





It is the week of the October exams and I am sure many of you feel a touch of anxiety about them. That's normal and happens to all of us when we believe that a judgmental gaze may be cast our way. Last week Hugh eloquently wrote about how to approach them as a training exercise and I hope you took his advice to heart.

These tests offer us a chance to gauge strengths and weakness so we can make more informed decisions about how we exert our energies. They offer us a waypoint from which we can chart and measure the next steps on our journeys, viewing points to assess the terrain that lies ahead and the paths we have already travelled. In short, they offer us perspective. I do mean "us" – school and student. They help us to better understand each other; our goals, needs, and opportunities. You are not in this alone and, if you feel like you are alone, please call in and talk to us.

They are not the destination or the end of the tale. Of course, you should work for them but always

allow yourself a little perspective.

STUDY SKILLS

Orla Ni Shuilleabhain will be delivering her brilliant Study Skills lectures again this year. Orla offers key insights into how to organize your workload and create sustainable routines so that you can make the most of your efforts. These will take place when we come back from midterm so you can capitalize on your insights from the October tests.

They will be on the 4th, 10th, 17th and 24th of November and are available to all students, either in person or online. The November Monthly Newsletter will have the times and rooms so make sure you check it, for the moment just mark it in your calendars. *Start off by planning to plan!*

GUIDANCE

WEBINAR Thank you



Thank you to everyone who tuned in to watch the Law Webinar last week, particularly for your brilliant questions and your fantastic feedback. It was great to hear that students found it so engaging. We heard Professor Paul Ward from UCD talk with his former students, Dr. Oisin Suttle from Maynooth University and Dr. Maeve O'Rourke from NUIG's thoughts on what Leaving Certificate subjects are beneficial for studying law, what other careers a degree in law can lead to, the various ways to study law in their respective universities and much more. For any student who missed it, it is well worth watching back. You'll find it on Moodle, under the guidance tab.

THIS WEEK'S WEBINAR



This week's webinar topic is science. As always, it is on Wednesday at 4pm. We will be joined by Dr. Orla Donoghue from UCD and Ciaran O'Leary from TU Dublin. We will also hear from students of science at DCU and TU Dublin - for their perspective. Not to be missed if you're interested in hearing more about science, or indeed student life at these universities.

UCAS

The October 15th deadline fast approaches and by now 6th years applying to Oxford and Cambridge, as well as Medicine, Veterinary and Dentistry all over the UK, have registered for aptitude tests where applicable, gotten their references and predicted grades, fine-tuned their personal statements and are ready to press submit. **Well done!**

OPEN DAYS

The Guidance Department strongly encourages students and parents to attend Virtual Open Days. Open Days are an invaluable tool for researching prospective courses and to really get a feel for the wide selection of universities and courses available. With over 1800 course available to choose from on the CAO, we cannot overestimate the importance of thorough course research!

Oct 15th & 16th - University of Limerick, Mary Immaculate College, Limerick. Oct 16th - St. Angela's College, Sligo. Oct 17th - Trinity College Law School. Register: www.tcd.ie/law/news-events/openday2020.php

Have a lovely week

POETRY CORNER

DEAR PARENTS / GUARDIANS,

"HOPE" IS THE THING WITH FEATHERS

By Emily Dickinson

"Hope" is the thing with feathers -That perches in the soul -And sings the tune without the words -And never stops - at all -

And sweetest - in the Gale - is heard -And sore must be the storm -That could abash the little Bird That kept so many warm -

I've heard it in the chillest land -And on the strangest Sea -Yet - never - in Extremity, It asked a crumb - of me.

DO YOU HAVE A POEM? If you would like a chance to see it published in our poetry corner, please email your work to *acrowe@instituteofeducation.ie*

The Institute has been working on streamlining the communication channels between parents/guardians & the school.

As well as the dedicated year group email address there is now a dedicated phone number for each year group. Details of the email addresses & the new phone numbers are included below:

4TH YEAR - TRISHA & HUGH 4th year phone number - (01) 582 4101 4thyear@instituteofeducation.ie

5TH YEAR - TRISHA, COLLEEN & ANGIE 5th year phone number - (01) 582 4105 5thyear@instituteofeducation.ie

6TH YEAR - MARGARET, SIOBHAN, SUDHA & LAUREN 6th year phone number - (01) 582 4106 6thyear@instituteofeducation.ie

The aim of this new communication system is to facilitate more efficient communication between parents/guardians & the school.

Kind regards, **Liam and Hugh**



