

UCC eNewsletter

May 2021



NAVIGATE STORIES

Short note from the Head of Student Recruitment

Live Q&A for CAO Applicants – 23 June

Education Awards 2021

Change to Sports Studies & Physical Education (CK125)

BEd Gaeilge (CK124) Sports Scholarships

Food Marketing and Entrepreneurship (CK213)

Free Digital Passport Programme to students starting college in 2021

Autism&Uni Toolkit

Mental Health and Wellbeing Resources at University College Cork

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Dear colleagues and friends,

The dates for Orientation and the start of Semester 1 for incoming First Year students are not fully decided as yet as we are awaiting an announcement from the government regarding the dates for the release of Leaving Certificate exams results, and the CAO offer dates. On foot of these announcements, we will then know when we can welcome First Year students onto campus. All other cohorts are due to start on 13th September. A good way to keep abreast of developments is to keep an eye on our website: www.ucc.ie/en/emt/covid19/prospective-faq/

We are also planning a CPD event for you in early Autumn and we will be in touch with dates and details in the next few weeks.

Till then, we wish you all the best over the summer months and we look forward to our continued collaboration to help our young students to make the right choice in their future.

Stay well, stay safe!

Lenka Forrest



Please do not hesitate to email me should you have any questions or comments:
Lenka.Forrest@ucc.ie

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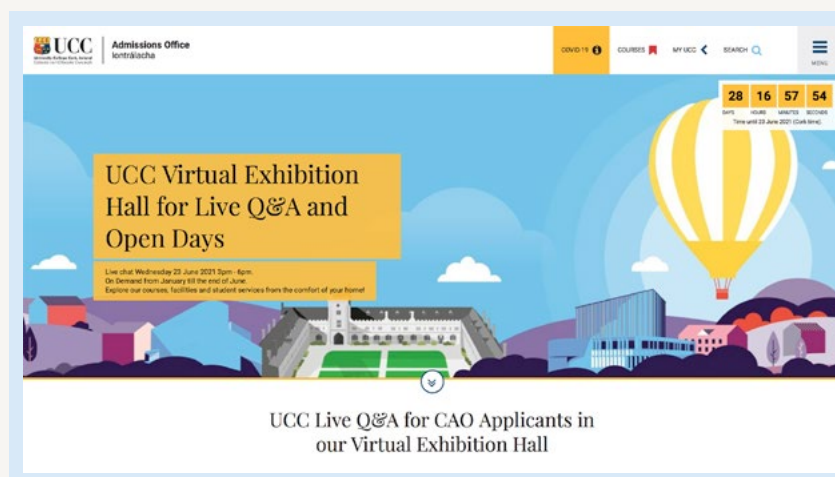
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LIVE Q&A FOR CAO APPLICANTS 23 JUNE

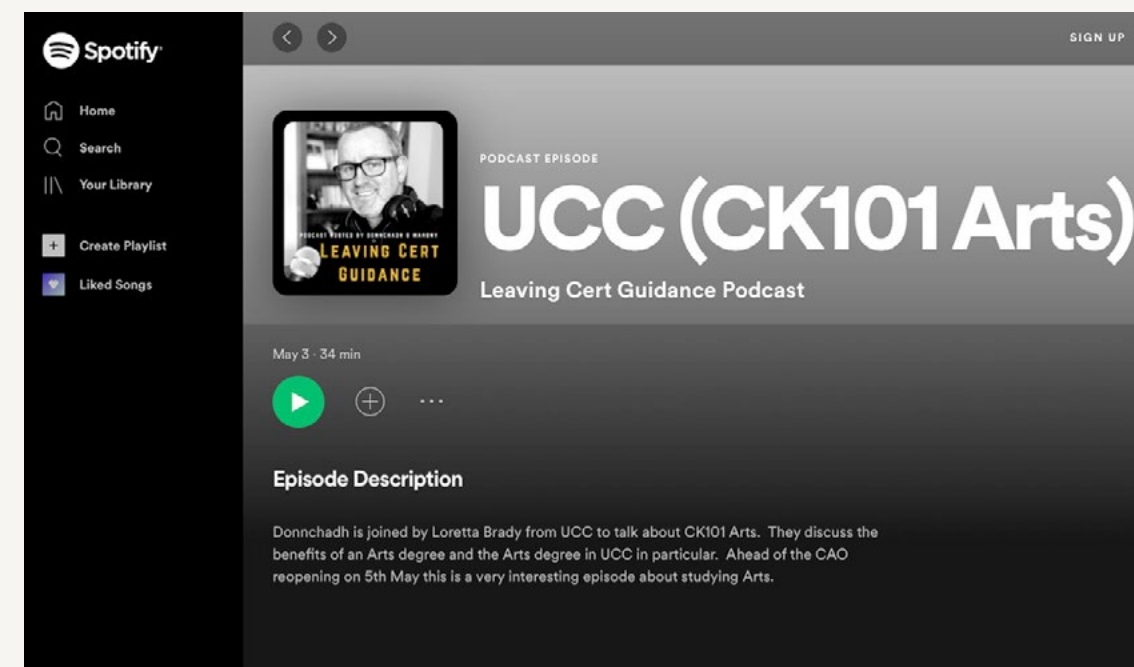
We will host the last Live Q&A session of the season for CAO Applicants on **Wednesday 23 June from 3-6pm**. Our student recruitment and support teams will be available to chat to students and steer them in the right direction in relation to student supports, scholarships, accommodation and lots more. It will be their last opportunity to chat to us about their CAO choice and the Change Of Mind opportunities after the Leaving Certificate exams are over.

