



Useful Links, Videos, and Supports information

- **Helpful Video Links:**

- **The CAO Process:**

Applying to CAO <https://vimeo.com/80052547>

This video presentation describes how the CAO application, offer and acceptance processes work.

Obtaining your CAO application number <https://vimeo.com/151786032>

If you are starting your CAO application, this short video guide will provide some advice to guide you through the first step of the CAO application process. Once you have obtained your CAO application number, you can then login to your CAO account using the 'My Application facility' to edit your account. Please take note of the relevant deadlines and read the CAO handbook for more information.

Editing your CAO application <https://vimeo.com/152400281>

Once you have obtained your CAO application number, you can login to your account to add your course choices, edit some of your personal information, provide details of your qualifications and assessments, apply for HEAR and/or DARE, and also indicate if you want CAO to send your ID and course offer and acceptance details to SUSI. For a step-by-step guide to editing your CAO account, watch this short video guide. Please take note of the relevant deadlines and read the CAO handbook for more information.

CAO Change of Mind Facility <https://vimeo.com/86519317>

A guide to the CAO Change of Mind facility.

The CAO Offer Process - <https://vimeo.com/102134759>

A short video guide to the CAO Offer and Acceptance Process.

➤ **5th Year Subject Choices:**

- **Subject Choices for Leaving Certificate** (Classroom Guidance)
<https://www.youtube.com/watch?v=BD0F8HLQQAQ> (B Comerford)

➤ **Study Skills for Teenagers:**

- **Helpful Study Habits of good students:**
<https://www.youtube.com/watch?v=eyktqxsSC1U>
- **How do Leaving Certs Study - advice/suggestions for 5th Years..**
<https://www.youtube.com/watch?v=xPuLTJ1C64Q>
- **How to write the BEST Study Notes:**
<https://www.youtube.com/watch?v=aGfQrc2dQQc>

➤ **Apprenticeships:**

- **What is an Apprenticeship and Why would I do one?**
<https://www.youtube.com/watch?v=LL7Bici1yn4>

➤ **Careers of the Future:**

- **What are the top 10 up and coming careers in 2024?**
<https://www.youtube.com/watch?v=qpLVuvKJfsE>

- Teenagers and Motivation - eg To Study..
- **How to motivate your Teenager:** <https://youtu.be/STeSLWK0b5k>

- **Anxiety** - Helping Students, Parents understand and manage anxiety better:
<https://www.youtube.com/watch?v=gkqTXCB3P-A>

- **Services and supports for young people**
- **Jigsaw**

Mental health advice and support – online and in person – for young people aged 12 to 25 years old, and for parents or concerned adults.

[Visit jigsaw.ie/livechat to chat online with a clinician](https://www.jigsaw.ie/livechat)

[Find Jigsaw services in your area - jigsaw.ie](https://www.jigsaw.ie)

- **Childline**

Ireland's 24-hour listening service for young people up to the age of 18. Childline is a service from the ISPCC.

[Freephone 1800 666 666](tel:1800666666), any time

Text 50101 any time

Chat online at [childline.ie](https://www.childline.ie) any time.

- **BeLonG To Youth Services**

Support, information and groups for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland, their parents and carers, and other professionals.

belongto.org

- **Spunout**

spunout is Ireland's youth information website created by young people, for young people. Articles and information for young people on many topics, including mental health.

Free-text SPUNOUT to 50808 to chat with a trained volunteer, any time.

spunout.ie

- **Barnardos**

Services for children, families and communities, to transform the lives of vulnerable children affected by adverse childhood experiences. Barnardos also provide a Children's Bereavement Service.

Freephone 1800 910 123, Monday to Friday 10am to 2pm

barnardos.ie

- **CARI**

Therapy for children and young people who have been affected by child sexual abuse. CARI also provides information, support and counselling to non-abusing parents, carers and siblings.

Phone 0818 924567, Monday to Friday 9am to 5pm

hello@cari.ie

- **Other Useful, Important Websites:**

The logo for Qualifax, featuring the word "Qualifax" in a blue, sans-serif font with a blue underline.

<https://www.qualifax.ie/>

The logo for Careers Portal.ie, featuring a stylized figure holding three colored flags (yellow, green, blue) above the text "CAREERSPORTAL.ie".

<https://careersportal.ie/>

The logo for CAO (Central Applications Office), consisting of the letters "CAO" in a bold, black, stylized font within a black square border.

<https://www.cao.ie/>

The logo for DARE (Disability Access Route to Education), featuring the word "DARE" in a bold, black font on a green background, with the full name "DISABILITY ACCESS ROUTE TO EDUCATION" in smaller text to the right.

<https://accesscollege.ie/dare/>

The logo for HEAR (Higher Education Access Route), featuring the word "HEAR" in a bold, black font on a yellow background, with the full name "HIGHER EDUCATION ACCESS ROUTE" in smaller text to the right.

<https://accesscollege.ie/hear/>

The logo for HEA (Higher Education Authority), featuring the letters "HEA" in a large, gold, serif font.

An tÚdarás um Ard-Oideachas
Higher Education Authority

<https://hea.ie/>



<https://ncca.ie/en/>

SOLAS
learning works

<https://www.solas.ie/>



*Working to deliver a better
special education service*

<https://ncse.ie/>

Citizens Information 

<https://www.citizensinformation.ie/en/education/primary-and-post-primary-education/going-to-post-primary-school/organisations-and-resources-for-post-primary-schools/>



<https://www.curriculumonline.ie/Junior-Cycle/>

and

<https://www.curriculumonline.ie/Senior-Cycle/>



Coimisiún na Scrúduithe Stáit
State Examinations Commission

<https://www.examinations.ie/>



<https://www.susi.ie/>

studyclix



<https://www.studyclix.ie/>

scoilnet

<https://www.scoilnet.ie/>



GENERATION
APPRENTICESHIP

<https://apprenticeship.ie/>

SPUNOUT.ie

<https://spunout.ie/>



AND....

PDST Senior Cycle subjects: <https://pdst.ie/Sc/subjects>



<https://www.eunicas.ie/>

