

Student Support & Development Workshops for First Year Students

Semester 2



	WEEK	DATE	TIME	VENUE
Learning at University Workshops				
Learning at University Week 1	4	Monday, 18 th February	1pm - 2pm	K208, The U, Glasnevin Campus
		Wednesday, 20 th February	1pm - 2pm	E206, St Patrick's Campus
Learning at University Week 2	5	Monday, 25 th February	1pm - 2pm	K208, The U, Glasnevin Campus
		Wednesday, 27 th February	1pm - 2pm	E206, St Patrick's Campus
Learning at University Week 3	6	Monday, 04 th March	1pm - 2pm	K208, The U, Glasnevin Campus
		Wednesday, 06 th March	1pm - 2pm	E206, St Patrick's Campus
Live Well Series				
Get Organised!	4	Monday, 18 th February	1pm - 1.50pm	D207, St Patrick's Campus
		Tuesday, 19 th February	1pm - 1.50pm	Pairc Room, The U, Glasnevin Campus
Lifestyle Balance	5	Tuesday, 26 th February	1pm - 1.50pm	Pairc Room, The U, Glasnevin Campus
Improving Focus	5	Monday, 25 th February	1pm - 1.50pm	D207, St Patrick's Campus
		6	Tuesday, 5 th March	1pm - 1.50pm
Self-care Toolkit	8	Tuesday, 19 th March	1pm - 1.50pm	Pairc Room, The U, Glasnevin Campus
Coping with Anxiety	6	Monday, 04 th March	1pm - 1.50pm	D207, St Patrick's Campus
		9	Tuesday, 26 th March	1pm - 1.50pm
Sort out your Sleep	10	Tuesday, 2 nd April	1pm - 1.50pm	Pairc Room, The U, Glasnevin Campus
Pathways to Success Workshops				
Pathways to Success Weeks 2-4	4-6	Thursdays: 21 st , 28 th February & 07 th March	1pm - 2pm	AG00, Glasnevin Campus
		Tuesdays: 19 th , 26 th February & 05 th March	1pm - 2pm	E203, St Patrick's Campus



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Preparing for Assessments and Exams				
Stop Procrastinating!	9	Monday, 25 th March	1pm - 1.50pm	D207, St Patrick's Campus
	11	Tuesday, 09 th April	1pm - 1.50pm	Pairc Room, The U, Glasnevin Campus
Boost your Memory	12	Tuesday, 16 th April	1pm - 1.50pm	Pairc Room, The U, Glasnevin Campus
Exam Success	13	Tuesday, 23 rd April	10am - 4pm	To be confirmed
Mindfulness, Wellbeing & Stress Reduction Practices				
Sessions 1-4	5-8	Wednesdays: 27 th February, 06 th , 13 th & 20 th March	1pm - 2pm	F203, St Patrick's Campus

WRITING CENTRE

(1 to 1 Support)

(Glasnevin Campus & St. Patrick's Campus)

Don't forget that you can visit either of the Writing Centres during any stage of the writing process: planning an assignment, writing a first draft or revising and editing a document.

Visit: <https://www.dcu.ie/studentlearning/writing-centre.shtml> to make an appointment.

MATHS LEARNING CENTRE

(Glasnevin Campus, Ground Floor, O'Reilly Library)

The Maths Learning Centre's role is to provide free, extra informal support in a welcoming environment to all undergraduate DCU students taking a mathematics module as part of their programme.

Visit: <https://www.dcu.ie/maths/mlc/index.shtml> to see the drop in service timetable.

Discover DCU

(LOOP, Online)

Discover DCU is a series of 8 short interactive courses designed to help get you settled in and introduce you to the tools and skills you need to succeed at university. Work through each of the courses at your own pace and complete the simple activities to finish each course.

For more information visit: <https://www.dcu.ie/studentlearning/online-tutorials.shtml>

