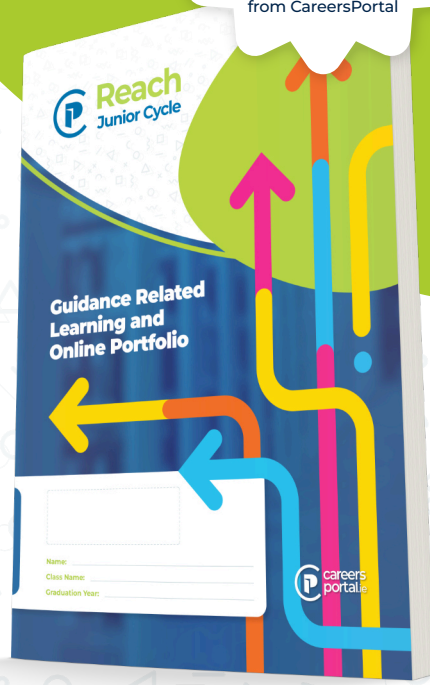


**10% OFF**  
**Junior Cycle Programme**  
when both programmes are purchased together from CareersPortal

## Junior Cycle Guidance Programme

Based on our extensive research with 2nd Level Guidance Counsellors, this 3-year student book and online digital portfolio, integrates Guidance Related Learning Activities, Student Apps, Lesson Plans, PowerPoints, Kahoot's, and Videos.

The programme is focused on evidence-based practice through supporting the development of Junior Cycle Key Skills, Whole School Guidance Planning and Provision, and is underpinned by a comprehensive Scheme of Work.



## REACH Junior Cycle Overview

A suite of pen and paper and **online activities** for students covering 5 key areas, appropriately developed for Junior Cycle students:

1 My School Community	2 About Me	3 My Wellness	4 My Education	5 My Career Options
<ul style="list-style-type: none"> <li>My School Supports (Part 1)</li> <li>My School Supports (Part 2)</li> <li>My School Year</li> <li>My Guidance Counsellor</li> </ul>	<ul style="list-style-type: none"> <li>Who Inspires Me</li> <li>My Interests</li> <li>My Intelligences</li> <li>Role Models</li> <li>My Identity (Who I Am)</li> <li>My Mindset</li> <li>My Values</li> <li>My Career Skills</li> <li>My Strengths</li> </ul>	<ul style="list-style-type: none"> <li>My Gratitude</li> <li>My Connection with Nature</li> <li>My Moments of Rest</li> <li>My Voice and how I Present Myself</li> <li>My Sustainable Learning</li> <li>My Balanced Life</li> <li>My Sustainable Options</li> <li>Presenting Me</li> </ul>	<ul style="list-style-type: none"> <li>My Pathways</li> <li>My Goal Setting</li> <li>S.M.A.R.T. Goals</li> <li>Setting Exam Targets</li> <li>Study Skills</li> <li>Subject Choice for the Leaving Cert</li> </ul>	<ul style="list-style-type: none"> <li>My Career Sectors</li> <li>My Job Options</li> <li>My Pathways after School</li> <li>Career Zones and Levels</li> <li>Skills for the Job</li> <li>Options after School</li> <li>Apprenticeships and Traineeships</li> </ul>

# An Island of Discovery

## My Guidance Counsellor

ACTIVITY: Guidance Counselling Quiz

Your Guidance Counsellor plays an important role in your school. How well do you know what they do, and how they can help you over the next few years?  
Complete the short quiz below, and discuss your answers with your teacher or Guidance Counsellor.

My Guidance Counsellor can help me to think about what jobs and courses might suit me

Yes  No

My Guidance Counsellor's job is to tell me what to do

Yes  No

I can ask my Guidance Counsellor for a meeting if there is something worrying me

Yes  No

My Guidance Counsellor will know everything about me

Yes  No

## MY SCHOOL COMMUNITY

## MY WELLNESS

## MY EDUCATION

## ABOUT ME

## MY CAREER OPTIONS

### My Balanced Life

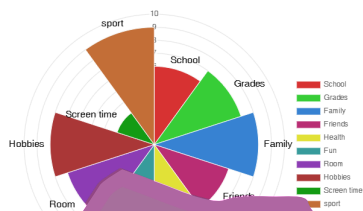
ACTIVITY: My Wheel of Life

Rate your level of satisfaction in each of these areas by placing your score into the center of the circle.  
1 = extremely unhappy  
10 = extremely happy

Please enter any other category you think is important and rate it, or choose Save to store your choices so far.

Enter Category 2 name  
sport

1 2 3 4 5 6 7 8 9 10



My School Supports (Part 1)

My School Supports (Part 2)

My School Year

Presenting Me

My Voice and How I Present Myself

My Moment of Rest

My Balanced Life

My Gratitude

My Connection with Nature

My Sustainable Learning

My Sustainable Options

Study Skills

Setting Exam Targets

My Pathways

Subject Choices for the Leaving Cert

My Goal Setting

S.M.A.R.T. Goal Setting

My Values

My Interests

Who Inspires Me

My Identity

My Intelligences

My Mindset

My Career Skills

My Strengths

Role Models

Apprenticeships and Traineeships

Option After School

Skills for the Job

My Job Options

My Career Sectors

My Pathways After School

### Leaving Cert Subject Choices

**1. Choosing Subject Options**  
The following Leaving Cert subjects are currently being offered in your school for the next school year, depending on the level of interest shown by students.  
Explore subjects from this screen to understand what they are about, how they are taught and how they are examined. Some subjects are important for some **careers**, and some are essential for **courses** in University.

