

# THE BUZZ

NEWSLETTER @ THEINSTITUTEOFEDUCATIONDUBLIN ■ 09.01.2023



## WELLBEING WEEK!

Wellbeing week is here and we have a week full of activities planned for a boost of good feeling and relaxation to help us with our busy lives - and there is no denying school is busy! Check out the time-table on your monthly calendar and join in the fun, there is something for everyone - whether you relax with music, movies or meditation or by flexing your brain at a quiz! Enjoy all there is to offer and don't forget to send your inspiring, positive or uplifting poetry to [studentwellbeing@instituteofeducation.ie](mailto:studentwellbeing@instituteofeducation.ie)

## STUDY SKILLS



### Goal Setting -Get started for the new year !

Goal Setting is important for all students. Goals give us direction and a clear focus. As in sport, they are something definite for us to aim for. They stop us from drifting and procrastinating and empower us to achieve! They enable us to monitor our progress and if necessary aim higher.

#### Starting Off Setting Goals - Think small at first.

1. Create an **action plan** to achieve it. Think:
  2. **What** will you study? / 3. **How much** time will you spend?
  4. **When** exactly? / 5. **Write down** simple tasks.
  6. Set a **target frame** to have each task completed.
  7. Have a list of clearly defined written goals for each week.
  8. Set a small number of goals for the first few weeks.
  9. Then decide how you will achieve these goals!
- Ask yourself questions e.g., what do I need to do first? / what plan of action do I need to complete these goals?
10. Always aim higher than you can think. You will amaze yourself at what you can achieve !

Orla is available for Study Support - check your Calendar.

## STUDENT SPOTLIGHT



Congratulations to Xiwen Tan (5<sup>th</sup> Year) who recently achieved a remarkable score of 120 in the American Maths Contest for 12<sup>th</sup> Grade (AMC 12). Xiwen received a commendation for his high score and is now through to AIME (American Invitational Mathematics Exam) 2023.

Students who perform exceptionally well on the AMC 12 are invited to continue participating in the AMC series of examinations that culminate with the International Mathematical Olympiad IMO. The first in this series is AIME. Only 2.5% of participants worldwide qualified for AIME 2023, so congratulations Xiwen and best of luck with the rest of the competition.

## 5TH YR ESSAY COMPETITION

Don't forget the deadline for our writing competition which is open to all 5<sup>th</sup> Years is next Monday!

#### Competition Details:

- 2,500 words (Maximum 3,000 words)
- You are free to write in any genre (e.g. science-fiction, romance, etc) or on any topic of your choice
- Submission deadline **January 16<sup>th</sup> 2022**
- Submit your essay to your English teacher
- Excellent prizes

## GUIDANCE

### HI STUDENTS,

Welcome back. We hope you had a lovely break and we wish you a very happy, healthy 2023.

### UCAS

Well done to all the 6<sup>th</sup> years for submitting their UCAS applications; the application process is time consuming and we wish you every success with your applications.

### CAO

Final push for 6<sup>th</sup> years to get their CAO accounts open before the discounted application fee expires at 5pm on January 20<sup>th</sup>. It makes no sense to pay more than necessary.

### REGISTERING FOR THE L.C.

Make sure to check your Emails for details on registering for the Leaving Certificate.

### VIRTUAL CAO INFO EVENING

If you missed our excellent CAO information evening and need a refresher, it is available on Moodle.

### EUROPE

Many courses in Europe, particularly the Netherlands have January deadlines so make sure to do your research on those - as late applications are not considered.

### ALTERNATIVE ROUTES TO UNIVERSITY

PLC (post leaving cert) courses are offered in some schools, colleges and community education centres. A great thing about PLC courses is that as well as offering a recognised qualification in their own right, they can also offer an alternative route to Higher Level education - a stepping stone, so to speak. Application is made directly to each individual college.

*Have a great week, Aoife & Helen*



DARE

CAO



## MASTERCLASSES



This Wednesday, Jan 11<sup>th</sup>, we have a Geography Masterclass with Breege Henry. **It is for 6<sup>th</sup> years** and will be **live online** at 6:00.



This Thursday, Jan 12<sup>th</sup>, we have a Masterclass in Biology with Wesley Hammond. **It is for 5<sup>th</sup> & 6<sup>th</sup> years** and will be **live online** at 6:00.

## THE ECONOMISTS' CORNER

*by Junjia Li, 6<sup>th</sup> Year*

### What is expected in 2023?

2022 was an adventurous and dramatic year, the global economy has faced many challenges since the beginning of the year - Putin's invasion of Ukraine has triggered the most far-reaching sanctions since the 1930s. This has skyrocketed food and energy costs and fuelled the highest rates of inflation.

What will happen next in 2023? It all depends on how the commodity, energy and geopolitical shocks develop. The answer is dismal from a short-term view as many reports have predicted that much of the world will be in recession in 2023. In fact, many European economies are already on the brink of recession. The higher interest rates raised by the central banks will further dampen consumer spending and increase unemployment. However, there are a lot of things to look forward to. The war will accelerate the switch to renewable resources which will secure domestic energy supplies and reduce geopolitical risks. Tourism will boom as the consumers take 'revenge' and show the virus who is the real boss here.

In the coming months, the world will have to wrestle with unpredictability, and it will be tested by geopolitical adversity and economic upheaval. The pandemic has come to an end, and I hope the global economy will once again survive the vicissitudes.