Information Evening

Supporting Leaving Cert & First Year Students in Transition

January 16th 2020
Agenda for tonight

- 5.30pm: Optional short campus tour
- 5.45pm: Tea/Coffee and refreshments will be served
- 6.00pm: Welcome - Lenka Forrest, Head of Student Recruitment
- 6.15pm: How better to support students in their journey to University Life - Dr Eithne Hunt, School of Occupational Therapy
- 6.30pm: Finance and Grants - Cian Power, Student Budgetary Advisor
- 6.45pm: Careers for Graduates - Brenda Nestor, Careers Advisor
- 7.00pm: Visit Information Stands & speak with UCC staff
Welcome to UCC

Lenka Forrest, Head of Student Recruitment
Urbanisation 1966 - 2016

3rd Level Education 1991

- Males 14%
- Females 13.2%

3rd Level Education 2016

- Males 40.7%
- Females 43.2%
UCC
HAS BEEN NOMINATED THE SUNDAY TIMES IRISH UNIVERSITY OF THE YEAR FOR A RECORD BREAKING FIVE TIMES

TOP 2% OF THE WORLD UNIVERSITY RANKINGS

ONE OF THE TOP 100 INNOVATIVE UNIVERSITIES IN EUROPE

OVER 94% OF OUR GRADUATES ARE IN EMPLOYMENT OR FURTHER STUDY

RANKED 100TH IN THE WORLD BY EMPLOYERS FOR THE QUALITY OF OUR GRADUATES

WORLD'S FIRST GREEN FLAG UNIVERSITY CAMPUS
A third of UCC Staff is from overseas
Student population includes 3,400 international students from over 100 countries
UCC researchers collaborate with 700 of the world’s top universities across 110 countries
Two thirds of UCC staff are active in civic engagement working with over 200 organisations locally

57 CLUBS
110 SOCIETIES
6,493 GRADUATES IN 2017
180,000 ALUMNI WORLD-WIDE
21,000 STUDENTS

UCC offers over 4,000 on-campus student clubs and society events annually
A total of 33 awards and commendations since 2011
The Connected University
UCC graduates will be recognised for their distinct **core values** and **graduate attributes**. As well-rounded, curious, self-aware individuals, they will be known for their appetite to continually learn new skills, embrace new ideas and make things happen.

**VALUES**

- **RESPECT:** For self, others and the environment
- **AMBITION:** Aims high, displays exemplary work ethic and strives to succeed
- **COMPASSION:** Empathetic, demonstrates care for self and others
- **RESILIENCE:** Perseveres, shows capacity for problem-solving and personal well-being
- **INTEGRITY:** Trustworthy, ethical and dependable
UCC core values and graduate attributes are the bedrock of our student experience. Graduate attributes refer to the skills, knowledge and abilities of our graduates beyond disciplinary knowledge, that are applicable in a range of contexts in their lives.

- Creators, evaluators and communicators of knowledge
- Independent and creative thinkers
- Digitally fluent
- Socially responsible
- Effective, global citizens who recognise and challenge inequality
The Four Colleges
• www.CAO.ie

• **Personal Details:** DOB, email, first & last name, in Irish?

• **CAO number** – keep safe

• Check emails regularly
<table>
<thead>
<tr>
<th>Important Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAO closing date</td>
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<tr>
<td>Late closing date</td>
</tr>
<tr>
<td>Leaving Cert starts</td>
</tr>
<tr>
<td>Change of Mind</td>
</tr>
<tr>
<td>Results</td>
</tr>
<tr>
<td>Round 1 offers</td>
</tr>
<tr>
<td>Round 1 reply date</td>
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<tr>
<td>Orientation</td>
</tr>
<tr>
<td>Lectures commence</td>
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</table>
MOST IMPORTANT CAO Application Tips

- Research courses
Researching programmes

“Good Degree”
Researching programmes

"Good Degree"

Interest
Researching programmes

“Good Degree”

