

THE BUZZ

NEWSLETTER @ THEINSTITUTEOFEDUCATIONDUBLIN

12.04.2021



WELCOME

back to school!



We hope you had an Egg-cellent Easter break! We know you are egg-cited to be back in school but please remember we need everyone to continue to adhere to the rules below at all times.

1. Maintain Social Distancing /
2. Wash your hands frequently /
3. Masks need to be worn at all times in school
4. Walk in single file along the corridors & stairs /
5. No gathering in corridors /
6. Adhere to our circulation plan
7. Cover your mouth and nose when you sneeze /
8. Do not come into school if you are unwell



DID YOU KNOW?

Exercise is not only good for your heart - it also has positive benefits for your brain. Exercise can improve your mood and focus. Your prefrontal cortex is a key part of your brain that is positioned towards the front and is critical for things like decision-making, focus, and attention. The second key part of the brain is the right and left temporal Lobe. Deep in the temporal lobe is your Hippo-campus which is responsible for forming and retaining long-term memories for facts and events. 30 minutes of exercise increases the levels of neurotransmitters like dopamine, serotonin and noradrenaline. The brain changing effects of exercise is Better Mood, Better Energy, Better Attention and Better Memory.

Clearly getting out for a 30 minute stroll, walk or run in the park can have so many benefits! The next time you are outside exercising why not take a picture and tell us about your experience for our random act of wildness competition. Email your entries to Lorraine:

Lryan@instituteofeducation.ie



MY UNI CHOICE - 5TH YEARS

5th year students - it is still possible to take the My Uni Choice test. My Uni Choice is an interest test designed to aid students planning for 3rd level. It consists of 150 questions to determine your area of interest. It should only take about 25 minutes to complete. When you've answered the questions, you'll receive feedback and suggestions of university courses that are likely to be of interest to you. It may confirm or challenge your existing ideas and will also point you towards courses you may not have considered.

If you're finding the thoughts of choosing 3rd level courses daunting, you should find completing My Uni Choices very helpful. So if you would like to take this career interest test please send Lorraine an email and she will send you the link to the test.

Lryan@instituteofeducation.ie



GUIDANCE

WELCOME BACK



We hope you had a wonderful Easter Break and are ready to tackle the last few weeks of term.

WEEKLY WEDNESDAY WEBINAR



This week's webinar should not be missed!

We all know that the world of work is rapidly changing. Think of Instagram, only ten years old and already a massive part of any marketing /sales strategy. Due to the speed in which the world of work is changing, there are already huge skill shortages, and almost 100% employment in some sectors. Dr. Ciaran Dunne, Transversal Skills* Programme Director at DCU will give a talk on '**Re-imagining university education for the 21st century**'. This talk will explore the suite of new courses at DCU, created in collaboration with industry leaders to ensure graduates leave with a qualification that meets current and future employer needs. These courses radically re-imagine the university curriculum and reconceptualise university teaching: introducing new areas of study, new ways of learning, and embedding the transferable skills you will require to thrive in a yet to be defined workplace. **No matter what your future plans are, this webinar will shed light on what your future workplace may hold.**

*(Transversal skills - skills that are typically considered as not specifically related to a particular job, task, academic discipline or area of knowledge and that can be used in a wide variety of situations and work settings – skills such as creativity, flexibility, problem solving, future-thinking, ethics, data literacy, critical thinking, entrepreneurship)

EVENTS

DCU Spring Open day takes place this Saturday, 17th April from 10.00-3pm – register at DCU.ie.

5TH YEARS – SAVE THE DATE!

Next Week: Studying in the UK - UCAS Info Sessions:

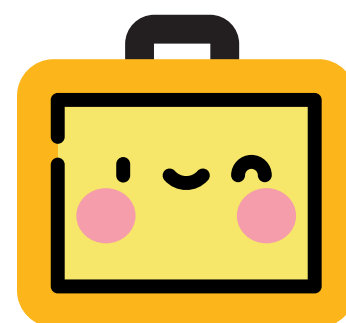
Margaret Keating (Room 2:3)

Monday 19th 12.30 & Tuesday 20th 11.30

Have a great week!

GERARD'S Student

LUNCH BOX DEAL



CHICKEN FILLET ROLL+

French baguette, Crispy breaded chicken fillet, sauce, cheese, lettuce, tomato, onion

BAG OF CRISPS+

500ML BOTTLE OF WATER

This deal does not apply to student discount.
GERARDS CAFÉ: 4 LOWER LEESON ST, DUBLIN 2

MISTER MAGPIE STUDENT SPECIALS



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Available All Day

**Coffee or Any Hot Drink
including Hot Chocolate
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Freshly Baked Belgian Waffle
with choice of toppings**
(Plain, Fresh Seasonal Fruit, Cream,
Coffee Cream, Nutella)



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including Hot Chocolate**

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Please present your student ID

We serve the best coffee in Dublin (IMBIBE)
where 1% of our purchases are donated to
Women's Aid Ireland and
1% to projects at our coffee's origin.

Available until end of May

MISTERMAGPIECOFFEE

