



Contacts  
Healthy Body Healthy Mind  
Course under spotlight  
Student Profile  
Unemployment in the construction sector  
Events & open days: Sept-Dec 2010

1  
1  
2  
2  
3  
4

## Contacts

### Kilkenny City

The main office for the Co. Kilkenny Adult Guidance Service is located on Lower New Street in the city. If you are looking for information or you would like to make an appointment to meet with a Guidance Counsellor, please phone 056 7764448. The service endeavours to support individuals and enable them to make informed decisions for their future learning and / or career progression.

### Outreach Castlecomer

Co. Kilkenny Adult Guidance Service outreach programme in Castlecomer is now located in Castlecomer Community Hall in association with County Kilkenny Leader Partnership (CKLP). Mary Rose Carr, Educational Guidance Counsellor, attends the centre every **Wednesday** from 9am – 5pm. For more information please phone CKLP, Castlecomer on 056 4441966 or the County Kilkenny Adult Guidance Service on 056 7764448.

### Outreach Callan

The Co. Kilkenny Adult Guidance Service has an outreach service based in the Droichead Family Resource Centre, Callan. Paula Harte, Educational Guidance Counsellor, is available to meet clients every **Tuesday** from 9am to 5pm. For more information please phone 056 7764448.

## Healthy Body Healthy Mind

‘Mens sana in corpore sano’

This is an ancient roman quote which translates as ‘a healthy mind in a healthy body’



Modern research now validates that sentiment and scientists and health experts agree that by looking after ourselves physically we do much to ensure the health of our mind.

As a general rule of thumb, if something benefits us physically then it will also benefit us mentally. Exercise protects our general health and well being and according to the physiology department in Trinity College Dublin it now seems that exercise may help to preserve brain health also. For example, physical activity has been linked with a reduced risk of Alzheimer’s disease and dementia. Physical fitness is also linked to clarity of mind and an elevated mood. It boosts energy and leads to a sense of accomplishment.



The food we eat has a huge impact on health and happiness. There are links between food type and quality and brain performance.

The recommended diet for a healthy body and mind is a diet low in cholesterol and saturated (animal) fats. Proteins and unsaturated fats are important and for this reason fish is described as a perfect brain food, being high in both. Vitamins and minerals are vital, and are found in all fruits and vegetables. Vitamins E and C have been shown to protect the brain. Vitamin E can be found in sunflower seeds, hazelnuts, almonds and kiwis, while vitamin C is plentiful in citrus fruits such as oranges, lemons, limes as well as peppers, broccoli and cauliflowers. Research has also suggested that a reduction in overall calorie consumption can slow age related brain changes.

A third key element to brain health, along with exercise and diet is meditation. Science has taken a great interest in this ancient art in recent years and has come to the conclusion that there is a lot more to this practise than pure relaxation. Meditation is now used as a therapy for many illnesses and plays an important role in maintaining general health and well being. The purpose of meditation is to focus the mind through the use of a mantra or the breath and to promote a state of calm. It is important to find a quiet place with no disturbances. Switch off the phone and set a timer for twenty minutes. Sit on a chair with a straight back and focus on the breath or the mantra. The aim is to still the mind but if thoughts enter the head don’t chase them away, just acknowledge them and let them go. Scientists have accepted the benefits of a regular meditation practise including a reduction in stress, an improvement in emotional regulation and even perhaps a decrease in brain aging. Through meditation we can train ourselves to be happier and calmer and to think more clearly.

Brain health is important to everyone, no matter what stage of life or what life entails.

Adults and children, students, workers, the elderly – we all benefit from taking care of our grey matter. With some simple life changes we can ensure we stay young in mind and spirit for many years to come.

#### Sources:

- [www.timesonline.co.uk](http://www.timesonline.co.uk)
- [www.healthxpert.org](http://www.healthxpert.org)
- [www.weigh2live.safefood.eu](http://www.weigh2live.safefood.eu)
- [www.foodforthebrain.org](http://www.foodforthebrain.org)
- [www.brainfoundation.org.au](http://www.brainfoundation.org.au)



# Course under the spotlight:

## Citizenship & Community Studies Carlow College

In this edition the course under the spotlight is the BA (Hons) in Citizenship and Community Studies from Carlow College. This is a full time, 4 year course standing at Level 8 on the National Framework of Qualifications. The points for round 1 of CAO in 2009 were 300. Citizenship and Community Studies is a new course to the college and involves studying how individuals and communities interact in meeting the various challenges of modern Ireland. Graduates can expect to engage in professional community work, community development, intercultural facilitation, community empowerment and advocacy work. Employment Opportunities include community development projects, family resource centres, community networks and even in local authorities. The course combines a mix of theory, professional skills and personal development.

