



COLÁISTE CHEATHARLACH  
NAOMH PÁDRAIG  
CARLOW COLLEGE  
ST. PATRICK'S

# Shape Your Future

Guidance Counsellor  
Information Booklet  
2026

[www.carlowcollege.ie](http://www.carlowcollege.ie)



# Undergraduate Courses



## Carlow College

A provider of programmes leading to QQI award Level 7/8 - higher education and training



Scan to view our courses

Course	CAO Code	Level	CAO Points*	Entry Req.	Years	Contact Hours	Popular Career Pathways
<b>B.A. in Applied Social Studies (Professional Social Care)</b>	PC404	7	190-367	1,3	3	12-16	<ul style="list-style-type: none"> <li>• Social Care Worker (CORU approved) in a wide range of settings.</li> <li>• Special Needs Assistant.</li> <li>• Early Childhood Education.</li> </ul>
<b>B.A. (Hons) in Arts &amp; Humanities</b>	PC410	8	252-488	1	3	12-18	<ul style="list-style-type: none"> <li>• Teaching (primary or secondary) ^</li> <li>• Heritage, Arts &amp; Culture.</li> <li>• PR, Marketing &amp; Communications.</li> <li>• Copywriting &amp; Journalism.</li> <li>• Travel &amp; Tourism.</li> <li>• Librarianship &amp; Archives.</li> <li>• Psychology (through completion of PSI accredited Masters degree).</li> </ul>
<b>B.A. (Hons) in English &amp; History</b>	PC411	8	242-544	1	3	12-18	<ul style="list-style-type: none"> <li>• Teaching (primary or secondary) ^</li> <li>• Heritage, Arts &amp; Culture.</li> <li>• PR, Marketing &amp; Communications.</li> <li>• Copywriting &amp; Journalism.</li> </ul>
<b>B.A. (Hons) in Psychology †</b> (PSI accredited)	PC414	8	298-440	2	3	12-17	<ul style="list-style-type: none"> <li>• Clinical Psychology.</li> <li>• Educational Psychologist.</li> <li>• Forensic Psychologist.</li> <li>• Behavioural Psychologist.</li> <li>• Counselling Psychologist.</li> <li>• Guidance Counsellor/Careers Advisor.</li> </ul> <p>Note: postgraduate study is required to qualify as a Psychologist</p>
<b>B.A. (Hons) in Applied Social Studies (Professional Social Care)</b>	N/A	8	Add-On	N/A	1	8-10	<ul style="list-style-type: none"> <li>• Social Care Worker in a wide range of settings.</li> <li>• Research and Postgraduate study.</li> <li>• Leadership positions in community-based and residential settings.</li> </ul>

\* The lower number is the CAO cut-off and the higher is the highest points achieved by a student who accepted the course in 2025.

^ Career pathways for teaching require students to complete a Professional Masters in Education (primary or post-primary) in order to register with the Teaching Council.

† The B.A. (Hons) in Psychology is a fee-paying course, therefore grants will not be available through SUSI.

For Course Enquiries email [slo@carlowcollege.ie](mailto:slo@carlowcollege.ie)

## Leaving Cert Entry Requirements

**Level 7:** 5O6/H7 (O6/H7 English, Irish or Foreign Language)

**Level 8:** Min. 2H5 & 4H7/O6 (O6/H7 English, Irish or Foreign Language)

## Entry Requirements

**1.** Maths Not Required

**2.** Maths O6 Required

**3.** Garda Vetting Required



"I wanted to study social care as I want to support and advocate for others who may need it. Social care can open doors into many different career paths. I really like the creative aspects of the course and getting to know others with similar interests."

**Cremma Liddy**  
B.A. in Applied Social Studies (Professional Social Care)

"Carlow College is a vibrant community where everyone can be heard and accepted. I enjoy studying psychology as the lectures are really insightful and there's an atmosphere where everyone can comfortably share their personal experiences and thoughts on topics."

**Aiden Akanji**  
B.A. (Hons) in Psychology





# Introduction



Welcome to the 2026 Guidance Counsellor Information Booklet. This booklet is designed to assist you in counselling your students on their study options at Carlow College.

