



Preparing your next steps 2025

Outline of Presentation

Options after Leaving Certificate

Sixth Year Guidance

Application to CAO

Application to UCAS

Application to EUNiCAS

PLC pathways

Apprenticeships

Additional Information

HEAR

DARE

SUSI

Accommodation

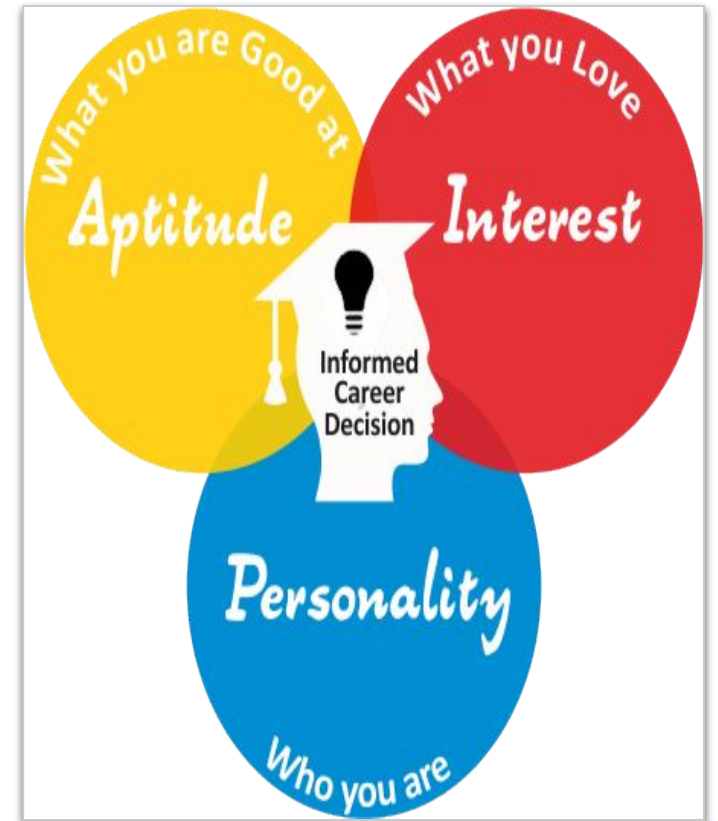
Scholarships

Minding yourself in Sixth Year

Research

SIXTH YR CAREER GUIDANCE AT ST. LOUIS

- Guest speakers from DCU, TU Dublin, Maynooth University, DKIT, Galway University, St Pat's Pontifical Maynooth, University of Limerick
- Careers Fair November 14th, 2024 & Eunicas presentation, Guy Flouch
- Weekly Career Guidance Class -continuous distribution of targeted information/check in - Two Campus visits, College Open Days /Higher Options / DKIT / O' Fiaich College , webinars and guidance events.
- 1:1 appointments with Guidance Counsellor to discuss college/progression /access options ongoing





Central Applications Office –
Galway



Processes all undergraduate
courses to HEI's (Higher
Education Institutes)



CAO processes offers to
courses and records all
acceptances to courses

WHAT IS CAO?

CAO APPLICATION PROCESS

Each student has their own online CAO Handbook

This should be main reference point as it contains all relevant information

<https://www2.cao.ie/handbook/handbook2025/hb.pdf>



CAO
www.cao.ie

The logo features the letters 'CAO' in a large, bold, white sans-serif font. Below it, the website address 'www.cao.ie' is written in a smaller, white sans-serif font. Both are centered within a dark, semi-transparent rectangular area.

2025 Handbook

The image shows the cover of the 2025 CAO Handbook. It features a dark blue background with a white diagonal stripe. The text '2025 Handbook' is written vertically in a large, white, bold, sans-serif font. In the background, there is a blurred image of a person wearing glasses, looking down.

CAREERSPORTAL
Ireland's Leading Career Guidance Website



ONLINE DATABASES OFFERING INFO TO ALL COURSES AND PROGRESSION PATHWAYS.

