (less than 4 children) in 2020
- ❖ Family income below €50 325 (4-7 children)
- ❖ Medical/G.P visit card in date on 31 December 2020
- ❖ Means tested social welfare for 26 weeks in 2020
- ❖ Socio-economic group underrepresented at third level.
- ❖ You live in an area of concentrated disadvantage.

All income is based on year 2020

You must meet the income limit and the right combination of TWO OTHER INDICATORS

WHAT SUPPORTS MIGHT I GET?

- ❖ Reduced points: potentially
- ❖ Extra money.
- ❖ Guidance/support while at college
- ❖ Orientation week in advance of starting college.

Students who have applied to the CAO should have indicated that their family income is below €45, 790 & that they want to apply to HEAR. If they have not done so they need to go into their CAO application and do this.

HOW TO APPLY TO HEAR

Normally students will apply to HEAR with their parent (s)/guardian (s) as the application relates to family income. However I am happy to meet with students and do this individually. In order to do this I will need the following information:

- Breakdown of family income for 2020
- PPS number (s) for parent (s) who the student is living with and/or parent (s) who contribute to the family income.
- Names and dates of birth of brothers/sisters living at home.
- Whether the parent (s) was receiving social welfare in 2020

WHAT DOCUMENTS DO I NEED TO SUPPLY TO THE CAO IF I AM APPLYING TO HEAR?

- P21 or notice of assessment if you are a PAYE worker (go to www.revenue to order this)
- Social welfare form signed and stamped by local Social Welfare Office (download from CAO website).
- RP50 notice of redundancy or retirement lump sum payment.
- Letter from TUSLA for children in care (download from CAO website).

Please start to gather these documents now.

The CAO will send you a list of the documents you need when you fill in the HEAR form. The documents above are the ones which are usually required

HEAR APPLICATION TIMELINE

1 February-apply to CAO

1 March-**Complete all elements of the HEAR application form.** Wait to hear from CAO what documents you need.

15 March-Submit copies of documents to the CAO. **Keep original documents and get a certificate of postage from An Post every time you post something.**

April-June-HEAR screening.

Late June- Applicants notified of outcome of HEAR applications.

End June- HEAR rechecks.

August-Leaving Certificate Results

CAO offers

HEAR offers

Late August/Early September-Mandatory HEAR orientation programme.

[DARE: Disability Access Route to Education](#)

This is a supplementary admissions scheme which offers college places to students with disabilities.

WHO SHOULD APPLY?

Anyone whose disability has had a **significant impact** on educational performance in school.

WHAT SUPPORTS MIGHT I GET

Reduced points.

Orientation programme.

Learning support.

Assistive technology.

Library support.

Exam support.

Academic tuition.

DARE TIMELINE

Apply to the CAO by 1 February 2022

Fill out DARE application form by 1 March 2022

Submit completed academic reference to CAO by **15 March** (the school will organise this).

Submit your evidence of disability documentation to the CAO by **15 March** (consultant report)

For more information on HEAR/DARE click here.

https://careersportal.ie/careerplanning/story.php?ID=2501204767&utm_source=BenchmarkEmail&utm_campaign=CareersPortal_Newsletter_December_2021&utm_medium=email

[STUDYING IN EUROPE: for students who may be interested in studying outside Ireland](#)

Many students will choose to do their primary degree in Ireland and specialise in a particular area as a post-graduate student, in Europe

There are now 1000 undergraduate degree programmes in a full range of subjects in universities across Europe that are delivered through English.

SOME FACTS ABOUT STUDYING IN EUROPE

- Some of the European Universities are ranked higher than any of the Irish universities.
- Entry requirements in many European universities are generally lower than those of Irish and UK universities.
- Many programmes-but not all- have no selection procedure and for entry only look for NUI matriculation requirements (six passes at Leaving Certificate with at least grade H5 in two subjects and 06 n four subjects)
- There are no third level fees in many European countries. Denmark, Norway, Sweden and Finland are free of fees.
- In the Netherlands tuition fees of €2083 apply with a supplement of about €1000-1500 for some Liberal Arts and Science Courses.
- Students can apply for interest free loans in some countries, including Denmark and the Netherlands. Students working part-time can get loans or grants of over €800 per month.
- There are no fees in Malta, Germany and Austria. Tuition fees in Italy (including for Medicine) are fixed with reference to family income. They are between €400-4000 per year.

KEY DATES FOR APPLYING TO EUROPEAN UNIVERSITIES

- ✓ 15 January: Application deadline for a limited number of programmes in the Netherlands.
- ✓ 15 March 2022: Application deadline in Denmark.
- ✓ 18 April 2022: Second round application deadline for most programmes in Sweden.
- ✓ April-May 2022: Entrance tests in Dublin for leading Polish and Hungarian Vet and Medical schools.
- ✓ 1 May 2022: Application deadline for many programmes in Dutch Research Universities (though some have application deadlines as late as 1 July.)
- ✓ June-August 2022: Different application deadlines for most programmes in Dutch universities of Applied Sciences.
- ✓ 31 July 2022: second round offers in Denmark.
- ✓ July 2022 (exact date tbd) application deadline for entry 2019, for entrance test for Medical schools at public Italian universities.

