## WE ARE...

#### **GUIDANCE COUNSELLOR eNEWSLETTER**

December 2021

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## **Short Note From The Head** of Student Recruitment

### Dear colleagues and friends,

It is hard to believe that Christmas is already upon us and what a busy start of term we have had! Our virtual <u>Undergraduate Open Day</u> on the 9th Oct 2021 and <u>Postgrad Expo</u> on the 30th Nov 2021 attracted prospective students from over 70 countries to remotely connect and explore and experience our campus, with more than 10,000 prospective students engaging with over 700 staff and student members of the UCC community.

As 2021 draws to a close, you may wish to explore our very handy **Year Planner**, designed to help you and your students to reflect on the year gone by and prepare and plan for the year to come. This transition tool is deliberately not time stamped to be as flexible and usable as possible and can be used at the end of the calendar and/or academic year.

Following on from the success of the Autumn series of the Nurturing Bright Futures CPD series, we are currently planning the Spring Series for early March and will be in touch with full details of the speaker line up in the next few weeks. We have lots of exciting new developments in the pipeline for 2022 and we look forward to our continued collaboration and to supporting you and your students to nurture their own bright futures and to **begin, belong and become** the people they want to be.

Till then, we wish you, your students and families a very happy, healthy and restorative Christmas and all the very best for the year ahead.

As always, should you have any questions or comments, please do not hesitate to contact me at:



Lenka.Forrest@ucc.ie



## WE ARE... CONNECTED

## Catch Up on Our Undergraduate Virtual Open Day

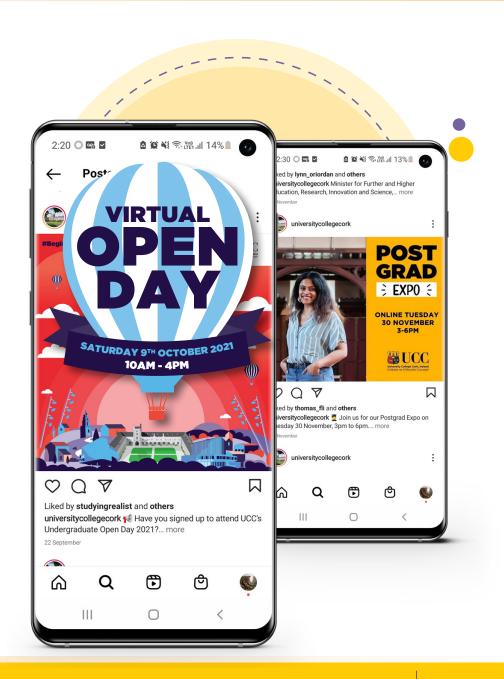
For students, parents or guardians who may have missed our Virtual Open Day on 9 October or who might like to take another look at the content again, there is still time (up until May 2022) to log in and watch back all the specially created and curated content, all conveniently located on our Virtual Open Day platform.

Students can catch up on our virtual undergraduate open day recordings and access our on-demand content which will help answer any questions they may have about our courses, services from across the university that will support their studies, hear about current student experiences and much more. The next chapter in your story starts here: www.ucc.ie/openday

### **Explore Our Virtual Postgraduate Expo**

Our Virtual Postgraduate Expo took place on Tuesday 30 November. All the content is on demand, like the Undergraduate Open Day platform. Here you can learn about postgraduate courses and research opportunities. View on www.ucc.ie/postgradexpo





### **New Programmes**

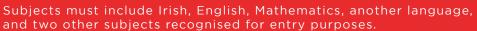
#### **International Business with Languages (CK215)**

Cork University Business School, in partnership with the UCC School of Languages, Literatures and Cultures, is proud to offer a new degree programme for 2022 entry. The new BSc International Business with Languages is designed to maintain and reinforce the strengths offered by the previous Commerce International programmes, whilst reinvigorating the offering with a focus on international business and inter-disciplinarity.

## **CK215**

#### **ENTRY REQUIREMENTS**

Minimum grade H3 in a language other than English and minimum grade H5 in one other subject. Minimum grade O6/H7 in four other subjects.



