

THE BUZZ

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

17/12/18

Extra-Curricular Activities



With the Christmas break this week, there will be no extra-curricular activities running. We will be back in the New Year, with lots of exciting events, so keep an eye on The Buzz for the latest!



Film Studies

We finished 2018 with The Muppet Christmas Carol. There will be plenty of other Christmas movies on over the holidays... try and catch Die Hard and Gremlins if you can!



6th Year Philosophy

There are lots of fascinating topics still to come, from the likes of Existentialism and Nietzsche to Politics and Machiavelli.

Over Christmas check out Monty Python's *Philosophers Football Match* on YouTube to see some of the luminaries of this term face off against those of next term!

YouTube



Book Club

The book for December is *The Hitchhiker's Guide to the Galaxy*. In the New Year the group will meet to discuss the profundity of 42 and the necessity of towels.



Chess Club

Chess will return in the New Year. The school has a team competing in the Leinster under 19s in January. We will keep you posted on their progress.



MUN

The MUN calendar isn't even half over yet, with ROCKMUN, WCDMUN and SAIMUN at least still to come! Recommended Christmas research is Channel 4's *Community*, Season 3, Episode 2 : "Geography of Global Conflict".



Table Tennis

After a successful first term, table tennis will return in the New Year. For those of you itching to get your table tennis fix in the meantime, brussel sprouts can serve as a festive substitute. Many dining tables are comparable in size to a table tennis table. Make of this what you will!

Career Guidance



College Open Days

The RCSI Open Day takes place on Wednesday 3 January 2019, from 10am - 4.15pm.

Advance registration is essential.



Please register at:

www.rcsi.com/dublin/undergraduate/meet-rcsi/undergraduate-open-day



Congratulations to 6th year student David Lalor, who has been offered a place at Stanford University to study Computer Science. David will take up his place next September, and our best wishes go to him on this fantastic achievement!



Tickets are still available for our Christmas raffle in aid of the homeless. First prize is this beautiful new Ryedale crimson aluminium bicycle worth €600, and there are lots of other prizes also available, including vouchers for Sueseyes Street Restaurant and Leeson Beauty Lounge. Tickets are on sale in the 4th, 5th and 6th year offices and the winner will be announced at the school Christmas concert on Tuesday.



KEVIN'S LINE, "YOU GUYS GIVE UP, OR ARE YOU THIRSTY FOR MORE?" WAS IMPROVISED BY MACAULAY CULKIN.

Study Skills Tip of the Week



Study-life balance:

When you have a study-life balance it means that you are optimising your academic work, while spending time with your family, having a balanced social life and participating in sports and other activities.

Everything outside of your studies contributes to your mental well-being and helps to minimise stress. Nobody studies for 24 hours a day, and getting the right balance in your life means that you will get the maximum benefit from the time spent on study. The best approach is simply to study when you are meant to be studying and relax when you are meant to be relaxing. Enjoy your breaks when you take them. Switch off for a few minutes and it will be much easier to return to work with a clear head afterwards.



6th Year Supervised Study Hours:

Monday 17 Dec – Tuesday 18 Dec: 9am – 8pm
Wednesday 19 December: 9am – 12.30pm
Thursday 20 Dec – Tuesday 1 Jan: CLOSED
Wednesday 2 Jan – Friday 4 Jan: 9am – 4pm - in LB-1
Saturday 5 & Sunday 6 Jan: CLOSED

5th Year Supervised Study Hours:

Monday 17 Dec – Tuesday 18 Dec: 8.30am – 3.30pm
Wednesday 19 December: 8.30am – 12.30pm
Thursday 20 Dec – Sunday 6 Jan: CLOSED



Our 4th year students gathered in the beautiful grounds of Our Lady's Hospice & Care Services, Harold's Cross on Dec 2nd, for the annual 'Light Up A Life' ceremony. We were proud to be part of such a special evening of refectation and celebration.



HIIT Training with Brian Gregan

There will be no High Intensity Interval Training this week. Classes will resume in the New Year.

Athletics and Football

There will be no athletics or football this week. Training will resume in the New Year.

Gerard's Cafe



Healthy option: €3.80

Sweet & Sour Chicken

Chicken, red onion, mixed peppers, onion and long grain rice

Deal €4.50

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

Health & Fitness Programme

Motivational talks with Brian Gregan

Talks have now concluded for the year and will recommence in January. Wishing everyone a very merry Christmas!

One to Watch:

New Year New You - Motivational Video for Success & Studying



YouTube

<https://www.youtube.com/watch?v=5uhvsm4zZfs>

This is the last motivational video of 2018. It's called New Year, New You. It is never too late to change your bad habits.

Why wait for the New Year to get out of a rut? Why not change and improve yourself now! Enjoy yourself over the Christmas period but remain focused on your goals.

THE PEOPLE WHO ARE CRAZY ENOUGH TO
THINK THEY CAN CHANGE THE WORLD
ARE THE ONES THAT DO

Steve Jobs

WISHING ALL OUR STUDENTS, STAFF, PARENTS
AND FRIENDS A VERY MERRY CHRISTMAS
AND A HEALTHY AND HAPPY NEW YEAR!