

drinkaware.ie

The

Leaving Cert *(and Beyond!)*

Survival Guide



The Final Countdown

You've read the revision guides, been to the grinds, bought the past papers... maybe you've even done some study along the way.

Whatever the case, you've had it up to here with exam talk, and the 4th of June is getting closer every second. What you'd really like right now is some semblance of a social life.

But is that even possible ?

Is there REALLY a world beyond the Leaving Cert?

Happily,
the answer to both of those questions is... yes!

So if you want to find out how to balance study and fun, keep yourself sane during your exams, and survive the summer that follows them, read on...

It'll only take five minutes, and you'll learn a lot more than you would looking at status updates on Facebook!



Study or go out?

If you're over eighteen, then it's fine to go out for a few drinks every now and then. But there's a big difference between drinking responsibly and going on a total bender, and it could be what stops you from doing as well as you could when June rolls around.

The best way to keep yourself on track is to plan ahead, know your limits, and pace yourself.

Decide

how often you'll go out and if you're drinking, resolve to slow down, pace yourself with a glass of water or a soft drink between each alcoholic drink, and stick within the low-risk drinking guidelines.

You'll feel more energetic as a result, and you won't be stuck with a hangover that stops you studying for ages afterwards!

18 +



If you do go out...

If you're a guy, low-risk drinking guidelines say that you shouldn't have more than 17 standard drinks in a week.

Girls should stick to 11 or fewer drinks in a week.

Sorry, ladies, but it's been proven that you shouldn't drink as much as the fellas!

No matter

what your gender, you should make sure that you have plenty of **alcohol-free days** in the week, to give your body and your mind time to recover.

And don't forget, it takes your body around an hour to get rid of one standard drink. Nothing can speed up this process - not even a breakfast roll, a double espresso and a cold shower combined!

**One
Standard
Drink**



or



or



60

mins

A glass of stout / lager / cider (284ml)
A small glass of wine (100ml)
A pub measure of spirit (35.5ml)

Age Card

Have you got your Age Card yet?

If you've already celebrated your 18th birthday, then you're all set to get your Age Card.

So what exactly is it for?

Ever been asked to prove your age or provide photo I.D.? Your Age Card does both

How much have I got to spend?

It costs €10, which is a lot cheaper than a driver's licence or a passport if you lose it! It's easier to carry around as well.

Checklist for your application

- You're aged 18 or older.
- You have a credit or debit card to pay the €10 fee, or have bought an Age Card voucher from any Post Office.
- You have your Birth Certificate, Passport, or Garda National Immigration Bureau card.
- You have one other form of I.D. to prove your name – a student card or driver's license will do.
- You have one colour passport-sized photo.
- The name on your application matches the name on your Birth Certificate or other I.D.
- You have an Irish address.

Check out www.AgeCard.ie to start your application!

Win an Age Card voucher!

Want to apply for your Age Card but don't have access to a credit or debit card? Well, we have teamed up with the Age Card office to give away five €10 vouchers to pay for your card

How to enter

All you have to do is log onto www.drinkaware.ie to enter!

Prize Details

Winners get a voucher containing a promotional code which can be entered

into the payment section of the Age Card Application Form, which will cover the €10 cost to get your Age Card.

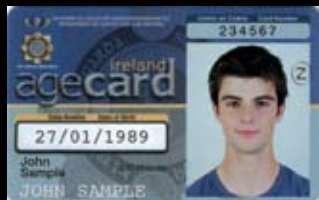
Terms and Conditions

Prize winners will be announced on July 4th, 2014.

Prize is non-transferable.

The prize cannot be exchanged for its monetary value.

Normal competition terms and conditions apply.



Hints and Tips from Past Leaving Cert Students

Rebecca is now studying Languages, Literature and Film in UL

I can say from experience that the last stretch before the exams is an extremely tricky period.

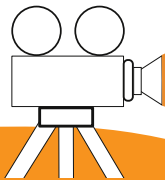
Keeping up your motivation is difficult, and most people are an unhappy mix of panic, tension, and exhaustion.

The way I see it, keeping in mind why you're sitting the bloody exams in the first place can give you a much needed kick-start. You're not just working for points, you're working to get into the course you really want.

Yes, studying can be boring, and the sunshine is awfully tempting, but that last little bit of effort is not just the difference between a C1 and a B3, it's the difference between getting into the course you really want and, well, not.