#### ADDITIONAL CONSIDERATIONS

- To study French requires a H3 in French
- To study Irish requires a H2 in Irish
- To study a language at non-beginners' level, a minimum grade H4 in that Language in the Leaving Certificate is required.
- All languages (except French and Irish) have a beginner's stream if you do not meet the specific grade for the language you wish to study.
- A fundamental aspect of the BSc International Business with Languages degree programme is the study year abroad in Year 3.

## **Changes To Existing Programmes**

- intake of first years in 21/22 and will not be offered from academic year 2022 onwards.
- The BComm International with Languages programmes, as listed in the CAO Handbook (CK205 - CK211), are no longer being offered and will not be available for 2022 entry. These programmes have effectively been collapsed into the new BSc International Business (CK215).
- The degree outlets BSc (Hons) Earth Science, BSc (Hons) Geography, BSc (Hons) Geology and BSc (Hons) International Field Geosciences, which students choose at the end of year one, have been removed as degree outlets from CK404. These will be replaced by a new degree outlet BSc (Hons) Geosciences for students entering second year from 2023/2024.



**Previous** 



### Scéim na Scol

#### Ionad na Gaeilge Labhartha, Coláiste na hOllscoile Corcaigh (faoi choimirce Bhord na Gaeilge)

Is ann don Scéim chun tacaíocht an Choláiste le meánscoileanna lán-Ghaeilge a chur in iúl, chun saol U.C.C. idir acadúil, ghaelach agus shóisialta a phlé le ranganna sinsearacha na scol san agus chun mic léinn a mhealladh go dtí UCC. Ní raibh deis againn dul ar cuairt chuig na meánscoileanna i mbliana is baolach, de bharr na paindéime. An méid sin ráite, dhein baill foirne agus cúpla mac léinn físeáin ag cur síos ar shaol na hollscoile. Tá súil agam go mbainfidh sibh taitneamh agus tairfe astu.

#### CLAIRE NÍ MHUIRTHILE Riarthóir na Scéime

#### Irish Language Schools' Liaison Scheme 2020/2021

The aim of this scheme is to show the university's support of Irish-medium post primary schools. Information is provided about UCC itself, academic life, college social life, along with the opportunities, schemes and courses that are available for Irish speakers in UCC. The scheme is also used to encourage students to apply for courses in UCC. Unfortunately, we were not able to visit schools this year due to the pandemic, however some staff members and students have made videos describing their experience of university life. You can view these along with Claire Ní Mhuirthile, Scheme Co-ordinator, introduction <a href="https://example.com/here.

### **CLAIRE NÍ MHUIRTHILE**Scheme Co-ordinator

CNiMhuirthile@ucc.ie



## CONNECTED

### WE ARE...

THE COLLEGE OF ARTS, CELTIC STUDIES AND SOCIAL SCIENCES

#### **NEW GUIDANCE COUNSELLOR WEBSITE**

The College of Arts, Celtic Studies and Social Sciences has launched a brand new **Guidance Counsellor** website. You can book a school talk and one-to-one student meetings, browse their courses online prospectus pages and course videos and more on their dedicated **website**. They have also launched a **'Future Students'** webpage which is a one-stop shop for students who are interested in their degree programmes. Students can check out this online resource **here**.

## WE ARE... THE COLLEGE OF BUSINESS AND LAW

### BSC ACCOUNTING DEGREE (CK202) - ACCOUNTING SEMINAR 2022

Designed especially for Leaving Certificate students, this seminar will give students an early insight into the BSc Accounting degree (CK202), before they make one of the biggest decisions of their lives. At the seminar, we will explain what the programmes entails, the exemptions obtainable from the professional accounting bodies and the work placement options available. Recent graduates will be in attendance to answer queries in relation to their experiences of the programme and the career options that they have subsequently pursued.

This on-line seminar will take place on **Wednesday**, **12 January 2022** between 2pm and 4pm and is free of charge to attend. Please contact Ms Jennifer Cunningham, Programme Administrator, at jennifer.cunningham@ucc.ie with further queries or click <u>here</u> to register. This seminar is kindly sponsored by PwC.

