

# THE BUZZ

FOLLOW US ON INSTAGRAM \ THEINSTITUTE OF EDUCATION DUBLIN

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

21/01/19

## Extra-Curricular Activities



### Film Studies

We will continue watching *Jiro Dreams of Sushi*. Should time permit, we will discuss how the arc of the story varies from our expectations and how that impacts our understanding of what has gone before. Thursdays, 3pm, G-3.

### Creative Writing

Mondays, 3.30pm, G-3.



### Debating

Subject to numbers, a mace debate will take place in the class this week. This style of rapid fire debate is great for both beginners and veterans. With several college societies due to run competitions this term, it is recommended that those interested hone their ability to think and debate on their feet. Fridays, 2.30pm, G-3.

### 6th Year Philosophy

This week we will start our brief look at political philosophy. We will discuss aspects of Hobbes' *Leviathan* and Rousseau's *Social Contract*. Wednesdays, 3.30pm, G-3.

### 5th Year Philosophy

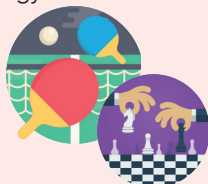
Following on from our in class discussion of the distinction between different philosophical schools, or indeed tribes, we will look at approaches to the philosophy of language. Starting with Aristotle, we will then look at the likes of Frege, Russell, Wittgenstein, Putnam and Kripke. Tuesdays, 3.30pm, G-3.

### Chess Club

The date of the LSCA round has been moved to Saturday 2 February. Students taking part should ensure they attend the upcoming classes to learn more nuances of strategy. Wednesdays, 4pm, L1-0.

### Table Tennis

Mondays, 3.30pm, 6th year lunch room.



### Debating

As the university societies return from Christmas break, Leinster schools rounds have started up again. Any student who has taken part in this event should make sure to attend class as we will be brainstorming arguments and honing argument arranging. Fridays, 2.30pm, G3.

### Bridge

Everyone welcome! Fridays, 2.30pm, G-1.



### Cricket

The school is taking note of students that may be interested in forming a cricket team. There would be a handful of training sessions and 3-4 games against other schools. Those interested should sign up on the 5th year extra-curriculum notice board.

## Career Guidance



### UCD: Ad Astra Elite Sports Scholarship

A reminder that the closing date for applications is Thursday 31 January 2019. Applications can be made online at [www.ucd.ie/adastraacademy/sports/applications](http://www.ucd.ie/adastraacademy/sports/applications). No late applications are permitted.



### College Open Evenings

#### Institute of Technology Tallaght

Open Evening on Tuesday 22 January, from 4pm-6pm.

#### Shannon College of Hotel Management

Open Evening on Tuesday 22 January. Event starts at 5pm sharp.

#### NUI Galway

Open Evening on Thursday 24 January, from 7pm-9pm.

#### BIMM Institute

Open Day on Saturday 26 January. Please register on the BIMM website.



## My Hero



**Name:** Susan McCormick

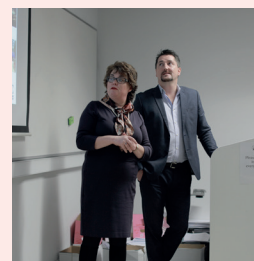
**Subject:** Music

**How long have you been teaching at the Institute?**

6 years

**What do you love about Music:** I love how broad music is. It encompasses so many genres and there are so many different elements. The possibilities in music are endless.

**My hero:** I have two heroes - my two grannies! One of whom is the most hard-working woman I think I will ever know, and the other is the wisest!



We were delighted to welcome guest-speaker, Prof. Paula O'Leary, Dean of Medicine UCC, to the school last Friday. Prof O'Leary gave a short presentation on studying Medicine in UCC. Mr Gearoid McCarthy also gave a presentation on Dentistry, Pharmacy and Physiotherapy in UCC.

## Study Skills Tip of the Week

### Reading tips:

Try following the **SSRCRR** code when you are reading to help maximise your study time.

- Scan information to find the chapter relevant to your topic.
- Skim the chapter or text to ensure that required information is there and that the time spent reading will ensure you are not wasting time.
- Read for comprehension so you understand the detail of the piece.
- Clarify the accuracy of your learning. Try to visualise questions that could be asked.
- Recap or recall what you have learned.
- Revisit (maybe in a later session) the text to ensure that your learning has been robust.



### 6th Year Supervised Study Hours:

Monday – Friday: 9am – 8pm  
Saturday: 9am – 4pm  
Sunday: 11am – 4pm

### 5th Year Supervised Study Hours:

Monday – Thursday: 8.30am – 6pm  
Friday: 8.30am – 5pm

## Health & Fitness Programme

### Motivational talks with Brian Gregan

Goal setting is the topic featured in the weekly talk series this month. A really simple way to start the process of goal setting is to imagine where you will be one year from now. Will you be in college? What year will you be in? Will you have a part-time job? Write a short letter to yourself describing your future one year on. Look at what motivates you, hone in on that, and find a way to reach your future self.

#### Goal setting from the classroom to the sports field:

- What is goal setting?
- SMART goals
- How professional sports people use goal setting

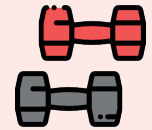
Monday 21 January, 2.30pm – 3.30pm in 3-7  
Wednesday 23 January, 1.30pm – 2.30pm in 2-8  
Wednesday 23 January, 2.30pm – 3.30pm in 2-5

### HIIT training with Brian Gregan

Fitness classes continue this week- everyone is welcome to attend! Classes include a mix of mobility, flexibility, circuit training, weights and band exercises. All classes take place in Convent Place across the road.

#### Class times:

Monday 21 January, 3.30pm-4.30pm  
Tuesday 22 January, 3.30pm-4.30pm  
Friday 25 January, 11.30am-12.30pm



#### Football

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

#### Athletics

Wednesdays from 3.30pm – 5.30pm in SportsCo indoor hall,. Meet at the 5th year office at 3.30pm. A bus will drop students back to the school at 5.30pm. Sign up on the 5th & 6th year noticeboards.

### One to Watch

Below is a speech on the importance of making a change. If you can change one person for the better and make their life that little bit easier, then why not? We tend to get so engrossed in social media and our phones- take a few minutes to look up and see what is actually happening.

University of Texas at Austin 2014 Commencement  
Address - Admiral William H. McRaven



<https://www.youtube.com/watch?v=pxBQLFLei70>

You don't know what is going on in somebody's life. A simple how are you today? A smile, holding the door open or just being polite can have a massive impact on their day. Life is not always about taking, giving back is every bit as rewarding. As the speaker in this video says, recruits are taught to make their beds every morning to remind them that even the little things in life matter. After all, how can you be expected to handle the biggest obstacles in your life if you can't even handle the small and the mundane like making your bed every day?

### Gerard's Cafe



#### Healthy option: €3.80

Noodle Box  
Chicken, soya & sesame seed dressing, ginger, spring onion, chilli, chopped spinach

#### Deal €4.50

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

**NO MATTER WHAT PEOPLE TELL  
YOU, WORDS AND IDEAS CAN  
CHANGE THE WORLD** - Robin Williams