Register and attend via www.ucc.ie/openday



CK101 Arts Podcast

CK101 Arts Podcast is now available. The Value of an Arts degree: Dispelling Misconceptions and Extolling Benefits- Your questions answered. [Listen NOW](#)



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Education Awards 2021

UCC has made it two-in-a-row at **The Education Awards 2021**, winning Best Student Experience for the second year running!

Team **University College Cork** enjoyed major success at the 2021 awards ceremony, winning four awards overall. As well as winning Best Student Experience, UCC took home the honours for Best Student Campus, Best Green Campus, and the Overall Excellence Award. UCC had been nominated in a total of seven categories which also included Best Library Team, Best Education Outreach, and the Covid Crisis Response and Student Engagement and Communications awards.

We are over the moon and cannot wait for the incoming students in September to experience our multi award winning campus and learning and teaching!

**#EducationAwardsIrl #StudentExperience #GreenCampus
#Sustainability #BeginBelongBecome**



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Change to BEd Sports Studies & Physical Education (CK125)

The cap on students entering CK125 Sports Studies & Physical Education who wish to study English as their second teaching subject has been removed (previously limited to 5 students).

All eligible students will now have the option to study English as their second teaching subject.



DID YOU KNOW? BEd Gaeilge (CK124) Entrance Scholarships available for 10 entrants

10 BEd Gaeilge Scholarships valued at €2000 each will be awarded to students entering the CK124 BEd Gaeilge degree in 2021. For further information on the scholarships please see:

www.ucc.ie/en/scholarships/undergrad/arts/artsschbedgsch

For information on the BEd Gaeilge please go to:

www.ucc.ie/en/ck124

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Food Marketing and Entrepreneurship (CK213) partnership with the SuperValu Food Academy

Current students on the BSc Food Marketing and Entrepreneurship (FME) were delighted to participate in a recent partnership with the SuperValu Food Academy Food Producers programme. The Food Academy is a longstanding Musgrave initiative that helps develop and support emerging food & drink brands by giving producers their first step into the retail sector. The SuperValu Food Academy promotes producers and their products in Supervalu stores across the country in a manner that is creative, local, committed to quality, and sustainable. Throughout February and March, 1st and 2nd year FME students, mentored by 3rd and 4th years, gained invaluable experience from working closely with Food Academy producers, providing expertise and creative input in the areas of social media, marketing, consumer and product market research and packaging redesign. Significant business benefits were realised by SuperValu Food Academy producers, with increased brand awareness and social media engagement, new packaging developments and better consumer insights allowing for more informed decision making. Students learned what it means to be a food entrepreneur and experienced the passion, creativity, challenges and joys that entrepreneurship entails.

In addition, the initiative provided students with the opportunity to develop their communication, interpersonal, creativity, and networking skills, while applying in-class learning to real-life businesses. Our Food Business and Development Department and the BSc Food Marketing and Entrepreneurship degree is looking forward to a continued relationship with the Musgrave group and the Academy.



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FREE DIGITAL PASSPORT PROGRAMME TO STUDENTS STARTING COLLEGE IN 2021

UCC's Skills Centre is offering a FREE 5 DAY PROGRAMME, our Digital Passport, to **students who are transitioning to college in September 2021**.