### **COLLEGE CORNER**

## WE ARE... THE COLLEGE OF SCIENCE, ENGINEERING & FOOD SCIENCE

The College of Science, Engineering and Food Science has just launched a brand-new monthly newsletter. The newsletter is a celebration of the latest game-changing research, scientific breakthroughs, and student and staff success stories from across the College, including our very active research centres. For anyone considering one a career in STEM, it is a must on the reading list! Check out the **inaugural December edition**.

## WE ARE... THE COLLEGE OF MEDICINE & HEALTH

Our popular <u>Prep for Med</u> is provisionally scheduled for mid-March 2022 and will be virtual. Ms Bríd O'Neill, Administrator - Direct Entry Medicine (DEM) Programme, will share more details, once available. If you have any queries in the meanwhile, you can email her at brid.oneill@ucc.ie.

#### The Medicine and Health booth on our Virtual

<u>Open Day platform</u> contains a lot of useful videos for any student interested to find out more about our health-related courses.



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### **ACCESS**

#### **Online DARE Clinic**

UCC's Disability Support Service (DSS) has organised live online advice clinics to disseminate information on the DARE application process. Prospective students, Parents, Guardians, Guidance Counsellors and other interested parties will be afforded an opportunity to get advice on applying for the DARE scheme. There will be a presentation giving an overview of the DARE scheme (the first 30 minutes approximately) with an opportunity for questions and answers afterwards.

The next online UCC DARE Clinic will be held on Monday 24 January from 3 to 5pm.

Please note that pre-booking is essential to reserve your place on the **DARE section of UCC's Disability Support Service Website.** Please circulate this to any interested students, parents and colleagues.

#### **Mature Student Office**

UCC's Mature Student Office will be hosting an online event on the 6 January for mature and sanctuary scholarship applicants. An expert panel, made up of staff and students, will be on hand to provide application information and student stories to prospective students. Keep an eye on our website for more information: www.ucc.ie/mature



Access UCC Support Team

## WE ARE... ACTIVE

Olympian and World Champion Puspure appointed UCC Head

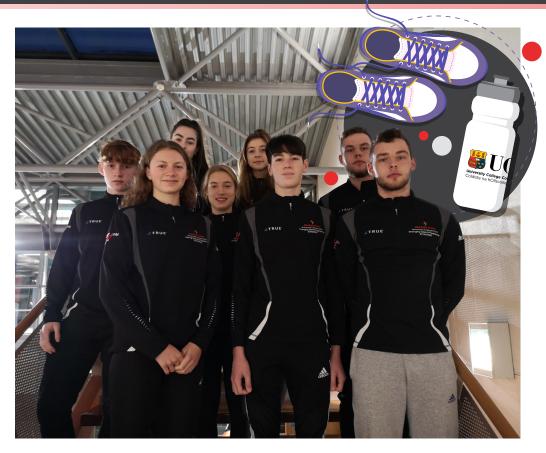
**Rowing Coach** 

UCC is delighted to confirm the appointment of two-time World Champion and three-time Olympian Sanita Puspure as UCC Sport's new head coach for rowing. Ms Puspure - a World Champion in the single skulls in 2018 and 2019 - is a Level 3 qualified rowing coach and recently completed a Degree in Sport Science and Conditioning with Setanta College. The appointment has been made possible thanks to the support

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of Bank of Ireland. UCC Rowing Club has in the region of 220 registered members for 2021/22 across novice, intermediate, club and senior crews – both male and female. It has won National Championship events and boasts several Olympians as current members including gold medal winner Paul O'Donovan, Bronze medal winner Emily Hegarty, and rowers who were part of Team Ireland in the Tokyo games such as Ronan Byrne, Aoife Casey, Margaret Cremen, Lydia Heaphy and Tara Hanlon. The club also has several international rowers such as club captain Hugh Sutton, John Kearney, Alex Byrne, and Will Ronayne who have competed at Junior, U23, and Senior Level for Ireland. Martin Kilbane and David Breen will work closely with Sanita to develop the new crop of rowers who are just starting out on their journey wearing the "Skull & Bones" and who aspire to be Ireland's next Olympians. Read the full news story <a href="https://example.com/here.">here.</a>



