

THE BUZZ

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

07/10/19

Wellbeing with Richard Hogan

Resilience, it's a word that we hear a lot about in modern times. But what does being resilient really mean? The good news is, one person isn't born with an abundance of it while another has a deficit.

This means that we can build our levels of resilience. Resilience is the tools we have to deal with the challenges we may face. When what is being asked of us exceeds our resilience that is when we become stressed.

The most resilient people I have met all share a couple of commonalities. They see their challenge as temporary, and they are optimistic in their outlook. Your Leaving Certificate is not a permanent challenge, it will pass and your future is waiting for you. Go out and take it with both hands.



Debating

There have been two mace debating competitions announced. The first is the **UCD Senior Mace** that will take place on Saturday October 12th. The closing date for registration is this Tuesday so if you are interested and haven't signed up make sure to contact David Connolly as soon as possible.



The second is the **Matheson National Debating Championship** which is run in cooperation with the UCD Law Society. It takes place on November 9th but registration closes on the 18th of October.

A mace debate is a style of debating the resolves around short preparation times, typically 15 minutes. This means that the debates often hinge on principals and quick-witted analysis.

Mace debates can be great for those who like to think on their feet or want to avoid a long, drawn out anticipation for the debate. The rounds are quick, often 3-4 in a day, can offer the students a change to debate on a wide range of topics.

If you are interested in these events or debating in general, call into the debating classes every Friday at 3.30 in G-3

Career Guidance

UCAS

The **UCAS** early deadline of October 15th is approaching fast. Students must complete their applications by that date. Make sure you have all the relevant information and have contacted your referee.

There is an additional careers guidance office in Room 3-7A each Wednesday. The location of the room is by the 5th year study hall. The appointment sheet for Wednesday is outside Room 2-6A.

UCD Undergraduate Law are having an Open Evening on Tuesday 8th October.

UCD Business Open Evening is on Wednesday 9th October.

UCD Computer Science Open Evening is on Tuesday 22nd October.

Register for these evenings on myucd.ie. Places can be limited so book as soon as possible

Health Tips from Brian Gregan

The cold season is fast approaching, and you can already hear coughs and sniffles on your way to school. So keep yourself healthy and stay one step ahead with this cold busting recipe.



Ingredients:

- Fresh lemon, fresh ginger, Raw or Manuka honey.

Directions

- Slice lemon into quarters and pack into jar
- Grate ginger, and add to lemon (the more the better)
- While stirring, fill jar with honey

To Use:

- Add 1 tablespoon of mixture to hot water and stir

Maths



6th Year Higher Level Maths Students:

The maths exam for all 6th Year Higher Level students will take place on Tuesday October 8th from 4.45 to 5.45. Make sure to check the noticeboards and screens for information on exam locations.