

Links and Publications

The following is a list of websites and publications on topics of interest to parents. This is not an exhaustive list and is intended as a start point for any parent seeking information or guidance on educational matters or other issues about which we commonly receive enquiries.

Education

The Department of Education has a comprehensive website on all matters relating to education.
www.education.ie

The State Exams Commission (SEC) is responsible for the development, assessment, accreditation and certification of the second-level examinations of the Irish state : the Junior Certificate and Leaving Certificate. Past examination papers and examination timetables can be found on this website.
www.examinations.ie

The National Council for Curriculum Assessment (NCCA) develops research-based curriculum and assessment. Checkout this website for details of all aspects of the curricula for Junior and Leaving Certificates, including details of the new Junior Certificate Curriculum, subject by subject.
www.ncca.ie

Careers Guidance

Career Profiles and Exploration

Careers Portal brings together a wide range of career related information aimed at all those providing or requiring careers advice and guidance. The site offers users a range of self-administered interest, aptitude and personality tests linked to a database of occupational descriptions and course options.
www.careersportal.ie

Onagh Carroll is an Irish teacher and Guidance Counsellor with a website www.careertrail.ie . This contains a variety of study guides, book reviews and other career resources.

Information on College Courses

Qualifax offers a comprehensive overview of every course on offer in Ireland at all levels including undergraduate CAO. www.qualifax.ie

College Application

The Central Applications Office (CAO) processes applications for undergraduate courses in the Irish Higher Education Institutions. www.cao.ie

The Universities and Colleges Admission Service (UCAS) operates the application process for British universities. www.ucas.com

EUNiCAS is an independent European University application support service that facilitates UK and Irish students who are looking to study in Europe, on degree programmes taught through English.
www.eunicas.ie

Student Finance

The Student Universal Support Ireland (SUSI) website is a source of information on the Irish student grant system and also a quick and user friendly way of applying for a student grant.

www.susi.ie . Use the Eligibility Reckoner to self-assess whether you may be entitled to a grant.

www.studentfinance.ie

Useful Careers Guidance Publications

ReviseWise : Start your Career Journey Here by Brian Mooney. Published by the Educational Company of Ireland (ISBN 9781845366)

This book explores the career paths available, including Third level CAO courses, Post Leaving Certificate (PLC) courses, apprenticeships and employment options. It contains a wealth of information including the best way to deal with the CAO application process, useful websites, scholarships, apprenticeships, supports for those living with a disability, options for studying abroad, taking a gap year and so on.

Flying the Coop – A Guide to Leaving Home and going to College Published by YouthWork Ireland Roscommon/NE Galway

Cracking the College Code by Catherine O'Connor. Published by CJ Fallon Ltd.– (ISBN 9781782373575) This is a practical guide to making the most of the first year college experience. Written in straightforward language, it includes : making informed choices, preparing for change, getting to know how the third level system works, what students face in the first weeks and months at college, where and when to look for help, the challenges of living at home or away.

Mental Health

Jigsaw Kerry – is a free, non-judgmental and confidential mental health support service for young people aged 12-25 living, working or studying in Kerry. They provide guidance and support for young people going through a difficult time. They also provide advice and guidance for anyone who is concerned about a young person in their life. Call in, get information or have a chat with a support worker. Unit 1A, Edward Court, Tralee, Co.Kerry. (066) 718 6785 www.jigsaw.ie

Spunout - is Ireland's youth information service created by young people, for young people. They provide information on a range of different topics : education, employment, health, life and opinion. www.spunout.ie

Childline - offer chat facilities for young people up to the age of 18 (helpline Phone : 1800 66 66 66) www.childline.ie

Samaritans - offer a safe place for you to talk any time you like, in your own way, about whatever's getting to you. 43-44 Moyderwell ,Tralee, Co.Kerry (Free Phone : 116 123) www.samaritans.org

Useful Publications:-

Emotional Resilience : How to Safeguard your Mental Health by Dr Harry Barry (ISBN-13: 978-1409174578) Published by Orion Spring. Dr Barry is an Irish GP with a long standing interest in mental health and the role of neuroscience in the causation and treatment of mental health conditions like depression, anxiety, panic and phobias. See www.harrybarry.com for resources and videos .

Bullying

It is a sad fact of life that too many students and adults will be the victim of bullying behaviour at some point in their lives. In an effort to assist parents, we offer the following resources which we hope will be useful in gaining an understanding of the issue and in supporting their children through the distressing experience.

Websites

Tacklebullying is a national website to prevent, intervene and resolve bullying and cyberbullying. This website was established by the Dublin City University Anti-bullying Centre and is a wonderful source of information for young people, parents and teachers. It also includes a moderated forum for students and a forum for parents seeking advice and support. www.tacklebullying.ie

Jigsaw Kerry (see above)

Useful Publications

Bully-Proof Kids – Practical tools to help your child grow up confident, resilient and strong by Stella O'Malley (ISBN 9780717175420). www.stellaomalley.com

Flagging the Screenager by Dr Harry Barry & Enda Murphy, published by Liberties Press (ISBN-13 :- 978-1909718265)

Internet Safety

The Office for Internet Safety is an office of the Department of Justice and Equality. Checkout their very informative publication - *A Parents Guide to a Better internet* – available in hard copy or for download in www.internetsafety.ie

Webwise - offers a range of information, advice and free education resources addressing a range of internet issues and concerns, for young people, teachers and parents. www.webwise.ie

Controlling Screentime

Ger Brick gave a very informative talk to parents during Mercy Mounthawk Family Week 2018 on *Social Media and its Impact on Family*. Ger highlighted the option of controlling a student's screen time by the use of certain apps available through the Google App Store. His suggested apps are :-

- 1) Our Pact (www.ourpact.com)
- 2) Google Family Link App
- 3) Kidslox (www.kidslox.com)
- 4) Screentime (www.screentimelabs.com)

Generally, any of these apps will allow a parent to :-

- View where time is being spent online
- Setup up a screen-time schedule
- Send a device to 'lock screen'
- Block specific apps / prevent app deletion
- Check your child's location
- Send activity reports directly from the students device to the parents phone