

## Index / list of resources introduced during the webinar 'NCGE / Euroguidance Ireland resources available for Guidance Counsellors'

### NCGE Resources

Resource	Purpose	Link
<b>Whole School Guidance Wheel (Completed)</b>	To provide an example of what Whole School Guidance can look like and how it can be framed.	<a href="http://www.ncge.ie/sites/default/files/resources/NCGE-PP-Wheel-Complete-PDF-EN.pdf">www.ncge.ie/sites/default/files/resources/NCGE-PP-Wheel-Complete-PDF-EN.pdf</a>
<b>Whole School Guidance Wheel (Blank)</b>	To provide a 'blank canvas' to schools where they can complete their own representation of how Whole School Guidance works in their school. Each Department can take a blank wheel and complete.	<a href="http://www.ncge.ie/sites/default/files/resources/NCGE-PP-Wheel-Blank-PDF-EN_0.pdf">www.ncge.ie/sites/default/files/resources/NCGE-PP-Wheel-Blank-PDF-EN_0.pdf</a>
<b>Confidentiality Policy Template</b>	This resource highlights key issues for whole school approach to management of confidential student data and disclosures.	<a href="http://www.ncge.ie/resource/developing-confidentiality-policy-post-primary-schools">www.ncge.ie/resource/developing-confidentiality-policy-post-primary-schools</a>
<b>Student Questionnaire for 6<sup>th</sup> years</b>	This questionnaire was originally created for 6 <sup>th</sup> years in the final term of academic year 2019-2020 but can be adapted for the class of 2021.	<a href="http://www.ncge.ie/resource/covid-19-taking-stock-questionnaire-6th-year-students">www.ncge.ie/resource/covid-19-taking-stock-questionnaire-6th-year-students</a>
<b>Student Surveys for Junior Cycle and Senior Cycle</b>	These surveys were designed to support the Whole School Guidance Framework. They will support a Guidance Counsellor in identifying student needs in all areas of guidance.	<a href="http://www.ncge.ie/wsg/references">www.ncge.ie/wsg/references</a> <i>(Scroll to bottom)</i>
<b>Guidance Related Learning for Junior Cycle</b>	Three units of learning (one for 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> year students) have been developed, each containing six lessons. Each lesson contains a comprehensive PowerPoint presentation, a detailed lesson plan and student worksheet. These lessons are suitable for use both in the classroom and if students are learning remotely.	<a href="http://www.ncge.ie/resource/guidance-related-learning-resources-junior-cycle">www.ncge.ie/resource/guidance-related-learning-resources-junior-cycle</a>
<b>Applying for jobs</b>	The resource outlines several helpful tips for students applying for work experience. This resource can be used to support student learning regarding their interests and aptitudes and can be applied in a classroom setting.	<a href="http://www.ncge.ie/resource/applying-jobs">www.ncge.ie/resource/applying-jobs</a>

<b>Exam taking skills</b>	This resource notes tips for students and parents about exam-taking.	<a href="http://www.ncge.ie/resource/exam-taking-skills">www.ncge.ie/resource/exam-taking-skills</a>
<b>One to one meeting record Guidance Counselling</b>	In keeping with professional good practice in guidance; records should be kept of all meetings with students. This resource provides a sample template for use during personal/social guidance counselling one-to-one with students.	<a href="http://www.ncge.ie/resource/record-templates-guidance-counselling-one-one-meetings-students">www.ncge.ie/resource/record-templates-guidance-counselling-one-one-meetings-students</a>
<b>One to one meeting record education / career meeting</b>	In keeping with professional good practice in guidance; records should be kept of all meetings with students. This resource provides a sample template for use during educational/guidance counselling one-to-one with students.	<a href="http://www.ncge.ie/resource/record-templates-guidance-counselling-one-one-meetings-students">www.ncge.ie/resource/record-templates-guidance-counselling-one-one-meetings-students</a>
<b>Anxiety and stress</b>	This resource introduces and summarises key aspects to consider, where anxiety is concerned. The resource is provided in Word Document format and contains: <ul style="list-style-type: none"> <li>• General information for Guidance Counsellors, parents and students</li> <li>• Understanding and coping with anxiety</li> <li>• Panic attacks</li> <li>• Relaxation techniques</li> </ul>	<a href="http://www.ncge.ie/resource/anxiety-and-stress">www.ncge.ie/resource/anxiety-and-stress</a>
<b>Resilience and character building</b>	This webinar and accompanying presentation address and highlight the importance of resilience and the development of mental toughness in supporting one's ability to cope with uncertainty, changing and potentially distressing situations. A focus is placed on how to help young people develop resilience and how it relates to stress and wellbeing.	<a href="https://www.ncge.ie/resource/resilience-character-building-and-identity">https://www.ncge.ie/resource/resilience-character-building-and-identity</a>

