



# UFirst Information for Students

## What is UFirst



UFirst is a programme of supports specially designed for students in 5th and 6th year who are part of underrepresented groups on application. It's designed to give students the knowledge, confidence and skills needed to begin their university journey. It's completely free of charge.



## Benefits to Students



Learn and practise key study skills

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Attend a one week summer school  
between 5th & 6th year

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Get support and guidance,  
including a student e-mentor

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Take part in Careers workshops

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Learn CV building & interview skills

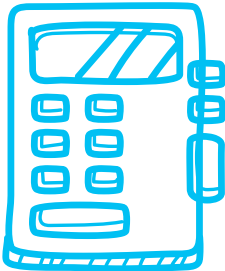
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Get support & guidance on applying  
to and preparing for university

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Be supported in their personal development  
with life coaching & mindfulness sessions

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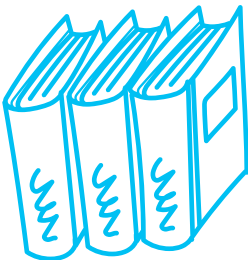


# Eligibility Criteria



UFirst is for 5th year students who are studying at least two higher level subjects, at least ordinary level maths and who have an interest in progressing to 3rd level. Applicants should also meet as many as possible of the criteria for the HEAR/Access DCU Entry Routes.

- Low income
- Means tested Social Welfare payment
- Medical Card
- Live in an area which has a low progression rate to higher education and/or has a high level of financial, social or economic deprivation
- Attendance at a DEIS school (Delivering Equality of Opportunity in Schools)
- Be in the care of the HSE or have experience of being in care



Each indicator is weighted and priority given to those students who meet all of the criteria.

For more information on HEAR eligibility criteria please see

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

## How to Apply



Applications are made online and will open in September. Applicants will be expected to complete a personal statement as part of their application and provide the name of a Teacher or Guidance Counsellor in their school who can provide a reference.

For more information and to apply online visit:

<http://www.dcu.ie/access/secondary-schools.shtml>



## Supporting Students

The UFirst programme is aimed at students who show the motivation and commitment to achieve their academic potential. We aim to provide the best conditions for students to learn about university life while helping them to build the skills needed to succeed as an undergraduate student. The university experience is all about independent learning and as such the emphasis will be on students to engage with the programme fully.

Students are encouraged to take responsibility for their own learning, attending all sessions and meeting deadlines.

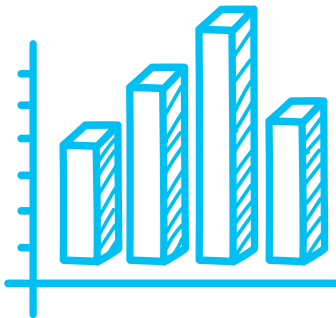


## Our Expectations from Students



In order to make the most of the available benefits, a high level of commitment is required from students. Students are required to attend all compulsory activities and must take responsibility to do what is necessary to successfully complete the programme.

We will do all that we can to guide and support students and we expect the same commitment from them in return. A timetable of activities will be provided to students and teachers before the programme commences.

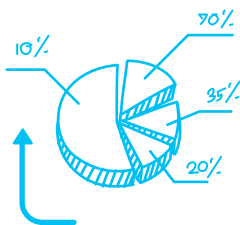


# Health & Permission



The DCU Child Protection Guidelines require all students attending workshops and events on the DCU Campus to submit a Health & Permission form signed by parents/guardians. Students must submit a signed copy of this form before commencing on the UFirst programme.

In addition, during the course of the programme we will take photos or videos of some UFirst events and may use them on the DCU Access website or on DCU Access publications. We will require the signed consent of your parents/guardians in advance of filming.



From time to time, we may ask you to complete questionnaires about your experience of the programme. Your answers will give us feedback on the programme and help us to make improvements. Also, we may use your feedback to form the basis of a research study but all answers will remain confidential and you will not be identified in any subsequent publication.

