

Guidance Department - Information for Incoming 1st Years:

Organisation

- Have a photo of your timetable on your phone/fridge door for easy reference
- Label everything. You may like a colour-coded system or folders for each subject
- Pack your school bag the night before, have you a PE or practical class that requires equipment/ingredients/kit?
- Use your Student Journal every day, keep it updated – it has lots of useful information
- Stack books face out in your locker
- Have uniform ready the night before
- Set a good routine for yourself from the beginning - you won't know any different
- Sleep pattern – get a minimum 8 hours, you need this to recharge. Avoid late screen times before bedtime
- Be on time
- Bring positive mentality
- Learn to listen well
- Attendance

Social

- Primary school friendships may change
- Mix and talk to others
- Get involved in activities
- Be yourself; it's ok!
- Respect; Technology especially social media
- Talk to your teachers and ask questions
- It's ok to get things wrong and it's ok to be corrected – it builds resilience
- Tell someone/anyone if you have a concern
- Understand that you can't always get what you want – be tolerant and flexible in your approach
- Respect everyone

Academic

- 1st year Maths covers much of 6th class work
- Taster subjects give you an insight into each subject on offer
- Pace in 2nd Year is much faster than 1st Year
- Homework can vary from 30 minutes to 2 hours
- Need high grades to stay at Higher Level Maths, English & Irish
- Push yourself academically
- You'll be given study tips and notes to revise your subjects, it's important to keep this in order as you'll need it at a later stage

Guidance Department - Information for Parents/Guardians of Incoming 1st Years:

- Only Maths, English & Irish will be at Higher and Ordinary Level
- New friendship groups form
- Parenting young teenagers can be a challenge but stick with it
- Have high expectations for your child and encourage them to achieve their best