



Mr. Mc Nicholas

Guidance Counsellor

Three Roles:

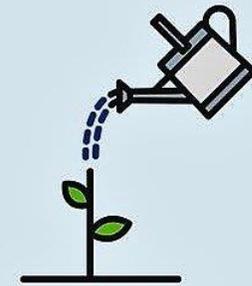
- ▶ It encompasses the three separate, but interlinked, areas of:
 - 1) **Personal and Social Development- Counselling and Wellbeing**
 - 2) **Educational Guidance- Career Classes/ Meetings**
 - 3) **Career/ Vocational Guidance**



How Guidance Programme addresses

1) Personal
and
Social
Development

- ▶ Wellbeing Subjects (SPHE/CSPE/PE/Guidance)
- ▶ RE/RSE
- ▶ Retreats
- ▶ Year Heads
- ▶ Rice Mentors
- ▶ Student Council
- ▶ Counselling Service
- ▶ Healthy Active Week
- ▶ Guest speakers- Aware etc.
- ▶ Sport/ clubs, etc.



YOU GOTTA
NOURISH
TO FLOURISH

How Guidance Programme addresses

2) Educational Guidance



- ▶ Taster Subjects (1st Years)
- ▶ Subject Choice
- ▶ Subject Levels (e.g. Higher and Ordinary)
- ▶ Programme Options (e.g. TY and LCA)
- ▶ Goal Setting- Exams/ College etc.
- ▶ Learning Styles
- ▶ Study Skills & Exam Techniques
- ▶ Psychometric Testing (e.g. CATS)
- ▶ Identification of students with SEN/SLD, etc.



How Guidance Programme addresses

3) Career/ Vocational Guidance

- ▶ Third Level/PLC courses/ Apprenticeships
- ▶ CAO/UCAS
- ▶ Access Programmes (e.g. HEAR/DARE)
- ▶ Qualifax/CareersPortal Websites
- ▶ Grants and Scholarships
- ▶ Job search skills
- ▶ Interview preparation
- ▶ Work Experience
- ▶ Employment rights and duties
- ▶ Labour Market information, etc.

TWO Difficult Transitions



► Social

► Academic



Tip- Organisation is KEY!



- ▶ Put time table on fridge/ bedroom wall/ inside locker- reminders: **Monday PE gear**, **Tuesday: Home Economics Food**, **Wednesday: Art paints**
- ▶ Use the large mesh zipped pockets/ Copy in a book rule
- ▶ Look at your home journal every night- check to see if homework is complete for next day and bag is packed correctly
- ▶ ALWAYS, ALWAYS write in your subjects and homework for every lesson
- ▶ A pencil case with all the pens, rubber, sharpener and ruler
- ▶ **Routine Crucial**- breakfast, school, home, dinner, homework, study, after school club/ friends, bed, (repeat)



Homework and Study

Every student is different, but below is a rough guide to how many hours you should spend every day on homework and study combined. Remember, it takes experimentation to find out what suits you. Your study times should most of all suit your academic needs and goals:

- First year – 1.5 hours per day
- Second year – 2 hrs per day
- Third year – 2.5/3hrs per day
- Fifth year – 3-4hrs per day
- Sixth year – 3.5hrs-5hrs per day



This is just a rough guideline which should be adapted as your situation requires. Of course, the hours should be increased close to exam time to help you with extra revision or project work and each student will have different amounts of work to complete, depending on subject choices and how much preparation has been done so far.



Homework...it will have it's days! But please help and support it.



Finding it hard to settle in?

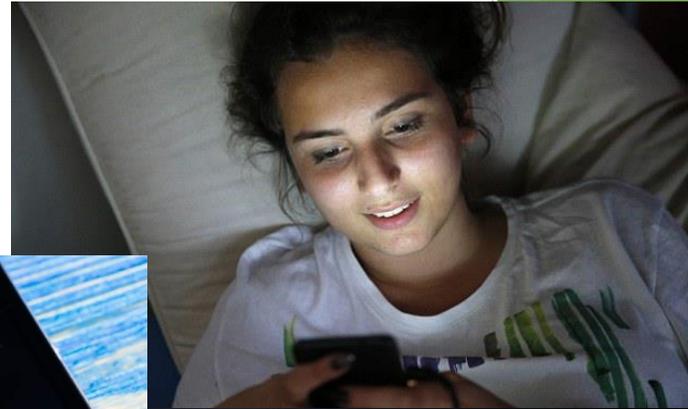


- ▶ Ask questions: How is it going?
- ▶ Who did you sit with today?
- ▶ Have you joined the ruby, soccer, gaelic, badminton, basketball?
- ▶ What lesson did you enjoy today?
- ▶ Anyone from your club in the school?
- ▶ Anyone from your street in the school?
- ▶ How about you ask someone to go to the cinema on Saturday?

- ▶ ‘Just a gentle nudge, with a listening ear can be worth so much more!’



Problems Phone/ Gaming



Video Games

18
www.pegi.info



Solution to this GROWING PROBLEM



- ▶ Cut off the WIFI at a timely hour- 8.00
- ▶ Hand in the mobile phone at a curfew hour- 7.30/8.00
- ▶ Do not let your son or daughter play games that are Certified 18
- ▶ Devices out of bedrooms- they are for sleeping in!
- ▶ Have a mature conversation with your son/ daughter dangers of social media so they learn from an adult. Once it's sent, it's sent!
- ▶ Be aware of group chats and how they may cause isolation, especially into second year
- ▶ Get your son/ daughter to join a HUMAN club- much better for self confidence and CV!
- ▶ 'He wanted a parent, a father, not just a best friend to help him grow'.
- ▶ You bought the device therefore you own the device! It is showing to be one of the most addictive items in the world today. Schools/ China/ Vogue Williams



Thank you for listening!



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