



1. Rest and Relaxation

It's Christmas! Give yourself a respite of three to five days where you do no study. Instead, relax and enjoy the festive season, socialise, catch up on sleep and do whatever you find takes your mind off school and exams. These should be guilt free rest days so enjoy them!

2. Review Targets and Goals

* Look at the big picture and re-examine your exam targets and goals: How are you doing? Are you meeting your exam targets? Do you need to re-consider exam levels in one or more subjects? Will I be putting all my energy into one subject to pass it and will this effort eat into the time I should be spending on my other subjects?

* Be realistic: If you are struggling in a subject, now might be the time to drop to a lower level.

3. Research Careers

* By now, most of you have applied to the CAO or have been exploring other career paths. Spend some time on Qualifax and Careers Portal researching more Level 8 and Level 7 courses. (Remember that you need to place these courses in **genuine order of preference**- 1. Dream courses 2. Realistic courses 3. Banker courses.

* Explore occupations in the "Occupations Database" on CareersPortal.ie

* Quite a few Level 7 courses have a pathway into the Level 8 equivalent in Year 2 so spend time looking into and considering these courses.

* Give yourself plenty of **options**.

4. Get your college application ready

CAO: Know your deadlines! CAO applications are due by 1st February. If you plan on applying for a restricted course, you must enter it by this deadline.

This deadline also applies to HEAR and DARE applicants.

Remember, next term you will be busy with Mocks, Orals, Portfolios, finalising Coursework and the Leaving Certificate exams to prepare for, so it is a good idea to do the research before January. Use this two week period to get the bulk of your research done.

PLC: Applications to PLC courses are made directly to the PLC college. Some PLC colleges are starting to accept applications now. You can start researching PLC Level 5 and 6 course options on Qualifax and Careers Portal.

We will be looking at PLC's in more detail after the Christmas holidays.

UCAS:

If you're planning on applying to college in the UK, you will need to urgently give your attention to your UCAS application.

The 15th January deadline is approaching and you will need to ensure that you have your reference gotten and have written your personal statement. Both of these require a good deal of time to prepare and submit.

5. Study

The words *holiday* and *study* don't really belong together but unfortunately in 6TH Year, it cannot be avoided!

Take a break for 3-5 days which leaves you with 11-13 days of study! Just pencil in a few hours of study on these days.

If you aim for three hours of study completed each day, you will be set up nicely for your return to school in January and you will be less likely to panic in the run up to the mocks in February.



Have a fun-filled and restful Christmas break! ☺

O. Travers

Reference: Careers Portal

