

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT | SUN | |
|--|---|---|--|---|---|---|--|
| <p>16</p> <p>! Guidance 12:30 UCAS tutorial (<i>Project Rm. 2-7</i>)</p>  | <p>17</p> <p>★ MasterClass - English Paper 1 HL (LDI) Live online 7:00pm</p>  | <p>18</p> <p>🌐 Guidance Webinar - 4:00 Link is on your Moodle Live online</p>  | <p>19</p> <p>★ MasterClass - Maths (OMU) Live online 6.30 Topic: Differential Calculus - First principles and rules</p>  | <p>20</p>  | <p>21</p> <p>📖 Every Sat 9:00am- 4:00pm RK Hall</p> | <p>22</p> <p>📖 Every Sun 11:00am- 4:00pm Hall Block</p> | |
| <p>23</p> <p>! Guidance 12:30 CAO tutorial (<i>Project Rm. 2-7</i>)</p> <p>★ MasterClass - Irish (MCA) Live online 5:30pm</p>  | <p>24</p> <p>★ MasterClass - English Paper 2 HL (LDI) Live online 7:00pm</p>  | <p>25</p> <p>🌐 Guidance Webinar - 4:00 Link is on your Moodle Live online</p>  | <p>26</p> <p>★ MasterClass - Maths (OMU) Live online 6.30pm Topic: Differential Calculus - Applications</p> <p>★ MasterClass - Biology (WHA) Live online 8.30pm</p>  | <p>27</p> <p>🔥 HPAT / 5:15 & 6:45 / (2-3) Week 10</p>  | <p>📖 Every Sat 9:00am- 4:00pm RK Hall</p> | <p>📖 Every Sun 11:00am- 4:00pm Hall Block</p> | |
| <p>30</p> <p>! Guidance 12:30 CAO tutorial (<i>Project Rm. 2-7</i>)</p>  | <p>31</p>  | <p> WELLBEING WEEK- EVERYONE IS WELCOME TO ATTEND ALL EVENTS</p> <p> Quiz: Students can come along on their own and will be added to a team or they can create teams with friends. The winning team will receive a prize.</p> <p> Meditation: Meditation practice relaxes the mind and body, leaving us in a calm state, there's no better way to start the week than to join Brian Grogan in this guided Meditation.</p> <p> Talk: Psychotherapist Arnaud Bongrand is giving a Wellbeing talk and all 6th years are encouraged to attend.</p> <p> Concert: Student Concert - it is well known that music stimulates the body's natural feel good chemicals. Come along to lift your spirits and support your fellow students.</p> <p> Poetry Competition: Email your positive poems to studentwellbeing@instituteofeducation.ie. We were so impressed with your writing skills last year. These poems will be rotated on the digi-screens throughout the week and there will be a prize for the winner who will also be featured in the Yearbook.</p> <p> Wear yellow: On Friday the 13th of January we ask all students and staff to wear something yellow in support of wellbeing - to remind everyone there are always brighter days ahead.</p> | | | |  | |