• Page through the UCC Undergraduate Prospectus
  http://www.ucc.ie/prospectus

• Study the Programme Details
  http://www.ucc.ie/calendar

• Explore Career website _http://www.ucc.ie/careers_

• Did you hear of Qualifax?  http://www.qualifax.ie

• Come on our Campus Tours for Prospective Students:
  Every Wednesday 3.30pm and Saturday at 3pm
  https://www.ucc.ie/en/study/undergrad/campus-tours-for-prospective-students/
• Research courses

• Place course choices in genuine order of preference

• **20 choices:** 10 x Level 8 (BA Hons) and 10 x Level 7 (BA)

• Can receive two offers: one for Level 8 and one for Level 7

• **Accepting** online up to the reply date – must choose **ONE** offer only
Leaving Cert Matriculation/Entry Requirements

Level 8 BA Hons

• 2 x H5 & 4 x O6/H7
• English & Irish
• Maths required for all except:
  some programmes in College of Arts, Celtic Studies and Social Sciences & Law (except Law and Business)
• Another language required for all except:
  Science, Engineering and Food Science, Nursing and Medical and Health Sciences
• Additional Subject Requirements where specified
Supporting students in their journey to university life

Dr. Eithne Hunt
Department of Occupational Science and Occupational Therapy
Scientists and researchers now agree that adolescence extends from 10 to 24 years.

The majority of undergraduates are therefore still adolescents.
Are you an adolescent until your mid-twenties?

Updated / Monday, 12 Nov 2018 12:42

"It’s said that adolescence begins in biology and ends in culture"

By Elthne Hunt

The role of "adult learner" is typically conferred on third-level students, requiring them to be organised, motivated and largely self-directed in their studies, as well as having greater responsibility for managing their own finances, leisure activities and self-care, including meal preparation and sleep.
THE STUDENT PARADOX

“Pick two”

Studying

No Sleep

No Friends

Impossible

Social Life

No Decent Grades

Sleep

The adolescent brain

Cognitive, social, emotional and self-regulatory capacities are still developing right through the mid-20s.

"three Rs"
- regulatory system
- relationship system
- reward system
In adolescence, when they start college, students are still developing their capacity to understand themselves and the world in which they live and learn.
Top stressors for young adults

- College: 68%
- Future: 42%
- Finance: 41%
- Relationships: 25%
- Job: 15%
- Exams: 39%
- Family: 24%
- Friends: 18%
My World 2 Survey 2019

Top three coping strategies for young adults:

- Friends: 56%
- Music: 41%
- Sleep: 40%
- Taking time out: 34%
- Talking: 30%
- Walking: 14%
- Exercise: 32%
- Family: 22%
Potential Risk Factors: Transition to University

Centre for Mental Health (2019)

- Study and academic demands
- Anxiety relating to future careers
- Social experience
- Living at university
- Financial pressures
<table>
<thead>
<tr>
<th>Challenge</th>
<th>Challenge</th>
<th>Challenge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deadlines</td>
<td>Self-motivation!</td>
<td>Keeping up with study and not leaving it all to the last minute</td>
</tr>
<tr>
<td>Getting into a routine</td>
<td>Sleep</td>
<td>There is a lot to do outside of lectures and it can be hard to focus and</td>
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<tr>
<td></td>
<td></td>
<td>the things you need to do sometimes.</td>
</tr>
<tr>
<td>Developing proper organization skills</td>
<td>Finding balance</td>
<td>Finding the correct balance between social life and study life</td>
</tr>
<tr>
<td>Being fully responsible for yourself</td>
<td>not having a teacher telling you exactly what to do or study</td>
<td>Healthy eating</td>
</tr>
<tr>
<td>Trying to find the balance between study life and social life.</td>
<td>Being responsible for yourself</td>
<td>Time management</td>
</tr>
<tr>
<td>Finding a balance between social life and college work.</td>
<td>Leaving home</td>
<td>trying to be healthy</td>
</tr>
<tr>
<td>Money management</td>
<td>Being more responsible</td>
<td>Time management</td>
</tr>
<tr>
<td>------------------</td>
<td>------------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Time management</td>
<td>Making friends</td>
<td>Healthy lifestyle</td>
</tr>
<tr>
<td>Time management</td>
<td>Time management</td>
<td>Self-directed learning and deadlines</td>
</tr>
<tr>
<td>Understanding and figuring out how much work to be doing and understanding the content while also trying to juggle spending time trying to make new friends.</td>
<td>Studying</td>
<td>Less guidance</td>
</tr>
<tr>
<td>The learning is very independent, you are responsible for your learning</td>
<td>Self-Care Financial Family Responsibilities Time Management</td>
<td>Other people in your course</td>
</tr>
<tr>
<td>Friends</td>
<td>Online advice</td>
<td></td>
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</tbody>
</table>
Elements of a Successful Transition