## 2026 Prospectus

The 2026 prospectus is now available as an interactive online publication at [carlowcollege.ie/prospectus](https://carlowcollege.ie/prospectus)

## Open Days

Our 2025/26 open days will take place on the following dates:  
Thurs 23rd Oct 2025, 11am - 3pm  
Wed 21st Jan 2026 (online), TBC  
Thurs, 5th March 2026, 10am - 1pm

For more information and to register, visit [carlowcollege.ie/cao/open-day](https://carlowcollege.ie/cao/open-day)

## Programme Talks

A series of online programme talks are available to watch back on our Guidance Counsellor resource page.

To view these, visit: [carlowcollege.ie/cao/guidance-counsellors](https://carlowcollege.ie/cao/guidance-counsellors)

## Shape Your Future

## School Engagement

### School Talks

Our Student Recruitment Office are available to provide talks to students, during class time, about our courses. These talks can be tailored if there are particular courses your students are interested in.

To arrange a school visit, email [slo@carlowcollege.ie](mailto:slo@carlowcollege.ie)

### Careers Fairs

The Student Recruitment Office represents the College at careers fairs across the country, including Higher Options. If you are organising a career fair for your school or further education centre and would like Carlow College to have a presence, please email [slo@carlowcollege.ie](mailto:slo@carlowcollege.ie)

### Campus Tours

We welcome 5th & 6th Year students, and FET groups to come and tour the campus. If you would like to book a campus tour, please complete our booking form at [carlowcollege.ie/cao/small-group-tours](https://carlowcollege.ie/cao/small-group-tours)



# CAO Alert List

## Course Fees

A student contribution (registration) fee of €3,000 is payable by all students who do not qualify for a grant or scholarship for most of our undergraduate programmes.

However, our B.A. (Hons) in Psychology (PC414) is not funded by the Department of Education at present, and therefore, is subject to annual programme fees of €5250 + PEL (which includes the student contribution fee) with no grant funding available.

## Programme Review & Revalidation

The review and revalidation process for the courses below is now complete. For updated information on course structure, please visit our website:

[carlowcollege.ie/undergraduate](https://carlowcollege.ie/undergraduate)

- PC410: B.A. (Hons) in Arts & Humanities
- PC411: B.A. (Hons) in English & History
- PC404: B.A. in Applied Social Studies (Professional Social Care)

## Entry Requirements

### PC414 B.A. (Hons) in Psychology

Applicants must hold two grade H5 and four grade H7/O6 including Mathematics and English (or Irish or foreign language).

Mature applicants will be invited to attend a Mathematics computation test as part of their assessment.

### 5M2149 Certificate in Sound Production

The above PLC course has now been approved as a link course for our BA (Hons) in Arts and Humanities (PC410) and BA (Hons) in English and History (PC411).

For updated information on linked courses please visit <https://carlowcollege.ie/qqi-fet-linked-programmes/>

Enquiries on linked courses please email [slo@carlowcollege.ie](mailto:slo@carlowcollege.ie)



# Our Alumni



**Sophie Dunne**  
Arts & Humanities,  
Editor & Podcast Host



**Donnchadh O'Mahony**  
Arts & Humanities,  
Guidance Counsellor,  
Columnist & Podcast Host



**Maria Nugent**  
Professional Social Care,  
Careers Advisor & Industry  
Engagement Lead



**Eoin Houlihan**  
Arts & Humanities,  
Secondary Teacher &  
Guidance Counsellor



**Natalia Rudnik**  
Professional Social Care,  
Social Care Worker



**Conor Feighan**  
Arts & Humanities,  
Secretary General, European  
Rail Freight Association



**Regina Dunne**  
English & History,  
Just Transition  
Tourism Activator



**Adam Clarke**  
English & History,  
Marketing Director,  
Gaming Industry



**Kate McGuinness**  
Professional Social Care,  
Senior Forensic  
Social Worker



## Students with Disabilities & Learning Differences

Carlow College is **not** part of the Disability Access Route to Education (DARE). However, our disability service is supported by the Fund for Students with Disabilities (FSD). We offer a full range of free academic supports to our students with disabilities, learning differences and long-term health conditions through our Academic Resource Office.

### Academic Resource Office

Our Academic Resource Officer provides a tailored plan to address the specific needs of the student. It co-ordinates academic and personal support with other relevant staff to ensure everything is in place to assist students to participate fully in their programme.

Access to exam accommodations, assistive technology training and learning support sessions on a one-to-one or group basis are just some of the ways we can help. contact [academicresource@carlowcollege.ie](mailto:academicresource@carlowcollege.ie) to get in touch with our ARO Officer.

