

National CAREERSKILLS Competition

Transition Year Programme



Competition Overview

The competition is available to Senior Cycle students in Ireland who have undertaken a work placement. There are three distinct competitions, with students in each category only competing with others in that category, as follows:

- Transition Year
- Leaving Cert / Leaving Cert Vocational (LCVP) Leaving Cert Applied (LCA)
- As Gaeilge

This document contains details for **TY students only**, for entries in both English and Irish.

Students can only apply to the competition through their school. The programme coordinator/ teacher for TY, LCA, LCVP, or the Guidance Counsellor needs to approve the student in order for it to be accepted, and their details must be included as part of the submission.

Submission Details – TY

The submission must be either a word processed **Document** (printed, emailed or entered online) or a video blog (**Vlog**) containing a Career Investigation. All submissions must contain the details described in Section 1 below. Document submissions must contain the details in sections 2 - 4 below. Vlog submissions must follow the guidelines outlined in section 5.

1. Entry Details: (Document & Vlog entries)

Entrant Details:	Name, Email, Phone Number
School Details:	School Name, School Address
Programme Coordinator or Guidance Counsellors Details:	Name, Email, Phone Number
School Programme:	Please mention TY
Entry Type:	Written / Vlog

Note: If submitting a vlog you can fill in the above details online

2. The Career Investigation - [40%] (Document entries only)

The competition is centred on your investigation of a particular career. Ideally this career is the same one you choose for your work placement, although this is sometimes not possible. Where it is the same as your placement, the following details are required:

Job Title (or Career Area)

A description of the job (or Career Area). [5%]

This is a description of the type of work the person would be doing, including the main tasks and responsibilities.

Knowledge Requirements [5%]

Look through the list of specialist subject areas described in the Knowledge Requirements worksheet (available online). Pick two knowledge areas you think are the most important for this career, and discuss your reasons.

Education Pathways [5%]

Identify one course that leads to this career. Use the following headings to provide the information:

Course Name [and code if available]

College or Organisation Name [e.g. Cork IT]

Course Entry Requirements [e.g. Minimum Irish: O6, English: O6, Maths: H4]

Where to Apply [e.g. through CAO, Last years points were 360]

Length of Course [e.g. 3 years full-time]

Level of Qualification on the National Framework [e.g. Degree - Honours Bachelor (Level 8 NFQ) from NUI]

Career Skills Observed* [15%]

Look through the list of Career Skills described in the Career Skills worksheet (see back page). Pick two skills that you observed during your placement and describe why you think these are particularly important for being successful in the career.

Career Skills Developed [10%]

Using the same list of Career Skills, pick any two and describe what you did to develop these during your work placement.

Where the career investigation being submitted is of a career that is different to that of the work placement, replace the Career Skills Observed section with the following:

***Career Skills Needed** [15%]

Look through the list of Career Skills described in the Career Skills worksheet. Pick the two skills you think are the most important in order to be successful in the career.

3. The Work Experience Report [40%] (Document entries only)

This part of the submission is to contain a record of certain aspects of your work experience. It should contain the following information:

The name of the company/employer

The dates of the work placement

The following information should be based on your experience on two of the days. The information should be presented in diary format, one page for each day.

Duties Performed [5% + 5%]

Describe what tasks you had to do during the day.

Training Received [3% + 3%]

Describe any formal or informal training you received on the day.

Staff/Customer interactions [4% + 4%]

Describe any interactions you had with staff or customers that relates to the job

Difficulties or challenges encountered [5% + 5%]

Describe a difficulty/challenge you experienced and how you dealt with it.

Observations [3% + 3%]

Did anything unusual or unexpected occur? How were things different to what you expected? Discuss any observations that struck you during the day.

4. Conclusions [10%] (Document entries only)

A work experience is an opportunity to sample first hand some of the day to day experiences typical of the occupation or career area. Review your experience by writing a paragraph on each of the two following questions:

Evaluation [5%]

How has your work experience influenced you in terms of your personal career direction?

Application to Everyday Life [5%]

What skills have you learned from your work experience that you can apply to your everyday life?

The Submission Document [10%] (Document entries only)

The submission should be typed into a word processor and formatted to produce a clear and concise document. Use the 4 headings provided above to layout the document, and include information on all headings required (incomplete entries cannot win a prize). An additional 10% of marks is available for overall presentation and effort.

5. Vlog guidelines (Vlog entries only)

Your Vlog submission should be no more than 3 minutes long, and contain information on the following:

Job Title (or Career Area) [5%]

This is a description of the type of work the person would be doing, including the main tasks and responsibilities.

Knowledge Requirements [5%]

Look through the list of specialist subject areas described in the Knowledge Requirements worksheet (available online). Pick two knowledge areas you think are the most important for this career and discuss your reasons.

Education Pathways [5%]

Identify one course that leads to this career. Mention all of the following in presenting your information:

- Course Name [and code if available]
- College or Organisation Name [e.g. Cork IT]
- Course Entry Requirements [e.g. Minimum Irish: O6, English: O6, etc]
- Where to Apply
- Length of Course
- Level of Qualification on the National Framework [e.g. Degree - Honours Bachelor (Level 8 NFQ) from NUI]

Some of the points you must take into account when submitting your Vlog Career Investigation are:

Reflections [20%]

How has the work experience influenced your current life and your future career and education plans

Understanding & Demonstration [20%]

Mention 2 career skills you observed and two you developed during your work experience. Discuss them from the perspective of their importance for your career in the future

Highlights & Challenges [20%]

Give two examples of both the highlights and challenges you experienced from your work experience that stood out to you

Visual Presentation & Creativity [25%]

Get creative! - you can include footage of you on your work placement, on your commute there or reflecting on your work experience afterwards.