Centre for Mental Health (2019)

- Social support - one good adult
- Making friends
- Having a good mindset
- Being allowed to make mistakes
- Building resilience to setbacks
- A sense of belonging
Who or what has helped you the most with settling into learning and life at college?
UCC graduates will be recognised for their distinct **core values** and **graduate attributes**. As well-rounded, curious, self-aware individuals, they will be known for their appetite to continually learn new skills, embrace new ideas and make things happen.

**VALUES**

- **RESPECT:** For self, others and the environment
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KNOW BEFORE YOU GO

Find out about your course and college life. Visit college ahead of the start of term if you can. Think about how you learn best. What can you do to best prepare yourself for this exciting (and at times maybe a bit scary) new stage in your life?
Know Before You Go
Helping you to navigate university life

student minds
HELLO MY NAME IS

Try to get comfortable introducing yourself to others by name, especially during the first few weeks of lectures. Smile when you do so.
FINDING YOUR TRIBE

Maybe you know lots of people starting college with you or maybe you know very few. Regardless, it will probably take time to find your tribe. That's ok.
YET

Add this three letter word to your vocabulary at the end of sentences... "I don't know my way around..yet", "I can't do referencing...yet", "I don't feel settled..yet". Recognise that learning is a process that takes time, persistence, patience and effort.
FOR NOW

Two more powerful three letter words. If you feel overwhelmed at times, reassure yourself with kindness that this is how you feel...for now. It's likely that lots of people feel similarly at different times.
WHEN IN DOUBT, BREATHE OUT

It's totally normal to feel anxious, especially in new situations. Start by slowing down your breathing. This is something you can do wherever whenever and no-one has to know. Take some time to read up on anxiety.
GOOD ENOUGH

Try to set realistic goals for yourself. Is it realistic to expect an A in your first assignment at college? You don't have to be THE best. Aim to do YOUR best. And at times that might mean knowing what is "good enough".
SLEEP IS YOUR SUPERPOWER

You need sleep to absorb and store new information and to look and feel your best. Try to protect your sleep. It is crucial for your wellbeing and learning success.
### How can parents / guardians best support their child in the transition to learning and life in college?

<table>
<thead>
<tr>
<th>Support Strategy</th>
<th>Example Advice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understand that it can be difficult and is a big change.</td>
<td>Listen to their worries</td>
</tr>
<tr>
<td>Try to understand the change your child is going through.</td>
<td>Help them financially</td>
</tr>
<tr>
<td>Be there to talk</td>
<td>Keep daily contact</td>
</tr>
<tr>
<td>Listen to their problems</td>
<td>Tell them to write out a weekly plan for how they will spend their time during the week</td>
</tr>
<tr>
<td>Give them advice on how to live independently.</td>
<td>Help with preparation at weekend i.e. food prep</td>
</tr>
<tr>
<td>Be ready to listen to all the small problems. Accept that they will have more independence and may not include you as much as you are used to.</td>
<td>Giving them freedom to enjoy the social activities</td>
</tr>
<tr>
<td>Give them space to be independent and to learn (and make mistakes!), but also let them know you’re there to support them whenever they need you.</td>
<td>Help organize them at the weekend to make the weekdays easier e.g. food prep, reviewing timetable</td>
</tr>
</tbody>
</table>
Maybe your job was to get ‘A’s before you got here but that’s not your job any more.