Generally speaking,

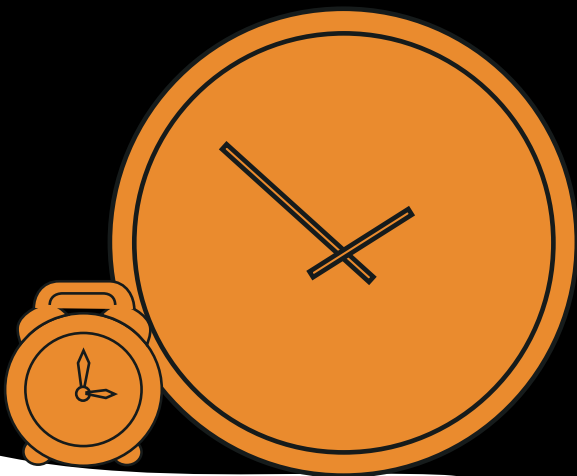
it is impossible to cover the entire syllabus for each subject, so 'selective study' is really important.



Don't just blindly plough through your notes from the beginning to end (chances are you won't have time, anyway!)

Instead, identify the crucial topics and study these first, coming back to secondary information if there's time.

Finally, I cannot stress the importance of timing enough. Before going into the exam, know how long you have to spend on each question, and stick to it ruthlessly. You'll get more points for half-finishing two questions than you will for finishing one and leaving the other.



Hints & Tips from people who did well in their Leaving Cert.

Aideen

is now studying
Medicine in UCD.

The Leaving Cert is great in that it tests you on a finite amount of information – and you don't need to know anything outside of the course. All you need to do is make sure that you know what **IS** on the course; dissect those past papers like your life depends on it!

Set a study routine and stick to it as best you can, but be realistic.

Avoid

all-nighters like the plague! And whatever about any placebo effect, no caffeinated drink actually contains the elixir of knowledge.

Set aside some down time and don't feel guilty about it. Friday afternoons are a great one to just completely avoid the books.

And **something** fantastically unpredictable will always come up in at least one paper. Just take a big breath, go back to basics and you're already one up on everyone else!



Paul is studying Computing in ITB

The Leaving Cert was a means to an end for me. I knew I wanted to work in computers, but exams were never my cuppa tea.

Even if you're not going to hit the big 6-0-0 (and I wasn't even close), it doesn't mean you shouldn't try and do your best. I'm great with computers but bad with exams, and I wouldn't be doing a course that I love now if I hadn't put the work in then.

Do your best to ignore all the bonkers exam talk around you. It doesn't matter who stayed up all night studying or who knows the Chemistry book off by heart and upside down. What matters is that you're doing what you need to, and that you keep doing it right up to the exams.

Oh, and don't ignore the subjects that you don't like. They're probably the ones you need to work hardest at.



Exams Over... So, Now What?

You wake up one day with nothing to do. It seems impossible; you can't remember the last time this happened. You officially have nothing left to worry about (academically, at least).

The end of the Leaving Cert is fantastic for a week or two, but it's definitely worth making a plan of action before the boredom sets in.

Work Hard for the Money

Jobs may be in short supply at the moment, but that doesn't mean it's totally impossible to get one. Spend some time polishing your CV, put on some respectable clothes, and hand it in everywhere.

A huge percentage of positions are never even advertised, so you just might get lucky.





Now's the perfect time to give a little back, and make the world a slightly better place.

Pick a cause you're interested in – animal welfare, mental health, children's welfare, or anything else you care about – and see which organisations in your area could use your help. You'll feel great, get some new experiences, and it'll look brilliant on your CV.

Stay Busy

Even if you don't have a job, you shouldn't spend the next few months turning into a vegetable.

Use your new found free time to read all the books you ignored for the last two years, take up a sport you didn't have time for, or finally learn to play the guitar and become the next Matt Bellamy.

Livin' the Life

From holidays to nights out to house parties, it seems like there's always an excuse for a good time.

Sure, didn't you just finish your Leaving Cert after all?! Well, here's how to make those good times into great ones.



Nights Out

R-E-S-P-E-C-T.

There are loads of people who don't drink, or aren't old enough to do it legally, and it's not your job to give them a hard time about it. Respect other people's choices, and remember that drinking isn't the only way to enjoy a party.

Be prepared. Plan how you're going to get home in advance, so you're not in danger of being stranded anywhere in the dark. Make sure you have your keys, enough spare cash to get home, and a topped up phone as well.

Eat before you go out.

Drinking on an empty stomach can lead to vomity consequences, as well as lots of money

wasted on greasy food at the local chipper.

Avoid drunken arguments.

They're never worth it, and things can get out of hand more easily. So walk away.

Pace yourself.

If you're drinking alcohol, have a glass of water or a soft drink in between. This'll keep you hydrated, refreshed, and help you avoid any nasty after effects the next morning.

Drive safe: designate.

Never, ever get into a car if the driver has drunk alcohol. We know you've heard all the horror stories, but there's a reason they're repeated so often.

