

Beyond The Blue Door

Orientation and Induction Information



CONNECT to Carlow College



COLÁISTE CHEATHARLACH
NAOMH PÁDRAIG
CARLOW COLLEGE
ST. PATRICK'S



Welcome!

Dr Margaret Murphy

Dr Margaret Murphy

Vice President for Academic
Affairs and Registrar

mmurphy@carlowcollege.ie

Welcome to our First Year Students From the Office of the Registrar

I am delighted to welcome you to Carlow College, St Patricks. As the class of 2025, I am sure that you will quickly find your feet and settle into our friendly College.

Over the coming weeks you will meet lots of new people. Don't worry if it takes a while to remember all the names and work out what everyone does. No one will be surprised if you get lost trying to find a lecture hall and no one will judge you if you need help setting up your email or accessing your modules on Moodle.

Third level is a new beginning whether you are just out of Leaving Cert or returning to education after a break. My advice is to set some achievable objectives for yourself over the next few weeks. Firstly, go to your lectures and tutorials and follow up by checking your Moodle pages regularly. Have a look at your assessment schedule and highlight the weeks when you have deadlines to meet. Make an effort to talk to and connect with your fellow students. They may look confident and at home but perhaps they are feeling uncertain and unsure. Take time to look around the library and borrow a book! Find somewhere comfortable to hang out between classes. Most importantly, ask for help or clarification when you need it. Everyone will do their very best to support you and give you the information you need.

My job as Registrar is to make sure that each and every student has the best possible academic experience in Carlow College. This starts the first day you walk through the door and comes to a formal end when you are conferred with your degree. In between those milestone events I can promise you intellectual stimulation, lively conversations and opportunities to volunteer and socialise. I encourage you to make the most of being a student at Carlow College and hope that your years with us are happy and fulfilling.

Margaret



Dr Penny Humby

Dr Penny Humby
Head of Academic Delivery
and Programmes
phumby@carlowcollege.ie

Hello & Welcome,

My name is Penny Humby and I am the Head of Academic Delivery and Programmes. I work with the Registrar, Programme Directors, Lecturers and staff to ensure you have access to the best academic experience and are given every opportunity to achieve the learning outcomes for your programme and succeed in your personal goals.

Your classes will be delivered by lecturers who are enthusiastic and knowledgeable in their disciplines and who have a sincere desire to see you succeed. You will be gaining new knowledge and skills and will be challenged to grow and develop as a person. Our graduate attributes outline the goals we hope to see in each of you by the time you complete your programme, but these goals can only be met through your engagement with all the opportunities available to you here.

It is important to get involved; you are the reason this College exists!

Supports are in place to help you succeed academically – you'll have an assigned academic advisor and there is a team of staff ready to help you develop your academic skills and support you. Reach out to them, talk to them, they are there to help.

At Carlow College, the student voice is very important. Make sure your voice is heard. Feedback to staff and the college through your class representatives at programme board meetings and fill in the feedback surveys that will be distributed through the year. Look for the module surveys at the end of each semester and let us know what you thought of your modules. If you like to be more involved, consider being your class representative.

This is the beginning of a great adventure for you. You have made an important decision which will have an impact on your future and it's up to you to make the most of it. Make sure you attend your classes and get involved. Participate in College events, workshops and activities, talk to each other and share your interests and experiences. This is your journey and we are excited to be a part of it. We welcome you through the blue door for your first time and will celebrate with you when you walk out as a graduate. Congratulations and I hope that the years you spend here will be transformative and memorable.

Penny

Your Programme

BA IN APPLIED SOCIAL STUDIES (PROFESSIONAL SOCIAL CARE) (LEVEL 7)



Dr John McHugh
Programme Director
jmchugh@carlowcollege.ie



Jenny Fahy
Academic Advisor Stage 1
jfahy@carlowcollege.ie



Alison Brennan
Programme Administrator
admin@carlowcollege.ie

YOUR PROGRAMME HANDBOOK
IS AVAILABLE [HERE](#)



Your Programme

BA (HONS) IN ARTS AND HUMANITIES (LEVEL 8)



Dr Elaine Callinan
Programme Director
ecallinan@carlowcollege.ie



Dr Sarah Otten
Academic Advisor Stage 1
sotten@carlowcollege.ie



Michelle Daly
Programme Administrator
admin@carlowcollege.ie

YOUR PROGRAMME HANDBOOK
IS AVAILABLE [HERE](#)



Your Programme

BA (HONS) IN ENGLISH AND HISTORY (LEVEL 8)



