

THE BUZZ

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

25/11/19

Wellbeing with Richard Hogan

November can often prove to be a challenging month. The initial impetus we had for the first two months can wane and we can feel slightly drained as we march through exam season. But just remember all the good work you did will pay off in the exam, and achieving a H1 in the Leaving certificate is not the result of always being perfect in every exam.



It is a two-year course for a reason. We must learn from the exams where we feel we may have underperformed. So, this November don't allow yourself to become overwhelmed with the workload. Take a breath and remember the holidays are just around the corner.

Health with Brian Gregan

The popularity of meditation is increasing as more people discover its benefits. Meditation is a process of training your mind to focus and redirect your thoughts.



Benefits include

1. Reduces stress
2. Controls anxiety
3. Improves sleep
4. Improves clarity

Check out the free headspace app on your smartphone to start meditating today.

Christmas Concert

Tickets are selling fast for our 50th Anniversary Christmas Concert with music and performances by the students of the Institute on December 16th. If you haven't picked up a ticket yet go to our Eventbright event page and pick them up before they are all gone!



Careers



26/11/2019
UCD Computer Science
Open Evening register at
www.myucd.ie

27/11/2019
NCAD Open Day
Time: 9.30am to 3.30pm
Location: 100 Thomas Street Dublin 8.
www.ncad.ie

28/11/2019
Pulse College Open Evening.
Time: 6.30 Pulse College, Windmill Lane Recording Studios, 20 Ringsend Rd, Dublin 4
www.pulsecollege.com

30/11/2019
Maynooth University Open Day
Register at
www.maynoothuniversity.ie

30/11/2019 Pontifical University Maynooth
www.maynoothcollege.ie

30/11/2019
TU Dublin Open day: Location: City Campus, Aungier St, Dublin 2
www.tudublin.ie

Green Schools Committee

It is in everyone's interest to look after the environment. As you plan for your academic and professional futures it is important to spare a thought for the planet so that you can make the most of those futures.



Students are becoming more aware and impassioned about climate concerns and the now, thankfully, the issue is never far from news.

We want the school to be as green as possible. We have already taken steps to promote reusable materials as part of school life. For example, every student received a water bottle on their first day and now the school's Green Committee will be launching an ambitious new initiative to combat waste around the school. Keep an eye on the committee's notice board, located outside the 1st Floor Office, and on The Buzz for all the details.