# REACH Career & College Preparation Programme

The REACH+ Career & College Preparation Programme is the most advanced career guidance programme available in Ireland. It covers a comprehensive range of topics designed to help your son/daughter prepare for the transition from school to either work or college. It is managed by the school guidance counsellor, is full of engaging activities, and requires active participation by the student.

The programme encourages students to match their aptitude, values, interests and personality to career pathways and course opportunities. The programme includes a substantial online learning environment where students can complete and store all of their career research.



# Key elements of the programme...

#### 1. SELF ASSESSMENT

This section includes an innovative and well planned suite of self-assessment exercises designed to encourage a rich understanding of the key factors that influence career choice. Activities promote a reflection on the learning outcomes from these, and their implications for future Career and College choice.

#### 2. CAREER PLANNING

Several activities are designed to develop 'Career Awareness', and to promote effective research and learning skills. These include setting realistic goals, understanding the consequences of choices and action planning.

## 3. STUDY SKILLS

REACH+ provides a suite of tools to help a student achieve their potential by recognising individual learning styles and study behaviours. The programme includes a study skills test and extensive tips for improving performance. Students are also encouraged to log their exam performance for all subjects over the course of their last two years in school, and use their actual exam results for each term exam as a basis for setting realistic targets for their next exam.

## 4. WORLD OF WORK

This section has a range of activities designed to develop an understanding of the working world. Students explore and research career sectors that interest them, and the occupations associated with them. Job seeking skills, including CV and cover letter preparation are provided along with advice on how to prepare for job interviews.

#### 5. WORLD OF EDUCATION

This section looks in detail at the college and course choices available after school. Qualifications are explained and checklists for college entry are provided. Students are encouraged and shown how to search, evaluate and assess if courses are suitable for them. Preparation for filling in the CAO and making other college applications are covered in detail.

As a parent you can view your son/daughter's progress with them by discussing the many reports produced by the programme, and understand in a deeper way the career planning process that is supported by the guidance counsellor.

The REACH+ programme is continuously updated with relevant and timely content. Access to the online learning environment (the Career File) is through the internet and hence is always available.

For further information please contact your schools' Guidance Counsellor.