As a small College, we really make supporting the academic development of our students a top priority.

### Learner Information and Retention Officer

Our LIRO is your first point of contact to assist you to transition into first year and help with your progression through each stage of your degree. It is not unusual to feel overwhelmed at times by all the adjustments you have to make when you first go to college, return to education or even during your course. What our LIRO can do is meet students whose personal circumstances may be impacting on their ability to engage fully with academic life and then work with them to resolve any concerns and get you back on track. LIRO will also provide support and assistance in making helpful referrals to other support services. No question is too big or small - just ask! Contact: [liro@carlowcollege.ie](mailto:liro@carlowcollege.ie)



“The Academic Resource Office works to guide and support students in reaching their academic goals, as well as providing personal support to students with learning disabilities. This resource was extremely helpful to me because I have dyslexia and was given excellent support by the staff.”

**Katie Roberts**  
B.A. (Hons) in English & History



## What Our Students' Say



“There is a great sense of community fostered by the lecturers and the students.”

**Gemma Kelly**

B.A. (Hons) in Psychology (PC414)

### Student Q & A

#### Why did you choose Carlow College?

I completed a QQI Level 5 course in Applied Social Studies and that peaked my interest in Psychology. I live locally in Carlow, so when the new Psychology course was announced at Carlow College, I decided to go for it.

#### What do you like most about your chosen course?

When I first started, I had this big idea of being a forensic psychologist but the more I got into it and saw the modules, I started seeing that I could gear more towards counselling psychology, but to stay in the criminal field, I can go into counselling victims of crime, and through the years build up a repertoire to get into the prison system and start counselling those who committed crimes.

#### What do you like most studying at Carlow College

With the range of modules, you get such a taster for everything which helps you build an image of what you might be interested in specialising in for your postgraduate studies. I also like the community that is fostered by the lecturers and students straight away. You are more than just a number here.

#### Why would you recommend studying with Carlow College?

If you have an interest in one of the courses, go for it, especially with such small numbers here you have a lot more of a relationship with lecturers.

“I enjoy being allowed to learn about so many different topics and that means it never gets repetitive.”



**Lorcan Canavan**

B.A. (Hons) in Arts & Humanities (PC410)

#### Student Q & A

#### Why did you choose Carlow College?

I am from Carlow and attended Tullow Community School. As part of my Leaving Cert, I studied history, biology, German, and PE. My favourite subject was History. In my final years of secondary school, I knew I had to start thinking about what I wanted to do with my life. I wanted to pursue a career in something that I would never get bored of and always enjoy, and so I decided to pursue teaching.

#### What do you like most about your chosen course?

I was attracted to this course, at it as it offers a clear pathway towards becoming a teacher in subjects such as History, Religion and English. A fantastic part of the course is the option to do a teaching placement in stage 3. This course allows a sense of security as you can use it to pursue various careers, especially with the additional subjects of Psychology and Philosophy. This meant that if I changed my mind, I could easily choose another path.

#### What do you like most about studying at Carlow College?

I am the captain and current manager of the Men's Soccer team. We train during the week, all year round and play in the College and Universities Football League. For me, being part of a team has been one of my highlights of college and it's only getting better every year as we keep building.

