

Adult Education
Guidance Service,
Barry Road,
Finglas West,
Dublin 11.

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Adult Education Guidance Service (Finglas and Cabra)

We are well into the new academic year and we are delighted to send out our first ever Guidance Service newsletter!

We work in the CDETБ Adult Education Guidance Service in the Finglas and Cabra areas of the northside of Dublin and provide support to adults with their education plans.

Autumn is a great time to consider your options for the coming academic year. It is the perfect time to visit College Open days, decide on what courses and colleges you are interested in and get started on your CAO application.

The Guidance Team are here to help on this journey and we never want you to feel that you are on your own when applying to college. In this newsletter, we have included information on the CAO, Open Days, minding your mental health and wellbeing, and how to make an appointment to see us.

The Guidance Team is available to support you in your education journey and help you figure out a suitable educational path. We're looking forward to meeting you.

Best wishes, Karen and Jacqui AEGS Finglas and Cabra



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Applying to Third level/University

CAO: The CAO (Central Applications Office) opens on 5th November for 2023 applications to undergraduate courses in Higher Education Institutions (www.cao.ie).

Most universities use the CAO to process their applications. If you are over 23, you can apply as a mature student and in general, you don't need a

Leaving Certificate (with some exceptions).

The deadline is 1st February 2023 but don't leave everything to the last minute! There is a bit of work involved in the application but we can help you.

Contact Karen as soon as possible to make an appointment to help you get started.

CAO Opens on 5th November 2022

Open Days Links

DCU: Friday 18th/Saturday 19th November 2022 www.dcu.ie

Trinity College Dublin: Saturday 5th November 10am – 5pm. www.tcd.ie/openday/

UCD: Saturday 12th November 10am – 4pm. www.ucd.ie

Maynooth University: Friday 25th/Saturday 26th November. 10-2pm

www.maynoothuniversity.ie

TU Dublin: www.tudublin.ie

- Grangegorman Sat 12th Nov 12-2pm
- Tallaght Tues 15th Nov 5.30-7pm
- Blanchardstown Thurs 17th Nov 5.30-7pm

College Open Days

If you're considering going to college, Open Days are a great way to get a glimpse of what life is like on a college campus.

You can only learn so much from College websites and prospectuses. There is nothing like a real life experience to give you a taste of what could be in store for you.

Most University Open Days happen between October and December and there are usually specific talks or open days for mature students.

Don't be put off by bus loads of secondary school students! There are lots of mature students of all ages in college so just keep your own focus and get the information you need.

What is the Adult Education Guidance Service?

The Adult Education Guidance Service helps people to make informed education, career and life choices by providing impartial and confidential Guidance Counselling, Information and Support to adults in relation to their education, training and career options.

You can meet with a professional Adult Education Guidance Counsellor or Adult Guidance Information Officer in a confidential setting to discuss your education and training needs. This is a chance to explore your options in a friendly and impartial setting.

Adult Education Guidance Service Team



Jacqui Mythen Guidance Information Officer
0852186146 or email
jacqui.mythen@aes.cdetb.ie

I can help you with Information on courses, training and financial supports for adults going back to full or part-time education.



Karen Granville Guidance Counsellor 0872945154 or email
karen.granville@aes.cdetb.ie

I can help you with Free confidential session (s) I am a qualified Adult Education Guidance Counsellor and I can help you plan the next step in your education.

This service is free and confidential

Useful Helplines

HSE Information Line
1850 241850

Finglas Suicide Network www.fsnsupport.ie
01-8648899

Aware
www.aware.ie 1800 804848

Pieta House
www.pieta.ie 1800 247 247

Samaritans

www.samaritans.org 116 123

Citizen Information

www.citizensinformation.ie 0818 077360

MABS

www.mabs.ie
0818072170

COUNSELLING SERVICES

Ballymun Child and Family Centre 01 8527183.

Northside Counselling 01 8484789

Finglas Suicide Network
01-8648899

Finglas Counselling Ser-vice
018800509 /0872828402

Accord Counselling 01 4780866

Lir Counselling Service 01 842 5964

Oasis Counselling
01 8364524

Donation fee of €5- €20 for some of these services

Useful Websites

Further Education & Training

www.apprenticeship.ie

www.cdetsb.ie

www.ddletb.ie

www.fetchcourses.ie

www.fit.ie

www.onestepup.ie

www.qualifax.ie

www.traineeship.ie

Advice and Information about Apprenticeships

City of Dublin Education & Training Board

Dublin & Dún Laoghaire Education & Training Board

Further Education & Training Course Hub

Information Technology Programmes

Local Education & Training Opportunities for Adults

National Learners Database

Information about traineeships

Higher Education

www.cao.ie

www.postgradireland.com

www.qualifax.ie

www.springboardcourses.ie

Central Applications Office for Higher Ed.

Information about Postgraduate Courses

National Learners Database

Funded Third Level Part-time Courses

Students with Disabilities

www.nln.ie

www.ahead.ie

www.ahead.ie/wamgraduates

NLN / CDETb - Disability Support Service

Association for Higher Education Access & Disability

Paid Work Placements for Graduates with Disabilities

Career & Job Information

www.apprenticeshipjobs.ie

www.cifjobs.ie

www.careersportal.ie

www.careernews.ie

www.jobalert.ie

www.gradireland.com

www.inou.ie

www.activelink.ie

Find Apprenticeship Jobs

Construction Industry Jobs

Career and Course Information

Latest Careers & Education News

Search jobs by county

Graduate Job Opportunities

National Organisation for Unemployed

Irish Community and Non-profit organisations

Funding

www.citizensinformation.ie

www.studentfinance.ie

www.susi.ie

Public Service Information & Entitlements

Financial Info for Further & Higher Education

Further & Higher Education Grants

Useful Contacts

www.aontas.com

www.dyslexia.ie

www.irishrefugeecouncil.ie

www.mrci.ie

www.nala.ie

www.qqi.ie (NARIC Ireland)

www.yourmentalhealth.ie

www.volunteer.ie

National Adult Learning Organisation

Works with People Affected by Dyslexia

promote and enhance the lives of Refugees in Ireland

Migrant Rights Centre Ireland

National Adult Literacy Agency

Recognise Foreign Qualifications

Mental Health Information & Support Services

Volunteer Opportunities