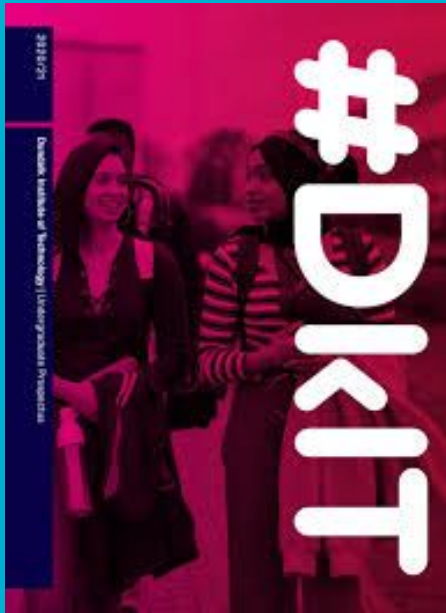


QualifaX

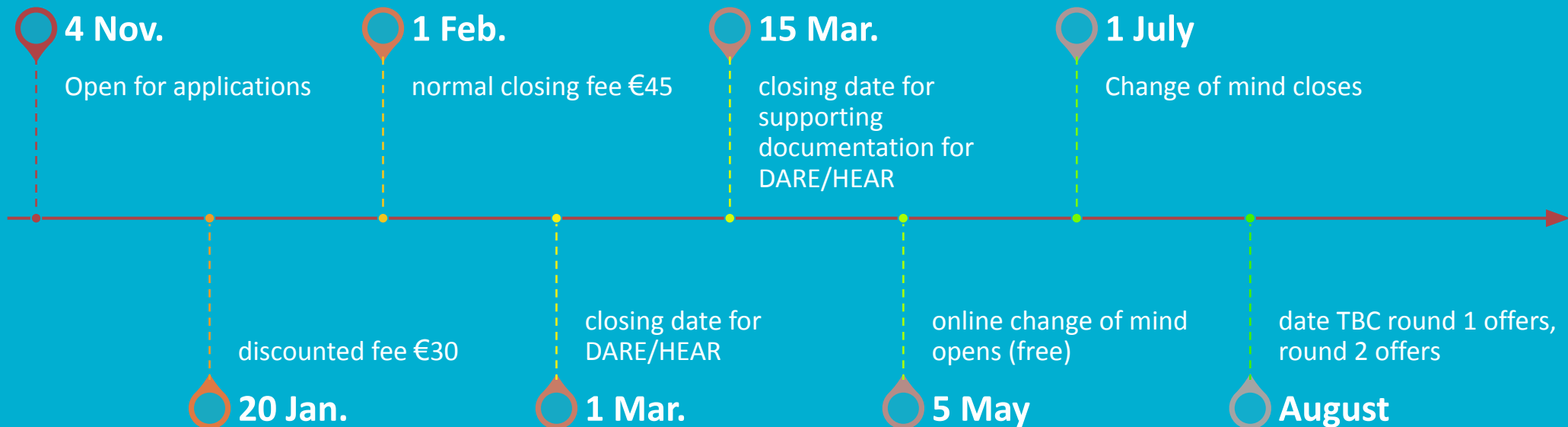
QualifaX

- CAREER GUIDANCE LIBRARY HAS EXTRA COPIES OF ALL PROSPECTUSES AND INFORMATION ON SPECIFIC CAREERS

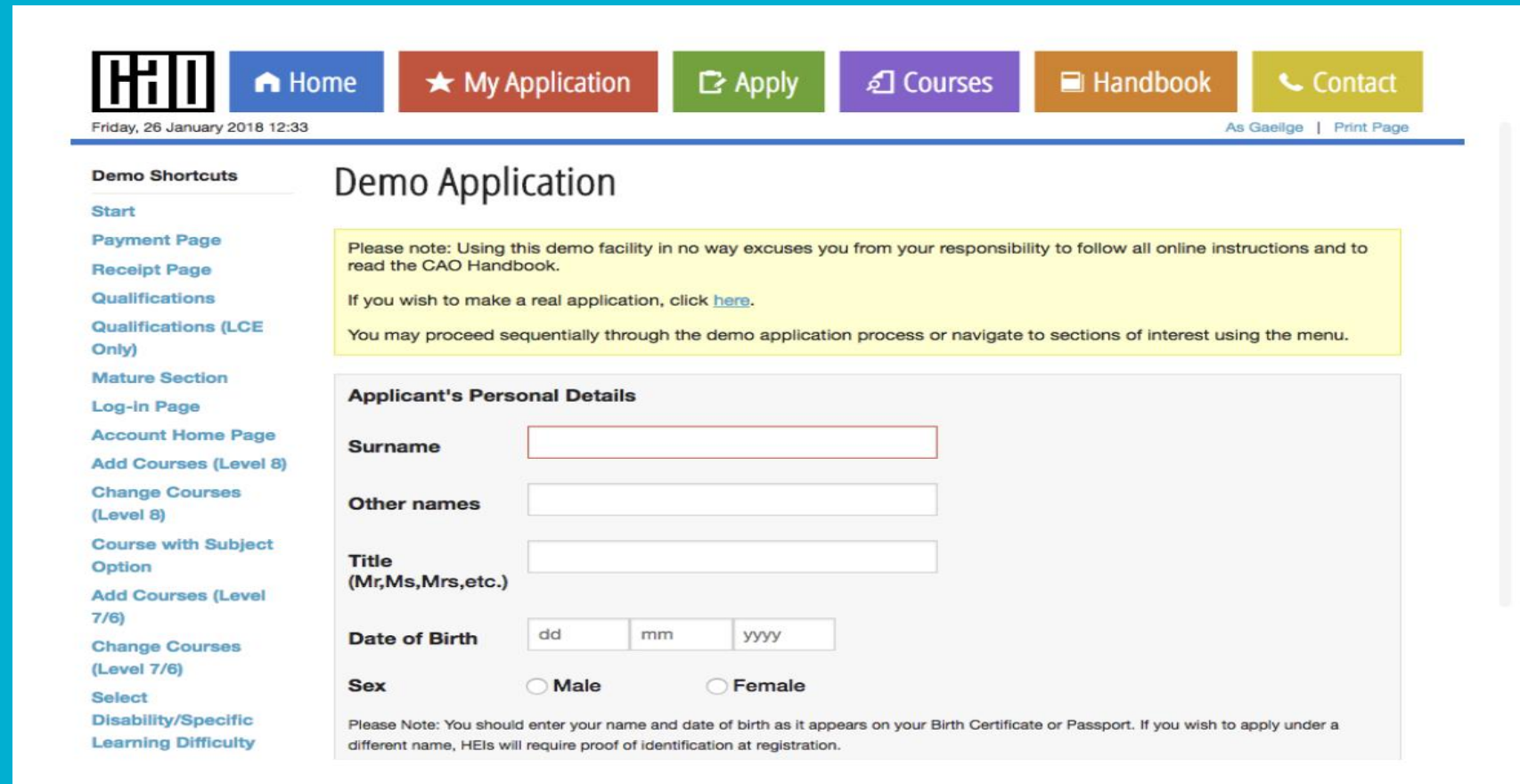
- COLLEGE WEBSITES



TIMELINE



Application form



CAO Home My Application Apply Courses Handbook Contact

Friday, 26 January 2018 12:33 As Gaelige | Print Page

Demo Shortcuts

- Start
- Payment Page
- Receipt Page
- Qualifications
- Qualifications (LCE Only)
- Mature Section
- Log-in Page
- Account Home Page
- Add Courses (Level 8)
- Change Courses (Level 8)
- Course with Subject Option
- Add Courses (Level 7/6)
- Change Courses (Level 7/6)
- Select Disability/Specific Learning Difficulty

Demo Application

Please note: Using this demo facility in no way excuses you from your responsibility to follow all online instructions and to read the CAO Handbook.

If you wish to make a real application, click [here](#).

You may proceed sequentially through the demo application process or navigate to sections of interest using the menu.

Applicant's Personal Details

Surname

Other names

Title (Mr,Ms,Mrs,etc.)

Date of Birth

Sex Male Female

Please Note: You should enter your name and date of birth as it appears on your Birth Certificate or Passport. If you wish to apply under a different name, HEIs will require proof of identification at registration.

- Details to be entered carefully
- Ensure if applying for **DARE/HEAR/SUSI/Exemption** is ticked
- Keep a record of your CAO number and login details
- <https://www.cao.ie/index.php?page=demo>

Choosing courses

Research, research,
research!!

Discuss with family &
friends

Discuss with Guidance
Counsellor

Broaden your search

Check the modules!!!

Check the
modules!!!

TRAFFIC LIGHT SYSTEM– if
80% of the modules interest
you, then it is a course that
should be on your list.

**CHECK THE MINIMUM
ENTRY & SPECIFIC SUBJECT
REQUIREMENTS** EG H4 for
most Engineering courses,
Science Subject for Nursing.



Meeting requirements

In order to receive an offer you will need to meet:

- Minimum Entry Requirements
- Specific /Faculty subject requirements (e.g. HPAT), H4 in Maths for L8 in Engineering for most Universities, Audition, Interview.
- Points

College / Minimum Entry requirements

Level 8

6 subjects with at least 2 at H5 and 4 at O6
(Trinity- 3 at H5 and 3 O6)

Level 6/7

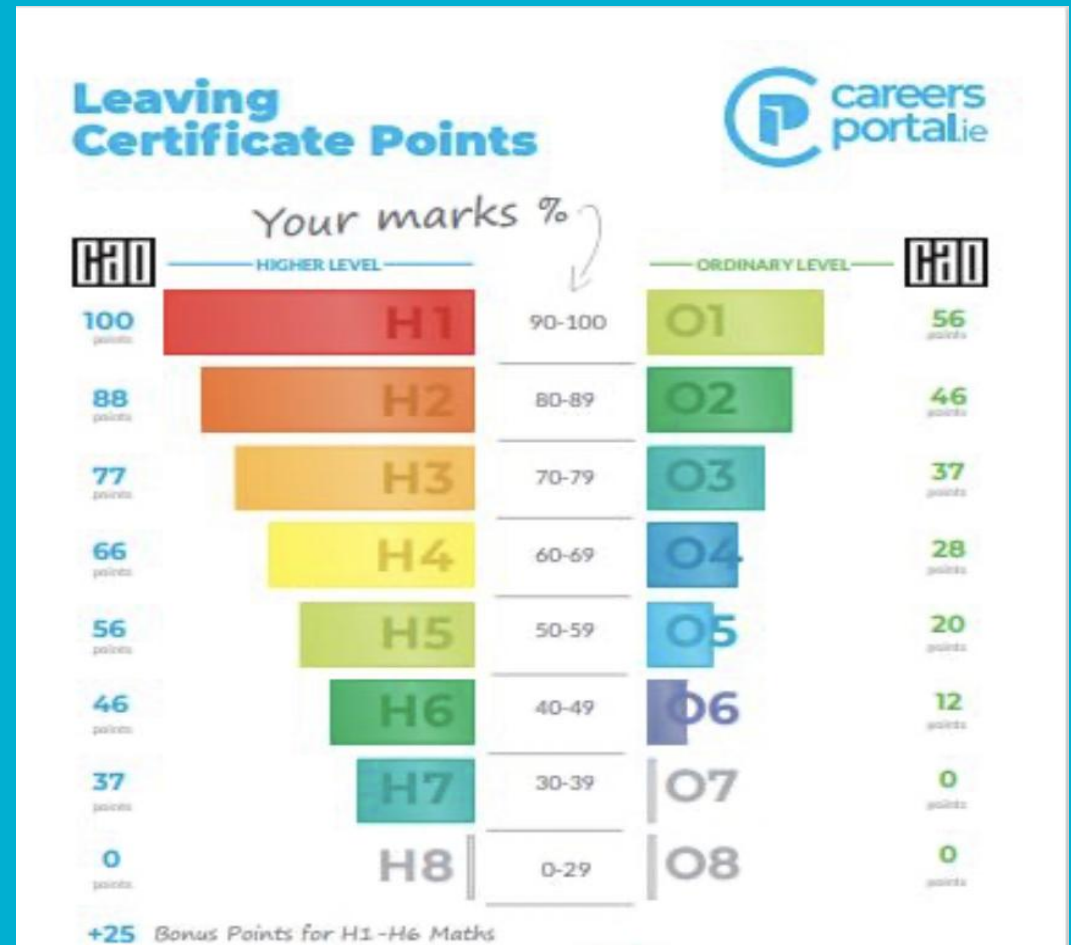
5 subjects at O6

College/Minimum Entry Requirements

Institution	Minimum Grades
NUI Colleges	2xH5(50%) & 4XO6(40%)
Trinity College Dublin	3XH5 &3XO6(204pts)
Dublin City University	2xH5 4XO6 (160 pts)
University of Limerick	2xH5 &4XO6
Technological Universities & Institutes of Technology	2xH5 (Level 8) 5xO6(Level 7)

Top 6 subjects used for points

- Your best 6 subjects are used to calculate points.
- Extra 25 bonus points for H6 or higher in Maths.
- Consider teacher feedback carefully.



ROI Framework of Qualifications (QQI)

<https://www.qqi.ie/about-us/our-role>



-CAO- 2 Applications in 1

2 Course Choice Lists – Level 8 & Levels 6/7.
Up to 10 courses for each list.

Choices on one list do not affect your choices on the other list.

They can be considered **2 separate applications on one form.**

It is possible to receive an offer from both lists.

You then decide to accept with your Level 8 or your Level 6/7 offer.

If you wish to defer you must immediately after the offer is released contact the Admissions Office of the relevant HEI.
Deferrals are not guaranteed.

Level 8 Choices	Level 6/7 Choices
New Choices Enter your new list below	New Choices Enter your new list below
1. <input type="text"/>	1. <input type="text"/>
2. <input type="text"/>	2. <input type="text"/>
3. <input type="text"/>	3. <input type="text"/>
4. <input type="text"/>	4. <input type="text"/>
5. <input type="text"/>	5. <input type="text"/>
6. <input type="text"/>	6. <input type="text"/>
7. <input type="text"/>	7. <input type="text"/>
8. <input type="text"/>	8. <input type="text"/>
9. <input type="text"/>	9. <input type="text"/>
10. <input type="text"/>	10. <input type="text"/>

Level 8, 7 & 6 courses

Level 8



Honours degree – usually 4 years



Offered in universities, Institutes of Technologies, smaller private colleges



Minimum 2 H5 – the reality is considerably higher



Apply through CAO

Level 7/6

Ordinary Degree (Level 7) - 3 years

Offered in Institutes of Technology, smaller private colleges. Apply through CAO.

