

TRANSITION TO THIRD LEVEL

Leaving the Nest
Sixth Year Guidance
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TRANSITION

- Is exciting-freedom and independence
- New friendships
- A new environment

Can be:

- An anxious time
- Living away from home
- Self-reliance/being totally responsible for one's self
- Studying independently
- Being part of a very large student cohort
- Feeling lost

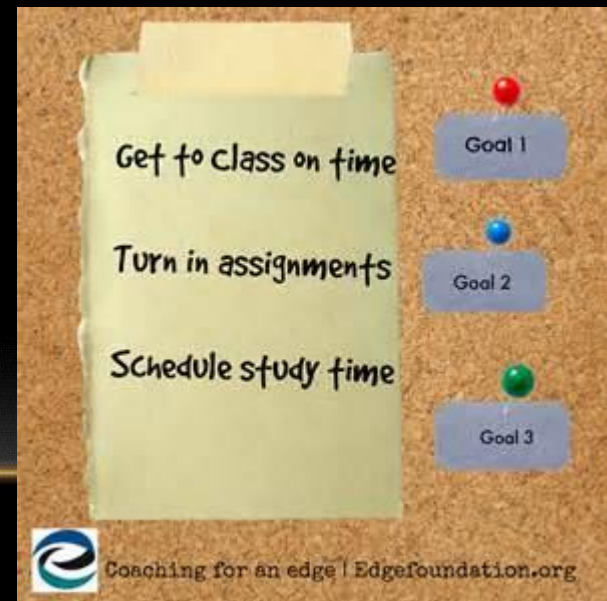


PREPARATION FOR COLLEGE

1. Grants
2. Accommodations
3. Fees

One needs to be prepared/have the research done

Be aware of student supports at your college of choice- Student's Union/Student Services/Guidance Counsellors may be helpful in this regard.



THE FIRST FEW WEEKS

- Take the time necessary to adjust
- Get involved in college life- clubs and societies are a great way to meet like-minded people
- Campus Accommodation is often a great way to meet new people/develop friendships
- Attend Orientation/Induction-informs you about your college of choice/layout of college/booklists and timetables etc.



STUDY

- Avail of study skills workshops if made available for first year students- this will provide you with useful advice pertaining to study time, assignments, independent work, writing academic papers etc.
- Meeting deadlines and keeping up with coursework is so important in light of assessment at end of semester
- Managing your time is crucial particularly as no-one will be on your back for your work



LEAVING HOME

- It is normal to miss home initially/home is familiar
- Going home for weekends makes it easier to cope with being away from home
- Stay in touch with your old friends
- Make the most of social opportunities to meet people
- Remember your family, friends and partners are missing you just as much as you miss them



DO AND DO NOT!

Do

- Give yourself time to settle in
- Seek immediate help if you are experiencing difficulty
- Get involved in college life
- Attend all classes and tutorials etc.

Do Not

- Get discouraged too early
- Be afraid to approach people and to seek support/advice
- Drop out without talking to someone/seeking advice

WHO CAN I TALK TO IF I NEED HELP?

Student Officers are Post holders within the Students' Union ex President and Vice President, Welfare etc.

1. **Student's Union**-represent students, organise social events, advise on student issues and student life etc.
2. **Accommodation Officer**- provide advice, tips and information on local accommodation and costs etc.
3. **Student Services and Affairs**-plan for students' needs- medical, counselling and mentoring etc.
4. **Access Officers**- financial and educational issues and disabilities etc.
5. **Admissions Officer**- often first point of contact /course deferral course change etc.
6. **Fees Officer**- queries on fees and administering the grant

USEFUL TIPS FOR COLLEGE

- Make sure accommodation is suitable
- Budget for the year
- Get involved in college life
- Look after yourself
- Attend class and meet your responsibilities
- Enjoy the new life experience



ACCOMMODATION-HUNTING

Types of Accommodation:

1. Lodgings/digs-living with a family where breakfast and evening meals are provided- option particularly for first year students
2. Private Renting- houses, flats or apartments with others the rent and bills are divided
3. On Campus Accommodation/student residences- living on campus/huge demand for this particularly for first year students

Remember: The Early bird catches the worm

HOW TO FIND ACCOMMODATION

1. Through the colleges- they often have accommodation lists
2. Newspapers
3. Internet/college website
4. Word of Mouth
5. Accommodation Agencies
6. Websites such as:

www.daft.ie

www.let.ie

www.myhome.ie

www.findahome.ie



ACCOMMODATION

Do

- Always get a receipt for a deposit and rent
- If there are repairs needed in your accommodation ask the landlord to state in writing that they will be carried out.
- Insist on a rent book or have your own note in it how to locate landlord/ when rent is due/duration of tenancy/bills to be paid etc.

