

THE BUZZ

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

25/03/19

Extra-Curricular Activities



Debating

Congratulations to Aisling O'Reilly and Sophie O'Brien for coming second in the Trinity College Hist Mace debates. The Leinster schools' season is over with great success. 5 students from the school progressed to the semi-finals. If there are any new events coming up they will be posted here or announced in class. Fridays, 2.30pm in G-3.

Chess Club

One of the most enduring games, chess's rules are simple but provide infinite opportunities for strategy and variety. Whether you are an absolute beginner or a Grand Master in training, feel free to call in! Wednesdays, 4pm in L1-0.

Film Studies

We will hopefully finish Wes Anderson's *Grand Budapest Hotel* this week. If time allows we will discuss the role of tropes and cultural capital in assessing a movie's merits. Thursdays, 3.30pm in G-3.



Table Tennis

Table tennis remains as popular as ever! Get there straight after class to ensure the chance to take part. Mondays, 3.30pm in the 6th year lunch room.



Bridge

Bridge continues as normal this week. Anyone interested is welcome to come along and take part. The more the merrier! Fridays, 2.30pm in G-1.

Creative Writing

This week we will be discussing work provided by students. Students are welcome to submit work for commentary and critique. The group is run with the ethos of supporting each other's creative efforts. Mondays, 3.30pm in G-3.

6th Year Philosophy

All welcome! Wednesdays, 3.30pm in G-3.



5th Year Philosophy

The last few weeks we have had fruitful discussions on topics ranging from the nature of the will and determination, through to the varied disciplinary subdivisions in Philosophy. All are welcome to call in, either to ask questions, join in or take a backseat. Tuesdays, 3.30pm in G-3.



Career Guidance



CAO Talks

All 5th year students are encouraged to attend one of these talks for students on the CAO process.

Date: Monday 25 March 2019

Venue: G1

Times: 12.30pm, 1.30pm and 2.30pm.



CAO- HEAR & DARE

A reminder to HEAR and DARE applicants: All supporting documentation must arrive in CAO before 5.15pm on Monday 1 April 2019.

TU (DIT)

Experience the work of the Quantity, Property & Geomatics (Geographic Science) Surveyor through practical demonstrations, site visits, discussions with industry professionals and more. Booking required. See www.dit.ie

My Hero



Name: Brian Gregan

Role: Director of Sport

How long have you been working at the Institute? September 2018

What do you love about your role: I love meeting students, sharing my experiences and seeing them improve physically and mentally throughout the classes I work with them.

My Hero: Usain Bolt. He's the greatest ever athlete, a once in a lifetime superstar. To see him run in the flesh is an inspiring experience.



We were delighted to welcome Roisín Kiberd, past pupil of the Institute, Cambridge & TCD graduate and much sought-after freelance writer to deliver her unique insights into the poetry of Seamus Heaney and Sylvia Plath to our 6th year students earlier in the month.



"Nobody can be uncheered with a balloon"

Winnie the Pooh

Study Skills Tip of the Week

Here are some tips to help you become an active learner:

Think critically about the material in front of you...

To truly study effectively, you must do more than just read the text and skim through your notes. Step back and ask yourself why. Once you have analysed and understood the material, move on.

Test your understanding...

It's incredibly important that you quiz yourself on the material you have just learned. Use flashcards and other study methods which don't allow you to fool yourself into thinking you know it, and make note of areas that require additional study.

Summarize the main points...

Once you have studied the material and feel you know it well, see if you can answer a few questions under exam conditions: Can you summarise the main concept covered by the material? Can you think of your own examples of each theory, problem or concept?



6th Year Supervised Study Hours:

Tuesday – Friday: 9am – 8pm

Saturday: 9am – 4pm

Sunday: 11am – 4pm

5th Year Supervised Study Hours:

Tuesday – Thursday: 8.30am – 6pm

Friday: 8.30am – 5pm



Health & Fitness Programme

Motivational talks with Brian Gregan

Peak Performance

- How to perform optimally for exams and in the sporting arena.
- Coping with pressure.
- Key tips to improve performance
- Do's and do not's of performance

Monday 25 March, 2.30pm – 3.30pm in 3-7

Wednesday 27 March, 2.30pm - 3.30pm in 2-5

Thursday 28 March, 11.30am - 12.30pm in L3-0



One to Watch

Motivational Speech from *The Pursuit of Happiness*



YouTube

This short scene from the film *The Pursuit of Happiness*, shows Will Smith and his young son playing basketball. The speech focuses on not setting limits for ourselves. We can only be as good as we believe we can be. Smith then proclaims: "You got a dream, you gotta protect it. You want something, you got to get it. Period."

As students of the Institute, the level expected from you is high. Why only do enough when you can do better? Have belief in your abilities and you will achieve things that you could not even dream about.

www.youtube.com

Flyfit Gyms- Student discount!

We now have a 10% discount in Flyfit gyms! Any students who are interested please leave your name at the 5th year reception.



HIIT training with Brian Gregan

Fitness classes continue this week. Grab a friend and come along to Convent Place!

Class times:

Monday 25 March, 3.30pm – 4.30pm

Tuesday 26 March, 11.30am - 12.30pm

Friday 29 March, 11.30am - 12.30pm



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.



NEW! Basketball NEW!

Training with basketball coach Bernard Moore. Mondays 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.

Athletics

Wednesdays from 3.30pm - 5.30pm in SportsCo in Ringsend. A bus leaves the school at 3.30pm and drops back at 5.30pm. Sign up on the 5th & 6th year noticeboards.

Gerard's Cafe



Healthy option: €3.80

Sweet & sour chicken

Chicken, red onion, mixed peppers, long grain rice

Deal €4.50

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