



Carlow Institute

Discover your options, plan your future

Welcome

Your first five weeks...



Carlow Institute
of Further Education
and Training



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Where to begin...Our "First Five"

The First Five weeks are critical weeks for students to adjust to college life and embed into life at Carlow Institute. We provide heightened and targeted support for students during these early weeks of the academic year. Students will be able to:

- *Ask questions in a friendly and safe environment.*
- *Find out about the range of supports available in Carlow Institute.*
- *Find out about our upcoming events and activities.*
- *Gain a greater insight into the course that you have chosen to study.*

Each week will have its own theme and purpose. For more information click on each week.

"The First Five"

Week 1 of "The First Five"

Welcome, Registration
and finding your way
around the building

Week 2 of "The First Five"

Meet and Greet with your Course Coordinator,
Class Teacher, Guidance Counsellor
and other Students

Week 3 of "The First Five"

Sign up week, Sports, Activities

Week 4 of "The First Five"

Wellbeing, Volunteering, Advice

Week 5 of "The First Five"

Academic Workshops, Study Skills



Finding your way around:

Virtual Tour:

Click [here](#) for a Virtual Tour and you will be guided around our "state-of-the-art" facilities.

Map of the Building:

0 followed by no. = Ground Floor

1 followed by no. = First Floor

2 followed by no. = Second Floor