This is an amazing opportunity for students to get a head start on making learning easier with technology. We want to ensure that students transitioning to college who have a disability or learning difficulty get first choice so if you're interested book it now.

You can read all about it on our website:

UCC'S DIGITAL PASSPORT COURSE FOR STUDENTS PREPARING TO COME TO COLLEGE IN 2021

Click on the following link to:

BOOK YOUR PLACE ON THE DIGITAL PASSPORT COURSE



DIGITAL PASSPORT PROGRAMME

For students starting third level in 2021



Takes place on the following dates:
16th August - Fri 20th August
Mon 23rd August - Fri 27th August

Free course!

UCC Skills Centre Sign up: <https://www.ucc.ie/en/skillscentre/news-and-workshops/digital-passport/>



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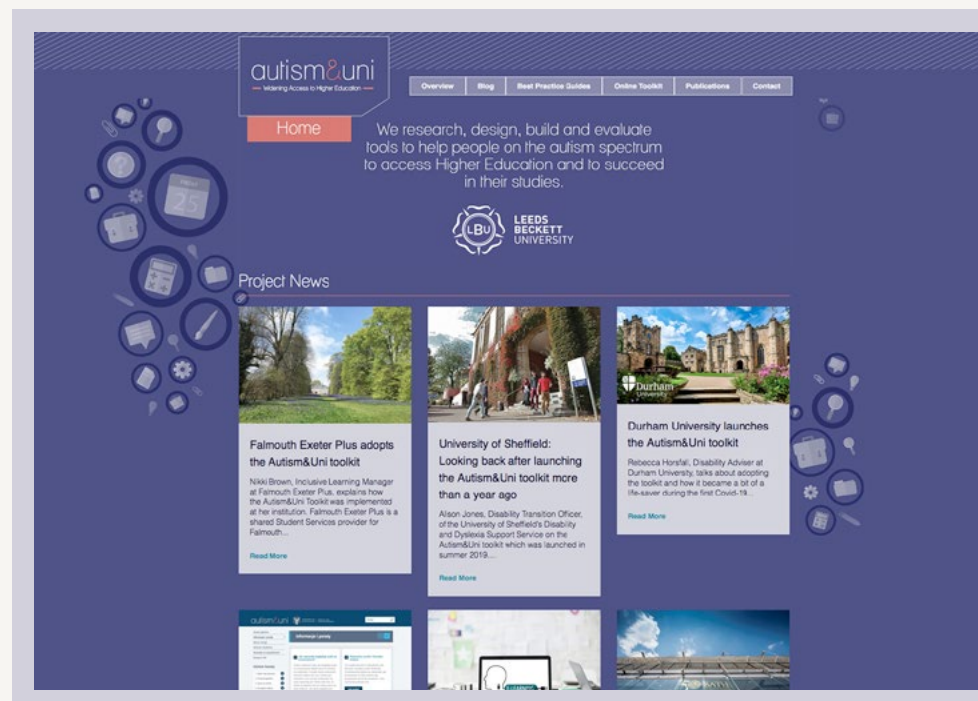
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Autism&Uni Toolkit



Autism&Uni is an EU-funded initiative to help autistic students during the transition into university. The project team created the Autism&Uni Toolkit for use by universities and has been adapted by many universities in several different countries. Built on an open-source platform, the toolkit is freely available for universities to adopt and adapt, as we have done so here in UCC.

The underlying ethos of the toolkit is that students can use it in their own time, do research about issues concerning them, and come back to it when difficulties arise. You can read more about the Autism&Uni project [HERE](#).

The aim of the toolkit is to reduce anxiety and give clear guidance on many aspects of college life. The toolkit is laid out in a logical way offering practical advice and detailed information on the student journey, from thinking about college to how to plan for further study or entering the workforce.

The development of the UCC Autism&Uni Toolkit has been shaped by the needs of autistic students in UCC and informed by the research literature around autistic students in higher education. The toolkit has been put together by drawing on existing resources from other universities in Ireland and the UK, as well as original content created specifically for the UCC context. UCC students (with and without a diagnosis of autism) have helped shape the content both through review and their own contributions.

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MENTAL HEALTH AND WELLBEING RESOURCES AT UCC

At UCC, we want our students to do well, be well and to keep well. A key strategic priority for UCC is student success. Supporting student wellbeing and resilience is fundamental to maximising the opportunity for our students to excel, particularly in a rapidly evolving world. In order to be effective learners, students need a stable and supportive environment, with easy access to appropriate sources of advice and guidance including student health and welfare and mental health services.