After you have explored the many subjects on offer, please **add** the three Core subjects (English, Irish and Maths) and a minimum of three (typically 4 - 6) other subjects that you would like to study for your Leaving Cert.

When you have finished, you can review your selections, and sort them according to your preferences.

Research subjects available in your school

Subject	View Presentation	Research Subject
Science		
Biology	<input type="button" value="View Presentation"/>	<input type="button" value="Research Subject"/>
Chemistry	<input type="button" value="View Presentation"/>	<input type="button" value="Research Subject"/>
Computer Science	<input type="button" value="View Presentation"/>	<input type="button" value="Research Subject"/>
Physics	<input type="button" value="View Presentation"/>	<input type="button" value="Research Subject"/>
Artistic		
Art	<input type="button" value="View Presentation"/>	<input type="button" value="Research Subject"/>

### My Values

ACTIVITY: My Personal Crest

Having decided on what your 9 top values might be in the previous activity, we now want to narrow this down from your personal Crest.

Look at your top values on the left of the screen, and carefully select the four that you believe to represent you most truthfully. Move these over to the Crest values on the right. These are your Cornerstone values.

Can you think of a word or words that sums up these four values for you? Place this under the crest. This is your North Star value.

Pyramid Values

Achievement
Assertiveness
Creativity
Equality
Authenticity
Freedom

Crest (Select 4 Items)

Items can be 'dragged' to and from the Crest.

### Career Zones and Levels

ACTIVITY: Jobs and Career Zones

- Drag the jobs into the correct zones!
- Every time you have 3 right answers 

Careers — Round 1

Bus Driver Barista Waiter/Waitress Staff Civil Engineer Makeup Artist Assistant

Commerical Pilot

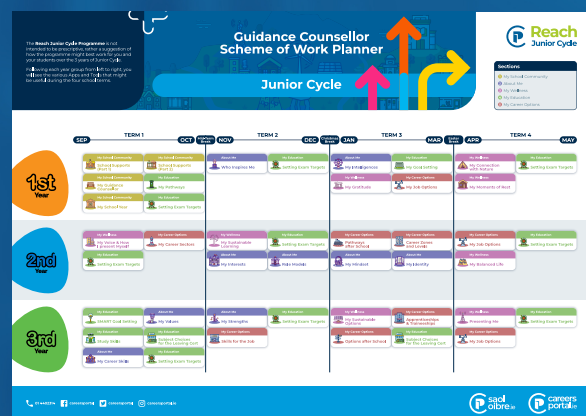
ZONES: Score: 6/12

Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
little or no preparation	0-1 years preparation	1-2 years preparation	3-4 years preparation	5+ years preparation
Cloakroom Attendant <input checked="" type="checkbox"/>				Dentist <input checked="" type="checkbox"/>
Babysitter <input checked="" type="checkbox"/>		Carpenter <input checked="" type="checkbox"/>	Nurse <input checked="" type="checkbox"/>	Judge <input checked="" type="checkbox"/>

# REACH Junior Cycle Overview

A blended programme including a suite of **online activities** and a **workbook** covering **5 key areas**, appropriately developed for Junior Cycle students and supporting **Whole School Guidance Related Learning** in collaboration with colleagues including SPHE teachers.

- A personalised **Digital Career Portfolio** for each student, viewable by the Guidance Counsellor which will assist students to develop career management skills
- A **student workbook** covering the 3 years of Junior Cycle
- **A 3-year Scheme of Work, Lesson Plans, PowerPoints, Kahoot Quizzes and Videos** to support you in delivering the programme, integrating Junior Cycle Key Skills through personal and social development, education and career guidance
- The online programme is **available in Irish** at the click of a button
- **Leaving Cert Subject Choices - customisable** by the **subjects** available in each **school. Subject Choice Presentations** encouraging self-directed research with parent involvement and providing valuable feedback for school management.
- Customised **School Guidance Website** (free with purchases of over 50 students)
- Once off purchase - students who purchase the programme in 1st year will have access to the programme for the full duration of Junior Cycle – **seamless progression to Reach+ Senior Cycle** (same login details from 1st to 6th year)
- **CPD training and certificates**, support videos and online / phone support available
- Available to **order** directly from **CareersPortal** or **purchase** through a **bookshop**
- **Flexibility in delivery based on your timetable** for JC guidance related hours e.g. by units of learning, short modules, by weekly classes, by term etc.



## Hear what Guidance Counsellors/Teachers have to say about the programme.

*'Reach JC Is brilliant, exactly what we were looking for in a resource for JC students'*

- Guidance Counsellor, Portlaoise

*'Excellent feedback from Guidance Inspection- loved the 'Exam Target' - students can view on a continuum, loved the World of work, Students can work at own pace, & build up Career File over the 3 years' The GC website was praised for Parent communication'*

- Guidance Counsellor, Tralee

*'JC Guidance teachers really like Reach JC...System is working well & it's much better than the older resource-it's fantastic! The scheme of work is great for planning.'*

- Guidance Counsellor, Ennis