Dr Simon Workman
Programme Director
sworkman@carlowcollege.ie

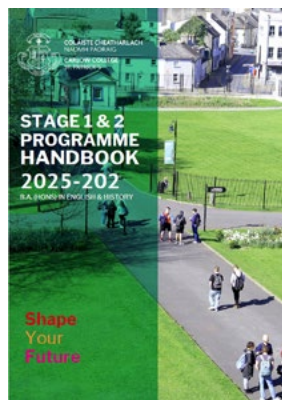


Dr Regina Donlon
Academic Advisor Stage 1
rdonlon@carlowcollege.ie



Catherine Carey
Programme Administrator
admin@carlowcollege.ie

YOUR PROGRAMME HANDBOOK
IS AVAILABLE [HERE](#)



Your Programme

BA (HONS) PSYCHOLOGY
(LEVEL 8)



Dr Candice Baldwin
Programme Director
ccondon@carlowcollege.ie



Dr Dawn Higgins
Academic Advisor Stage 1
dhiggins@carlowcollege.ie



Breda Scully
Programme Administrator
admin@carlowcollege.ie

YOUR PROGRAMME HANDBOOK
IS AVAILABLE [HERE](#)



Your Library

PJ Brophy Library

We are excited to welcome you to the library and are committed to making your time here as rewarding as possible!

In addition to our physical library, you have access to a wealth of online resources, including our online collection, guides, and videos to support your studies. These can be accessed on our Moodle page.

For more detailed information on our services, please visit our [Library webpage](#).



Getting Started

To get started you will need:

- 1) **Your Learner ID:** This card is required to borrow books from the library.
- 2) **Your CCSP Login credentials:** This is your college email address and password, it's needed for logging onto library computers, and for printing and photocopying (cost per page: 10c black & white, 20c colour).
- 3) **Student Number and Pin:** Required to access some online content and your Library Account. Your PIN will be issued when you register with the library.
- 4) **Library Staff:** We are always here to help, so feel free to drop by the library desk!

You will also need to access your **Library Account** to:

- Check how many books you have out and when they need to be returned
- Renew your books online
- Reserve a book for borrowing
- Access some of our online content

Borrowing / Bookshop

For borrowing rules, please see our webpage. First to third-year students can borrow up to 3 books, and fourth-year students up to 5.

We offer **Click & Collect** for print books, and you can also browse the shelves in the library.

Our bookshop service allows you to order and purchase course materials. A deposit is required; requests can be made at the **Library Desk** or via email: librarycc@carlowcollege.ie.

There is a **self-service desk** in the library where you can issue, renew, and return books. You will need your Learner ID to use this service.

You can request books from other academic libraries through our **Inter-Library Loan facility**, with costs based on postage.

Upstairs in the library, we have a **Wellbeing Corner** where you can unwind. This area features books on wellness, mindfulness, and mental health.

The library also offers quiet zones for focused individual study, whisper zones with comfortable seating for quiet discussions, and a group study space for collaborative work.

Getting Help

Remember, if in doubt, ask a library assistant! We are here to support you in your studies and help you make the most of your time at Carlow College.

You can reach us via email at librarycc@carlowcollege.ie, by phone at 059 91 53239, through our Live Chat on our webpage, via Facebook: @Carlow College PJ Brophy Library, or via Instagram: #carlowcollegelibrary. We offer small group and individual information sessions throughout the year.

We look forward to meeting you during your orientation and hope to see you regularly in the library!

*Aggie, Dorothy,
Ciara & Joe*

A photograph of a computer lab with several students sitting at long wooden desks, working on computers. The students are focused on their screens. In the foreground, a woman with curly brown hair is looking at her monitor. Next to her, a woman with dark hair is also working. In the background, a man and another woman are visible. The lab has wooden desks, computer monitors, and adjustable desk lamps. A large orange graphic of a laptop is overlaid on the bottom half of the image, with a blue screen area containing text.

Your Learning Platforms

Virtual Learning Environment



Moodle - Virtual Learning Environment

Moodle is the virtual learning environment used by Carlow College. It is a web-based application where you can access your lecture PowerPoints, course notes, other learning materials, information, resources and supports. You can also communicate with your lecturer and other students.

To login to Moodle you will need your student number as it appears on your student card and your account password.

Moodle is organised into specific sections by programme (course) and stage (year). Once you are enrolled in your modules, you will have access to your learning material and resources.

You can access Moodle from home or college. Just connect to the internet, go to the Student Portal on Carlow College website www.carlowcollege.ie and click on the Moodle tab at the top of the page. Enter your username and password.

An introduction to Moodle and how to gain access to your modules will be provided during orientation. You can also contact IT at itsupport@carlowcollege.ie for support and assistance gaining access

MS Office 365

Microsoft 365 is a bundle of software that provides Word, Excel, PowerPoint, Teams, OneDrive, Outlook (email) and more. To access M365 go to either <https://www.office.com/> or the Student Portal on Carlow College website www.carlowcollege.ie

Use your Carlow College email address and your password to login. These will be given to you once you have completed the registration process.

