

THE BUZZ

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

10/02/20

Wellbeing with Richard Hogan, Head of 5th Year

The mocks are fast approaching and the sense of anticipation around the campus is palpable. Remember, how you prepare for the mocks will stand to you in the Leaving Certificate. Don't allow yourself to become overwhelmed with the amount of work you have to do, just get started and stay healthy. Here are some tips to help you overcome exam stress:



1. Avoid comparing yourself to your friends. Stay focused on what you need to do, not what everyone around you is doing.

2. Follow a doable study plan.

3. Exercise & diet. Students often feel that they must stop all extra-curricular activity because they are in the middle of exams. This is when you need it most.

4. Healthy sleep pattern. Nothing gives you the energy required for that exam better than a good night sleep. You do not have to stay up all night cramming, you must get at least 8 hours sleep. Train your brain so that it will be used to this pattern when it comes time to the Leaving Certificate.

5. Stay positive. You have worked hard, you are not fully ready yet so don't put yourself under incredible pressure to do the perfect exam. This is the time to learn what needs to be done, to make the adjustments required for a successful Leaving Certificate.

Yearbook



This Wednesday, there will be group photos taken of all 5 th Years. This is for the yearbook that is being produced to capture a sense of life around the school and the key moments since September.

Ambassadors



We will be hosting an open evening this Thursday, where potential students will come see the school, meet teachers and students in order to get a sense of life at the school. If you are a 5th or 6th year student and would like to help, please call to the first-floor office and give your name to Karen.

Careers



Date: 15/02/2020

Location: UCD Science, BAFS & Computer Science:
6th Year Open Day (Sat)

Event: This event will focus on the First Year Experience in Science, Computer Science and Actuarial & Financial Studies.

Visit: www.myucd.ie

Date: 17/02/2020

Location: IADT Dun Laoghaire.

Event: 4 Taster Days to find out what it's like to study at IADT

(Booking essential) Visit: www.iadt.ie

Date: 18/02/2020

Location: Institute of Art Design and Technology, Dun Laoghaire, Co Dublin A96 KH79

Event: Portfolio Project Days.

(Booking required) www.iadt.ie

HPAT



Please don't forget the following for the exam on Saturday 22nd February:

- Your printed HPAT - Ireland 2020 admission ticket (Electronic forms will not be accepted)
- One form of photo-bearing identification form, the acceptable forms of ID list which is on the HPAT information booklet 2020.
- Pencils (medium soft No.2 or HB recommended)
- Pencil sharpener (optional)
- Eraser
- A clear water bottle (no labels attached)

Around the School

Well done to 5 th Years Clare Mulrooney and Lexi Lee who won Distinguished Delegate awards at the Blackrock Model United Nations.



Good luck to Helen Jiang, Nicole Reid and Patricia Shevel-Bleikss who are competing in the Quarter Finals of the Leinster Schools Debating competition this week.