

**MAKING THE  
TRANSITION TO  
COLLEGE**

# START AS YOU MEAN TO GO ON

- Starting third level is a wonderful new and exciting time in your life, make the most of it.
- Attend Registration and Induction Days at the beginning of the year.
- All colleges will have a Freshers week with various activities to help you settle in, get involved
- UL have a mentoring programme called “The First Seven Weeks”. Research has shown that students are most likely to drop out during this time, other colleges have similar programmes. Get involved.
- Read the course and college handbooks, they contain a lot of vital information such as key dates, deadlines, library access, contact details etc.

# ACADEMIC LEARNING

- In third level, learning moves from the structured depended approach in second level to an independent approach.  
You will be expected to do research, back up your arguments by independent reading and think critically.
- Students will have to analyze information and organize what they have learned in a new way.  
Attend Academic Skills workshops when you begin college, there you will be taught how to take notes in a lecture, presentation skills, how to write an academic essay etc.
- Peer Assisted Support. Generally First years are assigned a mentor, a student doing the same course who is in second or third year. This support can be very helpful academically and personally.

# ACADEMIC PERFORMANCE

- Learn to use the college library
- Attend all lectures, tutorials, practicals etc.
- Ask for help if you need it.
- Work consistently, remember unlike school there will be no reminders of due dates for work etc..
- Manage your time, treat college like a job and work nine to five like you are in the workplace.
- Avail of supports such as extra maths tuition if you need it, which is usually free.
- Back up your work, consider an external hard drive etc.

# SOCIAL LIFE

- Your time in college is to be enjoyed.
- By all means have a social life but do not let it interfere with your studies.
- Never miss lectures because of nights out.
- Take an active role in sports clubs, societies and organizations.
- There are organizations in all colleges to suit everyone's taste.
- It is a great way to make friends, settle in and involvement in extra curricular activities is great for your CV too.

# COST OF COLLEGE

- On average the cost of a year in college while living at home will be €6;500.
- If living away from home that will rise to €12000
- If you are attending college in Dublin that rises to €15000.
- How will you finance it?
- Check if you qualify for SUSI grant at [www.susi.ie](http://www.susi.ie) Eligibility Reckoner.
- Tax Relief is available on fees check out [www.revenue.ie](http://www.revenue.ie)

# BUDGETING

- Before you start College consider the costs.
- Make a list of expenses, bus fares, food, nights out, books, stationery, clothes etc
- Track your expenses during the first month by keeping receipts and adjust your spending accordingly if necessary.
- Open a student bank account, consider a bank that has a branch in your college campus.
- If you are reliant on parents choose the same bank as them as money can be transferred more quickly.
- If you haven't already set up online banking.

# BUDGETING

- Most travel companies have concessions with student ID.
- If studying in Dublin sign up for a Leap Card where transport is capped at €7 daily.
- Cooking your own food is cheaper than college canteens.
- Bring your own lunches.
- Course books can often be bought second hand or you may be able to borrow the book from your college library.
- Ask for student discount in shops, cinemas, night clubs etc (with your student ID)



# ACCOMMODATION

- Academic year is nine months and student rented accommodation often charge 12 months rent for 9 to make up for the summer months when the accommodation may be empty.
- When considering accommodation take the following in to account.
- Proximity to the college
- Cost of public transport if needed.
- Security of the accommodation.
- Safety of neighbourhood.
- Proximity to shops.
- Type of heating and cost of same.
- Utility costs., (ESB, Broadband, Refuse)

# PART TIME WORK

- Part time work will ease the college financial burden greatly if you can obtain it.
- Be careful to maintain a balance so that your studies will not be affected.
- Working part time improves your employability and enhances your CV.
- It will give you valuable insights into the world of work and will help you decide on your eventual career path.

# WANT TO DROP OUT?

- Most students who drop out do so because their course is not what they thought it would be. Please research all courses thoroughly and your Guidance Counsellors are available to help you with this.
- You will not enjoy all aspects of your course, accept it and move on.
- Feeling isolated during the first few weeks in college is normal, get involved in college life and things will improve. Feeling isolated is not a good reason to drop out.
- Before dropping out talk to your college Guidance Counsellors or Student Advisors. There may be another course that you could transfer in to or you may need help with one particular aspect of the course you are doing.
- Remember if you drop out after January, you will be charged full fees if you sign up for another course the following year, irrespective of your personal financial situation.

# FINANCIAL DIFFICULTIES

- All colleges have a welfare assistance fund, a once off payment for emergencies.
- If family circumstances have changed financially you may be entitled to the special rate of maintenance grant, or if you previously did not qualify for the grant you may do so now.
- Talk to your Students' Union , they will provide advice on financial issues.
- If you or your parents are members of a Credit Union, you may qualify for a low interest rate loan.

# FINALLY

- Take Responsibility for your own learning and life in general.
- Set your goals.
- Make things happen for you.
- Don't be afraid to try new things.

# USEFUL CONTACTS

- Financial
- Susi grant 0761087874
- MABS 1890283438
- [www.citizeninformation.ie](http://www.citizeninformation.ie)
- Legal advice
- Legal Aid 1890615200
- Bereavement
- Living Links 06743999

# USEFUL CONTACTS

- Mental Health
- Grow 1890474474
- AWARE 1800804848
- Pieta House 01 6010000
- Jigsaw reachout.com
- Other
- Crises Pregnancy my options 1800828010
- LGBTQ 01 6706223

# REMEMBER

*School is like a big chapter of your  
life in the beginning of a book.  
When you've finished that chapter  
the final and best part begins.*



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# GOOD LUCK!

- Wishing you all the best in life now and always.
- Looking forward to seeing you all in the future .
- **Go neirí an t-adh libh i gconaí.**