Microsoft 365 can be used on PCs, Macs, tablets and smartphones in a browser, and is installed on all Carlow College machines.



MS Teams

Integrated with MS Office 365, MS Teams is a communication and collaboration platform, which among other things allows live chats and video conferencing. It also creates an interactive online classroom for learning.

You can use MS Teams for face-to-face contact with college staff. For further information regarding available features and how to guides for MS Teams, please visit the following link:

[Get started with Microsoft Teams - Microsoft Support.](#)

You will get more information on how to use Moodle, MS Office 365 and MS Teams during your induction. If you have any questions please contact IT Support: itsupport@carlowcollege.ie

Eduroam WiFi

Eduroam WIFI is a service provided in partnership with HEANet that allows WIFI access across multiple campuses. By signing in to eduroam with your Carlow college email and password, you can access WIFI on any participating campus. There are over 500 locations in Ireland and locations across more than 100 countries worldwide. More information on eduroam is available [here](#).

Best of Luck!
IT Support

Your Student Support Services



CONNECT to Carlow College

Student Services are here to help you on your path through College



Welcome to Carlow College from the Student Services Team!

At Carlow College, our goal is to ensure you thrive both in and out of the lecture hall. We offer a wide range of academic, professional and personal support services which can help you settle in, navigate the demands of college life and succeed in your studies.

We invite you to connect—to the people who will support you, to your academic programme, to your unique pathway, and to the full potential you can achieve here.

Starting college is an exciting step, but it can also come with its challenges. If you find yourself needing extra support—whether it's managing your workload, dealing with personal issues, improving your writing skills, or navigating life with a disability, learning difference, or long-term health condition—know that we're here for you. No matter the concern, big or small, our dedicated Student Support Services team is ready to assist you!

You can easily connect with our LIRO, Counsellors, Careers Officer, Chaplain, Nurse, Writing Development Tutor, Learning Support and Disability services via phone, email, or MS Teams. Be sure to check your programme handbook, the college website, and Moodle for specific service details and resources.

Throughout the year, we offer a dynamic lineup of workshops, classes, activities, and events designed to enrich your college experience. Keep an eye on your events calendar on the student portal so you don't miss out on what's happening around campus!

For more information about starting college in 2025/26, our online induction and orientation resources can be found in the 'Essential Links' section of the student portal.

We wish you the best of luck as you embark on this exciting journey at Carlow College. And don't forget to stop by the Student Resource Building to meet Alfie, our friendly PAWS Officer!

Looking forward to a fantastic year ahead!

Lisa

Dr Lisa Fortune

Dr Lisa Fortune
Director of Student Services
and Learner Supports
lfortune@carlowcollege.ie

How Can Student Services Help?

Our Academic Resource Office

Writing Development:

Judy Bolger our Writing Development Tutor is here to help you with your assignment preparation and the development of your academic writing skills. From **unpacking essay** titles, to **structuring and referencing your work**, Judy works alongside your progress to ensure you get the very best from your degree!

Judy also leads essential plagiarism workshops and offers guidance on transitioning to higher education and best practice procedures in academic research. Additionally, she provides English as a Second Language (ESL) support through workshops and guidance for students across all programmes and stages.

For more information or to set up an appointment email writingdevelopment@carlowcollege.ie. You can also attend any of the writing development workshops offered throughout the year.

Disability Supports:

A range of supports for students with disabilities, learning differences or long-term health conditions are available. Check out our [FAQs](#) on the supports section of our website.

If you require exam supports or other reasonable accommodations, please do get in touch and we will work with you to identify the most appropriate supports to assist with your studies.

Assistive & Educational Technology workshops can help you update your IT and digital literacy skills. Find out how assistive features such as: text to speech, speech recognition, spellchecking, organisational apps and software are useful for college and life in general!

For more information or to set up an appointment, email Caroline Flinter academicresource@carlowcollege.ie

Important! You can disclose a disability, learning difference or long-term health condition at the beginning of your studies or **at any point** while you are a registered student at Carlow College.



Counsellors:

Our fully accredited and experienced counselling psychotherapists, Martina Kelly MIACP and Aisling O'Connor MIACP, offer you a **confidential, safe, compassionate** and inclusive space to explore any issue or challenge which may be affecting your academic progress or personal health and wellbeing. Our counselling service is **available free of charge**. To make an appointment, seek help, advice, or just a friendly chat, email counsellor@carlowcollege.ie or call/text [059 9153225](tel:0599153225) / [085 7564441](tel:0857564441).

If you require urgent emotional support out-of-hours: [text CCSP to 50808](tel:0599153225) (free, 24/7 text service for students of Carlow College St. Patrick's).