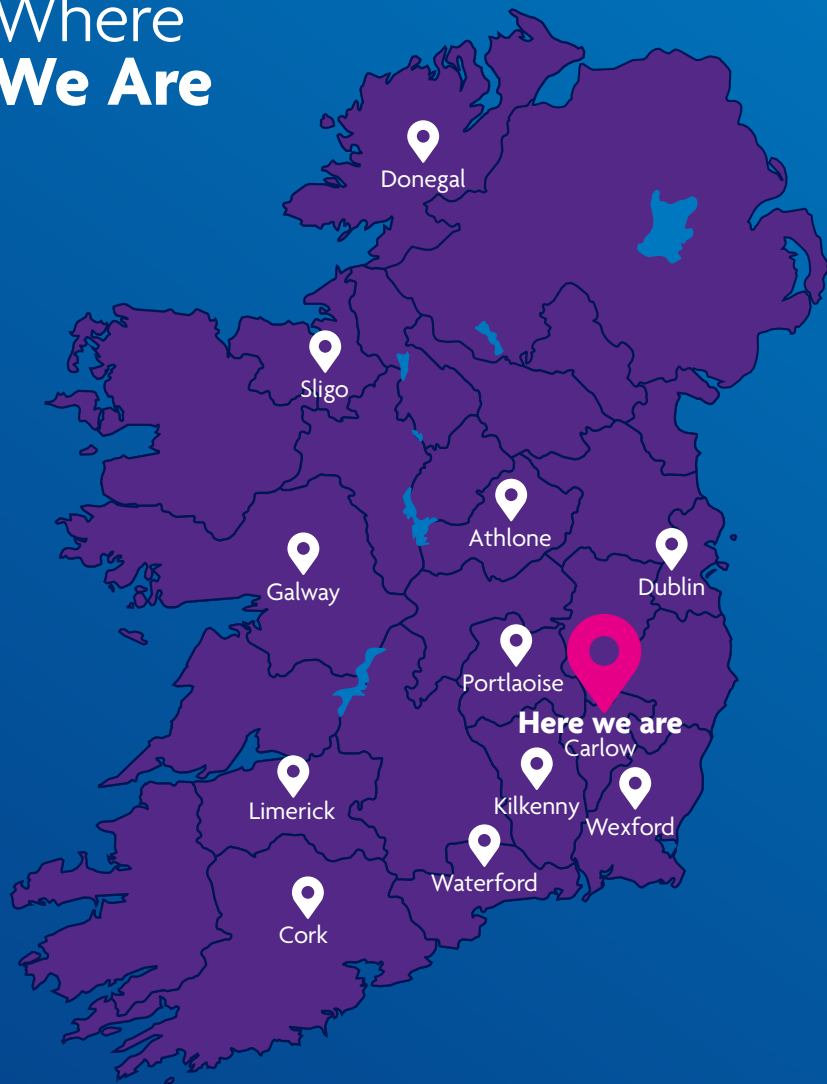
#### Why would you recommend studying with Carlow College?

This college is a great place to study. Don't let the fact it's a small college turn you off. You won't find better lecturers anywhere else. The college actively wants to help you do the best you can, as long as you are willing to work for it. There is a great atmosphere here, and outside of class. There is something for everybody to get involved in. Come in with an open mind and you will enjoy it.





# Where We Are



## Carlow Train Station:

5-minute walk to campus

Dublin:	1 hour
Athy:	13 minutes
Kildare town:	30 minutes
Kilkenny:	30 minutes
Waterford:	55 minutes



## Carlow Coach Station:

10 minute walk to campus

Arklow:	1.5 hours
Kilkenny:	50 minutes
Wexford:	1.5 hours
Naas:	1 hour
Portlaoise:	1 hour



## Parking on Campus:

By Car

Kilkenny:	30 minutes
Cork:	2.25 hours
Limerick:	1.75 hours
Galway:	2.5 hours

"I chose Carlow College because it is very close to my home and well connected with public transport links."

**Joe Long – Wexford**  
**B.A. (Hons) in English & History**





# QQI FET Entry

Carlow College offers entry routes to first year of undergraduate degree courses for students who have achieved a relevant QQI Level 5 award.

## Application Process

All applications for admission under the QQI entry pathway must be made through the CAO at [www.cao.ie](http://www.cao.ie)

## Minimum Entry Requirements

**Ordinary Degree (Level 7):** a full QQI-FET (Level 5 or 6) award with a minimum FE grade equivalent of 178 CAO points.

**Honours Degree (Level 8):** a full QQI-FET (Level 5 or 6) award with a minimum FE grade equivalent of 243 CAO points.

All FE applicants will be required to have a full Level 5 award in a programme 'linked' to the Carlow College degree to which they are seeking entry. Details on Linked Programmes are available here: [carlowcollege.ie/qqi-fet-linked-programmes](http://carlowcollege.ie/qqi-fet-linked-programmes)

## Advanced Entry

QQI applicants who hold a full Level 6 award in a programme directly relevant to the Carlow College programme they wish to apply for, may be accepted for entry to year 2.

Applications are made directly to the Admissions Office and admission will be subject to an interview.

Further information and application details are available here: [carlowcollege.ie/cao-application/qqi-fet-students/advanced-entry-students/](http://carlowcollege.ie/cao-application/qqi-fet-students/advanced-entry-students/)

If you know of a course in your Further Education Centre that you feel should be linked to one of our undergraduate programmes, we'd love to hear from you. Carlow College is always looking to strengthen and update our progression links to ensure the best opportunities for students. Please get in touch by emailing [slo@carlowcollege.ie](mailto:slo@carlowcollege.ie) – we welcome your suggestions.