Decide who's driving home (and staying away from the booze) before you go out, or get a taxi home instead.



Nights In

Have water and non-alcoholic drinks for your friends, and be sure to dish out some food – not everybody wants to drink, and for those who do, drinking on an empty stomach is never a good idea.

Don't make the drinks too strong – it might seem like a great idea, but when people don't know what's in their drink, they can't keep track of their limits. And that could end up ruining your night as well as theirs.

Watch out for your friends. Get them water if they've had a bit too much to drink, and keep a special eye on anyone who's just turned 18 and isn't used to alcohol.

Ditch the drinking games.

Want to make sure the night ends badly? Drinking games make everybody drink way too much, way too fast, which can have seriously dangerous consequences. There are better things to do at a party, like embarrassing dance routines.

Reclaim Your Weekend

Slowing down and drinking less on a night in or out will let you make the most of the next day, and help you to get as much as possible out of your summer! Check out **ReclaimYourWeekend.ie** to get loads of ideas for free or low-cost activities taking place around the country.



Check out: **ReclaimYourWeekend.ie**

**Know what to do
in an emergency.**

Alcohol poisoning is incredibly dangerous, and teenagers and inexperienced drinkers are particularly vulnerable to it. Someone may have alcohol poisoning if:

- They're breathing less than twelve times a minute or stop breathing for periods of ten seconds or more.
- Unconscious and unable to be woken up
- Their skin is cold, clammy, pale and bluish in colour

If you suspect someone has alcohol poisoning, call an ambulance immediately.



Holidays



You've got a list of **essentials** as long as your arm – passport, insurance, sunscreen, phone charger, kitchen sink... But there are a few other simple ways to make your sixth year holiday go smoothly.

Do the Research

Check out a few potential destinations with your friends before you make the final choice, and read reviews of places you're thinking of staying before you book. It sounds obvious, but there's nothing worse than arriving in a hostel to discover that the sheets haven't been changed in a month!

Get Travel Insurance

Because, you know, stuff happens: be aware of its specific conditions and make sure to check on the time and journey limits on your insurance.

Keep Your Packing

In Check Who'd want to start a holiday by dumping half of their stuff in an airport bin? Be aware of your baggage allowance, and stick within the limits! Anyway, you don't really need to bring all those shoes.

Note Local Laws

Take note of local laws about alcohol. There are plenty of countries where public drunkenness can cause grave offence.



Also,
if you're injured
while under the
influence of
drugs or alcohol,
your insurance
almost certainly
won't cover you.

Get more...

insider advice on your
holiday by downloading
the **Holiday Survival Guide**
from www.drinkaware.ie



Festivals

A good festival should be one of the best experiences of your life, but get it wrong and it can turn into a nightmare.

Drugs: Even aside from the health risks, just don't bother – the Gardaí will happily bust you for even the slightest infraction.

Human pyramids, Moshing, and Stage Diving. They sound like a great idea but they're not, and can end up with you hurt or arrested and the event being more heavily policed next year – which means tickets will be even more expensive. And that will be all thanks to you, you free-flying fool.



Valuables. Why bring any? Cash and a mobile phone are the only things you'll need. Leave the rest at home.

Cash. Bring enough, but spread it about your body. Back and shallow front pockets are useless – you may as well give it away. A money pouch or bound in a small plastic bag stuffed into the toe of your shoe is good.

Minding Your Stuff.

Make friends with the occupants of the tents around you, and they'll keep an eye on your gear.

For the full story on festivals, including a must-have packing list,

visit www.drinkaware.ie and download our Festival Survival Guide.



Gap Years

Thinking of travelling the world before you've got to deal with 'real life'?

There are loads of different ways that you can spend a year off, so we asked USIT to give us the inside scoop on your options.

Organisations like USIT can help to sort you out with:

- One-year work visas to countries such as the US, Canada, New Zealand, Hong Kong, Argentina and Australia

- Organised overseas internships
- Paid teaching jobs in Asia
- Volunteer work in Africa, Asia and Latin America
- Holiday visas to non-EU countries
- Interrailing tickets, for shorter holidays around Europe



If you're planning to go abroad for any length of time, there are some things you absolutely have to do first.

Make sure you've got the right kind of visa.

Some will let you visit a country, but not work there, and you can get in serious trouble if you overstay your welcome.

Check that your passport is in date.

In most cases, it needs to be valid for six months after you return home, too.

Get insurance. Don't leave home without it! Seriously. It might seem expensive, but stuff happens.

Make sure it covers medical treatment, accidents, cancelled flights, stolen goods, as well as the extra cost of travelling home in an emergency. And remember, most insurers won't cover you if you get injured while under the influence of drugs or alcohol.