Nurse:

Maura Hennessy provides a **free on-campus nursing** service to registered students which is supported by an off-campus subsidized GP service located 2 minutes from the college. For a consultation, call to Maura's office (Student Resource Building), email nurse@carlowcollege.ie, or call/text [059 9153237](tel:0599153237) / [087 1608203](tel:0871608203).

PAWS Officer:

The most popular staff member on campus! Our PAWS Officer Alfie is a **registered Irish Therapy Dog** and visits the Student Resource Building regularly. All you have to do is look into his big, brown eyes and your worries just float away. Come and meet Alfie in the Student Union to *pet away your worries and stress!*



Chaplaincy and Faith Resources:

The Chaplaincy at Carlow College is here to support all students, of all faiths and none. Liam, the College Chaplain, welcomes contact at any time - especially during times of distress, illness, bereavement, or other personal challenges. You're always welcome to drop into the Chaplaincy office for a chat, call [059 9153235](tel:0599153235), or email chaplaincy@carlowcollege.ie.

All students are welcome to use the College Chapel in a way that is meaningful to them. You can take time out in our **multi-faith sacred space** or relax in our sensory-friendly quiet space - ideal for reflection, prayer, or simply stepping away from the bustle of college life!

As part of our inclusive approach, our multi-faith space now includes resources for Muslim prayer, including copies of the Qur'an, prayer mats, and a symbol marking the direction of Mecca.

IT'S NEVER TOO EARLY TO START THINKING ABOUT CAREERS AND EMPLOYABILITY!

Advice from our Careers Officer Eleanor Kehoe

The majority of students in Higher Education today have made their study choices based on a desire to enhance their future career prospects. The good news is that recent research studies show the value of having a degree continues to be significant over the course of your working life with Irish graduates typically earning upwards of €200,000 more than non-graduates. Higher education qualifications not only attract a significant economic premium but also would appear to impact positively on job and career satisfaction, according to annual HEA Graduate Outcomes Surveys (check out the Careers Office Moodle site for more information).

Students who focus on building their employability skills throughout their time at college have a distinct advantage in the graduate labour market.



3 TOP TIPS

for building employability from the start of your student journey are:

1

Focus on achieving good academic grades. That's your number one priority as a student, work as well as you can, take advantage of the supports that are available to you, plan, prepare, strategise and meet your deadlines, communicate with college staff and friends if you are having any difficulties and celebrate success along the way. Proactive, effective communication is the top employability skill across all sectors.

2

Develop your Opportunity awareness and networks. Find out about the types of career linked to your degree discipline. The Careers Office Moodle site, for example, has a list of guides relevant to all Carlow College courses, entitled "What can I do with my degree in.....(name of course)". Employability modules, as part of your degree programme, offer a wealth of information as will relevant work experience, placement and volunteering opportunities.

3

Demonstrate Engagement and participation. Employers are looking for problem-solvers so being able to evidence your commitment during challenging times is likely to be a key feature of any job offer. Setting up virtual study/support groups, volunteering in college for the Students' Union and participating in college events are all good. Check out top graduate website www.gradireland.com (Advice & Skills section) for other useful suggestions, webinars and resources to help you e.g. **Webinar: Online networking - how students can get ahead in their career after lockdown?**

Email careersoffice@carlowcollege.ie or telephone **(0)59 9153269** to receive a prompt reply to any of your employability-related queries. If you have a question, please ask! Check out the Careers Office Moodle site for a range of useful resources including job adverts, CV and Career guides, skills development ideas, employer videos and more.

I look forward to meeting you.

Eleanor

Starting Your College Journey

Useful information to help you prepare for your first days in college from **Amanda Bowes** our **Learner Information and Retention Officer (LIRO)**.



Amanda Bowes
LIRO Officer

How will I get to the College?

Bus

[JJ Kavanagh & Sons](#)

[Bus Eireann](#)

[Wexford Bus](#)

[Dunnes Coaches](#)

[TFI Local Link – Carlow Kilkenny Wicklow](#)

[Carlow Town Bus Service](#)

Taxi

Ace Brooklawns +353 59 9141823

Brooklawn Taxi Service +353 59 9141687

Carlow Cabs +353 59 9140000

Castle Cabs +353 59 9130660

Fast Cabs +353 59 9143088

Train

Irish Rail

Car

Carlow is on the main Dublin to Waterford M9 route, approximately 1.5 hours' drive from Dublin and an hour from Waterford. Our pedestrian entrance is located on College Street and our car-parking entrance is located on Old Dublin Road. The College has ample parking on campus. Eircode R93 A003.





What should I bring on the first day?

Bring a notebook and pens, so you can take note of important information. A refillable water bottle, there is a water station on site.