Level 6 – offered in Institutes of Technology apply through CAO.

Level 6 - If offered in further Education Colleges – apply directly e.g. O'Fiaich College.

New Technological Universities

- TUD Technological University Dublin (Dublin)
- MTU Munster Technological University (Cork, Kerry)
- ATU Atlantic Technological University (Donegal, Galway-Mayo, Sligo)
- TUS Technological University of the Shannon Midlands Midwest (Athlone, Clare, Limerick, Tipperary)
- SETU South-East Technological University (Carlow, Waterford, Wexford)

Your most important consideration...

- PLACE YOUR COURSE IN ORDER OF PREFERENCE- think *GOOP!*
- No. 1 on list is the dream course that you want most
- No. 2 on list is your second most desired course and so on....
- TO DO ANYTHING OTHER THAN THIS IS A BIG MISTAKE!
- CAO closes 1 February 2025
- CAO accounts should be opened before this date – courses do not need to be finalised by this date.
- Aim for Jan. 20th (30 euro)

CAO Course Method

1. I would adore this course (irrelevant of points)
2. I would adore this course (irrelevant of points)
3. I would adore this course (irrelevant of points)
4. Desired course in points range
5. Desired course in points range
6. Desired course in points range
7. Back up courses below my points range
8. Back up courses below my points range
9. Back up courses below my points range

Did you know?



Only Restricted Courses need to be included on your CAO course choice list by Feb. 1st at 5pm

All other course choices can be submitted during the Change of Mind facility from May 7th until July 1st at 5pm

Restricted Courses

<https://www.cao.ie/courses.php?bb=courses>

Change of Mind Facility

- You may use this free facility to change the order of your course choices and/or to introduce new course, subject to restrictions detailed in the handbook.
- **The Change of Mind opens early May and closes July 1st 5.00pm.**



CAO -Statement of application record-May 2025

- Are personal details correct?
- Are all the courses shown and in the correct order?
- Are all the course codes correct?
- Are all exams mentioned?
- Are all exemptions listed?

***NB IF THE STATEMENT OF APPLICATION ISN'T RECEIVED BY 1ST JUNE CAO SHOULD BE CONTACTED IMMEDIATELY



The offer process- AUGUST 2025

- If you are entitled to an offer, you will be sent an email/text with details of your offer(s).
- You may receive more than one email/text if you have received an offer off both your Level 8 and Level 7/6 lists.
- Offers will also be available on the CAO website.
- You may check for and accept offers on the website.
- Follow instructions carefully and reply by the deadlines.



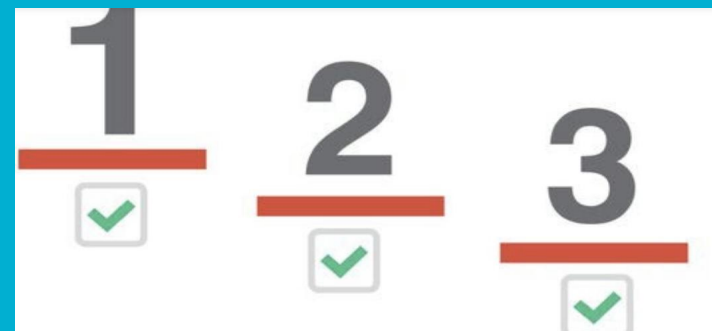
The offer process – AUGUST 2025

Respond promptly at the offer/acceptance stage. Tight schedule with no flexibility for indecision

Any offer not accepted by the closing date for receipt of acceptance of offers in CAO may be offered to another applicant in the next round of offers.

An email acknowledging your acceptance will be received.

Place Allocation



For each course the applicant has applied for, CAO first determines if the applicant has the minimum entry requirements and specific requirements for the course. E.G primary teaching MUST have a minimum of H4 in Irish.

If the applicant does have the minimum and specific requirements, their points are then checked.

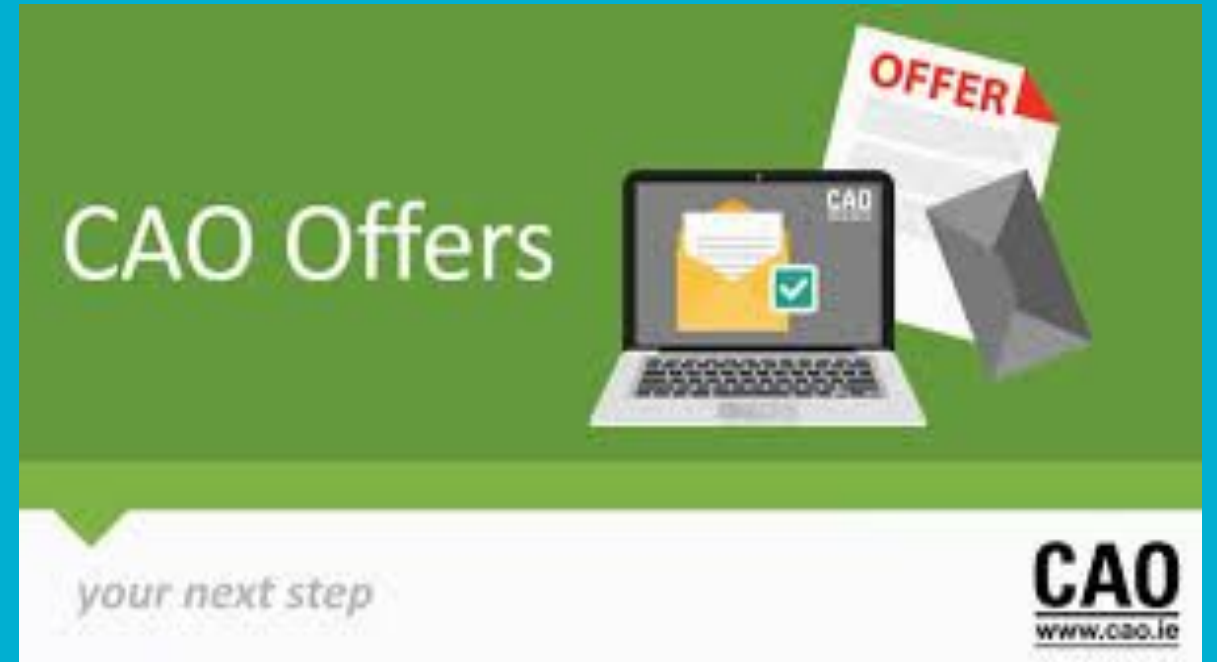
All eligible applicants are then placed on a list, in order of academic merit for each course they have applied for.

Points calculator available:
https://www.cao.ie/index.php?page=points_calc

**Minimum entry requirements +
points score =
Position on Order of Merit List**

Place allocation

- When applicants decline to accept their offers these places become available in the next round of offers.
- They will be offered to the next applicant on the Order of Merit list.
- This process continues until all of the places on the course are filled or until all eligible applicants on the Order of Merit list have been offered places.





EXAMPLE – If a person is offered their 3rd choice in the first round they could still get offered their 2nd or 1st choice in subsequent rounds. However, they will not get offered their 4th choice or any other below.

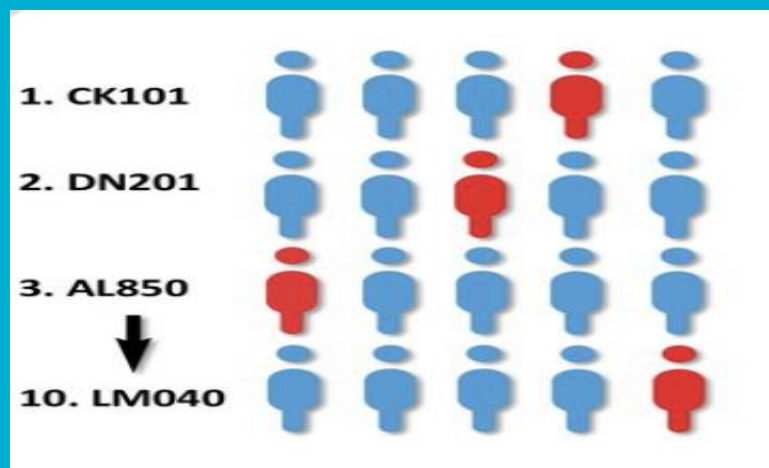


Accepting an offer in Round One will not prevent your child from receiving an offer of a higher preference course in subsequent offer rounds.



If a place on a higher preference course becomes available in a later round, and if your child is entitled to this place, they may receive an offer which they can choose to accept or ignore. Accepting the new offer will automatically cancel the previous acceptance.

If First choice isn't offered in Round One?



CAO- Your summary of dates and tips

Dates and timeline:

[https://www2.cao.ie/downloads/documents/2025/dates and tips 2025.pdf](https://www2.cao.ie/downloads/documents/2025/dates_and_tips_2025.pdf)

The dos and don'ts of application:

[https://www2.cao.ie/downloads/documents/2025/course choices dos and donts.pdf](https://www2.cao.ie/downloads/documents/2025/course_choices_dos_and_donts.pdf)

Making your course choices:

[https://www2.cao.ie/downloads/documents/course choices list.pdf](https://www2.cao.ie/downloads/documents/course_choices_list.pdf)

RECAP

www.cao.ie

Primary source for any questions.