Vaccination, vaccination, vaccination.

Tropical diseases are hard to pronounce, and even harder to get rid of! Check with your local Tropical Medical Bureau clinic www.TMB.ie (also instore in USIT Dublin) to find out what shots you need before you head away.

To get in touch with USIT for more information, visit www.USIT.ie or call 01 602 1906.



Judgement Day

You might be able to forget about it for a while, but results day will creep up on you before you know it! For the full story on results, rechecks, and CAO forms, visit www.examinations.ie and www.cao.ie, but you'll also find some of the most important dates and details listed below.

Changing your CAO

application: If you want to change the courses you've applied for, you've got to do it before **July 1st at 5.15pm**. The CAO won't extend this deadline for anybody, so don't miss it!

Results:

Your grades will be released on **August 13th**, and you can get them directly from your school first thing in the morning.

Your results will also be available online from the CAO website at 12pm on the same day.



Script viewing: If you'd like to see your exam paper, you can arrange to view it by getting the form from your school. Papers can be viewed on August 29th and 30th.

Forms need to be returned to the CAO office by August 19th, and they'll sort out a date for your viewing.

Rechecks:

You can have your paper rechecked by filling out (yet another) form from your school. It costs € 40 per subject, but you'll get a refund if you're bumped up a grade. You can apply for a recheck even if you haven't viewed your paper, but you have to return the form by **September 3th at 5.30pm.**



Getting Ready for College

Accepting Your Course:

Nope, you're not quite done with the CAO yet. If you're offered a place, and want to take it up, you've got to confirm it before it's official. Visit **www.cao.ie** to find out how to do this.

Farewell, Friends:

It's tough to leave your secondary school friends behind, but don't get too down about it. You'll stay in touch with the people that matter, and it's easier than ever to keep up with everyone now that Facebook's so popular.

Sort Out

Accommodation Now.

The sooner the better, and it'll save you from stressing out about it the week before term starts.

Check out the **Student Survival Guide**, which you can download for free from **www.drinkaware.ie**.

It's got everything you need to get through the start of college in one piece!

College is about meeting new friends, not losing old ones.



The Debs



We've teamed up with PlanMyDebs.ie, Ireland's top Debs event-planner, to bring you some insider tips on how to make your Debs a night to remember... for all the right reasons!

Budget. From suits to dresses and makeup to manicures, the cost of your night can add up quickly. It's important to budget and be realistic about how much you want to spend on your Debs – and to stick to your plan when the time rolls around! Check out the PlanMyDebs.ie blog for more hints and tips on this.

Get organised. Whether you're getting your hair done or renting a suit, it's important to book early and avoid disappointment!

Have fun. After six years of school together, this will be the final time that most of you will ever be in the one room – so enjoy it while you can! Take part in all the activities on offer, and remember to take lots of photographs to capture your memories of the night.

Make the most of it. If you plan to drink alcohol on the night, pace yourself to make sure that you don't miss a minute of the fun. Have water between alcoholic drinks, and make sure to eat the meal that's served at the beginning of the event (you've paid for it, after all!)

If you choose not to drink, then don't feel pressured to change your mind by other people. It's your decision, and they should respect it.

Check out **PlanMyDebs.ie** for more info – it's a one-stop shop for all of your Debs needs!

Student TravelCard

Who can get it?

You've got to be a full-time student in second- or third-level education.

What is it?

It's the largest national student ID card, and gets you exclusive discounts on Irish travel services and in retail stores nationwide.

Save some moolah...

You can get up to 40% off on Irish Rail, Dublin Bus, DART, and LUAS, as well as getting discounts from 200 retailers if you flash your card!

How much does it cost?

It'll set you back a mere €12 for postal application, and €15 if you buy a card from on-campus agents like your Students' Union.

Some things don't last forever

If you buy your Travelcard before the 1st of September, it'll expire by the end of December of the same year. If you buy one after the 1st of September, it lasts until December of the following year. The expiry date is on the card so you'll know.

Check out: StudentTravelCard.ie

STUDENT TRAVELCARD

LIVE LIFE YOUR WAY

Win

a Student TravelCard
Voucher!

Want to apply for your Student Travelcard but don't have the money? Well, we have teamed up with the Student Travelcard office to give away five vouchers to pay for your card.

How to enter
All you have
to do is log onto www.drinkaware.ie to enter!

Prize Details

Each of the five winners will receive one Student Travelcard free of charge.

Terms and Conditions

Prize winner will be announced on 4th July 2014.

Prize is non-transferable.

Prize cannot be exchanged for monetary value.

Winners must be full-time second- or third-level students.





drinkaware.ie was developed by MEAS
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