### Year One Subjects:

Sociology  
Social Policy  
Introduction to Citizenship  
Citizenship Identity and Difference  
Community Studies  
Communications  
Research & Study at Third Level  
Practice Workshop  
Creative Studies

### Year Two Subjects:

Social Psychology  
Models of Citizenship  
Ethnicity & Integration  
Exploring Community Development  
Group Dynamics & Facilitation Skills  
Advocacy Skills  
Legal Studies  
Creative Studies  
General Ethics

### Year Three Subjects:

Equality Studies  
Economics & Social Analysis  
Citizenship & Human Rights  
Partnership & Representation  
Applied Community Work Skills  
Introduction to Conflict Resolution  
Media Studies  
Creative Studies  
Elective Studies  
Research Project

### Year Four Subjects:

Ethnic Diversity & Human Difference  
Emerging Issues in Community Work  
Leadership & Management  
Dissertation  
Comparative Social Policy  
Disability Studies  
Social Ethics  
Research Project

## Student Profile

**John Bergin**  
Student  
Citizenship & Community Studies  
Carlow College

### What lead you to return to education?

I became unemployed in May of 2008 due to the down turn in the construction industry. I am a carpenter by trade; however I worked as a site manager, then as a contracts manager, with various companies for the past number of years. As time passed and the construction industry was struggling to survive, the prospects of finding a job within the construction industry became less likely. What was I going to do, as I worked in the industry since 1974 after leaving school at fifteen years of age?

I had no other qualifications and very little formal education.

### Why did you choose this course?

I needed to find out what courses were available and more importantly what course could give me the type of re-skilling that I would benefit from. This was all very new to me so I went to get advice and guidance from the Adult Guidance Service. We talked about my background, my passions and what I would like to do if I had the opportunity.

From this the Guidance Counsellor suggested a new course which was starting in Carlow College called Citizenship and Community Studies. The Guidance Counsellor helped set up an interview with the college and from this interview they accepted me.

### How have you found the course so far?

As it had been a long time since I was in school and never been to college, the thought of going back was a bit scary. To help with the preparation for going back the Adult Guidance Service organised for me to attend a three day course which is designed to help to introduce you to college life and what is expected. This was a great help, it gave an insight into what would be expected of us. It also gave many useful tips on how to manage many aspects of academic life.

As we sat in a lecture room, for many of us for the first time, and were being welcomed to college life, it felt exciting and frightening for everyone. Would we be able for the challenges ahead, essays, exams and study all seemed very daunting now that we were here. However we soon submitted our first essay and then the next. This was achieved with the support of the excellent lectures we had, through hard work and most importantly

through the support and encouragement of all my fellow students and family.

The support of my family has been very important, as this must have been also difficult for them, how was this going to affect them? To go from working fulltime to being unemployed is difficult enough, but to commit to four years in college is a big undertaking. Among the many questions we had to ask ourselves were, can we manage the bills, without work for such a long period and will this lead to a job? So far we have managed the bills, just about. As for a job, well I think so, I hope so.

Before I knew it the first year was over although it was challenging the personal achievement I felt after getting my results, which were above my expectations at the start of the year, made the experience enjoyable and productive. I still have three years to go in this four year honours degree course, I am looking forward to next year and all the new challenges it presents.

# Unemployment in the Construction Sector

Figures from the Central Statistics Office ([www.cso.ie](http://www.cso.ie)) dated 15<sup>th</sup> June 2010 state that unemployment now stands at 12% in Ireland. When taking gender into account, more males than females have lost their jobs, with the construction industry being the worst affected. Approximately 50% of construction workers have lost their

jobs since the construction boom of 2007. However, the good news is that the decline is now slowing and it is predicted that there will be economic growth by 2011.

It looks likely that we are turning our backs on this recession as companies countrywide announce job creation plans.

But for those people who find

themselves out of work at the moment due to the fall in construction jobs, the future can seem a little bleak. After many years of hard work and a steady income, trying to adjust to unemployment and financial difficulties can be extremely worrying. Perhaps this is the time that a trip to a Guidance Counsellor could be of great benefit.

There are retraining opportunities that may just reopen the door to employment. What can seem like a crisis is sometimes just a great opportunity for change.

Below is a list of courses that may be of interest to someone coming from the construction sector, but it is worth bearing in mind that there are many other types of courses available and a chat with a Guidance Counsellor can help to point you in the right direction.

## **Agriculture – Kildalton Agricultural College, Piltown, Co. Kilkenny.**

This is a full time one year course which stands at Fetac level 5. The course includes time spent on work placement.