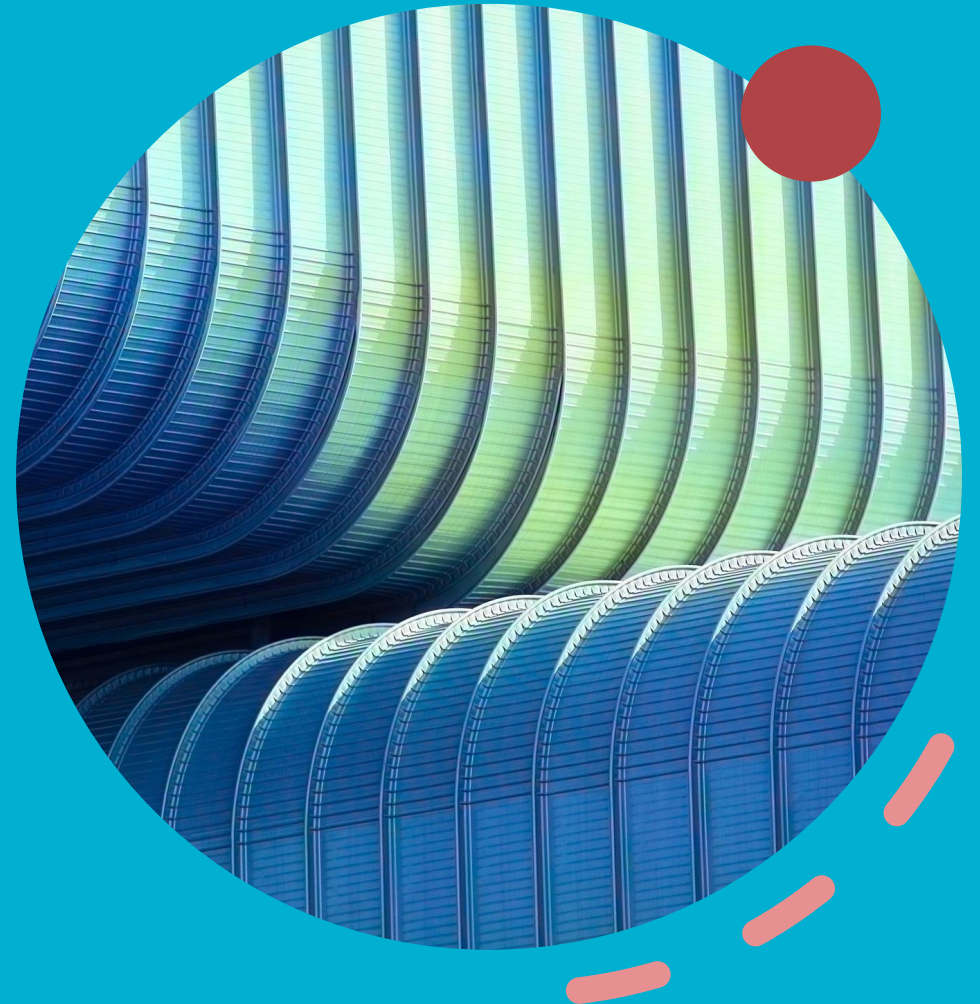
Parents Section

<https://www2.cao.ie/downloads/documents/CAOparentsguide.pdf>

Talk at home - these are big decisions, and can feel daunting.
Informed conversations relieve stress.

Use college websites for all course information –
on course content
ASK facility

Change of mind is open from 5th May -1st July 2025, lots of time to reflect and review choices.



UCAS



Application system for universities in NI, England, Scotland and Wales

Deadline for applications 15th Oct. for Medicine, Veterinary Medicine, Dentistry, Oxford and Cambridge.

For all other applications the closing date is 29th Jan. 2025.

UCAS offers thousands of courses in hundreds of colleges

Thorough research is needed to reduce course selection to 5 choices.

UCAS Applying

Students apply using the online application system.

The application is divided into 5 sections

- Personal Details
- Student Finance
- Course Choices
- Education
- Employment
- Personal Statement

Student progress	
Personal details	✓
Nationality	✓
Where you live	✓
Contact details	✓
Supporting information	✓
Finance & funding	✓
More about you	✓
Education	✓
Employment	✓
Personal statement	✓
Choices	✓

UCAS Reference

- Applications are sent by the student to their centre, which is the school.
- When we receive completed applications, we attach a reference and the student's predicted grades. Once this is complete, we forward the application to UCAS.
- Applications are then forwarded to the selected universities and colleges by UCAS.

UCAS- other requirements

- For some courses students need to sit additional assessments (e.g. UCAT), provide supplementary information (e.g. portfolio), or attend for an interview.
- This is an essential part of the selection process.
- Universities and colleges will decide whether to offer a student a place based on this wider view.
- Applicants can check if they're accepted on the UCAS online tracking system. This shows their choices and any decisions made by the universities.
- If they are accepted, students must reply to their offers.

Decisions & Offers

Colleges have until mid-May to have their decisions made, though many will be made before this date.

After examining all offers, students must then select one as their **FIRM** choice and one as an **INSURANCE** choice.

Any other offers must then be declined by students by a date given by the college.

Tracking your Application

The UCAS **Track facility** allows you to follow the progress of your application.

- You can see your choices and your personal information
- View any **Offers**
- **Reply to your offers** online

The University will view each application, taking into account the Personal Statement, Reference and Results and will make one of **THREE** decisions:

- **Unconditional Offer**
(You have the place regardless of how the LC goes!)
- **Conditional Offer**
(You will get your place if you achieve the grades stated)
- **Unsuccessful**

Key Dates 2024 - 2025



Extra

If a student has used all five of their choices and has not received an offer, or they have declined all offers, they can use the Extra function.

Extra allows students to add new choices, one at a time, via the Track facility.

Extra is open from 26th February

EUNICAS

- This is the European University Central Application Support Service. For students interested in studying in Europe, they can research courses and colleges on this website.
- <https://accesscollege.ie/wp-content/uploads/2024/10/HEAR-2025-Handbook-WEB.pdf>
- If student intends to pursue application a fee will apply (38 euro for shortlist of 6 courses).
- Students can access information and apply directly to the European universities. Eunicas streamlines info, simplifies application process and provides signposting and support for your application.



Level 5/6 - Colleges of further education PLC

- O'Fiaich /DIFE Colleges
- Apply directly to college online
- Applications open Dec 24-Feb 25-Reps invited after pre exams
- Alternative pathway to third level or stand alone qualification
- Student who wants to defer University , expand understanding of sector/ profession
- Popular for Beauty Therapy, Dental Nursing and, more recently, excellent Pre-University options.



**GENERATION
APPRENTICESHIP**
www.apprenticeship.ie

APPRENTICESHIPS

- <https://apprenticeship.ie/more/apprenticeship-directory>
- Regional Training Centre Dundalk
- Traditional – plumbing, carpentry, mechanic
- New – Financial Services, Lab Technician, Software Developer, Supply Chain Manager
- Earning while learning €
- Be committed to working full time and studying
- Usually 2-4 years
- Over 70 Apprenticeships programmes available
- Employment must be secured before accepting Apprenticeship place

HEAR

Higher Education Access Route



What is HEAR?

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

It was set up to ensure that all Leaving Certificate students have a fair and equal opportunity to progress to third level education.

It offers college places on reduced points and extra college support to school leavers.

Note:

HEAR is different to SUSI grant
with no ongoing financial
award.

If applying to HEAR,
consider SUSI
as good likelihood of eligibility.

Should I apply?

1. **Was your household income on or below €46,790 in 2023?**
2. Do you or your family have a **Medical Card/GP Visit Card**?
3. Did your parents/guardians receive a **means-tested social welfare** payment for at least 26 weeks in 2023?
4. Is your parents' or guardians' **employment status under-represented** in Higher Education?
5. Have you attended a **DEIS** second level school for five years?
6. Do you live in an **area** of concentrated disadvantage?

You must meet the
HEAR income limit
plus
the **right combination**
of **2** other **indicators to be eligible**

You must meet Indicator 1, the HEAR Income Limit, plus a correct combination of 2 other indicators to be eligible for HEAR. The combinations are:

Indicator

1 + 2 +
4 or 5 or 6

Indicator

1 + 3 +
4 or 5 or 6

Indicator

1 + 4 +
5 or 6

Indicator

1 + 5 + 6



Send your supporting documents to

HEAR Applications 2025
CAO, Tower House, Eglinton Street, Galway

by 15 March 2025

Key Dates

1. Information on DARE and HEAR Application Information days will be published on [accesscollege.ie](https://www.accesscollege.ie)
2. Apply to CAO by **1 February 2025** on www.cao.ie.
3. Complete and submit your online HEAR Application Form by **1 March 2025**.
4. Send your supporting documents to HEAR Applications 2025, CAO, Tower House, Eglinton Street, Galway by **15 March 2025**.
5. Put your name and CAO number on all documents submitted to CAO.
6. Keep the originals of all documents and proof of postage. HEAR will not contact you about missing, incomplete or incorrect documentation, so please ensure that you have supplied all documents requested on your checklist by **15 March 2025**.

HEAR

Higher Education Access Route

Handbook
2025

Guiding you through
your HEAR application

#HEAR25

How do I know what documents I need?