Do Not

- Never take a property by paying a deposit without a viewing
- Do not meet the landlord/lady without a parent/guardian/friend- they may help with negotiations

Private Residential Tenancies Board (PRTB)- provides info on landlord and tenants' rights

ACCOMMODATION

- Read terms of lease/rental agreements
- Pay rent on time/keep records of all payments
- Be aware of your legal obligations as a result of a lease/rental agreement
- Circumstances when rent can be retained by landlord
- Grounds for eviction
- Leaving accommodation before lease expires

Threshold- useful resource for advice on the above

BUDGETING FOR COLLEGE- SAMPLE

Initial Set Up Budget	Estimate	Revised
Search for Accommodation		
Deposit plus Rent in Advance		
First Stock up of Food		
Heating Expenses		
Registration Fees		
Books		
Stationery		
Equipment/Lab. Coats etc.		
Student Travel Card		
Social/Extra-curricular		
Other		
Total		

BUDGETING

Income	Weekly	Monthly	Expenses	Weekly	Monthly
Grant			Rent		
Allowance			Groceries		
Scholarship			Electricity		
Work			Fuel/heat		
			TV Licence/ Cable		
			Transport		
			Clothes		
			Phone		
			Social		
			Other		
Total			Total		

BUDGETING-DO AND DO NOT

Do

- Find out bank fees/charges
- Shop around for cheapest loans-
Credit Unions provide good rates
- Pay credit cards monthly to avoid huge interest rates
- Review debt obligations regularly
- Always budget!

Do Not

- Do not sign a document you have not read
- Do not be rushed into making a decision re: budget and finance
- Do not live on credit cards
- Do not make debts you cannot pay
- Do not use credit cards to withdraw cash
- Do not exceed overdrafts

STUDENT GRANTS

Student Maintenance Grant:

- The first funding option to check out is a grant. You can apply online through the new grant authority, Student Universal Support Ireland (SUSI) .
- .You have to fill in a means test form to apply for a grant. This checks your income or the income of your parents in order to decide if you get a grant and if so, how much money you get. From the academic year 2012/2013 onwards, you must apply for a grant online through SUSI.
- If you work (legally and paying tax) during the summer or while studying, this income will also be counted when you apply for a grant.
- You cannot get a maintenance grant if you are on a Back to Education Allowance or a VTOS allowance.
- You need to apply for the grant by **Thursday, 1st August 2014**
- Bear in mind that there can be significant delays in processing grants. Therefore you might have to budget carefully before your grant money comes in. Even a full grant will not see you through college, as the grant only provides financial assistance.

MAINTENANCE GRANT

Levels of Grant	Non-adjacent Rate	Adjacent Rate	Student Contribution Paid?
Special rate of maintenance grant	5,915	2,375	√
Standard rate-100% maintenance	3,025	1,215	√
Standard rate-75% maintenance	2,270	910	√
Standard rate-50% maintenance	1,515	605	√
Standard rate-25% maintenance	755	305	√

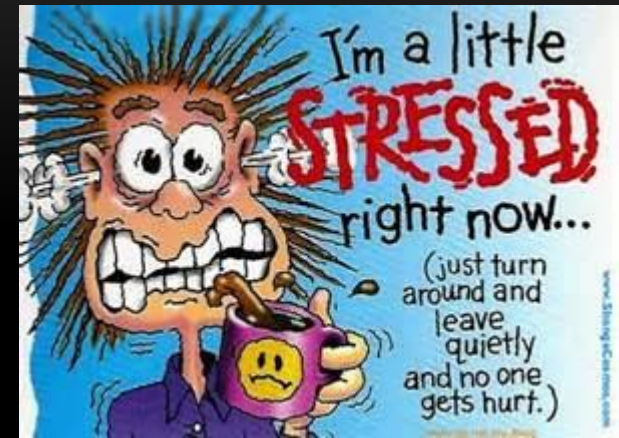
STRESS AND STRESS MANAGEMENT

Common stressors in college life:

- Greater academic demands
- Adjusting to change and a new environment
- Changes in family relations
- Exposure to new people, ideas and temptations
- Sexual identity and orientation
- Changes in social life
- Financial responsibilities and budgeting

MANAGING STRESS

- Regular exercise
- Good diet
- Socialising with friends
- Setting realistic and achievable goals
- Talking/seeking advice
- Getting help/helping yourself
- Relaxation, meditation and breathing techniques ex: mindfulness



PERSONAL SAFETY

Unfortunately society is constantly changing and not always for the best so we all need to be careful and to look after ourselves.

- Make journeys with friends
- Keep to well-lit streets
- Always tell someone where you are going
- Avoid potential danger- alleys/side streets/shortcuts
- Be aware of your surroundings
- Do not use ATMs at night or when alone
- Everything in moderation i.e.- alcohol/drugs impair your judgement, reaction and ability to be alert and are harmful to your health
- Know your limits and do not give in to peer pressure
- Avoid binges
- Keep good company