#### **Emerging Talent**

The Mardyke Arena at UCC is home to some of Ireland's most aspiring athletes and 2022 will be the fifth year that it is running its unique **Emerging Talent Programme.** Aimed at athletes aged **15-18 years,** this highly structured programme which was the **first of its kind in Ireland,** offers eligible applicants a specialised vehicle to fulfil their sporting potential through access to sports science, athletic development, performance psychology, nutrition, lifestyle management and more. Applications for the 2022 programme have just closed but maybe some of your students signed up.

## CREATIVE

### **Music Open Day**

UCC's Department of Music held a bespoke Virtual Open Day on Saturday, 27th November with a live Q&A and lots of wonderful pre-recorded talks and guided tours of the facilities on site in the iconic St. Vincent's building, in the Sunday's Well neighbourhood.

UCC Music offers an extraordinary range of unique experiences, from its amazingly rich offerings in Irish Traditional Music to its exceptional digital multimedia performance ensemble, Cork Audio Visual Ensemble, or CAVE; from its opportunities to perform on the exquisite Javanese Gamelan to its unparalleled range of performance courses in Jazz and Pop Music; from its courses in music production in the new Pauline Oliveros Sound Studio to the only composition courses in Experimental Music in the country; from its exceptional approaches to Western Art Music 1450 to the present day, to its astonishing range of courses on the music of China, Indonesia, India, Africa and more. Whether your students want to be a professional performer, a teacher, a composer or something else entirely, UCC Music offers them a custom-built, exciting, adventurous way to achieve their goals!

To access and watch back the content, please click here.





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## UCC becomes an official partner of The B!G iDEA

UCC is an official partner of The B!G iDEA, a structured 15 week programme for TY students designed to equip the next generation with the creative mindset to tackle the biggest problems society faces. UCC will be providing a multidisciplinary team of Mentors to support and guide students and help them to develop a range of creative skills. Our team is made up of experts in design thinking, creative expression, innovation and entrepreneurialism, artists, creatives, engineers, skills and career development as well as thought leaders in sustainability. We are very excited to be part of this nationwide programme which involves over 2,000 TY students across 20 different counties! Find out more about the programme here.



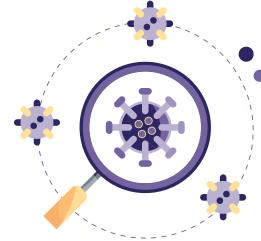
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## SOCIALLY RESPONSIBLE

## **UniCov - Safeguarding our campus**

To facilitate the safe, continual return to on-campus learning and teaching for UCC students and staff, UCC has been participating in the **UniCoV initiative** since September. UniCoV is a multi-site, randomised controlled clinical study led by the National University of Ireland Galway (NUIG) in partnership with Trinity College Dublin (TCD), University College Dublin (UCD) and UCC. Since September, we have had over 1,500 sign-ups and completed in excess of 13,500 rapid tests, more than any of the other participating HEIs!





#### **Inclusive UCC**

As part of the National Forum VIT&L (Valuing Ireland's Teaching and Learning) Week, a number of key <u>events were run at UCC</u> including the launch of Inclusive UCC. The purpose of this project is to help UCC in its broader aim to be a leader in digital inclusion. What we're trying to do is build on the great pockets of inclusive practice that are happening at our university to make it more systematically institution-wide. Drawing on the core principle of Universal Design for Learning, this project will plays to all learners' strengths, it will level the playing field for our diverse student body and will make learning accessible for all of our students. Supports and guidance have been developed to <u>empower our students</u>, including an Accessibility Skills Guide. There is also a section to <u>empower and equipour staff</u>, including open access <u>workshops and webinars</u>. More information on this initiative can be accessed <u>here</u>.

