



Career Guidance – Tips and Resources



Dear Parent/Guardian

We wish all of the students in Sixth Year all the very best throughout this final year of their secondary school education. We look forward to seeing them excel, and going on to take advantage of all the positive and exciting opportunities in education or the world of work.

Researching careers and further study opportunities can take time. It is important that students do take this time this year 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 will, of course, play a major role in supporting their daughter's career development and their decision-making throughout this process.

We set out below some information and resources you may find useful throughout the year:

- **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 utilise this programme to its potential. If your daughter does not have access, please let us know.
- **Open Days:** Third level institutions have announced dates for their Open Days (e.g., **University of Galway 3 & 4 October; MTU Kerry 10 October; University College Cork 11 October; University of Limerick 16 & 17 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. A list of Open Days for selected universities is set out in the appendix.
- **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.
- **Parents Information Night:** We will hold an Information Night for Parents on **Tuesday 14 October at 7.30pm** to present on career choice, and in particular the process for CAO applications. Mary Lucey, a Professional Education and Career Consultant with over 30 years of experience in the third level and further education sectors, will join on the night to share her perspective and advice.

In addition, the CAO are hosting an online Information Evening for Parents and Students on **Tuesday, 21 October 2025, from 6.00pm**. You can register using this link <https://www.cao.ie/index.php?page=webinar>

- **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.
 - 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 DARE programme (Disability Access Route) and HEAR programme (Higher Education 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 later in the year.

- **PLC Courses:** Many students consider the options of PLC courses. Kerry College offers a comprehensive suite of programmes, their Open Week is usually in February. A bus will be arranged from the school.

- **Guest Speakers:** A number of speakers will be invited into the school throughout the year to further support careers exploration.

- **Evening Study:** Students are encouraged to develop their regular study routine from the beginning of sixth year, practising good study techniques and applying discipline and consistency throughout. Many students benefit enormously from the 2 hour supervised study period available in the school from Monday to Thursday each week.

- **A Guide for Parents and Guardians on Supporting Leaving Certificate Students:** Please find enclosed a guide released by the Department of Education and Youth on how parents can best support Leaving Certificate students throughout the year.

We hope the above information and resources are helpful to you, and look forward to providing further information to you at the Information Night in October.

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Mr. Clarke

Appendix 1

Open Days 2025

University of Galway	3 & 4 October
MTU Kerry	10 October
University College Cork	11 October
University of Limerick / Mary Immaculate College / Technological University of the Shannon	16 & 17 October
University College Dublin	8 November
MTU Cork	14 November
Dublin City University	14 & 15 November
Maynooth	28 & 29 November
Trinity College Dublin	29 November

Please check websites for open days of colleges and universities not listed above