

OAL

OTHER AREAS OF LEARNING

A GUIDE TO FILLING OUT YOUR
OWN REFLECTIONS FROM THE
PAST THREE ACADEMIC YEARS.

JUNIOR CERT PROFILE OF ACHIEVEMENT

This is an example of a JCPA - it is what you will receive after you have completed your junior cert exams. It includes three key areas.

1. Results of your
JC Exams

2. Results of your Classroom
Based Assessments

3. Other Areas of Learning

JUNIOR CYCLE PROFILE OF ACHIEVEMENT 2017

John Kelly DOB: 21 June 2001

Examination number: 400000

| Subject | Grade |
|---------------------------|-------------|
| English (O) | Distinction |
| Irish (O) ⁽¹⁾ | B |
| Mathematics (H) | B |
| History (H) | C |
| Geography (H) | D |
| French (O) ⁽²⁾ | C |
| Business Studies (H) | B |
| Science (H) | B |
| Technology (H) | B |
| C.S.P.E. (C) | A |
| Religion (H) | A |

Classroom-Based Assessments - English

| | |
|---------------------|-------------|
| Oral Communication | Exceptional |
| Collection of Texts | Exceptional |

Classroom-Based Assessments - Short Courses

| | |
|--------------------|--------------------|
| Coding | Above expectations |
| Physical Education | Exceptional |

Other Areas of Learning

Principal: Ms Mary Ryan
Year Head: Mr. Jack Quigley
Roll Number: 600000
Anytown Secondary School
Anytown, Co. Anytown
V94 H3WS

This JCPA recognises and records achievements in Junior Cycle.

SO WHAT IS AN OAL??



Other areas of learning are **SCHOOL RELATED** activities that you have taken part in outside of the classroom. These activities are very important in helping you develop lots of key skills.



WHAT ARE SOME SUITABLE ACHIEVEMENTS FOR INCLUSION IN MY OAL?



Awards you have won



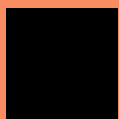
Player on a sports team



Student Council



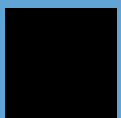
Competition – Art/ Science



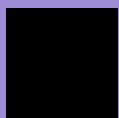
Charity Fundraiser for School



Performance at school assemblies



School Clubs



Gym



Prize for attitude/behaviour

HOW DO I PLAN MY OAL??



| YEAR GROUP | WORDCOUNT MAXIMUM |
|------------|-------------------|
| 3rd Years | 150 |

Rule 1. The OAL needs to be written in the third person e.g Yvonne was a member of..

Rule 2. Aim for 2 to 5 different OALS

Rule 3. No spelling/grammar mistakes and keep to wordcount.



EXAMPLES OF SOME STUDENTS OALS

John has been a member of the **student council** since 1st year.

This has developed his **communication** and **presentation** skills. It has also helped to improve his confidence.

Eddie was a member of the **Gaelic** football team where he won the U-16 league final. This experience highlights how well he **worked in a team** and his ability to **self-motivate**.

Michael was a member of the **school choir**. This developed his **social** and **performing** skills. He was also involved in a **young scientist** project which he had to **set goals** and **meet deadlines**.



EXAMPLES OF SOME STUDENTS OALS

Matthew won Student of the Year in 2nd Year. This demonstrated his dedication to his work, and how he is motivated to set and achieve personal goals.

HERE ARE SOME EXAMPLES OF SENTENCE STARTERS FOR DESCRIBING THE SKILLS YOU LEARNED....

Here are some sample of sentence starters for describing the skills you learned.

This experience helped her...

*This helped him to...
developed...*

This developed his...

This project taught her the skills of...

This demonstrated...

This experience taught him...

This shows that...

This made her more aware of...

This reflects her...

This highlights his...

This activity highlights...

Through this experience he has

This allowed her to improve...

HERE ARE SOME EXAMPLES OF THE KEY SKILLS YOU CAN MENTION....

MANAGING MYSELF

- Knowing myself
- Making considered decisions
- Setting and achieving personal goals
- Being able to reflect on my own learning
- Using digital technology to manage myself and my learning

STAYING WELL

- Being healthy, physical and active
- Being social
- Being safe
- Being spiritual
- Being confident
- Being positive about learning
- Being responsible, safe and ethical in using digital technology

COMMUNICATING

- Listening and expressing myself
- Using language
- Using numbers and data
- Performing and presenting
- Discussing and debating
- Using digital technology to communicate

BEING CREATIVE

- Imagining
- Exploring options and alternatives
- Implementing ideas and taking action
- Learning creatively
- Stimulating creativity using digital technology

WORKING WITH OTHERS

- Developing good relationships and dealing with conflict
- Co-operating
- Respecting difference
- Contributing to making the world a better place
- Learning with others
- Working with others through digital technology

MANAGING INFORMATION AND THINKING

- Being curious
- Gathering, recording, organising, and evaluating information and data
- Thinking creatively and critically
- Reflecting on and evaluating my learning
- Using digital technology to access, manage and share content

WHAT DO I DO NOW?

- Start writing your other areas of learning in a word document or notes - DON'T FORGET THE RULES.
- When you are finished ask someone to spell check and grammar check it - get someone at home to do this first if you can.
- Don't forget to ask for help if you are stuck!