

Student Connect Mentor News

Issue 5; November 2010

Welcome to the Mentor News. We would like to thank all the Student Connect Mentors and Mentor Leader in making this year one of the best orientation weekends we have had to date.

By now we hope you have settled into the College well, but if you haven't, don't forget your mentor is there for you. You can also contact any member of Staff in your College or Student Services if you have any particular concerns.

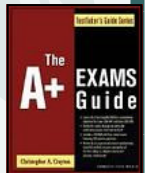
This issue is going to focus on Exams Tips, Security, 10 tips for resilience and a list of important contacts for you. We hope you find this newsletter useful coming up to your first set of University Exams. Hope your first semester is going well and good luck to all of you in your Christmas Exams.

Una McDermott

Exams Tips

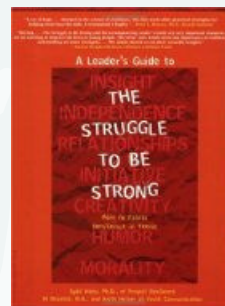
Professor Herring, Dean, College of Arts gave us the following advice for students coming upto exams:

- ✦ If you are behind on any assessments contact your discipline now
- ✦ If you need a deferral apply to the relevant College Office as soon as possible
- ✦ Revision is something that should be done throughout the semester and not in the hour before the exam
- ✦ When taking exams, answer all of the questions required. You will probably get some marks even for a weak answer. These marks may make the difference between passing or failing.
- ✦ Make sure you read the question properly and stay focused on the question throughout your answer
- ✦ There is no substitute for attendance at lectures, tutorials, practicals, etc. There is a direct correlation between engagement and success.
- ✦ If you are worried about any aspect of a module, speak to the lecturer who provides the module



Ten Tips for Building Resilience

1. Have the courage to be imperfect
2. Take time for yourself
3. Sign up for that course, join that club/society.
4. Be active every day in as many ways as you can
5. Spend time with people who make you feel good
6. Laugh out loud each day
7. Get your ZZZZZ's
8. It's all about team work!
9. Remember, this too shall pass
10. Talk out your troubles.



Seeking Volunteers to help with New Pilot Project.

We are looking for Student Connect Mentors to volunteer to help with the first group of approx. **40 people** visiting NUI Galway on Tuesday, 16th November from **10.30 am to 2.00 pm** for a pilot project to support 6 students with a disability to achieve the full college experience. Please email una.mcdermott@nuigalway.ie if you are interested.



Important Contact Locations:

Student Services, 1st Floor, Aras Ui Chathail:

Your first port of call for:

- Housing
- Financial Advice
- Lifestyle and Health Promotion Advice
- Student Assistance Fund
- Information also available on
 - Chaplaincy
 - Student Counselling
 - Disability
 - Health Unit
 - Sport and Recreation
 - Societies
 - Student Connect Mentoring



For all other queries:

- If your query is **academic** please contact your school/college Office, details available at: <http://www.nuigalway.ie/colleges-and-schools/>
- In a **medical emergency** please phone 086 2623997 (out of hours service)
- If your query is to do with **Fees**, email fees@nuigalway.ie
- If your query is related to **Admissions, Exams or registration** please contact

Online Exam De-stress help;

MyStudentBody.com is an engaging, interactive program that provides information about alcohol, drugs, and other college health issues To register use NUIG as the College Code.



Safety

A number of students have reported to us that houses/apartments have been broken into. Please remember to close windows and lock doors before you leave the house, particularly at this time of the year! If you are going out at night don't walk alone, make sure you are in groups and look after each other.