Where will I go when I arrive?

When you enter through the main entrance at the front of the building, staff and our student ambassadors will be there to direct you to where you need to go.

What happens during Orientation and Induction?

The orientation and induction process for new students takes place over several weeks as you settle into college. It starts with an on-campus day where you will have an opportunity to meet your Programme Director, Academic Advisor, LIRO and other college staff. You will also get your programme timetable and assessment schedule. There are also lots of opportunities to get to know your classmates, college staff, the Students' Union Team and the layout of the college itself.

The first year orientation and induction timetable is available on the [Student Portal](#).

How long will it last?

First year orientation and in-person registration usually takes place over one day. Timetables are on the Student Portal. Orientation is a busy time - make sure to check the correct date and time to attend for your degree programme!

Will there be breaks?

Yes, you'll get breaks throughout the day with complimentary tea/coffee and biscuits available to keep you going!

Do I need money?

You'll need to bring money if you want to buy additional food or drinks. There's a subsidised dining hall on campus and many eateries in town. You can also bring your own food and eat it in the dining hall. You might also need money for transport. On-campus parking is free for the first few days, but access barriers will be in place from **Monday, 29 September 2025**.

I have mobility difficulties or other disability-related requirements. Do I need to let anyone know in advance?

Yes, it would be useful for us to know in advance. You will receive a link to the relevant form as part of your online registration information. Please make sure to complete it if you need to or contact Caroline Flinter: academicresource@carlowcollege.ie.

I don't know anyone. I'm worried I won't make friends.

Coming to college is a new experience. This could be your first time away from home, leaving your friends and everything that is familiar. This is a new experience for everyone, so don't think that you're the only person who is either homesick or worried about not making friends! Embrace this new chapter, part of the fun of orientation is getting to meet new people, not only in your course but across all the programmes and you will find you will make many friend groups throughout your time at Carlow College.

Everyone is going to be smiling and keen to make new friends, so be sure to take advantage of this! Be approachable, don't judge anyone yet, and don't automatically decide who your friends are going to be – just take it easy and play it by ear. You have lots of time to settle in and find your feet. You may even find your tribe!





Most college students change friendship groups a few times before they settle into one that suits them. You'll constantly meet new people through your degree programme, tutorial group, elective choices, college activities and events. The people you meet on your first day don't have to be your new friends; in fact, it's likely they won't be! Be open to these relationships.

What if I miss my orientation?

We would encourage all students to attend orientation, it really helps you to settle in! However, if you are unable to attend orientation you can email liro@carlowcollege.ie to arrange a meeting to go through any queries that you may have.

I look forward to welcoming you to Carlow College this September!

Amanda Bowes

Learner Information and Retention Officer

liro@carlowcollege.ie

Mobile 086-0675449



International Office

intloffice@carlowcollege.ie

The International Office serves to enable our international learners, both degree seeking and study abroad, to achieve their academic and professional goals and objectives. As a third-level institution operating in the Republic of Ireland, Carlow College is committed to meeting, and exceeding, the standards outlined in the *Code of Practice for Provision of Programmes of Higher Education to International Learners* (QQI, 2023). The International Office is led by Dr Eric Derr who can be reached at **059 915 3231** or ederr@carlowcollege.ie and supported by Carol Bolger who can be reached at **059 9153295 / 086 0844176** or cbolger@carlowcollege.ie. The International Office has an office-wide email address as well: intloffice@carlowcollege.ie.

During each stage of a learners' academic programme of study, the International Office provides:

- on-going advice and advocacy regarding academic matters;
- immigration matters;
- cross-cultural and personal matters.

Throughout the academic year, the Academic Resource Office provides online resources and writing development classes specifically designed for international learners. Details are posted on the student portal.



Study Abroad

intloffice@carlowcollege.ie

Every year many Carlow College students take the opportunity to spend a semester studying abroad at one of our partner universities in the United States: St Ambrose in Davenport, Iowa and Francis Marion University in Florence, South Carolina. Whilst overseas you'll gain confidence and independence and experience an opportunity of a lifetime. You will take modules that fulfil your academic requirements here in Carlow College, so you will be ready to go straight into your next semester when you return. We encourage students to take advantage of a period of study at an overseas university as part of their degree to broaden horizons and experience a different way of life and study.

The application deadline for the Spring Term is 26 September 2025 and the Autumn Term is 13 March 2026. Students accepted into the study abroad programme, are eligible for two scholarships: The Jon Stauff Scholarship Fund and The Bishop James Davis Travel Prize. If you are interested in learning more about this amazing opportunity, please contact the International Officer, Dr Eric Derr for more information: intloffice@carlowcollege.ie.