### Digital Badge for Autism Awareness

As part of VIT&L week, this digital badge was launched and it has been designed to encourage staff understand of what it is like to be an autistic university student and suggest ways for participants to make either their own role or their service or department more 'autism-friendly'. The first of its kind in the country, it was designed in a collaborative way with input from staff and autistic students and is one of the elements of our **Autism-Friendly University Initiative.** 

### **Bystander Intervention**

On Friday 3 of September, UCC's Bystander Intervention Programme launched its national campaign as training initiatives for staff and students across Irish Higher Education Universities. UCC's Bystander intervention aims to raise awareness of not only the importance of safe and effective interventions, but also encourage staff and students to become active bystanders and develop the skills and awareness to address sexual violence harassments across third level institutions.

Alongside the launch of the campaign, UCC Bystander released a 15 minute starter **video** that includes key concepts on how to become an active bystander. Bystander has also launched a pilot programme with a modified version of the Bystander Intervention programme for second level, with its first launch at the Cork Life Centre which is a voluntary organisation that offers an alternative learning environment to young people that find themselves outside the mainstream education system.

## **Award-winning author and** columnist Louise O'Neill received an Honorary Doctorate in Law

On Friday 19 November, award-winning author and columnist Louise O'Neill received an Honorary Doctorate in Law in recognition of her work's role in bringing problematic issues to the fore in contemporary discourse. A native of Clonakilty, Ms O'Neill released her first Young Adult (YA) novel Only Ever Yours in 2014, which subsequently received accolades including Sunday Independent Newcomer of the Year at the 2014 Bord Gáis Energy Irish Book Awards; the Children's Books Ireland Eilís Dillon Award for a First Children's Book; and The Bookseller's inaugural YA Book Prize 2015. Ms O'Neill was nominated for the honour by Prof. Louise Crowley of the School of Law, and leader of UCC's Bystander Intervention Programme. She said: "Louise O'Neill is the voice of her generation. Through her writing and play adaptations, Louise's work has made a significant and challenging contribution to the contemporary narrative surrounding key societal issues." Read more here.







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#### Free Year Planner

In collaboration with colleagues in First Year Experience, International Office, Peer Support, Career Services, Access and the Skills Centre, UCC's Graduate Attributes Programme has developed a **Year Planner booklet.** It is a resource to help students to transition from one year to the next and will offer a structured way to reflect on the year gone by and plan, prepare and pivot for the year to come. This is a self-reflective, self-paced resource that will also support and complement other transition tools, including the *Nurturing Bright Futures* pre-entry programme. Once downloaded, the digital version of the Year Planner is fully interactive allowing you to type and save your entries. We have deliberately not timestamped this resource to make it as flexible, reusable and sustainable a resource as possible.





## NURTURING BRIGHT FUTURES

### **Nurturing Bright Futures CPD Series**

Over the course of two consecutive Wednesdays and Fridays in late September and October, we hosted a very successful series of <u>lunchtime</u> <u>CPD sessions</u> on the <u>Nurturing Bright Futures</u> programme. Subject matter experts walked through how to get the most out of the tool with particular emphasis on the first three modules. If you didn't get a chance to join us, you are very welcome to watch back the Autumn CPD series which is available to view <u>here.</u> These sessions will be eligible towards your CPD credits and have been endorsed by Beatrice Dooley, President of the Institute of Guidance Counsellors, Ireland. This tool is suitable for domestic and international students exploring undergraduate course options at UCC.

We are currently planning the next instalment and details of the Spring CPD Series which will start on **Wednesday**, **2 March 2022** and full details will follow in a separate communication.

In line with UCC's sustainability agenda, interactive digital copies of the accompany guides and workbooks are available online for download.





## **Independent Thinking, UCC's Ezine**

The Winter 2021 issue of *Independent Thinking*, the UCC Magazine is out now! In line with our green campus ambition, this is now a **digital exclusive publication** and this issue is packed with UCC stories and features across game-changing research and innovation, arts and culture, sustainability, Equality, Diversity and Inclusion (EDI), sport, philanthropy, and more.



#### **DISCOVER INDEPENDENT THINKING TODAY:**

https://www.ucc.ie/en/magazine/2021issue/

## Free Technology to Make Learning Easier Course

UCC offers a <u>free Technology to Make Learning Easier course/resource</u> on free/built in tech to make reading, writing, planning and studying easier.

