



Career Guidance – Tips and Resources



During this coming year, Sixth Year students will start to make exciting choices and plans about their aspirations for post second-level education. It is important that they take time to seriously consider their interests, passions, values and skills, and fully explore the career opportunities that will be the best fit for them. Parents and guardians, of course, play a major role in supporting their child's career development and their decision-making throughout this process.

We set out below some information and resources you may find useful at this stage:

- **Careers Talk:** On 12 September (Monday), Sixth Years will receive a talk from Mary Lucey, a Professional Education and Career Consultant with over 30 years of experience in the third level and further education sectors. We enclose a bio of Mary for your information, and we encourage students to ask as many questions as possible on the day.
- **Open Days:** Third level institutions are beginning to release dates for their Open Days (e.g., University of Galway 7 & 8 October; University College Cork 8 October; University of Limerick 20 & 21 October). We highly encourage all students and parents/guardians to attend Open Days at relevant institutions where possible to find out about student life, to meet the staff and to explore the facilities on offer.
- **CAO Process:** The CAO process for applications to third level institutions will begin in November and all students will be encouraged to apply for a CAO number, regardless of their current intentions after the Leaving Certificate. This will ensure all options are kept open for them.
- **Parent's Open Night:** We plan to hold an Open Night for parents in the school before the Halloween break on careers exploration and choice, and to answer any questions you may have. We will be in touch with you separately on this.
- **Careers Portal Reach+:** All Sixth Years should have access to the Careers Portal Reach+ programme (licences were paid for during Fifth Year). This is Ireland's most comprehensive and in-depth programme to support students in all aspects of careers. We encourage students to use this programme to its potential. If your daughter does not have access, please let us know.
- **Resources:** These websites may be particularly helpful to you in supporting your daughter in the careers research process:
 - www.classroomguidance.ie The free video resources on this website cover a host of topics on career exploration and choice (e.g., how the CAO process works, PLC course options, availability of grants, etc).

- www.synergycareers.ie Live seminars are held every Monday online on a variety of topics to support students and parents. Live access is free, while recordings are available at a small charge. A schedule of upcoming webinars is enclosed for your information.
- www.qualifax.ie This website is Ireland's database for further and higher education and training options. This is the one-stop shop for details on all third level courses.
- **HEAR/DARE:** For students whose disabilities have had a negative impact on their second level education, or students from socio-economically disadvantaged backgrounds, the HEAR programme (Higher Education Access Route) and DARE programme (Disability Access Route) should be carefully explored. These programmes will be discussed with students in class, however, parental involvement will very important if applications are to be made.
- **Guest Speakers:** Representatives of University College Cork, University College Galway, University of Limerick and the Munster Technological University will give talks in the school over the next 8 weeks.

We hope the above information and resources are helpful to you, and look forward to providing further information to you at the Open Night. We will be in touch in due course.

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Mr. Clarke

Mary Lucey – Founder Career Ahead Ltd

Mary Lucey, the Founder of Career Ahead, is a Professional Education and Career Consultant. Mary has a Business Studies Degree with specialisation in Personnel and Industrial Relations. She has postgraduate qualifications in both Business Education and Information Technology, in addition to a variety of Continuous Professional Development qualifications. Mary has worked in Education for over 30 years, in the third level education sector, in the further education sector and on apprenticeships.



Mary has overseen and developed academic programmes from QQI level 5 and 6, Undergraduate Programmes to Higher Certificate, Ordinary Degree and Honours Degree level and to Postgraduate Degree Level 9. She is experienced in all aspects of assessments and examinations; in quality assurance and the results approval and appeals processes. She has acted as an examiner for the Department of Education and Skills, and as an external examiner for a number third level Colleges. Mary has overseen the introduction of modularisation and semesterisation in colleges. She set up scholarship schemes to support students and invaluable industry links and projects for betterment of the students/graduates. Mary has developed and introduced a variety of innovative and unique nationally recognised and award-winning projects and initiatives.

