

THE BUZZ

NEWSLETTER @ THEINSTITUTEOFEDUCATIONDUBLIN

25.01.2021



THE GREAT 4TH YEAR BAKE OFF

Last week saw an exciting first for the Institute. Our health and fitness maestro Brian Gregan, led the 4th years through an online "Bake Off". Looks like it ended deliciously!



LEAVING CERTIFICATE UPDATE

The State Examinations Commission (SEC) has informed schools that the application process for the Leaving Certificate examination will begin in February.

We will keep you updated on all information regarding the Leaving Certificate.



EXTRACURRICULARS

Make sure to check out the "Additional Resources" area on Moodle for links to all the extracurricular activities.



THANK YOU

A big thanks from Pat Doyle for his Christmas gifts from students. The humongous Toblerone from the 5th years is keeping his whole family fed during lockdown.

GUIDANCE

HI STUDENTS,



Attending school at home is challenging for us all. We hope you're ok and staying connected to your friends and classmates and making sure to get some fresh air and exercise too. If you're finding things tough, don't hesitate to reach out to us, the Guidance Team is here to support you.

CAO

The February 1st deadline fast approaches and it's important to note that:

1. If you are applying for HEAR/DARE you must tick the box on your CAO indicating that you are applying. If you need any support with your HEAR/DARE application, please contact Helen hcasey@instituteofeducation.ie
2. All restricted courses must be on your CAO by the 1st of February. If you are considering any restricted courses make sure to apply for them. Remember, you can remove them at a later date but you cannot add them.
3. CAO closes at 17.15 on the 1st of February. Your course selection doesn't have to be perfect or final. The change of mind facility will open in May and amending your choices is very straight forward.

OPEN DAY

Medical Poland invites you to a Virtual Open Day on Thursday 28th January at 18:30. Find out about studying in Poland through English - Medicine, Veterinary, Dentistry, Pharmacy, Physiotherapy & Nursing. Register on Eventbrite.

EVENTS

- Jan 27th Trinity CAO Information evenings - webinars
- Jan 28th Medical Poland open day - Eventbrite
- Jan 29th UCAS 2021 - Extended deadline for all courses (except those with 15th Oct deadline)
- Jan 30th UCD Science, Sustainability, Computer Science, Actuarial & Financial Studies taster lecture
- Feb 1st CAO normal closing date for applications
- Feb 1st HPAT Ireland and HPAT Ulster late registration closing date

WEBINAR

This week's webinar is on Nursing. As always, 16:00 / link on Moodle.



Have a great week.

WELLBEING

Systemically trained therapist Richard Hogan gave a talk to you on how important it is to stay positive during this phase of the pandemic.

Here is a recap of some of Richard's advice:

1. Listen to your thinking. Journal your thoughts so you can observe if there is a negative shift in your thought process.
2. Ask yourself how you are feeling both physically and emotionally. It is crucial that you do not live a sedentary life during this phase of the pandemic. The less you do physically the worse you will feel. You should go for walk first thing in the morning and then have a shower before starting the days classes. The brain craves difference and at the moment that is more difficult because we are all at home in front of screens. A healthy routine is vital for you to remain focused.
3. How are you behaving? It is important to keep motivated by exercising, eating well and connecting with friends. The pandemic is impacting on the very thing that links us, our desire to connect with each other. We have to re-imagine how we can connect while observing Government guidelines.



4. Some of your sleep patterns have been massively disrupted by the pandemic - a normal sleeping pattern is so important. You should not be studying after 9pm.
5. To be a high achiever in the Leaving Certificate you must enjoy your downtime. Performing well, is all about getting the balance right. A healthy approach to the demands of the Leaving Certificate is all about a sensible approach to routine. When you put tasks off it creates anxiety and stress. To help avoid this, draft a sensible study timetable, that you can stick to and that allows for you to enjoy life too.
6. A resilient student is one that is able to see adversity for what it is - transient. The greatest freedom you have is your ability to choose how you react to challenges. Your futures are incredibly bright and the silver lining from all of this disruption is that you now know how incredibly resilient you are. You know you will be able to face any of lives challenges because of how you have risen to this particular challenge.