Technology can have a positive, role in making learning easier and in giving students and educators greater choices in how, where and when they learn. In this **free course/resource**, aimed at TY students and educators (but applicable to all), we offer training videos, links and advice to make reading, writing and studying easier for students. It explores various **free technologies** either already on your computer, your phones or technology that is free to download.

To support educators making the most of this free course/resource we are offering free training (two x two hour sessions) via the Cork Education Support Centre. Please click on the link to book this training: **Cork Education Support Centre Training Courses** (A €5 booking fee will apply next term)

Please contact Ms Deirdre Madden, Assistive Technology Outreach Co-ordinator, if you have any queries:

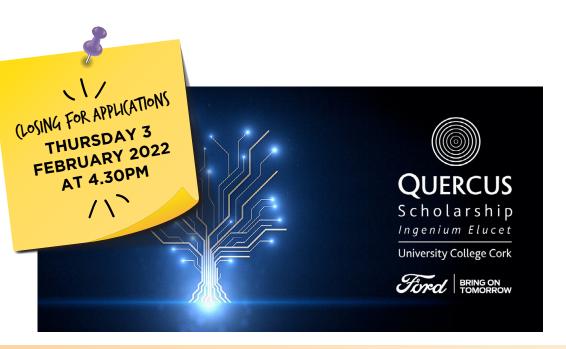




## **Quercus Talented Students' Programme**

Sponsored by Ford Ireland, UCC's Quercus Talented Students' Programme is a scholarship programme that supports, promotes and nurtures talent and excellence in academia, sport, creative and performing arts, active citizenship, and innovation and entrepreneurship. The closing date for applications is Thursday, 3 February 2022 and for more information please contact the Programme Manager, Michéle Power, at mpower@ucc.ie

Interested in applying? Then bring on tomorrow and check out their amazing new **video!** 



#### **Career Services Podcast**

For many of our students, taking the first steps on their career journey can be daunting. Every fortnight, UCC's Career Services explore resources and skills that will help our students make the correct career decisions. They interview UCC Alumni to discuss their career journeys and what to expect in their chosen fields of work. All the episodes are available **here.** 



## SUSTAINABLE



## At UCC, we're dreaming of a green Christmas...

Green Campus have created an online Christmas campaign to build awareness and help everyone make this Christmas a more sustainable one. Feel free to download their tips and share with your students! You can access all 14 tips here.



## Success, it's in your nature

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Success, it's in your nature is a new free open access module, hosted on UCC's Virtual Learning Environment, Canvas. It has been designed to raise awareness of the natural amenities on our green campus and how they can be leveraged to promote our physical and mental health and wellbeing Created by Green Campus, the Graduate Attributes Programme, Envirosoc, and the School of Applied Psychology, in collaboration with many staff and students, is it based on the strong evidence that opportunities for meaningful nature contact are really beneficial for our wellbeing.

This module showcases these opportunities, including the Open Arboretum, the looped walks around campus, how to walk mindfully, how to look for art in nature, and more. Success is not just about achieving good grades or academic accolades, it's all about being creative, thinking independently, carving out time for ourselves and for self-care, and being socially responsible citizens; nature in UCC can help us achieve all of that. Check out the Success, it's in your nature video here and access the module here.

#### UCC at COP26

As international leaders in sustainability, UCC was the only Irish university with official observer status at the recent **UN COP26 global climate change summit** and sent a delegation of nine researchers and students to Glasgow to engage, participate and contribute to the conversation with delegates from 197 states. 120 world leaders and as many as 30,000 delegates over the two weeks are estimated to have been in attendance. The UCC delegation consisted of experts in carbon emissions and budgets, transport, societal change, sustainable cities, air and water pollution and energy efficiency. To coincide with the COP26, UCC commissioned a **special sustainability mural** at one of the main entrances to campus, to raise awareness of the global climate crisis and the need to think and act in a sustainable and responsible way.