## **Auto Cad – Colaiste Cois Siuire, Mooncoin, Co. Kilkenny.**

A part time evening course that ran in the Spring of 2010 over the course of nine weeks. The cost was €90. Co. Kilkenny VEC Adult Education Office runs evening classes throughout the county commencing every September and January. Classes are advertised locally and details are also available from the Adult Education Office (7765103) and the Adult Guidance Service (7764448).

## **Engineering Technology – Colaiste Mhuire, Johnstown, Co. Kilkenny.**

This is a one year full time course at Fetac level 5.

## **Horticulture – Kildalton Agricultural College, Piltown, Co. Kilkenny.**

A full time, level 6 course, 1 year in duration.

## **Horticulture – Grennan College, Thomastown, Co. Kilkenny.**

Full time 1 year course at Fetac level 5. The year includes time spent on work experience.

## **Horticulture – CKLP, Castlecomer, Co. Kilkenny.**

A flexible part time training option in Horticulture and Plant Maintenance leading to Fetac Level 5 Certification. For further details please contact CKLP on 056 4441966.

## **Welding – Colaiste Mhuire, Johnstown, Co. Kilkenny.**

A part time evening course that ran in the Spring of 2010 over the course of ten weeks. Co. Kilkenny VEC Adult Education Office runs evening classes throughout the county commencing every September and January. Classes are advertised locally and details are also available from the Adult Education Office (7765103) and the Adult Guidance Service (7764448).

## **Woodturning – Various locations**

**Also of Interest:** The Back to Education Initiative (BTEI) run various part time courses, as does the Community Education programme. Contact the Adult Guidance Service for further information on these. Co. Kilkenny Enterprise Board offers courses and support to those considering starting their own business in Co. Kilkenny. The Jobs Club in Kilkenny supports people who are actively looking for employment and can be contacted on 056 7756043.

### Sources:

[www.eirjobs.ie](http://www.eirjobs.ie)  
[www.independent.ie](http://www.independent.ie)  
[www.irishtimes.com](http://www.irishtimes.com)  
[www.cso.ie](http://www.cso.ie)

### Useful resources:

[www.kilkennyvec.ie](http://www.kilkennyvec.ie)  
[www.kceb.ie](http://www.kceb.ie)  
[KilkennyJobClub@gmail.com](mailto:KilkennyJobClub@gmail.com)  
[www.cklp.ie](http://www.cklp.ie)



# Events & Open Days: Sept-Dec 2010

Date	Event	Location
15/09/2010	Higher Options	Irish Times
15/09/2010	Open evening part time courses	National College of Ireland
16/09/2010	Open Day	Independent Colleges
21/09/2010	Open Evening	DBS
22/09/2010	Open Day	Bray IFE
23/09/2010	Open Day	Independent Colleges
01/10/2010	Careers Day	Kildalton Agricultural College
01/10/2010	Open Day	NUI Galway
06/10/2010	Open Day	College of Amenity Horticulture, Botanic Gardens
08/10/2010	Open Day	Galway-Mayo IT, Castlebar
09/10/2010	Open Day	UCC
12/10/2010	Open Day	Limerick IT
12/10/2010	Open Day	Mary Immaculate College
12/10/2010	Open Day	UL
14/10/2010	Open Day	Dundalk IT
15/10/2010	Open Day	Dundalk IT
15/10/2010	Application Deadline	UCAS
21/10/2010	Gradireland Graduate Careers Fair	Gradireland.com
10/11/2010	Open Day	Senior College Dun Laoghaire
12/11/2010	Open Day	Athlone IT
12/11/2010	Open Day	IT Tralee
12/11/2010	Open Day	Letterkenny IT
17/11/2010	Open Day	Galway-Mayo IT Galway
18/11/2010	Open Day	IT Tallaght
19/11/2010	Open Day	DCU
19/11/2010	Open Day	Galway-Mayo IT Letterfrack
19/11/2010	Open Day	IT Carlow
20/11/2010	Open Day	Colaiste Mhuire, Marino Inst. Ed.
20/11/2010	Open Day	Cork IT
20/11/2010	Open Day	Froebel College
20/11/2010	Open Day	Mater Dei Inst. Ed
20/11/2010	Open Day	St. Patrick's College Drumcondra
25/11/2010	Open Day	IT Sligo
25/11/2010	Open Day	St. Angela's College Sligo
26/11/2010	Open Day	IADT Dun Laoghaire
26/11/2010	Open Day	NUI Maynooth
26/11/2010	Open Day	Pontifical University Maynooth
27/11/2010	Open Day	IADT Dun Laoghaire
30/11/2010	Better Options- Information event for students with disabilities	AHEAD
01/12/2010	Open Day	Trinity College
04/12/2010	Open Day	DIT
07/12/2010	Open Evening	DBS
17/12/2010	Open Day	WIT
10/12/2010	Open Day	UCD