1. When the online HEAR application is completed, a **checklist** will be generated at the end, based on the information provided.
2. The **checklist** clarifies which **documents** are needed to fully complete the HEAR application.
 - Documentation should be gathered in a timely fashion, i.e. **before 15 February 2025**
 - Send in **all** documents on checklist to make a complete application before **15 March 2025**

Tips

- Study the **HEAR Handbook** carefully with parents / guardians.
- Complete the online application accurately.
- Ensure accurate description of Parental Occupation.
- Request the required supporting documentation early.
- Send good quality copies of all pages of the correct documents with name/CAO number.
- Submit correct Revenue documents – eg Statement of Liability
- As with all things CAO, be mindful of deadlines which, in the the sake in fairness, cannot be changed.



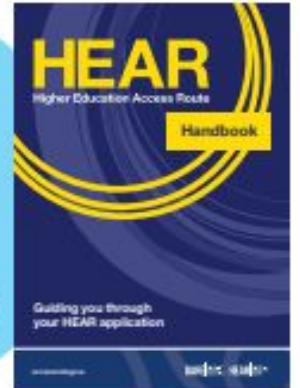
TIP:

Write your CAO application number on the top of each page

TIP:

Download the HEAR Handbook

cao.ie/hear



DARE



Disability Access Route to Education

2024-25



What is DARE?

The **Disability Access Route to Education (DARE)** is a third level alternative admissions scheme for school-leavers whose disabilities have had a negative impact on their second level education.

DARE offers reduced points places to school leavers who, as a result of having a disability have experienced additional educational challenges in second level education.

Should I apply?

- If your disability has had a negative impact on your educational performance in school.
- You may not be able to meet the points for your preferred course due to the impact of your disability.
- You are under 23 years of age as at **1 January 2025**.

Disabilities eligible for consideration

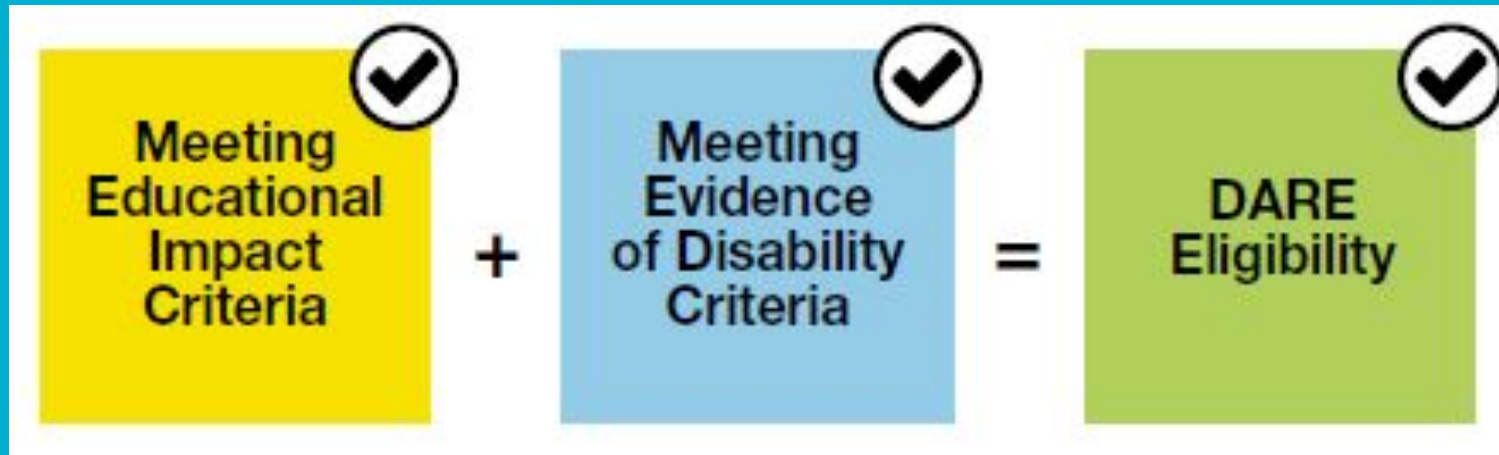
- Autistic Spectrum Disorder (including Asperger's Syndrome)
- ADD/ADHD
- Blind/Vision Impaired
- Deaf/Hard of Hearing
- DCD – Dyspraxia
- Dyslexia/Significant Literacy Difficulties
- Dyscalculia/Significant Numeracy Difficulties
- Mental Health Condition
- Neurological Condition (Incl. Brain Injury & Epilepsy)
- Speech & Language Communication Disorder
- Significant Ongoing Illness
- Physical Disability

Educational Impact

Has your disability impacted on a combination of the following?

1. Have you received **intervention or supports** in post-primary school?
2. Has it **impacted on your attendance** or regularly disrupted your school day?
3. Has it affected your **school experience and well-being**?
4. Has it impacted on **your learning or exam results**?
5. Has it caused any **other educational impact**?
6. Required for applicants with Dyslexia/ Significant Literacy Difficulties or Dyscalculia/
Significant Numeracy Difficulties: is it severely impacting on your **literacy or numeracy skills**?

DARE Eligibility Criteria



- To be eligible for DARE you must meet **both** the DARE **educational impact** criteria and **DARE evidence of disability criteria**.

Applicants must provide the required evidence of their disability and provide an Educational Impact Statement from their school to be considered for DARE.

Benefits of DARE

Reduced Points

- An example: If the Leaving Certificate points for a course are 366 points, an eligible DARE applicant could be offered a place with a lower points score e.g. 356 points.
- However, applicants need to **meet entry** and **programme requirements** to be **considered for a DARE reduced points offer e.g. H4 Irish *primary teaching.**
- The amount of points a particular course is reduced by is dependent on:
 - The overall number of places on the course.
 - The number of reserved DARE places on the course.
 - The number of DARE eligible applicants competing for these reserved places.
 - The reduction in points for DARE places can vary every year.

Benefits of DARE

Orientation Programmes

Learning Support

Assistive Technology

Library Support

Exam Accommodations

Educational Support Worker

Academic Tuition

****Note:**

- You don't have to be eligible for DARE to receive support in college.
- A needs assessment can be conducted by ACCESS team to identify your specific support requirements.



How do I apply?

- Review the DARE Handbook and the application timeline with your parent(s)/guardian(s). State intention on CAO before Feb. 1st.
- Section B completed in school with guidance counsellor
- Check criteria relevant to your disability.
- By 1 March 2025 Complete the online application form through www.cao.ie
- Companion video
<https://youtu.be/b0kgdpiZoK4?si=tZhJIVDvDYKOBdGF>
- Gather together your completed Educational Impact Statement AND the relevant Evidence of Disability.
- By 15 March 2025: Submit copies of supporting documents to CAO by post.

Supplementary Information Form (SIF)

Section A: Applicant Information

- Completed by you by **17:15 on 1 March 2025**
- Answer **Yes to Q1** to apply to DARE and fully complete Questions 1-5.

Section B: Educational Impact Statement

- School Statement completed by your school usually the GC and student.
- Send to CAO by **15 March 2025**

Section C: Evidence of a Disability

- Completed by the appropriate professional e.g. Consultant.
- Send to CAO by **15 March 2025**

Section C: Evidence of Disability

Check out the information on providing evidence of your disability on

www.accesscollege.ie/dare/providing-evidence-of-your-disability

Tips

- Study the DARE Handbook carefully with your parents / guardians.
- **Select Yes to Question 1 on the Supplementary Information form-Section A by 1 March.**
- Ensure you speak to your Teacher early about the Educational Impact Statement- Section B.
- Request the required supporting documentation early.
- Send good quality copies of all pages of the correct documents with name/CAO number.
- Submit all supporting documents requested (by post) by 15 March.
- Keep proof of postage.
- Deadlines are fixed

IMPORTANT

Applications can be made to both

DARE & HEAR

More info @ www.accesscollege.ie

Applicants who are both DARE and HEAR eligible will be prioritised by colleges when allocating reduced points places.

DARE and HEAR Timelines

DARE & HEAR closing date	<input type="radio"/>	1 March 2025 at 17:15
Supporting documents closing date	<input type="radio"/>	15 March 2025
Notification of eligibility	<input type="radio"/>	Late June 2025
Review and Appeals Application	<input type="radio"/>	July 2025
HEAR/DARE offers	<input type="radio"/>	August 2025
College Orientation	<input type="radio"/>	Late Aug /Early Sept 2025

SENDING DOCUMENTS TO CAO

When sending supporting documents to CAO please:

1. Number and date the top of each page.
2. **Write your CAO application number on the top of each page.**
3. Put your documents in an envelope ensuring the envelope contains only supporting documents for your CAO application.
4. If you wish to receive confirmation from CAO that your documents have been received you must include a self-addressed and stamped postcard in your envelope (you will not require a stamp for the postcard if you live outside of the Republic of Ireland).
5. Seal the envelope and include your return address on the back of the envelope.

6. All documents should be sent to: **CAO, Tower House, Eglinton Street, Galway, H91 X25V, Ireland.**
7. You should obtain a free Certificate of Posting from the Post Office. **Please do not register your post; a Certificate of Posting will suffice.**

Evidence of Posting

Please note that if there is any loss or delay of an item in the post, CAO will require proof of postage, e.g. a Certificate of Posting.

Please ensure that the date and office of issue is clear and readable. You must indicate what was sent to CAO which relates to the specific Certificate of Posting, e.g. application form, Change of Mind, additional documents, DARE documents, HEAR documents.

