

THE BUZZ

NEWSLETTER @ THEINSTITUTEOFFEDUCATIONDUBLIN

05.10.2020

DEAR STUDENTS,



HUGH BRETT
HEAD OF 4TH & 5TH YEAR

The dust has now settled on what has been a very unique start to the school year and your attention will now be turning towards mid-term and Christmas exams. The word "exam" can be quite intimidating. It can instill fear and anxiety. Typically, these feelings link to the prospect of not achieving goals. In order to shift this sense of dread, we need to view exams as an opportunity to reflect and improve. You all have goals and ambitions for the year. Any exam you sit is an opportunity to practice; to set benchmarks and to reflect on what is and is not working for you as you prepare for the ultimate goal of sitting the Leaving Certificate.

It is often useful to consider this notion in contexts to which we can better relate. For example, in a sporting sense, it would be equivalent to playing a practice match before playing the actual match. In the world of music, it would be the same as playing a practice set before playing the concert. In the professional world, it would be equivalent to practicing a sales pitch before making the presentation to clients. In these examples, of course, we are nervous of the consequences of a poor performance, but it is important to engage in the 'practice,' reflect on the result and consider any adjustments we need to make before we move to the real thing.

We encourage you to tackle the upcoming exams with the mindset that they are an opportunity to learn and improve. Do not be afraid to learn from mistakes and do not be afraid to reflect on your preparation. The exams are an important part of your learning curve. The only way to learn what you need to work on is to be in the 'practice' scenario. It is about identifying the percentage of the material you do know so that you can focus your future attention on the percentage that you need to work on. Whether you are a 4th year with three years to prepare, a 5th year with two years to prepare or a 6th year with this year to prepare, any exam you sit is an opportunity to place yourself in the best possible position to achieve your ambitions in the Leaving Certificate.

With this in mind, our advice would be to prepare well for your exams. Use them as a learning exercise. Speak to your teachers if you need more clarity and check in with the guidance team if you need any support or advice as the exams begin. At the end of any exam phase take the time to reflect on what has worked for you. Consider what you can change in your preparation to put yourself in the best possible position to achieve your aims. Exams are a part of your academic journey so embrace them for what they are: practice for the real thing.

HEALTH

BRIAN GREGAN'S HIIT CLASS

High Intensity Interval Training, or HIIT for short, is a cardio session arranged as short bursts of hard work, matched with a rest period. HIIT training features body weight and weighted exercises, such as burpees, squat jumps and wall sprints to name but a few. This type of training is an excellent way of getting a workout done in a short period of time.

Several studies have shown that working your hardest is key when it comes to boosting endurance, increasing metabolism, regulating insulin levels, and losing body fat.

TUES 19:00 NO EQUIPMENT IS REQUIRED
Login to Zoom a few minutes before the session is due to start.

WWW.ZOOM.US
Meeting ID: 828 3223 7790
Passcode: 4JMXGH



HELLO STUDENTS



Here are some notices from your Guidance Counsellors. Don't forget that we are here to help, so please feel free make an appointment on the noticeboard outside 2-6A or drop in to see us any morning between 8.30 and 9.30am.

UCAS - 6TH YEARS

Reminder to 6th years applying through UCAS:

- Have you confirmed your referee with Guidance Counsellors?
- Have you collected predicted grades and given a copy to your referee?
- Have you given a copy of your Personal Statement to your referee?

It is in your interest to do it as early as possible and it's a courtesy to your referee who has lots of other things to do as well.

Have a lovely week.

WEEKLY WEBINAR - LAW



Thank you for attending the first of our Wednesday Webinars last week - *Where to study medicine; an overview of studying medicine in Ireland, the UK and Europe*. It was great to see so many of you across all year groups attend and to hear such insightful questions. Make sure to tune in this Wednesday at 4pm to hear all about studying Law and have an opportunity to ask questions to speakers from the Sutherland School Of Law at UCD, Maynooth University and NUIG. The link to watch all webinars, as well as previous recordings, are available in the Guidance tab on Moodle.

STUDY IN THE NETHERLANDS



Are you interested in finding out more about going to college in Holland? Eunicas, the go to website for college in Europe, is advertising two live evening webinars on the **13th and 19th October**. You must register for the events. Eunicas representatives will be there to answer your questions. Follow the link on the home page of the Eunicas website (www.eunicas.ie); you can't miss it!

SETTLING IN



Thank you to our super friendly group of student volunteers for holding an open lunchroom last week. It was a great opportunity to get to know new people and lovely to hear of new friendships being made. They will continue to host, though in a change of venue (1.3) every Monday, so whether you're new to the Institute or would simply like to have lunch with new people, please come along. They are really looking forward to meeting you.

EXTRACURRICULAR ACTIVITIES

EXTRACURRICULAR TIMETABLE



MONDAY	Philosophy	15.30	LG-2
	Circuit Training	15.30	Convent Place
TUESDAY	Circuit Training	11.30	Convent Place
	HIIT Class	19.00	Online (Zoom)
WEDNESDAY	Film Studies	15.30	LG-2
	Bridge	15.30	G-4
THURSDAY	Circuit Training	11.30	Convent Place
	Creative Writing	15.30	LG-2
FRIDAY	Debating	15.30	LG-2
	Coding	15.30	L1-2

SPAR



STUDENT DEALS

5 small sausage rolls - €2.50

Any medium coffee with pastry - €3.50

Soup of the day with sandwich - €6.00

Chicken Fajita wrap with River Rock Water & Manhattan Popcorn - €5.00

Spice Box with can of Coke - €6.50

Chicken Fillet Roll with River Rock Water & Tayto crisps - €5.00