

THE BUZZ

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The buzz is a weekly newsletter for all students at the Institute

03/12/18

Extra-Curricular Activities



Film Studies

We will explore the relationship between narration and action within a film. This will include the varied ways in which the 4th wall can be broken. Thursday, 3.30pm, G-3.

Creative Writing

Creative Writing meets Mondays, 3.30pm, G-3.



5th Year Philosophy

We continue with the Philosophy of Emotions. In particular this week we will address the difference between classical and modern approaches to the topic. Tuesday, 3.30pm, G-3.

6th Year Philosophy

This class will continue our exploration of Ethics. This session will mainly focus on tying together loose ends from the previous sessions as well as addressing students' questions. Wednesday, 3.30pm, G-3.

Book Club

The book for this month is Persepolis by Marjane Satrapi. The next book club meeting will be on Thursday 6 December at 4.30pm in G-3.



Chess Club

Whether you're experienced or a beginner, come along to chess club. Wednesday, 3.30pm, L1-0.



Bridge Club

Bridge takes place on Fridays, 2.30pm, G-1.



Table Tennis

Table tennis takes place in the 6th year lunch room, located in the basement of the main building. All welcome! Monday, 3.30pm, G-3.

MUN

Enrolment for Wesley College MUN will open this week. Students who have registered their interest will receive a text message about upcoming meetings.

Debating

We will continue the deconstruction of debate motions and the varied ways of addressing them. Friday, 2.30pm, G-3.



Christmas Raffle in aid of the homeless. Go to the 5th and 6th year offices to enter with a chance to win a brand new bike worth €600.



Career Guidance



UCAS 2019

The general deadline for almost all UCAS courses is Tuesday 15 January 2019. Students who are interested in applying are reminded of the following:

- We recommend that students try to finish their application before Christmas.
- Don't forget that your Personal Statement needs to be done.
- Ask a referee as soon as possible to avoid a 'jam' or panic!
- It is a good idea to give a copy of your personal statement to your referee.



German Notes



Listening to these German language radio stations is a great way to expand your vocabulary and listening skills...

www.ndr.de
www.dradio.de

Reading these German newspapers and magazines will help improve your comprehension skills...

www.welt.de
www.zeit.de



Congratulations to the 31 students from the Institute who were recognised as UCD Entrance Scholars at a ceremony in November. We wish them all every success in their future studies!



Congratulations to Georgia Lynn Brown who represented Ireland in an International Tennis Federation match in Liverpool in November. Well done Georgia!

Study Skills Tip of the Week

Time Management:

Answering exam questions and then reviewing and marking your answer with the marking scheme can be a real eye-opener, helping you see in to the mind-set of the examiner and grasp the level of detail required.

Design your study in the following way:

- Become totally familiar with the overall format of the paper. What sections are compulsory? Which are optional? How many questions must be answered in each?
- Familiarise yourself with the various terms used in the paper such as 'comment', 'evaluate' and 'identify'.
- Highlight words and phrases you don't understand. Become confident and familiar with the style of language on the paper.
- Study the marking schemes for the paper in detail. This will give you an insight into what the examiners are looking for.
- Practise past questions in exam like conditions (to a set amount of time, without access to your notes).



5th Year Supervised Study Hours:

Monday – Thursday: 8.30am – 6pm
Friday: 8.30am – 5pm

6th Year Supervised Study Hours:

Monday – Friday: 9am – 8pm
Saturday: 9am – 4pm
Sunday: 11am – 4pm

The average person has at least seven dreams a night.

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Health & Fitness Programme

Motivational talks with Brian Gregan

Nutrition and healthy eating from the classroom to the sports field.

- Tips on how to eat healthy on the go.
- Common pitfalls to avoid (low fat, high sugar).
- How to read a food label.
- The diet of an international athlete.



Monday 3 December, 2.30pm – 3.30pm in 3-7.
Wednesday 5 December, 10.30am – 11.30am in H2-0.
Wednesday 5 December, 2.30pm – 3.30pm in 2-5.

Good Nutrition

Good nutrition habits are essential. Choosing the right foods will have a profound effect on your energy levels and your ability to focus on studying and/or training.

When eating, think about your body's needs and how you fuel it. The better-quality foods will allow you to sustain your energy levels, and make you feel better throughout the day.

The DCU Step By Step Guide to Maintaining a Healthy Diet shows you how to get the balance right.

https://www.dcu.ie/sites/default/files/students/ssd_steps-guide_nutrition_low.pdf

Healthy tip of the week

Add freshly squeezed lemon to your water, it adds a nice taste, and benefits include:

- Promotes hydration
- Good source of vitamin C (helps prevent/fight colds)
- Improves skin quality
- Aids digestion
- Supports weight loss



HIIT Training with Brian Gregan

High Intensity Interval Training or HIIT for short, continues this week. The classes are open to all students, with the focus being on your fitness level not anyone else's. Come along to Convent place, bring a friend and get fit! Spaces are limited to 16 students per session.

Class times:

Monday 3 December, 3.30pm-4.30pm
Tuesday 4 December, 3.30pm-4.30pm
Friday 7 December, 11.30am-12.30pm



Athletics with Brian Gregan

Wednesdays from 3.30pm – 5.30pm in SportsCo indoor hall. Meet at the 5th year office at 3.30pm. A bus will drop students back to the school at 5.30pm. Sign up on the 5th & 6th year noticeboards.

Football

Fridays from 3.00pm – 4.00pm in SportsCo in Ringsend. A bus leaves the school at 2.30pm and drops back at 4.30pm. Sign up on the 5th & 6th year noticeboards.



Gerard's Cafe

Healthy option: €3.80

Chilli Con Carne
Beef, beans,
mixed vegetable, long grain rice.



Deal €4.50

Healthy option + 500ml still water + 1 piece of fruit



Our 5th and 6th year soccer teams tucked in to some post-match pizza last Friday afternoon to mark the Institute's first inter-year soccer match of the season.