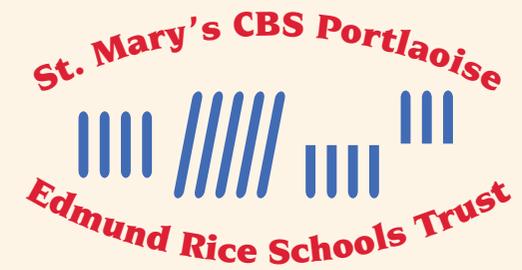


**Subjects studied
in Transition Year may
include:**

- Irish
- English
- Mathematics / Coding
- Geography
- History
- European Languages –
French/German/Spanish/Chinese
- Science
- Art
- Business/Mini Company
- P.E.
- Religion/Development Education
- Speech and Drama
- Home Economics/Woodwork/
Technical Graphics/Metalwork
- Microsoft Office Specialist
Certification
- GAA /PDST Future Leaders
Programme



St. Mary's C.B.S.

P O R T L A O I S E

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**Transition Year
Programme**



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From each, his best

General Information

Our Transition Year although optional, is very firmly academically founded where students experience all Leaving Certificate subjects, thereby helping them make informed subject choices for Senior Cycle.

However, Transition Year has a very practical component where the emphasis is on discovery / experiential learning in the form of project work. There is a strong focus on cultivating life skills alongside personal development whilst fostering confidence and maturity. It has been well established through statistical data that Transition Year graduates achieve approximately 40 points more than his counterpart who takes the direct route from Junior Certificate to Leaving Certificate.

Course Content

The school year starts with a two day visit in September to Carlingford Adventure Centre. The goal is to encourage team building and new friendships, through outdoor activity. This theme continues during the year when students try surfing, karting and participate in the 'Bogathan' challenge.

The following is a sample of the in house courses, projects, and out of school experiences in Transition Year;

- **A Professional Computer Course** with an advanced information technology programme essential for College and the work place.
- **First Aid:** A certified foundation course.
- **The Public Access to Law Course:** This is organised by a working Barrister as an introduction to Irish Law. It includes a mock trial for which a six week preparation course is offered.
- **Drive for Life Course:** Professional preparation for theory test and includes drivers road safety component.
- **An Gaisce:** The President of Ireland award (Bronze Medal) presents a challenge where students commit to four elements of endeavour – including community work, a physical challenge and learning a new skill.
- **Life Skills Programme:** Tuesday afternoons provide students with a variety of experiences. Interesting speakers are invited to talk on many diverse topics including mental health and careers. Throughout the year students are taken to exhibitions and venues of cultural and historical interest. In the Spring term students can choose from up to four modules of six week duration ie: students can enrol in a Self Defence programme, or a course in Law led by a Barrister/Solicitor, or get involved in a drama production or finally students can choose to teach Computers Skills to our local 'Active Retirement' group.

- **Work Experience** - Students go out into the work force for one day per week for the duration of the full academic year.
 - **Speech and Drama:** Students are prepared for the 'Irish Board of Speech and Drama' examination in November. Our students have produced a play and a Christmas variety show in the past. This year, Transition Year students are performing 'Joseph and his Amazing Technicolour Dreamcoat' at the Dunamais Theatre.
 - **Debating:** Debating is part of the Transition Year English Curriculum. We participate in the Laois Inter Schools Debating Cup competition as well as in-house debates. Students also compete in the Midlands Table Quiz, 'The Battle of Wits'.
 - **Foreign Trips:** This year TY will visit Milan and Venice. This trip is always optional.
 - **Mini Company:** Establishment of Mini Companies makes students competitive, encourages team work whilst skills are developed in Accounting, Marketing etc. We have an excellent record at local and national entrepreneurial competitions.
 - **Career Guidance:** We encourage students to prepare for Third Level with visits to Trinity College, U.C.D., U.L. and D.C.U. People from a variety of careers are invited in to speak.
 - **Science:** Our students enter the Young Scientists competition and in the last few years our boys have reached the national finals of 'Scifest' and the 'Call to Coding' competition.
 - **Physical Education:** Caters for all abilities and interests. (See adventure activities above). Exposure to strength and conditioning, athletics, boxing and all general field sport is usual. All of TY will complete a Sports / Fitness Day with professional athletes.
 - **Literacy:** Students join the town Library, we invite renowned authors to speak.
 - **Self Development:** We engage a professional to prepare students for the work place. There is an emphasis on mental health, physical fitness and general well being. There are speakers, workshops and out of school visits relating to these themes throughout the year.
 - **Competitions:** We encourage our Transition Year to enter a variety of competitions in every discipline including Law, English, Engineering, Marketing (Credit Union) etc. Students participate in a Linguistics Olympiad.
 - **Crime Scene Investigation Course:** This is a one day course in forensic science.
 - **Six Short Courses every Tuesday after Christmas include options as follows:**
 - Law
 - Personal Development
 - Photography
 - Strength & Conditioning
 - Self-defense
 - Preparation for Driver Theory Test
- Students choose one, which runs for 12 hours over 6 weeks.