 Our PAWS Officer, Alife, is on-campus twice a week to ease student stress & anxiety.

“The work placements allowed me to gain insight into particular areas which I may be interested in.”

**Gary Dowling**

B.A. in Applied Social Studies (Professional Social Care)

#### Student Q & A

#### Why did you choose Carlow College?

I chose to study at Carlow College because it is such a small, tight-knit community. Everybody knows everyone, and the staff make their best efforts to engage with students and try to get to know them. Carlow College is also so central to everything in Carlow Town, and this is a big bonus when it comes to selecting a college to study at.

#### What do you like most about your chosen course?

I really like the placement element of my course. The reason for this is, it gave me a huge insight into what lies ahead for me if I am to pursue a career in the social care industry. I also feel placement is an essential element of the social care course because social care is such a big area, and placement allows students to gain insight into particular areas in which they may be interested in working. Through placement, students are also gaining hands on experience which they can use on their CV when they are applying for future jobs.

#### What do you like most about studying at Carlow College?

The thing I liked most about studying at Carlow College was how supportive the lecturers were of students. This was hugely beneficial to me during my years of study because, any time I was struggling with coursework, I always had that bit of reassurance that I could always talk to the lecturer and they would clear things up. This was also a benefit of the lecturers operating an open-door policy where students can always ask to speak to lecturers, and they (the lecturer) will always oblige.

#### What kind of supports are offered to students?

I have accessed many of the supports available to students at Carlow College. One example is the “Paws Officer” Alfie! Alfie is a therapy dog who I have often met around the grounds of Carlow College and many mornings inside the door of the college as I walk in. Alfie is a great asset to Carlow College and provides great support to students if they are stressed out or simply just want company.

#### Why would you recommend studying with Carlow College?

I would recommend studying at Carlow College because the staff are so friendly, there are so many supports available to students, and the lecturers know students by their names and show care for them. Students at Carlow College are not just numbers; they are people in the eyes of lecturers and staff. Lecturers, particularly, are very approachable, and throughout my years of study have always operated an open door policy.





## Student Scholarships



### A number of scholarships are available to students.

Entrance and Progression scholarships are offered to students across all programmes to recognise academic achievement. These scholarships are awarded automatically, so there is no application required. A monetary prize of €500 is awarded at an awards ceremony each year.

#### Entrance Scholarships

Academic Achievement Entrance Scholarships are awarded to the student with the highest CAO points on each undergraduate programme.

#### Mature Student Entrance Scholarships

Awarded to the mature student with the higher grade point average (GPA) in semester one of each undergraduate programme.

#### Progression Scholarships

Each year from first to third year, the student who gains the highest GPA, subject to a minimum of 70%, in each undergraduate programme will be awarded a Progression Scholarship.







Come for a Visit

### Open Days

Carlow College hosts a number of Open events each year. Each Open Day will give you the opportunity to:

- Tour the campus
- Attend taster sessions from our courses
- Meet current students and hear about their college experience
- Learn more about the course or area of study you are interested in
- Learn more about grants, fees and student supports

### Join us at our next Open Day:

- **Undergraduate Open Day**  
Thurs 23rd Oct 2025 11am-3pm
- **CAO Choices Open Evening**  
Wednesday, 21st January 2025,
- **Spring Open Day**  
Thursday, 5th March 2025, 10am - 1pm



We are based in the heart of Carlow town in the south-east with bus and rail links to Kilkenny, Waterford, Wexford, Laois, Kildare, Wicklow & Dublin

*Carlow College also hosts Taster Days for CAO entry, giving senior cycle, FE, and mature students the chance to sample courses and make an informed CAO choice.*



# Shape Your Future

**Our Student Recruitment Team are here to help**

### Aoife Fitzpatrick

Senior Student Recruitment Coordinator

☎ 059 915 3296

✉ [slo@carlowcollege.ie](mailto:slo@carlowcollege.ie)

### We can help you with:

- School visits and careers events
- Subject specific workshops
- Taster sessions
- Campus Tours
- Open Days
- Advice on Carlow College courses







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**View Prospectus**



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**Book a Tour:**

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