Here are some of the initiatives in place to support our students' and staff's physical and mental wellbeing. With the Leaving Certificate about to start in the next few weeks, you may find some of the open access resources of benefit to both you and your students.



Tips for Minding Your Mental Health animated video

The Graduate Attributes Programme, in close collaboration with colleagues in the Student Counselling and Development and Dr Eithne Hunt, have created a video with tips on how to mind your mental health. Watch the video [HERE](#)

SilverCloud

SilverCloud is a virtual mental health platform, available to all registered UCC students which provides self-directed courses on mental health and wellbeing. The courses use Cognitive Behavioural therapy (CBT), which are designed to “help you improve and maintain your wellbeing” by learning and practicing for one hour per week. The programmes cover a vast array of issues and concerns, including: money worries, positive body image, resilience, COVID-19, sleep, panic, stress and mindfulness. Check out Royanne’s feedback on the Space from Covid module [HERE](#)

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Keep Well

The Keep Well website is a one-stop-shop for wellbeing resources to support mental, physical, spiritual and social wellbeing and this initiative is a collaboration between colleagues in UCC Sport, UCC Health, the Mardyke Arena, the Students' Union as well as Cork Sports Partnerships. It is a fantastic repository of live webinars, information and tools to help you stay physically active and to help you mind your mental health and wellbeing. This platform has been built to support not only UCC students and staff but also the wider community.

According to Morgan Buckley, Head of Sport and Physical Activity at UCC: “Physical health is the most important foundation for overall health & wellbeing and for keeping stress regulated and manageable. Engaging in regular **physical activity/exercise**, **eating healthily** and getting **good sleep** are the foundation to good physical health. It may not always be possible to optimise these but they should be at the forefront of your mind every day.”

Story continued on the following page



KEEP WELL: NUTRITION

Good nutrition is an important component of a healthy lifestyle.

A sound nutrition plan:

- helps you maintain a healthy weight
- reduces your risk of chronic diseases such as cancer and heart disease
- improves your ability to learn, your memory and alertness

12 TIPS FOR HEALTHY NUTRITION

- EAT A VARIED DIET**
eat a wide range of foods from all the key food groups including carbohydrates, proteins, and fats.
- FRUIT AND VEG**
eat a variety of different coloured fruit, vegetables and salad every day and ideally consume at least five servings a day.
- CHOOSE WHOLEGRAIN**
brown rice, wholegrain bread, oats, brown pasta give that all important intake of essential fibre.
- PORTION SIZES**
eat appropriate portion servings according to your body size and physical activity levels.
- COOKING METHODS**
bake, steam, boil or stew food instead of frying or deep frying.
- HEALTHY FATS**
a balanced diet should include healthy monounsaturated and polyunsaturated fats. The best sources include avocados, olive oil, whole nuts, seeds, and fatty fish (e.g. salmon, tuna).
- HYDRATE**
water is always best. To check you are drinking enough you should be visiting the bathroom every 2-3 hours, and your pee should be relatively clear.
- VITAMIN D**
eating oily fish once a week helps meet the recommended intake of vitamin D. A supplement is ideal during Winter and Spring.
- HEALTHY MICROBIOME**
include probiotic rich foods such as kefir, natural yogurt and fermented foods such as sauerkraut as well as prebiotic foods such as bananas, onions, leeks, asparagus, and garlic.
- PROTEIN**
include protein in most meals throughout the day, choose lean meat, poultry and fish (oily is best) - eggs, peas, beans and lentils are very good alternatives.
- HEALTHY FATS**
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GRADUATE ATTRIBUTES
UNIVERSITY COLLEGE CORK

Adapted from **UCC's Keep Well** website where you can find more information and resources for eating well and overall health and wellbeing.

Funded by the Higher Education Authority Innovation and Transformation Programme



UCC
University College Cork, Ireland
Coláiste na hOllscoile Corcaigh

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Everyday Matters Video Series

What we say and do everyday matters. Based on the **Everyday Matters Digital Badge**, designed and developed by Dr Eithne Hunt, Lecturer in the Department of Occupational Science and Occupational Therapy, the Everyday Matters video **series** explores practical everyday things, based on the latest scientific research, that students can say and do to support themselves as much as possible during times of change. It also provides advice and information on how to establish healthy habits and routines to enhance the successful transition into and through higher education.