Mary has been the recipient of several Business and Media Awards. She has sat on judging panels for a variety of business and media awards. She is a strong advocate of gender balance in education and careers and was awarded a Fellowship by the ICS for her work in promoting IT in education. She appears as an Education and Career Expert on national television stations. She has regular slots on radio shows and writes for regional and national media. She is regularly contacted to voice opinions and provide advice on educational and career matters by the media.

During her career, the focus for Mary has been on the individual student - and how best to provide advice and support to pave out a future career that is right for each of them. Mary believes the key to success in college and/or in a career is to follow interests and passions so that people are motivated and excited in their studies and/or careers. She currently works with students leaving school, commencing college courses; during college and upon their graduation securing employment. Mary brings them through the process of selecting suitable second level subjects, identifying and researching a suitable course; the application process; support when commencing and settling into college; support during the various stages of attaining their academic qualification and finally securing employment. Career Ahead ensures students/parents/graduates have sufficient information, advice, and support to make the right decisions in relation to their education and careers.

MaryLucey@careerahead.ie

087 9338941

www.careerahead.ie

<https://www.facebook.com/yourcareerahead>

<https://www.instagram.com/careerahead.ie/>

<https://www.linkedin.com/in/mary-lucey-841bba39/>

Schedule of Webinars for 2022/2023

Available from <https://www.synergycareers.ie/>

Full Timetable of ALL Upcoming Talks in our Careers Webinar Series

To ensure you do not miss out, check the schedule, mark in on your calendar the topics of interest and set reminders on your phone or email for the relevant dates!

	DATE	CAREER GUIDANCE WEBINAR SERIES
September	Monday 5th	Career Research & Preparation for Open Days
September	Monday 12th	Study Skills & Exam Technique
September	Monday 19th	Careers in Health - Medicine, Dentistry, Nursing
September	Monday 26th	Careers in Science
October	Monday 3rd	Studying Abroad - Europe, UK +
October	Monday 10th	Careers in Engineering
October	Monday 17th	Careers in Construction & Apprenticeships
October	Monday 24th	Careers in Transport & Apprenticeships
November	Monday 7th	CAO Application Procedure & Hpat
November	Monday 14th	Careers in Art & Design, Architecture
November	Monday 21st	Careers in Business & Administration
November	Monday 28th	Careers in Accountancy & Finance
December	Monday 5th	Applications & Additional Requirements
December	Monday 12th	Careers in Humanities - why study an Arts Degree?

December	Monday 19th	Careers in Languages
January	Monday 9th	Backup Plans to your 1st Choice - CAO, PLC +
January	Monday 16th	Careers in Education
January	Monday 23rd	Careers in Computing
January	Monday 30th	Careers in Sports & Sports Scholarships
February ##	Monday 7th	Careers in Defence Forces, Garda Siochana & Emergency Services
February	Monday 21st	Careers in Law
February	Monday 27th	Careers in Politics & Public Service
March	Monday 6th	Subject Choice for TY and Career Decisions
March	Monday 13th	PLC Route - A Smart Stepping Stone
March	Monday 20th	Careers in Hospitality & Tourism
March	Monday 27th	Careers in Agriculture & Animal Care
April	Monday 17th	Careers in Media & Entertainment
April	Monday 24th	Careers in Psychology, Counselling, Social Care & Religion
May	Monday 8th	CAO Change of Mind
May	Monday 15th	Cost of Going to College
May	Monday 22nd	Transition to College
May	Monday 29th	Apprenticeship Options
May ##	Tuesday 30th	Parents/ students starting TY 2023/23- how to plan for career exploration

May ##	Wednesday 31st	Parents/ students starting 5th Year 2023/24- how to plan for career exploration
June ##	Thursday 1st	Parents/ students starting 6th Year 2023/24- how to plan for career exploration
June ##	Tuesday 6th	Final Exam Tips - For Parents & Students