How to Submit

Completed **document entries** should be checked by your Programme Coordinator or Guidance Counsellor to ensure all the relevant sections are included. Please also ensure all the appropriate information in section 1 (entry details) are included and accurate. Your document can be submitted in a number of ways.

1. Email the completed document as an attachment to careerskills@careersportal.ie, with the student name, school name and programme name in the subject line.

or

2. Print your document and post it to the following address:
TY Application
National CareerSkills Competition,
7 Richview Park, Clonskeagh,
Dublin 14.

or

3. Create the document online - available to students who register with CareersPortal from within their Career File.

Completed **Vlog entries** should be uploaded to YouTube and the link provided in the online entry form along with the details mentioned in section 1 above. Alternatively, in addition to filling in the online form, the video file can be sent to us using Google drive, WeTransfer or any other online service that enables sending of such files.

The closing date for the submission is in April, check online for exact date. The winners will be announced and the award ceremony will take place in May.

Adjudication

All entries for the CareerSkills Competition will be assessed by a team of Human Resource (HR) professionals, the National programme co-ordinators of TY, LCA, LCVP and Guidance Counsellors.

Career Skills - Definitions

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PEOPLE SKILLS	
Sensitivity to others	<i>Shows ability to maintain a deep interest in the concerns and feeling of others. Inclined to find ways to help people.</i>
Insight into others	<i>Shows an understanding of what makes people do what they do, and tolerance of the actions of others. Good at reading the moods of others.</i>
Openness to others	<i>Is open to, and communicates with people at all levels. Inclined to share personal experiences and trust people.</i>
Respect	<i>Shows consideration for the feelings, needs, thoughts, wishes and preferences of others (including other cultures and races).</i>
Speaking / Presenting	<i>Presents information clearly and confidently to other individuals or groups. Maintains good eye contact and keeps the attention of an audience or individual.</i>
Active listening	<i>Pays full attention to what other people are saying, takes time to understand the points being made, asks questions as needed, and does not interrupt inappropriately.</i>
Conversation	<i>Speaks clearly and listens attentively. Attends to other people, not to themselves. Seeks clarification where necessary and attends to body language appropriately.</i>
Persuasion	<i>Shows ability to influence peoples beliefs and actions. Shows ability to win people's co-operation and support for ideas or activities.</i>
Team membership	<i>Works easily with groups of people and shows loyalty and commitment to the teams' objectives. Attends to each member's views equally.</i>
Team participation	<i>Openly expresses views and opinions within a group. Shows willingness to take on tasks and responsibilities as appropriate to one's experience.</i>
Leadership	<i>Shows the ability to communicate a vision or goal to others and lead them towards achieving it. Pushes for action and results, and wins the support and help of others.</i>
TASK SKILLS	
Planning / Organising	<i>Creates clear goals, identifies and finds the resources (e.g. time, people, materials) needed to achieve them, and schedules tasks so that work is completed on time.</i>
Time management	<i>Takes the time to organise events and tasks carefully so as to use time efficiently. Uses a diary/planner to ensure tasks are undertaken.</i>
Practical skills	<i>Uses equipment, tools or technology effectively. Easily follows instructions and shows willingness to use whatever tools or technology is required.</i>
Computer skills	<i>Confidently uses a computer to write documents, browse the internet or use email programs. Can save files, locate them efficiently and print them.</i>
Problem solving	<i>Shows interest in finding the cause of problems, looks for and chooses effective solutions and takes the necessary action to resolve them.</i>
Business awareness	<i>Shows understanding of the main business activities of the company/organisation. Has a good sense of the business opportunities available, and the primary competitors.</i>
Customer focus	<i>Shows understanding and concern for customers' needs, is helpful and friendly to them, and deals effectively with any questions or complaints they may have.</i>
PERSONAL SKILLS	
Learning skills	<i>Seeks and willingly takes opportunities to learn. Shows interest in personal learning and development. Looks for feedback to improve understanding.</i>
Adaptability	<i>Adapts easily to new challenges and shows openness to new ways of doing things. Effective at changing plans or actions to deal with changing situations.</i>
Goal setting	<i>Shows the ability to make a decision about what is wanted, and determine when it is to be achieved. Stays committed to the goal, and deals with setbacks realistically.</i>
Initiative	<i>Demonstrates ability to take the initiative in a situation. Shows inclination to find opportunities to make decisions or influence events.</i>
Independence	<i>Able to perform tasks effectively with minimum help or approval, or without direct supervision.</i>
Motivation	<i>Shows the drive to succeed and excel at tasks. Shows confidence in abilities and expects to succeed at all tasks agreed on.</i>
Dependability	<i>Is reliable, responsible and dependable in fulfilling duties. Carefully checks work to ensure all details have been considered.</i>
Professionalism	<i>Remains calm and self-controlled under stressful situations. Works to deliver the best interests of the organisation at all times, and maintains appropriate dress code.</i>