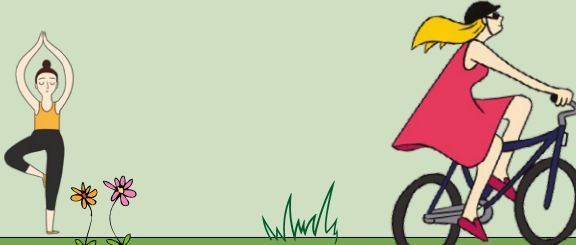
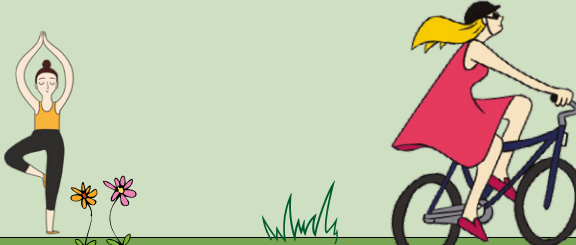


Kane Building		West Wing		Hub Building		Boole	
10:00am	Understanding Your Academic Timetable Presenter: The Skills Centre <i>Find out the times and locations of your lectures</i>		Finding your Feet at UCC: Top tips from UCC staff and students on settling into learning and life at UCC Presenter: Dr Eithne Hunt	  Academic Success  Health & Wellbeing/Life Skills  Create Your Academic Timetable drop-in clinics  10am - 2pm  Maker Space, Hub Building		Essential Workshops to help you Succeed as a first year student in UCC So,What Next: 1. Go online to www.ucc.ie/en/study/undergrad/events/festivals 2. Select your workshop(s) and preferred time(s) 3. Complete the details and submit 4. Remember to make a note of your choices! Meeting place for all student workshops: Boole Library. Arrive 10 minutes before start time. Peer Support Leaders will take you to your workshop. Sign up for your workshop : www.ucc.ie/en/study/undergrad/events/festivals/	
	Skills for Academic Success Presenter: The Skills Centre <i>Tips on how to manage your time, best approaches to note taking for lectures, plan assignments, study, and make the most of your academic journey in UCC</i>						
10:30am							
11:00am	Thriving in Labs in the College of Science, Engineering & Food Science Presenter: Dr. David J. Otway <i>Tips on writing Lab Reports and thriving in labs</i>		AI for Thinking, Not Copying Presenter: The Skills Centre <i>How to use AI to enhance your academic success</i>	Practical Transition: Settling into Life in Cork as an International Student Presenter: Ruth O' Mahony, Support Officer for International Students		Academic Writing - College of Arts, Celtic Studies & Social Sciences & College of Medicine & Health Presenter: Dr Rosarii Griffin, Office of VP for Learning & Teaching <i>Top tips on how to approach an academic essay</i>	
						Preparing for 1st Year in the College of Business and Law Presenter: Ian Wallace <i>Digital Literacy Skills, Study-Life Balance and Academic Writing</i>	
						Paving your way to Success Presenters: Ronan Madden (Learning & Teaching Team Lead) and Ben Williamson (Learning & Teaching Librarian) <i>Using the library's digital resources, collections, and services for your assignments</i>	
12:00pm	Skills for Academic Success Presenter: The Skills Centre <i>Tips on how to manage your time, best approaches to note taking for lectures, plan assignments, study, and make the most of your academic journey in UCC</i>					Paving your way to Success Presenters: Ronan Madden (Learning & Teaching Team Lead) and Ben Williamson (Learning & Teaching Librarian) <i>Using the library's digital resources, collections, and services for your assignments</i>	
12:30pm		 	Your Creative Journey as an Academic Thinker Presenter: Daniel Blackshields, Lecturer, Economics Department & University Student Ombudsmen <i>Academic inquiry might seem a dry, analytical processes but it is a passionate, exciting, creative process where you are invited to inquire into your self, others and the world</i>	Developing Psychological and Emotional Competencies Presenter: Noreen Keane, Chartered Counselling Psychologist and Psychotherapist <i>Psychological competencies, emotional well-being and Resilience building for student life</i>		 	
1:00pm	Understanding Your Academic Timetable Presenter: The Skills Centre <i>Find out the times and locations of your lectures</i>		AI for Thinking, Not Copying Presenter: The Skills Centre <i>How to use AI to enhance your academic success</i>	Nature and Well-being Walk Facilitated by: Niamh Power and Topaz Shrestha <i>A walk with activities to reflect on climate action and our connection to nature</i>		Academic Writing - College of Arts, Celtic Studies & Social Sciences & College of Medicine & Health Presenter: Dr Rosarii Griffin, Office of VP for Learning & Teaching <i>Top tips on how to approach an academic essay</i>	
	Thriving in Labs in the College of Science, Engineering & Food Science Presenter: Dr. David J. Otway <i>Tips on writing Lab Reports and thriving in labs</i>				Flourish and Thrive! Presenters: Maggie O'Sullivan, David Jones <i>Nurture your personal development to enhance your academic success</i>		Preparing for 1st Year in the College of Business and Law Presenter: Ian Wallace <i>Digital Literacy Skills, Study-Life Balance and Academic Writing</i>
1:30pm			Getting Involved in Student Life Presenters: Lily Fay, President, Clubs, Josh Hanover, President, Societies <i>How to get involved in Clubs & Societies and everything else in UCC</i>			FiRE UP! Financial Readiness for Life: Want to improve your personal financial knowledge skills? Join us to learn how! Presenter: AJ Nagle Centre for Co-operative Studies, CUBS	
2:00pm	Skills for Academic Success Presenter: The Skills Centre <i>Tips on how to manage your time, best approaches to note taking for lectures, plan assignments, study, and make the most of your academic journey in UCC</i>			Captivating Your Audience Presenters: Dr Catherine Burke, Nikita O'Connell <i>Presentation skills and strategies to engage your audience and communicate your message</i>		Student IT training Presenter: IT Staff <i>Canvas, printing, UCC email and wireless</i>	
						Coming Out in College Presenters: UCC LGBT+ Staff Network and LGBTQ students <i>A Guide for Lesbian, Gay, Bi and Trans+ Students</i>	
2:30pm			Speed Friending: Find an Activism Buddy Presenters: Global Justice Society			Identifying as Trans Presenters: UCC LGBT+ Staff Network and LGBTQ students <i>UCC LGBT+ Staff Network and LGBTQ students</i>	

Join a Club / Society

UCC has over 116 Societies and 60 Clubs. Joining Clubs & Societies will be one of the best decisions you will make! Meet Clubs and Socs. Reps at the Fest and join up!

Tours

Mardyke Sports Arena

📍 Archway,
Main Quad

🕒 12:45pm

Céilí Mór

Irish Dancing Madness

📍 Aula Maxima

🕒 2pm



Open Door Welcome for Family & Friends

Venue: Aula Maxima, Main Campus

Time	Presentation	Presenter
11:00am	Welcome	Prof. John O'Halloran, President, UCC
11:15am	Sensory Sensitive Adolescents Adjusting To College Life: College presents sensory challenges for some young adults (loud noise, crowds, other people's moods) There are ways to overcome hurdles and be successful	Dr Annalisa Setti, School of Applied Psychology
11:30am	Student Life	Gary Mulcahy, Head of Student Life
11:45am	Student Finance: Fees, Grants, Budgeting	Dave O'Sullivan, Student Budgetary Advisor
12:00pm	UCC Skills Centre	Tadhg Dennehy, Skills Centre
12:15pm	Lunch	Student Centre / Campus Food Stalls
1:00pm	Tour of Campus, Glucksman Gallery, Boole Library	Peer Support Leaders



#BeginBelongBecome