Anyone who is interested in studying in Europe needs to come and speak to me.

POST LEAVING CERTIFICATE COURSES

WHAT ARE THEY?

They are one year courses which may lead to a second year Higher National Diploma and are provided in schools and colleges outside the third level sector. They are held in colleges such as Dundrum College of Further Education. When you finish you will have a QQI Level 5 qualification.

WHAT RESULTS SHOULD I AIM FOR IF I AM APPLYING FOR A POST LEAVING CERTIFICATE COURSE?

Traditionally they are aimed at people with a pass Leaving Certificate. However this is changing and many courses now require people to have **one or two honours** at Leaving Certificate Level.

CAN I GO ON TO UNIVERSITY/INSTITUTE OF TECHNOLOGY AFTER I DO THE PLC?

Usually students take 8 modules or subjects. They will usually need distinctions (80% or over) in 5 subjects to be eligible to attend an Irish university or Institute of Technology. Many universities require students to get distinctions in all modules in order to apply for high demand courses. Even when students achieve the maximum **390 points** in the PLC course they are not guaranteed a place in their chosen course. Students interested in PLC courses should discuss this with Ms.Forde.

HOW MUCH DOES A PLC COST?

1. There is a student contribution of €200. You do not have to pay this if you have a medical card.
2. There is a student resource fee of €350.
3. Specific courses like Art may incur higher costs.

Some colleges allow students to stagger payment of fees.

WHEN SHOULD I APPLY FOR A POST LEAVING CERTIFICATE COURSE?

1. Most PLC colleges start accepting applications after Christmas, but this may differ from college to college. Please check with the individual college and see me regarding PLC courses.

WHAT DO I NEED IN ORDER TO APPLY?

1. You will need to have your PPS number and your medical card number (if you have a medical card).

WHAT WILL HAPPEN AFTER I APPLY FOR THE COURSE?

2. After you apply for the course you will receive an acknowledgement. You will be called for an interview within a few weeks of application.

IS A PLC THE RIGHT OPTION FOR ME?

- Whether or not you do a PLC is a personal choice. It should be based on what is right for you at that time. Remember the education system is a ladder system and you can move up from rung to rung at the time that suits you best.
- Some people do not want to commit to a long course just after they finish the Leaving Certificate.
- Some people want a taster of a particular course before they commit fully to a longer course.
- Some people may not get the points to access the course they want this year. A PLC course gives them the option of getting into that course the next year using their results from the PLC year.

Why PLC courses are an excellent stepping stone to Higher Education

https://careersportal.ie/colleges/college_news_item.php?notice_id=3017&client_id=280&utm_source=BenchmarkEmail&utm_campaign=CareersPortal_Newsletter_December_2021&utm_medium=email

PLC/QQI progression links to Higher Education explained

Discover Careers Portal: *Understanding QQI Progression Routes*

Did you know that there are currently 1,532 CAO courses (out of a total of 1,810) that accept a QQI award for entry. In our **CourseFinder** look out for the green **QQI link symbol** that indicates those courses with QQI Progression Routes. Most of these courses have a number of places set aside specifically for QQI applicants and often in high point courses. You can also watch **our progression video** to help you understand how to navigate this information.

APPRENTICESHIPS

I will work individually with all students who are interested in apprenticeships.

I will start looking at apprenticeships closer to the end of term.

Preparing students for taking up apprenticeships involves:

- Attending the apprenticeship fair in early new year.
- Making contact with possible employers.
- Preparing CV, references for prospective employers.
- Preparing for apprenticeship tests.
- Looking at pre-apprenticeship courses.

All students who would like to do an apprenticeship should also have applied for courses on CAO/PLC as they cannot be guaranteed an apprenticeship straight after they finish school.

All current news on apprenticeships

https://careersportal.ie/careerplanning/story.php?ID=2501204750&utm_source=BenchmarkEmail&utm_campaign=CareersPortal_Newsletter_December_2021&utm_medium=email

https://careersportal.ie/careerplanning/story.php?ID=2501204757&utm_source=BenchmarkEmail&utm_campaign=CareersPortal_Newsletter_December_2021&utm_medium=email

https://careersportal.ie/careerplanning/story.php?ID=2501204759&utm_source=BenchmarkEmail&utm_campaign=CareersPortal_Newsletter_December_2021&utm_medium=email

https://careersportal.ie/careerplanning/story.php?ID=2501204759&utm_source=BenchmarkEmail&utm_campaign=CareersPortal_Newsletter_December_2021&utm_medium=email

STUDENT UNIVERSAL SUPPORT IRELAND (SUSI) GRANT.

WHO CAN APPLY?