Your job is to become the person you want to be, the person who will make your contribution to society.

- Carol Dweck
Thank You

Dr. Eithne Hunt

e.hunt@ucc.ie

@MindMeMindYouIE
HELLO!

I am Cian Power

I am UCCs Student Budgeting Advisor. I am a one-stop shop for student finance queries and support.
What do I actually do?

▸ Providing "one to one" advice and guidance on managing your money.

▸ Delivering workshops on budgeting for students, where information and practical advice will be available to you.

▸ Assisting students in the completion of your grant, scholarship and Student Assistance Fund applications.

▸ Liaising with UCC student support services, such as Fees, Counselling and SAF, on your behalf.

▸ Liaising with external agencies, such as SUSI, MABS, Department of Social Welfare and Protection, Local Authorities and St. Vincent de Paul, on your behalf.
What are we going to cover?

• Student life
• A balanced student life
• Cost of college
• What funding is available?
• Budgeting tips
Student Life
What we perceive.....

The Reality.....
A balanced student life

A student's journey through college is unique and is forever changing.

But some principles remain the same.

Student Finance is the bedrock to maximising one's student experience.
So what is the cost of College?
The burning question on everyone's mind!
Fees

- Capitation Fee 20/21 = 170
- Student Contribution Fee 20/21 = €3,000

If not receiving a grant through SUSI => €3,000+

Tuition Fees = currently paid by Government, where eligible
Student Contribution Fee: €3,000.00

- Payable in two instalments:
  - €1,500.00 on registration
  - €1,500.00 by 31st January each year

- Payment Plan Options are available:
  Payable over 8 months from September to April each year - €375.00 per month.

**NB:** Payment Plans must be applied for each year on-line through the Student Admin.
Capitation Fee: €170.00

- This fee is mandatory & payable by every Student. It must be paid on-line as part of the registration process for the Student to be fully registered.

Non-payment of this fee will result in access to Blackboard, the Library & Mardyke Arena being withdrawn.
Fees Office

Location: North Wing of Quadrangle
Web-site: https://www.ucc.ie/en/financeoffice/fees/

Office Opening Hours:

Monday: 10.30 to 13.00
Tuesday to Friday: 09.30 to 12.30

Call them on 021 4902365
9.00 to 13.00 & 14.00 to 17.00 for telephone queries
Or email fees on Fees@ucc.ie.
Average Living costs and expenses

Rent + Utilities
- Per month: €465/576+
- Annually: €4,095/5184+

Travel
- Per month: €135
- Annually: €1215

Food
- Per month: €170
- Annually: €1530

Books/Materials
- Per Month: €71
- Annually: €639

Medical/Clothes/PHONE
- Per Month: €66
- Annually: €594

Social Life
- Per month: €76
- Annually: €684

DIT Cost of living 2018
Total costs not including fees??

On average.....

Per month €1,000
Annually €9,000
Without fees and Rent?

On average.....

Per month €600
Annually €5,000
How to fund college?
Key funds to be aware of...
Financial Supports!

- SUSI – Student Universal Support Ireland
- Social welfare
- St. Vincent de Paul
- Bank loans
- Credit Union loans
- Parents / guardians
- Self – part time job
- Scholarships – LC results (Dept. of Ed.)

Student Assistance Fund

1916 Bursary
APPLY NOW - You do not need to have selected your final course/college
Student Universal Support Ireland (SUSI)

Applications will open in Spring 2020.