Every time you post something to CAO you should have a Certificate of Posting verified at a Post Office.

Please do not register your post; a Certificate of Posting from the Post Office will suffice.

SUSI: Key Eligibility Criteria



- **Nationality:** Irish, EU, EEA, Swiss nationals or have specific leave to remain in the State.
- **Residency:** 3 of last 5 years in Ireland, EU, EEA or Switzerland.
- **Progression** in education – NFQ levels 5-10.
- **Approved College/Course**
- **‘Reckonable’ Income** (Class - Dependent/Independent)

SUSI is short for:

Students

Universal

Support

Ireland

***Resources-Thresholds to meet award criteria:

www.susi.ie/undergraduate-income-threshold-and-grant-award-rates/

SUSI Eligibility Reckoner @susi.ie

<https://www.susi.ie/eligibility-reckoner-app-irish/>

SUSI: Key Eligibility Criteria

- Check the website: www.susi.ie
(Use Eligibility Reckoner)
- CAO form: Tick the SUSI option to share your college acceptance
- Apply early: April 2025
- Return requested documentation: complete and on time

Contact SUSI

- Website: www.susi.ie
- Email: support@susi.ie
- [Facebook.com/susisupport](https://www.facebook.com/susisupport)
- [Twitter.com/susihelpdesk](https://twitter.com/susihelpdesk)
- Telephone helpdesk: 0761 087 874

SUSI have an easy to use **Eligibility Reckoner** which will quickly tell you if you should proceed with an application.



A typical application will require you to provide:

- **Your birth certificate**
- **Your PPS number**
- **Evidence of your home address**
- **Evidence of your household income from employment and/or social welfare**

SUSI

Scholarship Information

DCU- <http://www4.dcu.ie/prospective/scholarships.shtml>

UCC-<http://www.ucc.ie/en/study/schol-prize/>

UCD-www.ucd.ie/scholarships

Galway University <http://www.nuigalway.ie/admissions/scholarships/>

Maynooth University http://admissions.nuim.ie/school_leavers/scholarships.shtml

Trinity College Dublin <http://www.tcd.ie/Admissions/undergraduate/scholarships/>

Education. ie- <http://www.education.ie/en/Learners/Services/Scholarships/>

Careers Portal -https://careersportal.ie/parents/?ed_sub_cat_id=56&menu_parent_id=16&parent=16#.Wr_ZPOt4WrU

University of Limerick

http://www2.ul.ie/web/WWW/Services/Student_Affairs/Student_Administration/Admissions/Scholarship



Accommodation

Most universities will have campus accommodation, this is very competitive and is on a first come first served basis.

However, many colleges prioritise 1st year students for campus accommodation.

- Accommodation is applied for prior to leaving certificate by paying deposit and completing the application on the required date.
- For list of all college accommodation check college websites or Qualifax
- For private rented student accommodation check:

www.daft.ie



College choice- useful websites

www.careersportal.ie

For all college/career info in one dedicated site

www.qualifax.ie

Irish site, established by the IGC

www.cao.ie

For information on applying through the Irish points system

www.ucas.com

For information and college application to NI, Scotland, England and Wales

www.solas.ie

www.apprenticeships.ie

For information on all apprenticeships in Ireland

www.fit.ie

Career specific websites

www.steps.ie

For information on engineering as a career

www.nursingcareers.ie

For information on becoming a nurse

www.racingacademy.ie

For information on working with horses

www.tourisminsight.ie

For information on careers in tourism

www.teagasc.ie

For information on studying and careers in the agriculture sector

Career specific websites

www.garda.ie

For information on joining the Gardaí

www.military.ie

For information on joining the army,
navy, air corps

www.publicjobs.ie

For information on working for the
government/civil service

www.bim.ie

For information on careers in the
fishing industry

www.chooseit.ie

For information on courses and
careers in the IT and
computer industry

Further info. gathering

www.studentfinance.ie

For training and college courses for students with additional educational needs

www.susi.ie

For information on financial support for students

For information on financial support for students

www.accesscollege.ie

For information on the Access schemes - HEAR &

DARE

www.careersnews.ie

For up-to-date news on careers and colleges.

Sign up for updates

Minding yourself this year



TALK TO
YOURSELF
LIKE
YOU'RE
TALKING TO
SOMEONE
YOU
LOVE.
BRENÉ BROWN



Keeping an even keel



Self-care is defined as; any action a person might take in order to improve and aid their physical and mental health.

This can range from the smallest of things – cooking your favourite meal, going for a walk on the beach or chatting to a friend. Why is self-care important you may ask? Well it involves taking the time to refresh and re-center yourself, a process which is different for every individual.

Self care is important in exam years as you need to refill your own cup daily, during a time that asks a lot of you.

Sleep



Two of the most important things to fortify through a busy time, are the foods you're eating and the amount of sleep you're getting.

A good night's sleep (aim for 8 hours) makes untold difference to your mood and mindset as well as your ability to focus during the day

If you're not sleeping well during the night – remember naps aren't just for toddlers. Power naps are very effective. A 20-minute nap is perfect for a short recharge for your mind and can even help you better retain the information you've been revising over for hours. Don't underestimate the significance of small votes for yourself whether it's a ten minute revision or a candle with dinner 🥰

6 tips for better sleep:



1. Routine- Getting up and going to bed at the same time every day is key for your circadian rhythm and nervous system
2. Temperature- It is easier to sleep in a cold/ colder room, preferably around 18 degrees
3. Darkness- Avoid bright lights and phone screens as these will awaken the brain
4. Walk it out- If you can't sleep after 25 minutes get up and walk around
5. Caffeine- Avoid in the evening
6. Have a wind down routine- 30 minutes before bed start your nighttime routine. E.g. read a book or journal.

Sleep- foundational to your well-being

Sleep Workshop: This short video covers all the information you need to know about sleep, and highlights tools and resources to help you improve your sleep.

<https://youtu.be/mgAbHDkHoOU>

Tik tok on neuroscience of sleep

<https://vm.tiktok.com/ZGdB3Nf7V/>

Jigsaw resource for parents/guardians

<https://jigsaw.ie/a-parents-guide-to-leaving-cert-stress/>

Importance of Sleep

ckl community knowledge initiative
Before Bed

- Make sure you wind down
- A warm bath (not hot) will help your body reach a temperature that's ideal for rest.
- Writing "to do" lists for the next day can organise your thoughts and clear your mind of any distractions.
- Relaxation exercises (breathing, light yoga stretches)
- Don't exercise vigorously, as it may have the opposite effect.
- Guided Relaxation
- Reading a book or listening to the radio relaxes the mind by distracting it.

09/09/2021

Minding Your Wellbeing, online offerings:

The programme aims to help you develop a positive outlook by looking after your mental health and wellbeing using a series of videos. The videos provide an opportunity for you to learn more about mindfulness, gratitude, self-care and resilience.

<https://youtube.com/playlist?list=PLltgannkj2UHEc7ELQpgT6--mN4PRmzpU>

Tackle Your Feelings

<https://www.tackleyourfeelings.com/>

Calm- Just One Step, The Journal- a companion guide

<https://drive.google.com/file/d/1-j7uNDvC4ZpMMNrtwQB7YfU0Yz3Eyojz/view?usp=drivesdk>

Movement breaks



Pilates for beginners – These 30-minute videos will guide you through the movements and practices to help build Pilates into your exercise routine to support your health and wellbeing.

Start your online classes here:

<https://youtu.be/HTtqxCOuV60>

Yoga for beginners- These 30-minute videos will guide you through movements and practices to help build yoga into your exercise routine. Start your online classes here:

<https://youtu.be/eSzB1AbSW-g>



Connecting with your breath 🧘

Box Breathing- a simple breathing technique that's easy to learn.