All students who want to do a course of at least one year can apply. These courses include:

- A Post Leaving Certificate Course-Level 5
- A Higher Certificate Course-Level 6
- An Ordinary Degree Course-Level 7
- An Honours Degree Course-Level 8

All students are entitled to have their fees paid under the free fees scheme they may still be entitled to pay a student contribution charge of €3000. This may be covered by your SUSI grant.

AM I ENTITLED TO A SUSI GRANT?

Please look carefully at the income levels, the levels of maintenance grant and the family income levels below. This will give you a very clear idea if you are entitled to apply based on your family income.

REMEMBER THE FAMILY INCOME WHICH IS USED TO CALCULATE GRANT ELIGIBILITY IS FOR 2021 WHILE THE INCOME USED FOR HEAR ELIGIBILITY IS FOR 2020

So you are looking at income from two separate years.

SUSI RECKONABLE INCOME LEVELS 2021/22

<https://susi.ie/undergraduate-income-thresholds-and-grant-award-rates-academic-year-2021-22/>

N.A= Non-adjacent: you must attend a college 45 kilometres or more from home.

A=Adjacent: the college is close enough that you can live at home while attending.

HOW DO I APPLY FOR THE SUSI GRANT?

- Log onto www.susi.ie at the end of April 2022
- You will answer a list of questions related to your family income.
- SUSI will get back to you to let you know if you are eligible and will tell you what documents to forward.

All information on grants can be found at either www.susi.ie or www.studentfinance.ie

You are also entitled to apply for a SUSI grant if you are doing a Post Leaving Certificate course

SCHOLARSHIPS

The closing date for the Ad Astra Elite Sports Scholarship and the Dramatic Arts Ad Astra Elite scholarships in UCD is **31 January 2022**

Students need to work on these now and be aware that they will need an academic reference and a sports reference for the Elite Sports Scholarships.

Students should look at the personal statement section of the application form and bullet point some information they would like to include; in advance of meeting me in the new year.

There are up to 3000 scholarships awarded each year by the many different colleges. If you have a particular talent you should check out the colleges you are thinking of attending to see what scholarships they have on offer. You really need to check individual colleges to get accurate information on scholarships.

Information regarding Ad Astra scholarships has been posted on Google Classroom.

TRANSITION YEAR SUBJECT CHOICE

In the New Year all Transition Year students will be given a **Subject Choice Booklet** with detailed information relating to subject choice.

Students will also attend Subject Choice seminars involving presentations from teachers and students.

CAT 4 TESTING

All Transition year students have taken part in CAT 4 testing. Any student who missed this can do it in the New Year.

The results of the testing will allow students to become aware of their academic potential and their own “**stronger skills**” areas. The testing will also guide the students towards suitable Leaving Certificate subjects and ultimately help them to choose careers and occupations which match their strengths.

USEFUL WEBSITES

www.cao.ie

www.qualifax.ie- [Career information/subject choice information.](#)

www.careersportal.ie [Career information/subject choice information.](#)

www.studentfinance.ie [Grant information.](#)

www.susi.ie [Grant awarding body.](#)

www.accesscollege.ie [Information on HEAR/DARE.](#)

www.revenue.ie [Who to contact for your HEAR/SUSI grant financial documents](#)

ALL COLLEGE UPDATES AND DAILY CAREER INFORMATION CAN BE FOUND ON THE GUIDANCE PORTAL SECTION OF THE SCHOOL WEBSITE

https://careersportal.ie/careerguidance/office.php?school_id=307

MINDING YOURSELF AFTER CHRISTMAS

Many people will suffer some level of depression at some stage in their lives, and they recover from it with or without professional help. Symptoms of depression include:

- Feeling sad, anxious or guilty.
- Having low energy.
- Having low self-esteem.
- Poor concentration.

- Over or under sleeping.
- A loss of interest in hobbies, family, social life.
- Physical aches and pains without any medical cause.
- A loss of interest in living/thinking about death.

The support group **AWARE** recommends that if anyone has 5 or more of these symptoms for two weeks or more, they should contact their GP or medical professional.

AWARE also recommends that if you suffer from depression, you should reach out to family and friends, make lifestyle changes (such as daily exercise, avoid drinking tea/coffee late at night, reduce alcohol consumption, eat healthily, keep a gratitude journal and discuss treatment options including talk therapy and medication with your GP.

See **Aware.ie** for a series of videos on lifestyle changes to help relieve some symptoms of depression. Contact Aware on Freephone **1800 80 4848** or email: supportmail@aware.ie

Pieta House also provided one-to-one therapy to people who are feeling suicidal. Phone **01 4624792** or mail belongto@pieta.ie.

The Pieta House 24 hour support line is **1800 247247**. A text based service is also available by texting **HELP to 51444**

SpunOut.ie supports young people with mental health difficulties on **086 1800280**

The youth mental health charity **Jigsaw** takes calls on **Freephone 1800 544729** from 1-5pm Monday to Friday or you can text **CALL ME to 086 1803880** for a call back.