St Ambrose in Davenport



Francis Marion

Carlow College Students' Union



MEET YOUR CCSU TEAM 2025-26!

Carlow College Students' Union (CCSU) is here to make sure your voice is heard, and your feedback and concerns are taken seriously by both students and college staff.

Here's what we'll be up to:

Speaking Up for You: We're your go-to for raising student concerns and making sure your opinions are part of the college's decisions. We'll gather your feedback and make sure you're heard!

Looking Out for Your Wellbeing: We're all about supporting your mental, physical, and emotional health. We'll connect you with the resources you need and work to create a positive, healthy environment on campus.

Bringing the Fun: From planning events to organizing activities, we're here to help create an exciting, inclusive campus life.

We're based in the Student Resource Building and committed to promoting a culture that values diversity, so everyone feels welcome and supported



Alison Whelehan - CCSU President

I've just completed my BA (Hons) in Psychology and I'm extremely passionate about the subject! I absolutely adored my time here as a student. It's really special and wholesome to now be representing students in this role. You'll find me in the SU Office in the Student Resource Building to the rear of the college – drop in and say Hi!

Email: supres@carlowcollege.ie

Office: 059 9153250



Anthony Moran

VP Education & Communications

BA (Hons) Arts & Humanities 2

Email: sueducation@carlowcollege.ie



Aaron O'Neill

VP Welfare & Campaigns

BA (Hons) Arts & Humanities 2

Email: suwelfare@carlowcollege.ie



Emma Dermody

VP Entertainments & Events

BA (Hons) Arts & Humanities 2

Email: suents@carlowcollege.ie



Confidence Msibi

Equality, Diversity & Inclusion Officer

BA in Applied Social Studies (PSC) 2

Email: suedi@carlowcollege.ie



Shane Burke

Postgraduate Officer

MA in Irish Regional History

Email: supostgrad@carlowcollege.ie



**INTERESTED IN
BECOMING A CLASS REP?**

Contact
sueducation@carlowcollege.ie
for more information.

KEEP IN TOUCH

The SU is located in the Student Resource Building to the rear of the College. SU office is open

Monday to Friday 9am to 5pm.

+353 059 9153250

Facebook: **@Carlow College
Students' Union - CCSU**

Twitter: **@ccsuofficial**

Instagram: **@ccsu_official**

EVERYONE KNOWS YOU NEED CONSENT FOR ALL SEXUAL ACTIVITY

*But what does it mean to
have **Active* Consent**?*

*The **Active* Consent** online
workshop explores...*



How to talk about consent

*Telling your partner what you like, what
you don't like (and what you might want
to try...)*



What non-consent looks like



*Because ALL sexual activity -
whether it's kissing, sexting, foreplay or
all the way - is WAY better for everyone
with **Active* Consent***



**ACTIVE*
CONSENT**

Active*Consent Workshop

The Active* Consent Online Workshop is specially designed for third level students. To date, it has been delivered to 17,000+ students in 22 Higher Education Institutions (HEIs) across Ireland.

In collaboration with NUIG, Maura our College Nurse leads the workshop along with Student Union Officers. The workshop is 30 minutes long and provides a sex-positive safe space where you can explore the nuances of sexual consent and learn how to practice active consent with partners for more mutually enjoyable sexual experiences.

There is no active participation required during the online workshop but you can contribute anonymously to a poll using your mobile if you would like to. The workshop will be delivered during your induction and is a safe space that you can use to learn about active consent.



Getting Familiar With The Terms We Use

When starting College, you will hear a lot of terms that may not be familiar to you. These explanations might help you understand them a little better!

Programme Director: This is the person who has overall responsibility for the management of your degree programme.

Academic Advisor: An Academic Advisor is assigned to each stage of a programme. Their role is to meet with students to discuss queries relating to academic performance, requests for extensions on submissions and to provide information on the selection of appropriate modules, programme pathways, and related aspects of the educational experience.

Programme: This is your course. For example, Arts and Humanities; English and History, Professional Social Care, Psychology or Social, Political and Community Studies.

Stage: This is your year of study. For example, stage one = year one; stage two = year two etc.

Module: A subject or a number of subjects that make up your programme.

Module Code: The code number allocated to a specific module. The module code will generally be used as a short way of identifying the module.

Module Title: The full name of the module.

Credits: Each module carries a number of credits (on average 5) and you are expected to complete enough modules in a year to amount to 60 credits. This would mean taking 12 modules in a year or 6 per semester.

ECTS: European Credit Transfer Scheme. This is a standard for comparing the attainment and performance of students across the European Union. ECTS credits are awarded for modules that are completed successfully. One academic year corresponds to 60 ECTS (usually 12 modules x 5 credits).

Core Modules: These are compulsory modules which you must complete as part of your programme.