## Euroguidance Ireland Resources

<b>Euro-Quest</b>	<p>Euro-Quest is a free online, classroom-based resource for use with Transition Year students in Ireland exploring mobility (study abroad). It consists of 4 playable modules and is accompanied by a Student Workbook and Whole School Guidebook.</p>	<p><b>To enrol your school or find out more -</b>  <a href="https://euroguidance.ie/euro-quest">https://euroguidance.ie/euro-quest</a></p> <p><b>To view the whole school guidebook -</b>  <a href="https://euroguidance.ie/resource/euro-quest-whole-school-teacher-guidebook-and-accompanying-teaching-resources">https://euroguidance.ie/resource/euro-quest-whole-school-teacher-guidebook-and-accompanying-teaching-resources</a></p> <p><b>To view the student workbook-</b>  <a href="https://euroguidance.ie/resource/euro-quest-student-workbook">https://euroguidance.ie/resource/euro-quest-student-workbook</a></p>
<b>Euro-quest ambassador programme</b>	<p>This NEW programme provides a framework and incentive for schools to raise awareness of the value of mobility, for TY students and the whole school community. The programme will ideally be led by a Guidance Counsellor, in collaboration with colleagues. It involves the completion of 3 tasks.</p>	<p><a href="https://euroguidance.ie/resource/EQ-Ambassador-Programme">https://euroguidance.ie/resource/EQ-Ambassador-Programme</a></p>
<b>Study in Europe: 'Snapshot' on Mobility</b>	<p>This short video and accompanying questionnaire provide students with a snapshot of the reasons people consider study abroad, and an overview of helpful national resources.</p>	<p><a href="https://euroguidance.ie/resource/study-europe-snapshot-mobility">https://euroguidance.ie/resource/study-europe-snapshot-mobility</a></p>
<b>'Jargon Buster'</b>	<p>This resource is designed to assist students to become familiar with some common terms relevant to mobility before they begin to explore the various study abroad opportunities.</p>	<p><a href="https://euroguidance.ie/resource/jargon-buster">https://euroguidance.ie/resource/jargon-buster</a></p>

<p><b>How to create your Europass Profile</b></p>	<p>Guidance Counsellors can use Europass to support students to:</p> <ul style="list-style-type: none"> <li>• Create a free personal profile</li> <li>• Highlight skills, qualifications and experiences</li> <li>• Create CVs and cover letters</li> <li>• Explore different job and learning opportunities around Europe (in progress)</li> </ul> <p>Euroguidance have developed a short video to guide students / GCs in creating a profile. Students who complete their Europass profile can use it as one of the criteria to achieve '<a href="#">Euro-Quest Ambassador</a>' status.</p> <p>It can also be used as a basis for entry to the 'Careers with Languages' competition (coming soon).</p>	<p><a href="https://euroguidance.ie/resource/how-create-your-europass-profile">https://euroguidance.ie/resource/how-create-your-europass-profile</a></p> <p>To create your free profile, see: <a href="https://europa.eu/europass/en">https://europa.eu/europass/en</a></p> <p>For more information see: <a href="https://www.qgi.ie/Articles/Pages/Europass.aspx">https://www.qgi.ie/Articles/Pages/Europass.aspx</a></p>
<p><b>'Guest Speakers'</b></p>	<p>This resource provides students with a list of prompt questions they can ask a range of different guest speakers, from:</p> <ol style="list-style-type: none"> <li>1. An Erasmus student</li> <li>2. A local University / PLC representative</li> <li>3. A local business representative</li> </ol> <p>...to find out more about what it is like to study abroad and the benefits of internationalising their education</p>	<p><a href="https://euroguidance.ie/resource/guest-speakers">https://euroguidance.ie/resource/guest-speakers</a></p>

'Share YOUR Journey'	<p>This resource is designed for use during the annual '<a href="https://www.collegeawarenessweek.ie/">College Awareness Week</a>' (or a similar event).</p> <p>It provides a list of prompt questions which will enable members of the school community to:</p> <ol style="list-style-type: none"> <li>1. Share their career journey thus far with students</li> <li>2. Facilitate a conversation around the students' current aspirations</li> </ol>	<a href="https://euroguidance.ie/resources/share-your-journey">https://euroguidance.ie/resources/share-your-journey</a>
'Celebrate Europe' (Promote Mobility)	<p>This resource contains 27 ideas to celebrate Europe and promote educational mobility within the whole school community.</p> <p>It flags events that can be celebrated, opportunities to explore as well as providing a range of ideas of ways that the guidance counsellor and other subject teachers can work together to raise the student's awareness of the EU and its educational mobility opportunities in a fun and creative way!</p>	<a href="https://euroguidance.ie/resources/celebrate-europe-promote-mobility">https://euroguidance.ie/resources/celebrate-europe-promote-mobility</a>
Preparing for an 'Open Day'	<p>This resource is designed to assist students in making the most of the open day/ virtual open day experience.</p> <p>It equips them with tools and advice to ensure they leave informed about the opportunities available to them: <b>In Ireland and In Europe</b></p> <p>It includes a list of suggested activities, prompt questions and key words to guide them through the process.</p> <p>It can be used to fulfil one criteria of the <a href="#">Euro-Quest Ambassador Programme</a></p>	<a href="https://euroguidance.ie/resources/preparing-open-day">https://euroguidance.ie/resources/preparing-open-day</a>

<b>Study in Europe: Country Information Sheets</b>	<p>A set of country by county resource designed to support guidance counsellors to navigate the full-time study abroad options throughout Europe. It includes:</p> <ul style="list-style-type: none"> <li>• An overview of options</li> <li>• Institution types</li> <li>• Available Programmes</li> <li>• Information on Fees</li> <li>• The application processes</li> <li>• Important dates</li> <li>• General entry requirements</li> </ul>	<a href="https://euroguidance.ie/resources/study-europe-country-information-sheets">https://euroguidance.ie/resources/study-europe-country-information-sheets</a>
<b>Erasmus Experience Stories</b>	<p>In these blogs and vlogs, two students, Claire and Séan who travelled as part of their studies, share their experiences.</p>	<a href="https://euroguidance.ie/resources/erasmus-experience-stories">https://euroguidance.ie/resources/erasmus-experience-stories</a>