### **The Green Campus Podcast**

Our Green Campus colleagues have started a podcast to give you an insight into our Green Campus and those working tirelessly to make UCC, and the planet, a better place. They have interviewed a broad range of people and will be releasing a new episode every 3 weeks so be sure to tune in. For any students interested in climate action, climate justice and sustainability this is a must! You can access it on **Spotify** or **Apple Podcast.** 



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## WE ARE... GLOBAL

Almost 4,500 students were conferred at UCC during the month of November and approximately 2,500 2020/2021 graduates returned for an on-campus celebration at the end of October. Graduation ceremonies were held over four weeks during which UCC have reached the milestone of over 200,000 alumni all over the globe.















## WE ARE... COMMUNITY

UCC President John O' Halloran unveiled the UCC Rainbow Walkway on campus to mark National Coming Out Day on October 11 and as part of UCC Community Week. The UCC Rainbow Walkway was installed to celebrate and recognise the diversity of the UCC community and to express UCC's firm commitment to the creation of a campus that is inclusive, where the whole of the UCC community can feel a sense of welcome and belonging. Minister for Further and Higher Education, Research, Innovation and Science, Simon Harris TD visited UCC on the 10 November and got a tour of the much cherished Old College Bar which has been transformed into a dedicated space of respite and calm for students, and in particular students on the autism spectrum. The Minister also saw how UCC has transformed its campus to meet the diverse needs of its students, with a recently developed calm outdoor spaces including the Boole Courtyard and the Hawthorn Garden. The Minister also met UCC staff on the #ProgresswithPride Rainbow Walkway. UCC was the first LGBT+ Staff Network & Student Society in an Irish university.



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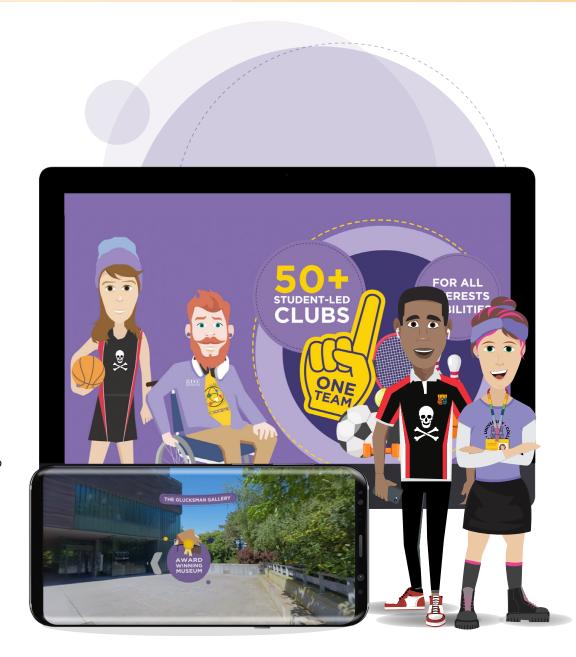
### **VR Campus Experience**

As a key transition in tool, the **Graduate Attributes Programme** has collaboratively produced a suite of 360 degree virtual reality campus experience videos. With a VR headset these videos allow viewers to experience UCC's campus, our teaching, learning, research and recreational community spaces, in a fully immersive way. These assets enable incoming and returning students to access and enjoy our beautiful campus anytime, anywhere and on any device and will support and enhance their transition in and back to UCC. Check out all our VR videos **here.** 

We have devised a virtual treasure hunt based on our VR campus experience (see **here** for an example). If you would be interested in incorporating this element of gamification into your local Careers Days, please get in touch and we would be delighted to discuss how to bring part of our community to yours!

### **Finding your Tribe**

The Graduate Attributes Programme has just launched their latest animated video, developed in conjunction with the First Year Experience Office, Peer Support, Clubs, Societies and the International and Access Offices. This video highlights the need for students to be part of a community and how that sense of belonging is crucial to student success. Our eight avatars, voiced by our own students, talk about the importance of finding their tribe or tribes at university. In this video you will meet Ciara, Joe, Róisín, Raj, Emma, Michael, Lin and Darragh, who represent all four colleges and the wonderful diversity of our student community. Watch the video **here.** 



# WE ARE... UCC #BeginBelongBecome