Elective Modules: Usually called 'electives' these are modules that you can choose to study as part of your programme. Some programmes provide a list of modules, from which you must choose a certain number along with the core modules to make up the required 60 credits for one year.

Discipline: This refers to a subject area that you will study. For example, Philosophy; Sociology; Theology; Psychology etc.

Semester: There are two blocks of 20 weeks in a year (including inductions/orientations, 12 weeks of classes followed by examinations/final assessments). These are called semesters and there are examinations or final written assessments at the end of each semester. Usually modules are only delivered over one semester (Semester 1 or Semester 2) but some can be delivered over both.





Moodle: Moodle is the virtual learning environment used by Carlow College. It is a web-based application where you can access your lecture PowerPoints, course notes, other learning materials, information, resources and supports.

Module Enrolment Code: To access your module materials on Moodle you must first enrol on each module by inserting the relevant code. These codes are available on your Programme Moodle page. You need only enrol once.

Undergraduate: A college student who has not yet received a first degree (Bachelor's Degree).

Graduate: A student who has received an academic degree or diploma.

Postgraduate: A student who continues studies after graduation.

QQI: Quality and Qualifications Ireland (QQI) oversees the development, recognition and awarding of academic qualifications.

Dissertation: A major piece of written work or research project undertaken in the final year of an undergraduate honours degree programme.

Good To Know

Where to find us: Carlow College, St. Patrick's campus is in the heart of Carlow town, just a two-minute walk from Tullow Street. Carlow is one of Ireland's largest inland towns located in the sunny south-east on the banks of the River Barrow where students can experience exhilarating outdoor adventure, vibrant nightlife and a rich cultural heritage. Carlow is well serviced by road and rail links to major Irish cities and towns and is approximately 80km from Dublin Airport.

Car: Carlow is on the main Dublin to Waterford M9 route, approximately 1.5 hours' drive from Dublin and an hour from Waterford. Our pedestrian entrance is located on College Street and our car-parking entrance is located on the Old Dublin Road. The College has ample car-parking on campus.

Bus & Coach: Carlow Bus Station is approx. 10 minutes (on foot) from the College. Bus & Coach services to and from Dublin, Waterford, Kilkenny, Wexford and surrounding counties operate daily from Carlow.

Train: Carlow railway station is approx. 5 minutes (on foot) from the College. There are direct links between Carlow, Dublin and Waterford. The journey from Carlow to Dublin takes approx. 1 hour and there are also direct links to Waterford and other counties.

Address:

Carlow College,
St Patrick's,
College Street,
Carlow. R93 A003



Good To Know

Term-time opening hours: Monday - Thursday: 8.00a.m. – 8.30p.m.
Friday: 8:15 a.m. – 5:00 p.m

College WiFi: Network: Carlow College WiFi. The password will be provided at orientation.

Entry to Main College Building: All entry points to the main college building are via electronic doors. Once registered you will need to swipe your student card to gain entry. You won't need a card to gain entry for the first couple of weeks. Automatic doors will be in operation from **Monday, 29th September 2025**.

If you get locked out, go to Reception; Kate and Orla will be happy to help you!

Parking for Cars, Bicycles & Scooters: There are plenty of spaces and you can park anywhere (except the staff carpark!). To enter the car parks, just swipe your student card to raise the barrier. When leaving the car park, the exit barrier will lift automatically. Barriers will remain open for the first couple of weeks until everyone settles in.

The car parking fee is €30 per academic year. If you wish to avail of the car park, please call to Reception to complete a Car Park Form, and pay the fee no later than Friday, 26th September 2025. **Barriers will be in operation from Monday, 29th September 2025.**

There are two designated areas to leave your bicycle / scooter in the car parking areas. Bicycles / scooters are not permitted inside college buildings.

Good To Know

Smoking / Vaping: All Students are requested to use the designated smoking area located in the South Wing carpark, adjacent to the Student Resource Building. This is the only designated smoking / vaping area for Carlow College Students. Students are asked to refrain from smoking / vaping elsewhere on the College campus. While cigarette bins are provided in the vicinity of the main entrance, it does not mean smoking is allowed! The bins are provided for smokers to dispose of cigarette butts as they approach the building. Smokers are kindly requested to use the designated smoking / vaping area.