Exhale to a count of 4

Hold for a count of 4

Inhale to a count of 4

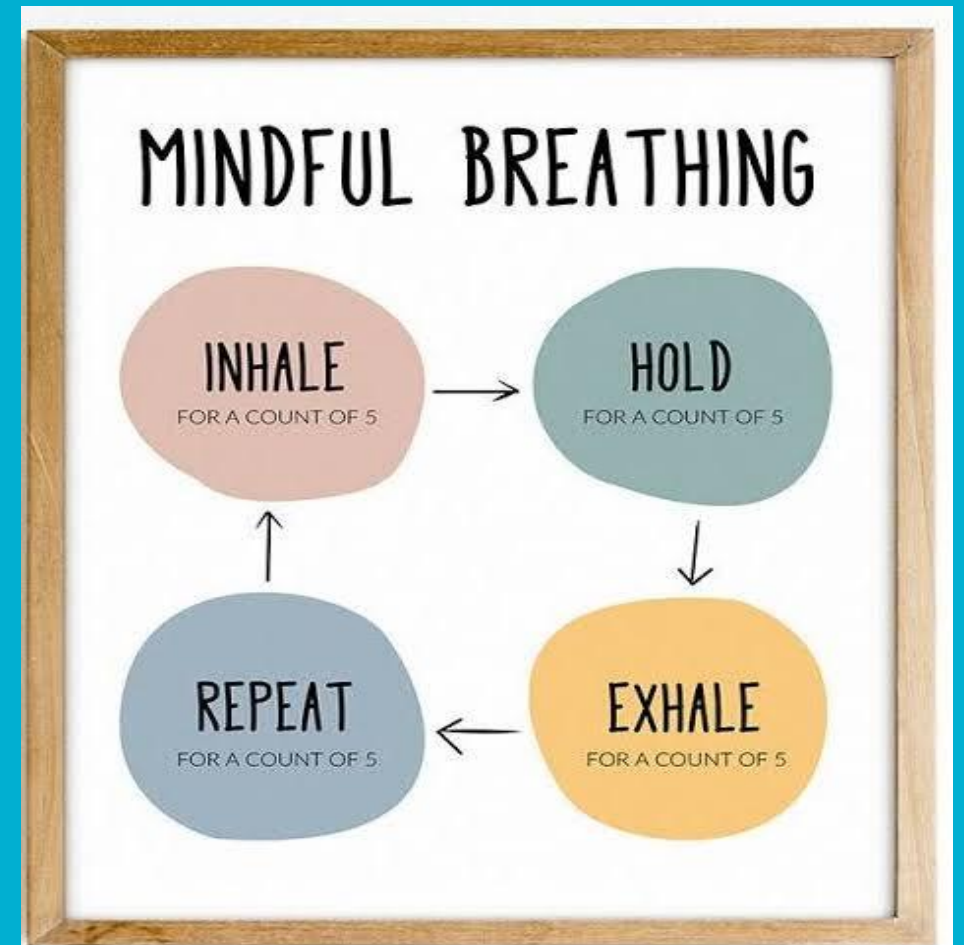
Hold for a count of 4

Exhale and repeat

Repeat this pattern for five rounds and feel the benefits 💕

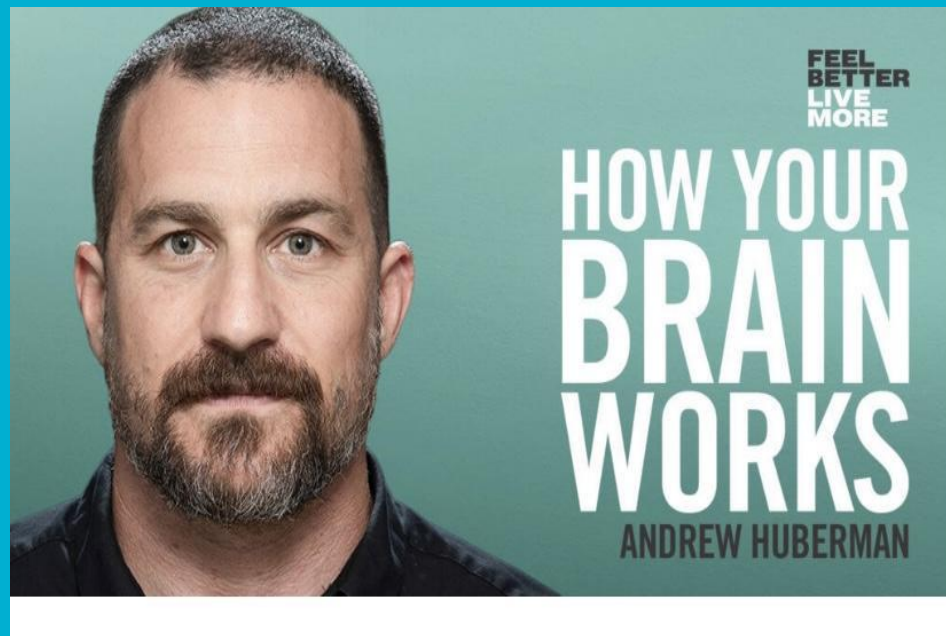
Breathing techniques to reduce stress and anxiety

<https://youtu.be/kSZKlupBUuc?si=h3bQqj8rPPayyWAm>

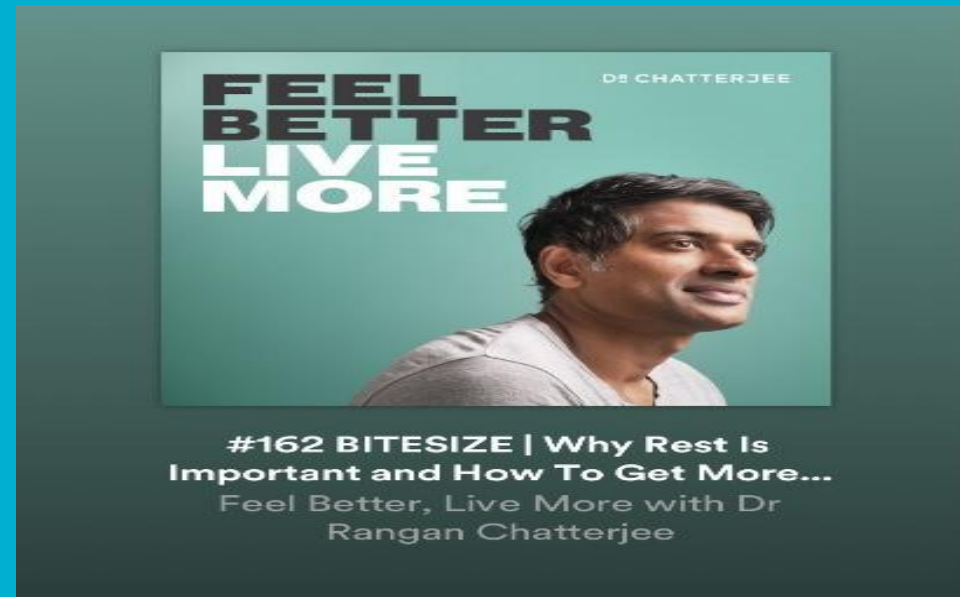


Podcasts which may be useful:

<https://youtu.be/kSZKIupBUuc>



https://open.spotify.com/episode/5N PfUDeP8fwAHBvdoxig2G?si=qbM_d yjxQdG-NNS1bfmpcg



Quick sound bites to lift your day 🙌



BITE SIZE

FEEL BETTER
LIVE MORE

REDUCE STRESS

DR TARA SWART

#313

BITESIZE | Daily Habits to Reduce Stress and Anxiety | Dr Tara Swart

<https://drchatterjee.com/bitesize-daily-habits-to-reduce-stress-and-anxiety-dr-tara-swart/>



BITE SIZE

FEEL BETTER
LIVE MORE

DO THIS EVERY DAY

MEL ROBBINS

#309

BITESIZE | How to Take Control of Your Life with One Simple Habit | Mel Robbins

<https://drchatterjee.com/bitesize-how-to-take-control-of-your-life-with-one-simple-habit-mel-robbins/>

Help for the helpers

Top ten tips for Parents of Leaving Cert Students:

[https://www.schooldays.ie/articles/TOP-10-Tips-for-Parents-of-Leaving-Cert-Students](https://www schooldays.ie/articles/TOP-10-Tips-for-Parents-of-Leaving-Cert-Students)

A Guide for Parents and Guardians supporting Leaving Cert students:

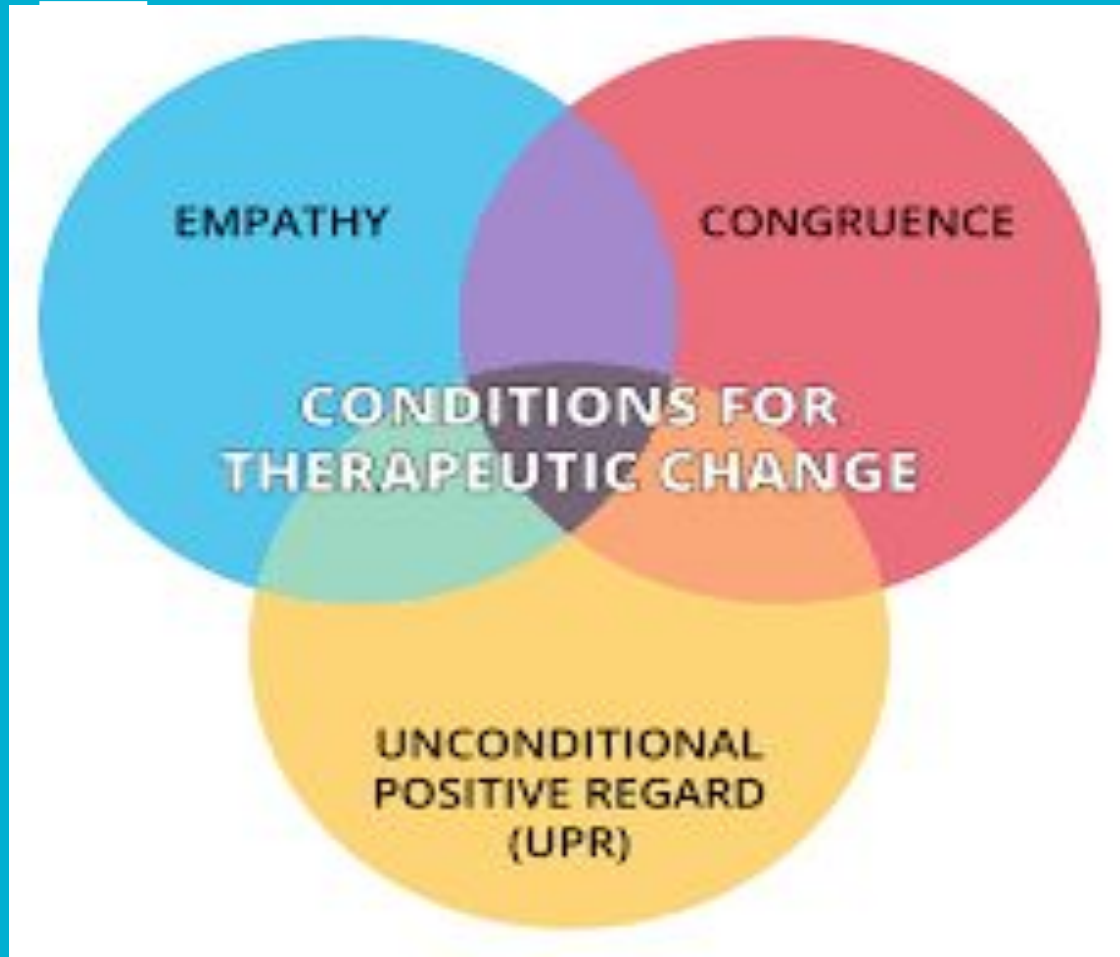
<https://assets.gov.ie/214226/83a189c7-522f-45e0-ae71-5dcac236be31.pdf>

