

OTHER AREAS OF LEARNING (OALs)

The following chart gives you the opportunity to record the new skills you have learned throughout your Junior Cycle years.

It's useful to keep track of what you've learned and have a reminder when filling out your Profile of Achievement*.

Your OAL is school related, i.e. it takes place either within the school or outside it when you are representing the school. Your OAL should be written in the first person, for example, 'I was a member of the soccer team.' You should reflect on skills you learned while completing these OALs.

The Junior Cycle Key Skills should be referred to as a guide. Remember, the focus is on the skills and knowledge achieved rather than on activities, so make sure your OAL is linked with a Key Skill.

You are expected to write between three and five OALS.

Activity	Teacher Involved	Your role	Learning / Skill Achievement	Teacher initial
EXAMPLE Soccer	Ms Mulcahy	Team Member	(Key Skill = Working with others) I participated on the team that reached the Leinster finals.	GM