

THE BUZZ

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

08/10/18

Extra-Curricular Activities

Debating

This week we will be honing our skills at mace debating. This is a great style for focusing on arguments and thinking on your feet. Fridays at 2.30pm in G-3.

Book Club

The book for October is Mary Shelley's Frankenstein. Mondays at 4.30pm in G-3.



Film Studies

Moving on from Psycho we will look at the editing style of Edgar Wright, in particular Hot Fuzz and Baby Driver. Thursdays at 3.30pm in G-3.



Creative Writing

Creative writing takes place Mondays at 3.30pm in G-3. Feel free to call in.

5th Year Barista Classes

These classes will run each Saturday during October in The Institute of Education. Students need only attend one class to complete the course. Classes cost €110. Please sign up on the 5th year noticeboard.



5th Year Philosophy

This week students can request the topic of the class. This will help them show how philosophical investigation can be applied to any issue. Tuesdays at 3.30pm in G-3.

6th Year Philosophy

We continue to explore classical metaphysics, this week focusing on Plato. The influence of Platonic thought is such that it is said that "all philosophy is a footnote to Plato". Wednesdays at 3.30pm in G-3.

MUN

The next MUN on the calendar is RADMUN (Rathdown) in early November. Sign up on the 5th or 6th year noticeboards or in any of David Connolly's classes.



Chess Club

The chess club is now up and running and everyone is welcome to come along. Wednesdays at 4.00pm in L1-0.

Bridge Club

Fridays at 4.00pm in L1-0. All welcome!



Table Tennis

Table tennis will be beginning soon. It will take place on Mondays at 3.30pm in the 6th year lunchroom. Keep an eye on the Buzz for the date of the clubs' first meeting.

Career Guidance



Save The Date!

CAREER FAIR 2018



5th and 6th year students are invited to attend our annual Careers Fair, which takes place on Thursday 25 October, from 4.30pm - 7pm.

This event gives students a chance to meet representatives from leading national and international colleges and universities, as well as attend a series of career talks with industry experts. A special talk for 6th year parents on the CAO process is also given during the evening by Dr. John McGinnity from NUI Maynooth.

A brochure with full details, including a list of attending colleges and a timetable of talks will be available later in the month from the Career Guidance Office.

College Open Days

The UCD Business Open Evening takes place on Monday 15 October, from 6.00pm – 8.00pm in the UCD Lochlann Quinn School of Business.

Study Skills tip of the week

No matter how you learn best, it's always a great idea to focus on learning in more ways than one. Read aloud to yourself as you take notes and learn the same info in the form of idea maps and flash cards. The more connections you create the easier it is for you to recall the information on cue in the exam.

6th Year Supervised Study Hours

Monday – Friday: 9.00am – 8.00pm
Saturday: 9.00am – 4.00pm
Sunday: 11.00am – 4.00pm

5th Year Supervised Study Hours

Monday – Friday 8.30am – 6.00pm



A big well done to our 4th year students, who completed a 25km trek through Carlingford, Co. Louth last weekend as part of their Gaisce Bronze Award.

Chemistry Notes



Chemistry students, there are some great online resources that explore many aspects of this fascinating subject...

For short videos about every element on the periodic table, plus other cool experiments and chemistry stuff, check out www.periodicvideos.com

The BBC Radio 4 podcast 'Chemistry For Today' is short and informative and well worth a listen...

And don't forget Tuesday 23 October is MOLE DAY!! Chemistry students will know what that means!!

Vincent Van Gogh
only sold one painting
in his life and that
was to his brother.

BIRTHDAY BONUS!

Is your birthday
this week?

If it comes down to
the 5th year office to get
your free lunch voucher!
Happy birthday!

Health & Fitness Programme

About Brian Gregan



Irish international sprinter Brian Gregan is Head of our new Health & Fitness Programme. Brian is an athlete who has won a silver medal at the European Championships and has represented Ireland at International track events for over 10 years. In 2017 he was named as Athletics Ireland Athlete of the Year. Brian has a BA in Sports Science and a Level 2 coaching qualification.

Motivational talks with Brian Gregan

"My Story" from the Leaving Certificate to the World championships

- Insight into me and what it takes to be successful
- My experiences and how they shaped me
- The challenges I have faced and overcome

Tuesday 9 October, 12.30pm – 1.30pm in G-1
Wednesday 10 October, 10.30am – 11.30am in L1-0

Gerard's Cafe

Healthy option: €3.80

Chicken pesto pasta box or wrap
Spinach with French dressing, pesto
pasta with chicken, Chopped cucumber,
tomatoes & sweetcorn.

Deal €4.50

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



Circuit Training with Brian Gregan

Weekly circuit training classes with Brian Gregan start this week and will be a great way to meet other students, get in shape and relieve stress.

Classes involve body weight and weighted exercises with the aim to increase physical fitness and improve body shape. The exercises will be a combination of upper body, lower body and core exercises. If you feel that you are suited best to a beginner class, but you can't make that time then feel free to come to an intermediate session and we can modify the session to suit your needs.

The content of the classes will change every couple of weeks, so keep an eye on The Buzz and noticeboards to check for updates. Anyone is welcome to attend the classes. Please sign up on the 5th and 6th year noticeboards.

Beginner

Tuesday 9 October, 3.30pm – 4.30pm in Convent Place
Thursday 11 October, 12.30pm – 1.30pm in Convent Place

Intermediate

Wednesday 10 October, 12.30pm – 1.30pm in Convent Place
Friday 12 October, 11.30am – 12.30pm in Convent Place

4th Year Body Weight Classes

Wednesday & Friday, 9.30am – 10.30am in
Convent Place. Check your timetable for your
scheduled class and please remember to bring water!

Football

Friday from 3.00pm – 4.00pm in SportsCo
in Ringsend. A bus leaves the school
at 2.30pm and will drop back at 4.30pm.
Sign up on the 5th & 6th year noticeboards.



Athletics with Brian Gregan

Training takes place every Wednesday from
3.30pm – 5.30pm in Irishtown.
Sign up on the 5th & 6th year notice boards.