Attuning to your young person:

<https://assets.gov.ie/82922/60f6188c-a4cd-466a-b79b-941a4d8aa13b.pdf>

<https://www.irishtimes.com/ireland/education/>

Core conditions for supportive relationships



Empathy is simply listening, holding space, withholding judgment, emotionally connecting, and communicating that incredibly healing message of **you're not alone.**

— Brené Brown

Carl Rogers' essentials for relationship



We think we listen, but very rarely do we listen with real understanding, true empathy.

Yet listening, of this very special kind, is one of the most potent forces for change that I know.

— *Carl Rogers* —

Connecting through challenge- remember these are 'the good old days'.

The obstacle is the way

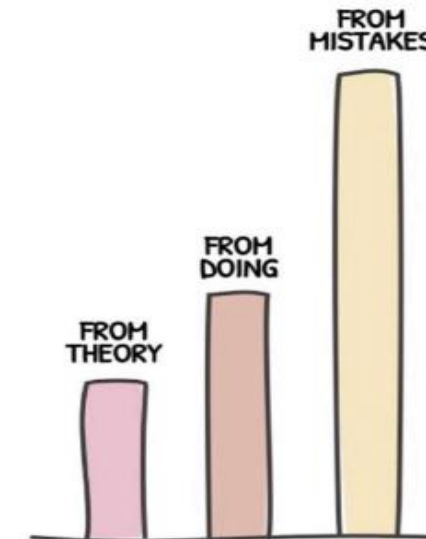
the tallest peaks
I have ever seen
belonged to mountains
that made me

how I used to curse
those steep slopes
that taught me
to touch stars

-jody lynn



HOW MUCH YOU LEARN



@JUNHANCHIN



OUT OF MY CONTROL

The actions of others

The outcome of my efforts

IN MY CONTROL

The future

My words

Being present in this moment

Past mistakes

My mindset

How I speak to myself

What I give my energy to

The opinions of others

How I spend my free time

How I move on from failure

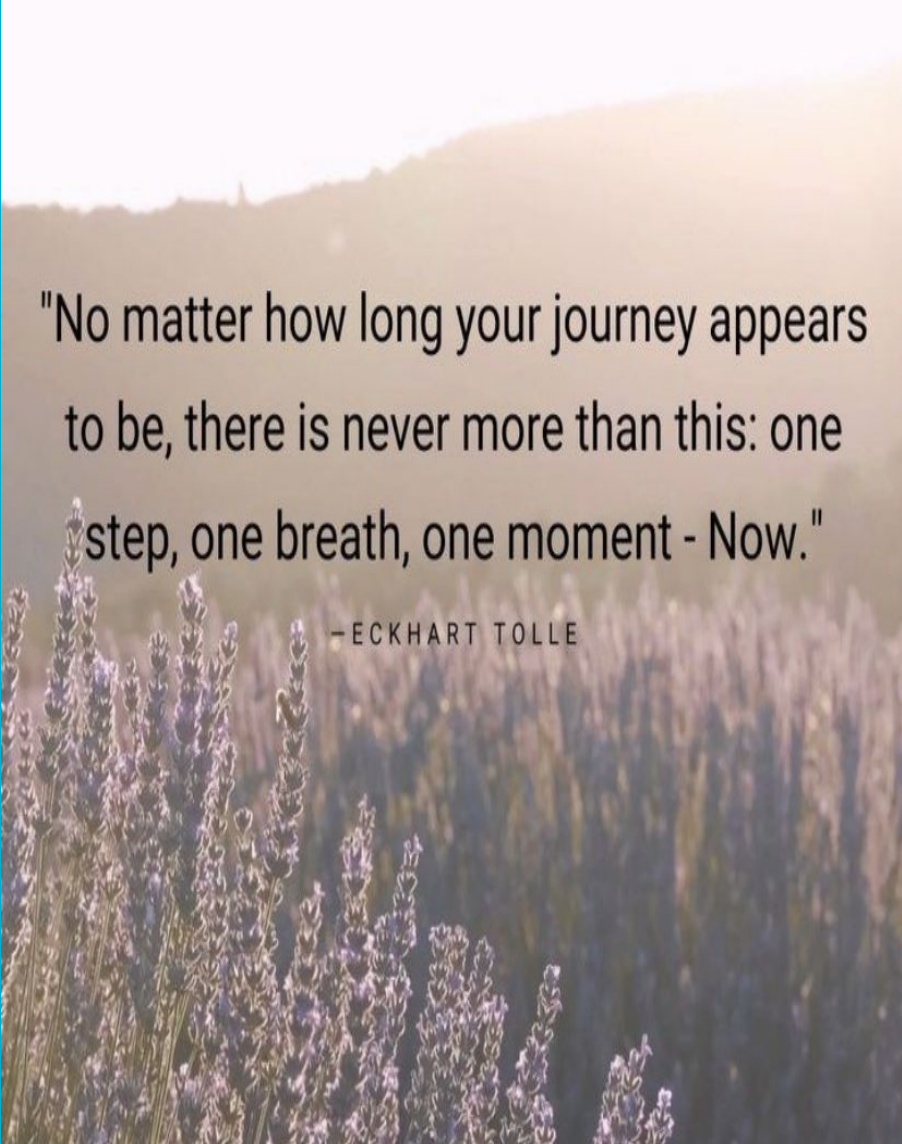
Other people's boundaries

The boundaries I set

What happens around me

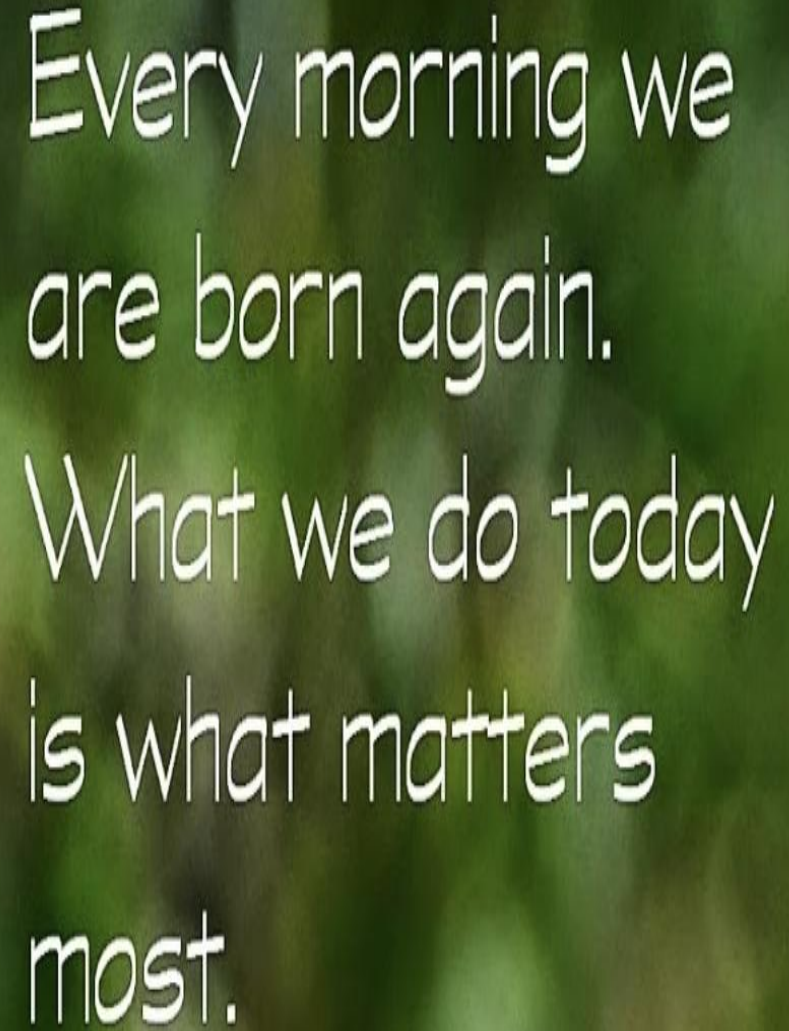
What other people think of me

@MINDFULENOUGH__



"No matter how long your journey appears to be, there is never more than this: one step, one breath, one moment - Now."

-ECKHART TOLLE



Every morning we
are born again.
What we do today
is what matters
most.

*Thank you for your time and
attention...*

