
I think I may be on the wrong course / I am unhappy on my course...

What should I do? What options and supports are available to me?

Can I change course?

What happens if I drop out?

I'd like to leave and reapply for another course through the CAO this year.

This predicament is not uncommon and drop-out rates among 1st year college students can vary.

There are many reasons why:

- It is the wrong course, it is not what you thought it was going to be, you are not enjoying the course or this is not the career you want to pursue.
- It is too difficult and you may be struggling with several core modules.
- You are finding the transition from 2nd to 3rd level difficult.
- You are unhappy for other reasons i.e. being away from home, missing family/friends, don't like the college environment, unhappy in your accommodation, etc...

To understand your next steps, it is important to seek an appointment with the Careers Service or if it is specific to the course content have a chat with your Lecturer/Course Tutor/Coordinator.

Have a think about whether this is a temporary difficulty, which can perhaps be fixed or whether it is more permanent.

Sit down and list the positives and negatives of your experience of both the academic side of the course and then the other aspects of being a 3rd level student.

Research the many outcomes/career prospects you can get from the course you are studying – it will likely have many different options which you can pursue.

It is important to clarify the issues that are causing the unhappiness so that when you meet with a Careers Advisor you will be in a far better position to discuss your options.

I think I may be on the wrong course – What should I do?

If you think you may have chosen the wrong course, don't delay, talk to CIT professionals as soon as possible. Talk to a Careers Advisor, your Course Coordinator, a Lecturer or your Head of Department.

If you are unhappy on your course, it is really important to swiftly respond to how you are feeling and communicate this to someone who can help.

There are some very important deadlines and timelines that you need to be aware of, whether this is the Course Transfer system that is available to full-time registered students in CIT (and generally closes at the end of September) or the national withdrawal/deferral deadline at the end of October.

To confirm dates, check with the CIT Admissions: <http://www.cit.ie/admissions>

CIT Careers Service hold drop-in sessions in September and October for students who wish to change course. The Careers Service will help you to clarify your concerns and confirm the right direction for you. It is essential to attend a drop-in session if you are unsure about what to do.

Options and supports available in CIT

If you are struggling with your course, perhaps finding it hard to settle in or have other issues impacting on your life, there are supports available to you within CIT.

- 1) Attend the **Academic Learning Centre (ALC)** which offers assistance to students with their course of study and can help with the transition into the 3rd level learning environment. Learning support sessions are offered in many academic subjects such as;

- Mathematics & Statistics
- Physics
- Electronics
- Economics
- Mechanics
- Basic IT Skills
- Programming
- Chemistry
- Financial Accounting
- Management Accounting
- Thermofluids

These drop-in, support sessions are **FREE** to CIT students and the subject Lecturers are available to discuss your queries and help answer your questions. <http://alc.cit.ie>

- 2) **Good Start Programme:** Once you get to CIT, the Good Start Team will be here to help you make that transition from 2nd to 3rd level, and settle into college life!

To get you off to the best start your first five weeks of college are going to be jam-packed with Good Start activities! Good Start aims to help you to find your way by focusing on success, belonging, motivation and independence; the whole student experience.

The Good Start programme of fun, social, sporting, study, support sessions and events will help you become familiar with the campus, meet people, get prepared for study and find out who's here to help you. <http://www.mycit.ie/goodstart>

- 3) **'Just Ask!' desks** are a specific part of the Good Start welcome campaign and are there to help answer any questions that new students might have during their first five weeks in CIT. These desks pop up around campus in the Main Corridor, in the Nexus, outside the Library and even in the Tourism and Hospitality Building.

The 'Just Ask!' desks are manned by Good Start Leaders, recognisable by their name badges and the 'Just Ask!' t-shirts. Any question you have they will do their best to answer! Remember there is no need to be shy and there is no such thing as a silly question. All of the Good Start Leaders were first years once too so they know what it's like being new in a place! <http://www.mycit.ie/goodstart.just-ask>

- 4) Also consider joining **Clubs and Societies** in order to make new connections and share common interests with people. There are many wide and varied things on offer in CIT!
<http://www.cit.ie/studentlife/citsocieties/> <http://societies.cit.ie/>
<http://www.cit.ie/studentlife/sportsandclubs>
- 5) If you have personal issues impacting on your life and time in college, consider making an appointment with the **CIT Counselling Service**. During your time in CIT, you may experience personal and emotional issues that impact on your academic work and on your enjoyment of college life.

The CIT Counselling Service offers a confidential space for you to reflect and explore these issues without being judged, and to enable you to develop ways of overcoming your difficulties.

The CIT Counselling Service is a professional and confidential service which is available to all full-time, registered CIT students free of charge. <http://www.mycit.ie/counselling>

If you have already decided to leave your course it is still a good idea to meet with the Careers Service, as they will talk you through the various steps you need to go through in order to withdraw from your course.

They will also help you to look at other options for the future and plan your next steps with you.

If you are reapplying through the CAO, please note it is open for applications until 1st May each year.

The Careers Service can help you with making new course choices, so you are advised to make an appointment before you leave CIT.

Tips for choosing new courses: Do **a lot** of research, do some self-assessment/psychometric tests, consider talking to people in that profession (consider doing a career interview), look at the course modules for all years (not just 1st year), look at various jobs pages and ask yourself if you can see yourself in that role/career?

Make an informed decision and clarify your goals through research and knowledge...

<http://www.cit.ie/>

<https://gradireland.com/>

<http://www.careersportal.ie>

<http://www.cao.ie/>

<http://www.prospects.ac.uk/>

<http://www.irishjobs.ie/>

Careers Service Contact Details;

Opening Hours: 8.30am – 4.30pm, Monday to Friday

Don't forget, we are open in January and during the summer!

Location: Second Floor, Student Centre, Bishopstown Campus

How to make an appointment: Appointments can be made with the Service Administrator by calling into the front desk, by telephone (021) 4335772 or by email; careersadmin@cit.ie