

THINKING ABOUT DROPPING OUT?

You won't know if your choice of course was right until you're there. Sometimes it just doesn't work out and the reality falls short of your expectations. This isn't an easy position to be in – but don't worry, you're not the only one.

1 Identify the problem

Acknowledge the warning signs and don't push it aside

- Feel unable to meet the **standard** of the course
- Not putting enough **effort** into coursework
- Have **financial** challenges
- Have **personal/medical** challenges
- Feeling **lonely**
- Dislike/Disinterest** in the course
- Feeling **unhappy** with living away from home

Head of Department/ Class Coordinators

who can give you information on the course direction

CIT Academic Success Coaches

who can help you look at all your options & consequences

CIT Mature Student Office

CIT Chaplaincy

CIT Disability Support Service

CIT Counselling Service

CIT Students' Union Education Officer

CIT Careers Service

who can look at alternative career options

Family & friends who know you best & what you're interested in

Talk to the right people

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3 Think ahead

Consider the options and consequences

Explore options that may help you stay here

Don't leave CIT without a **Plan B**

Dropping out **past key dates** will impact your fees/grant status

Follow CIT's formal **withdrawal process**

Timing: Inform yourself of important deadlines: (Oct 31st/Feb 28th)

Be aware of the **2 Week Transfer Window** – deadline Fri 28th Sept 4pm

Connect in with CIT staff/ family

Research **alternative options** for yourself

- Stick it out and **make use** of
- Lecturers/Class Coordinators
 - Academic Learning Centre
 - Academic Success Coaching
 - PALS study sessions
 - Library Subject Guides
 - Grinds
 - Access Office

Take Action

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Start the withdrawal process: <http://www.cit.ie/admissions>

Talk Before You Walk.

College is a big deal so don't make any hasty decisions. Inform yourself of all options first – we're here to help!

For further information on any of the above visit:
<http://studentengagement.cit.ie/droppingout>