

# THE BUZZ

NEWSLETTER @ THEINSTITUTEOFEDUCATIONDUBLIN ■ 16.01.2023



## STUDY SKILLS

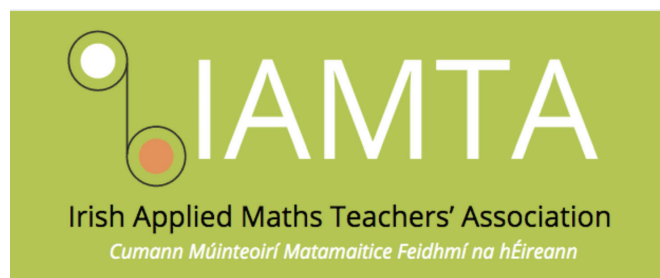


### Goal Setting -How to stick to your goals !

- **Review** your goals regularly.
- Make changes if needed - **Be honest** with yourself. If your goals are not realistic you could easily become defeated. If they are within reach, you will achieve them and that will fuel the motivation to continue. Setting and achieving realistic goals is the path to success.
- Keep your goals **visible** in your study area. You don't want them to be out of sight, out of mind.
- Make sure to **reward or treat yourself** when you achieve an important medium or long-term goal. Allow yourself some time off, a treat or even just a smug sense of satisfaction. Get yourself a nice cup of hot chocolate at the end of achieving a short-term goal or allow yourself some time off to watch a favourite movie when you have completed an assignment. You deserve it.
- **Keep a list** of your achieved goals. Legendary American soccer player Mia Hamm, two time women's Player of the Year and the highest goal scorer in international football history, once said '**success breeds success**'. Achieving your goals helps fill you with a strong sense of self-belief, and it is this self-belief that carries you towards the next success.



## IAMTA QUIZ 2023



The IAMTA Junior Problem Solving Quiz is on this Thursday the 19<sup>th</sup> January 2023 at 7:30-9:00pm. Last year was a great success with our 4<sup>th</sup> years winning 3<sup>rd</sup> place in Dublin and 4<sup>th</sup> place in Ireland. Please email Oliver Murphy (omurphy@instituteofeducation.ie) to take part.

This week's quiz will take place in the school and then the National Final will take place in Athlone in March. Teams are a max of 4 - no more than 2 4<sup>th</sup> years per team (the other 2 members must be from the Junior Cycle of another school). Best of luck to everyone taking part!



## 5TH YR ESSAY COMPETITION

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

### 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

Please hand in or email your essay to your English teacher today! As well as excellent prizes, the winning work is also printed in the Yearbook so that everyone gets to enjoy and appreciate your work.



## GUIDANCE



### CAO - WHY PAY MORE?

The discounted application fee of €30 is only available until 5pm on 20<sup>th</sup> January. Opening your CAO account takes only a few minutes and you can change your course preferences right up until July 1<sup>st</sup> - so you've nothing to lose.

### HPAT

Last day to register for HPAT is 20<sup>th</sup> January. You must have a CAO number to register.

HPAT

### UCAS

Conditional offers are coming in thick and fast. Queens University Belfast (and other UCAS universities) will launch offer holder hubs in the next couple of weeks. Keep an eye on university websites for details. QUB will also hold an on-campus Offer Holder Day on Saturday 25<sup>th</sup> March; registration details will become available very soon.

UCAS

### UCD AD ASTRA ELITE SPORTS & PERFORMING ARTS SCHOLARSHIPS

Any Elite athletes among our student body, or students who excel in theatre performance /creation or classical music who are thinking of pursuing a degree at UCD should consider applying for the UCD Ad Astra Elite Sports or UCD Ad Astra Performing Arts Scholarship. Applications close on January 31<sup>st</sup> so there is no time to lose.

*Have a great week, Aoife & Helen*



## MASTERCLASSES



This Tuesday, Jan 17<sup>th</sup>, we have an English Masterclass on Paper 1 with Liam Dingle. **It is for 6<sup>th</sup> years Higher Level** and will be **live online** at 7:00.



This Thursday, Jan 19<sup>th</sup>, we have a Masterclass in Maths with Oliver Murphy. **It is for 5<sup>th</sup> & 6<sup>th</sup> years** and will be **live online** at 6:30. Topic Differential Calculus - 1<sup>st</sup> Principles & Rules



## THE ECONOMISTS' CORNER

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

### The double-edged sword that cuts deep

The Chinese government has completely 'lied flat' (or tang ping in Chinese) a viral buzzword meaning doing the bare minimum to get by. The authorities have ended all Zero-COVID policies and ditched domestic prevention measures. The sudden 180-degree attitude exceeded everyone's expectations. However, it is a horrid situation for the Chinese people. Inside China, the virus is raging. Thousands of people are dying every day. Many investment companies see China as a riskier bet. Foreign firms fear that the chain of production will be disrupted and are willing to pay higher costs to manufacture elsewhere.

Exporters of the commodities and tourist industry will benefit. The country buys a fifth of the world's oil, and it is the world's largest outbound travel market. However, the side effects can further increase inflation or interest rates. Central banks will have to keep monetary policy tighter for longer. For Europe, China's reopening means there will be more competition for imports of natural gas. That could result in shortages amounting to 7% of the continent's annual consumption. The upcoming Lunar New Year holiday will potentially exacerbate the spread of COVID and create more crunches in the economy.