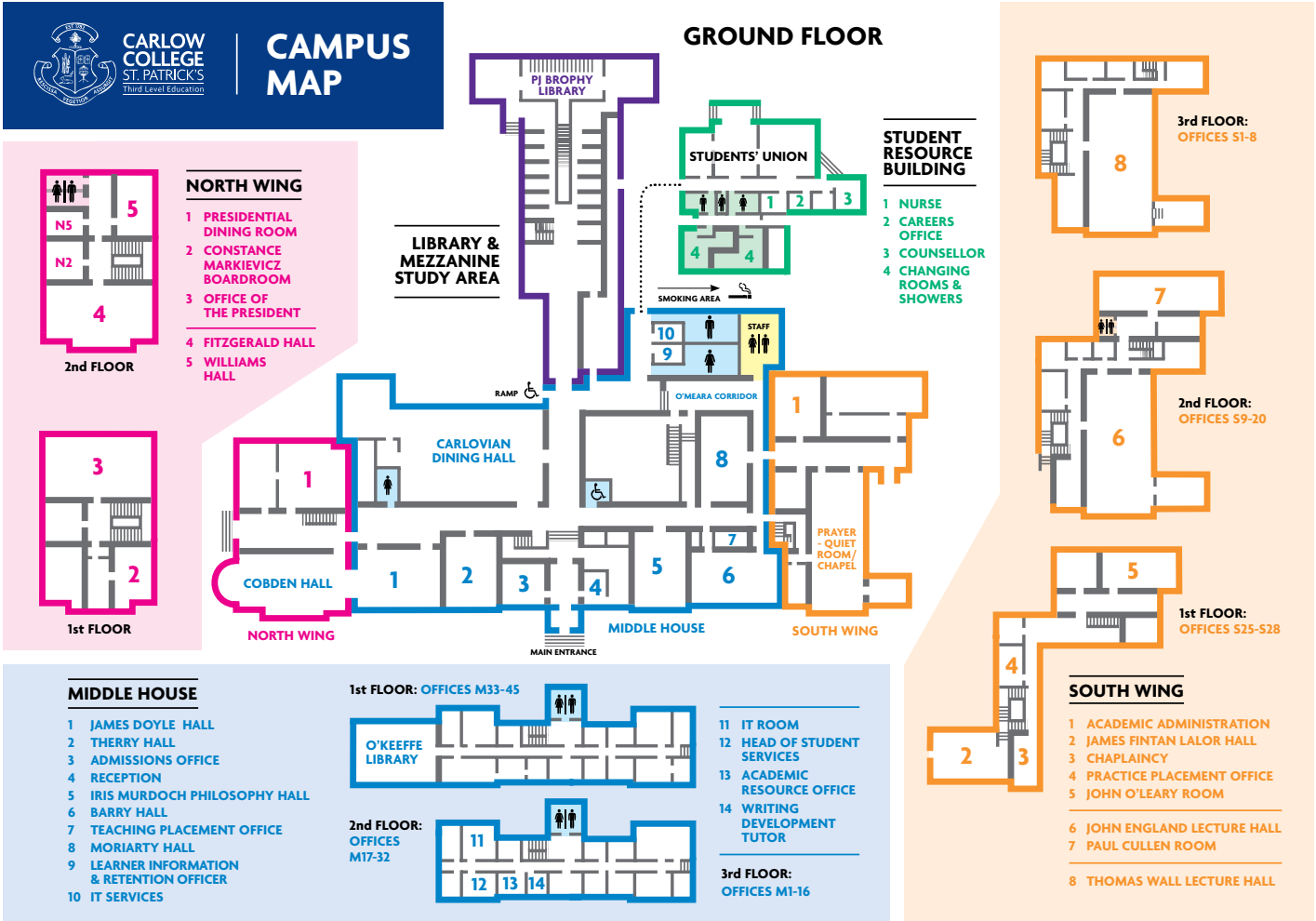
Lecture Halls: Food and drink are not permitted in lecture halls.

Waste Management: There are two Waste Stations on campus, one on the O'Meara Gallery and one in the Carlovian Dining Hall. These waste stations facilitate recycling and general waste. Please do not leave rubbish behind you, bring it to one of the waste stations and place it in the relevant bin. Students are encouraged to assist with recycling in the College.

Lockers: Lockers are available in South Wing, adjacent to the Academic Administration Office. Lockers are for temporary storage on a day-to-day basis, and items cannot be left in lockers overnight. The personalisation of lockers is not permitted. Students can bring their own lock and key to secure a locker. The College is not responsible for items placed in lockers. The College reserves the right to inspect lockers.

Fire Safety: Familiarise yourself with the evacuation route. There are notices throughout the building. In the event of a fire alarm activation, evacuate the building immediately and in an orderly manner. Do not tamper with any fire equipment: door closers, window restrictors, fire extinguishers, detectors or break glasses. All students are expected to co-operate fully with fire drills.

Campus Map



Connect With Us

+353(0)59 9153200

info@carlowcollege.ie

Follow our Social Media Pages to keep up-to-date with all things Carlow College!

TikTok: @CarlowCollege

Instagram: @CarlowCollegeStPatricks

X: @CarlowCollege

Facebook: @CarlowCollegeStPatricks

