

# CIT DSS

# WELCOME!



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## Who's talking today?



**Ruth Murphy and Julie O Donovan**  
**CIT Disability Support Service (DSS)**

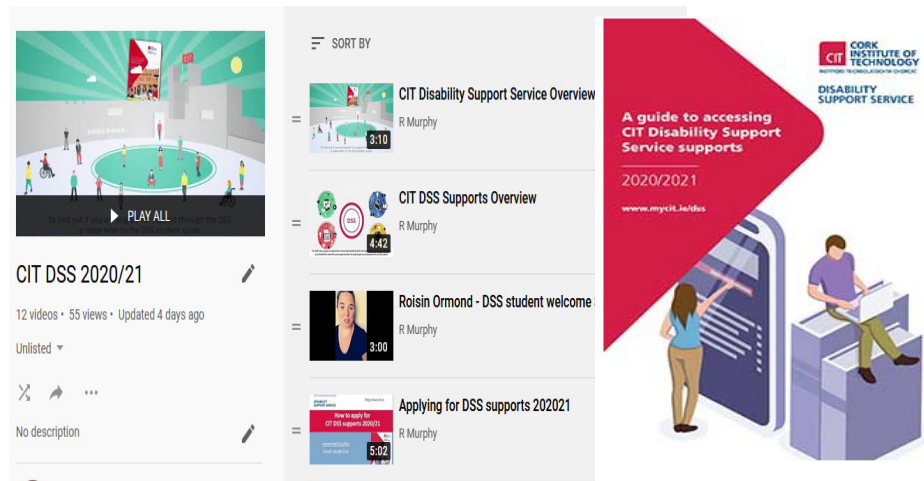
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# DSS Orientation Information

<https://tinyurl.com/citdssyoutube> [www.mycit.ie/dssstudent\\_guide](http://www.mycit.ie/dssstudent_guide)



2020-09-25

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## Transition Support

Getting to know the Programme  
**Orientation 2020**

**Julie O'Donovan**  
Transitions Programme Co-Ordinator

**CIT** CORK  
INSTITUTE OF  
TECHNOLOGY  
INSTITIÚD TEICNEOLAÍOCHTA CHORCAI

DISABILITY  
SUPPORT SERVICE

**PATH**  
Programme for Access  
to Higher Education

**SOAR**  
Inter Institutional Collaboration on Access

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## Who I Am

- My name is **Julie**, I started my higher education at CIT studying a Diploma in Design for Printing.
- I then went on to further **study** as a mature student and I studied a BSc in Occupational Therapy.
- I work part time as the Transition Programme Co Ordinator. I am available to support students on any CIT course for the **first year** of their course.



Transitions Programme  
Co Ordinator



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## What to expect?

- The transition programme has several different support **options**.
- Mentoring, workshops, information leaflets, collaboration with support organisations such as Aspect and linking with student **support** services within CIT.
- Students can choose to access these supports and learn about the skills **expected** for higher education.



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## What I do

- I provide **mentoring** which can take place in person, online, by phone or email.
- Education mentoring involves a relationship between two people where the mentor provides an **advisory** role for the student.
- This support is about finding **solutions** to questions you have.



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## What we discuss

**Finding** the right people to support you

**Getting** to know your campus

**Communicating** with academic staff

**Understanding** college processes

**Using** your needs supports



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## What is Self Advocacy

- Self-advocacy is the action of representing yourself. This is a key skill now that you are moving into an **adult learning environment**.
- **Education mentoring** conversations will be about developing and using this skill the CIT learning environment.
- Parents: **your changing role**. You can support with this key skill development? Support skill building opportunities.



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## What you can do to Prepare

- **Think** about and document what supports you found helpful last year. Think about and document what you found challenging.
- You could **practice** how you are going to describe your needs from the above list to your need's assessor.
- Take the time to think about your last learning transition. What went well, what didn't go well, what did you do to **manage** that transition?



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## What to Expect Needs Meeting

- The needs meetings are usually organised during your first **4 weeks** of college. While you are waiting the DSS staff are available to offer information and support.
- Each campus will have a different needs assessor. Meetings take approximately 30 minutes.
- The needs meetings is your opportunity to communicate to the college about your specific needs . This is the start of you advocating for yourself.



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## Where we meet

- I usually meet students on **their** campus. This year we can meet on a video call or by phone.
- **Linking** in with the transition programme will be discussed at your needs meeting. Transition appointments are organised through an online booking system.
- **Email:** [JulieA.odonovan@CIT.ie](mailto:JulieA.odonovan@CIT.ie) , **Mobile:** 087 1776755



**Transitions Office**  
**Bishopstown**  
**Campus**



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## What Students Say

*Why do I recommend the transition services to autistic students coming to CIT?*

Well, it is a meeting where you can be yourself and a place to re energise yourself. Also, it helps to learn information about exams, communication skills, living independently and also how to engage with the college. Participating and using the transition services and the DSS is not embarrassing, and it is nothing to be ashamed about.



**Bridie**  
2<sup>nd</sup> year  
BSc Agri Bioscience

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## What Students Say

"I found the Transition Programme very helpful in first year. It gave me an opportunity to get advice on managing some of the challenges that first years and indeed college students in general might often face, such as organisation and planning.

This can be very helpful to keep on top of the workload and make productive use of the time between lectures and tutorials to get assignments done.

The meetings involved with the Transition Programme also gave me an opportunity to reflect on how the first year had been going in between the meetings and that alone was also quite helpful."



2<sup>nd</sup> year  
CIT Student

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