For more information in regards please see www.susi.ie

If you have any questions in regards to SUSI, your application or want to make an appointment to discuss in relation please email me on studentbudgetingadvice@ucc.ie
SUSI eligibility

- Income;
  Full household income of 2019
- Approved Courses/Colleges;
  Refer to Qualifax.ie to check
- Nationality;
  Must be Irish, EU, (UK) EEA, a Swiss national, or have specific leave to remain in the State.
- Residency;
  3 of the last 5 years in Ireland, the EU, (UK) the EEA or Switzerland
- Progression through Education.
### SUSI- Awards based on distance from College

<table>
<thead>
<tr>
<th>Level of Grant</th>
<th>Non-adjacent Rate (&gt;45km)</th>
<th>Adjacent Rate (&lt;45km)</th>
<th>Student Contribution Fee paid</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Special rate”</td>
<td>5, 915</td>
<td>2, 375</td>
<td>Yes</td>
</tr>
<tr>
<td>100% maintenance</td>
<td>3, 025</td>
<td>1, 215</td>
<td>Yes</td>
</tr>
<tr>
<td>75% maintenance</td>
<td>2, 270</td>
<td>910</td>
<td>Yes</td>
</tr>
<tr>
<td>50% maintenance</td>
<td>1, 515</td>
<td>605</td>
<td>Yes</td>
</tr>
<tr>
<td>25% maintenance</td>
<td>755</td>
<td>305</td>
<td>Yes</td>
</tr>
</tbody>
</table>
Grant Types and Rates
(Dependent on your Household Income)

- **Fee Grant:**
  - €3,000 Student Contribution;
  - 50% or 100% rates; and
  - Paid directly to Colleges.
  - €2,000, or up to €6,270, Postgraduate Fees.

- **Maintenance Grant** ("adjacent" < 45k from college):
  - €1,215 adjacent/ €3,025 non-adjacent;
  - 25%, 50%, 75%, 100% rates;
  - Special rate: €2,375 adjacent/ €5,915 non-adjacent;
  - Paid to Students (9 monthly instalments); and
  - Generally not payable if on BTEA.
Student Assistance Fund
Who Can Apply For The Student Assistance Fund?

▸ All full-time registered students (subject to EU status), undergraduate and postgraduate, for the 2020/21 academic year are eligible to apply for assistance from the fund.

▸ Students participating in foundation courses or part-time courses are not eligible for this fund. Also, students pursuing a second Degree/second Masters/second PhD are ineligible.

▸ Students may be supported for one repeat year only. PhD applicants may be supported for years 1 – 4.

▸ For more info please: https://hea.ie/funding-governance-performance/funding/student-finance/
APPLY FOR SCHOLARSHIPS

https://www.ucc.ie/en/scholarships/
Loans....
Should I?
Budgeting is the process of creating a **plan** to spend your **money**. This spending plan is called a **budget**. Creating this spending **plan** allows you to determine in advance whether you will have enough money to do the things you **need to do** or would like to do.
What is going out?

- To properly budget we need to know what you are actually spending!!!
- From your 8:45am coffee before lectures to your evening snack on way home
  - They all add up!!

Example: Coffee = 2:50

You have 5 coffees a week = 15 euros
That is 20 coffees a month = 60 euros
That is 180 coffees per college year = 450 euros
Going forward.....
Budgeting Tips:

• Balance pocket v spending – spending diary
• Always work out a realistic weekly budget
• Make yourself aware of available funding that you think you may avail of

Link in with Staff now and get all the information and support you need!

Student life is meant to be tough financially – “sensible sacrifices” need to be made
Last tips!

• SUSI applications being made til October
• Make contact with UCC support staff now!
• Create a Budget as soon as possible if needed
• Use services to support
• Set out a financial goal!

Be realistic and honest with yourself

“With tuppence for paper and strings, you can have your own set of wings!” - Mr. Banks
Handy links!

www.susi.ie - for applications for your SUSI Grant

www.Citizeninformation.ie - information to what you are entitled to

www.welfare.ie – Dept. Social Protection

https://www.ucc.ie/en/studentbudget/ - my website and tips on budgeting

www.spunout.ie - Best website for info on anything!!!
Brenda Nestor
Careers Advisor
UCC Career Services

https://www.ucc.ie/en/careers/
Thank You

www.ucc.ie