

EXPLICIT MAGAZINE

MTU Cork Students' Union Magazine, Volume Twenty Three, Issue 3

MTU Cork Students' Union



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University



An Taoiseach Micheál Martin TD, Minister Simon Harris TD, presided over the inaugural raising of the MTU flag on November 8th, with Professor Maggie Cusack, President of MTU and our own Aisling O'Mahony, President of MTU Cork SU

IN THIS ISSUE:

- **MTU raises the flag at last!**
 - **Positive Mind & Body Campaign**
 - **Competitions to WIN One-4-All Vouchers**
- AND LOTS MORE!**



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MTU CORK SU PRESENTING....

15th – 18th November, 2021

Positive Mind &



Body Week '21

TIMETABLE OF EVENTS

Monday 15th Nov

1pm on Zoom

STIGMA IS SILLY **On Silly HEADS**

An on-site Workshop that puts a face on Mental Health

Please email: CorkSUEvents@MTU.ie to book your spot. Very limited availability so book asap!



part of:
Positive Mind & Body Week
MTU Cork Students' Union

Please note: This workshop includes terms such as mental health, generalised anxiety disorder and obsessive compulsive disorder. Other areas of note are a brief statistic on suicide, brief mentions of depression and bipolar mood disorder as well as a reference to prescribed medication in managing such issues.

MTU Cork Students' Union

Tuesday 16th Nov

1pm on Zoom



Eric Marah
(Fitness Trainer at
EM Fitness & Nutrition)

**Talking All
Things Fitness
And Nutrition**

Please email:
CorkSUEvents@MTU.ie
to book your spot.

part of:



Positive Mind & Body Week
MTU Cork Students' Union

Wednesday 17th &

Thursday 18th Nov



Yoga with Sarah
**@ 1pm on Zoom on
Wednesday**

Yoga & Strength
**@ 1pm on Zoom
on Thursday**



Email
gymcork@mtu.ie
to join!




Positive Mind & Body Week
MTU Cork Students' Union

CONTENTS


EXPLICIT MAGAZINE

- | | | | |
|-------|---|-------|--|
| 4 | OFFICERS REPORT
Dawn of a new era at MTU | 15 | SPEAK OUT
Anonymous reporting tool is live |
| 6 | THE APPRENTICE | 16-17 | MTU LIBRARY ASSIGNMENT TOOLKIT
Just launched! |
| 9 | INNOVATION CHALLENGE. | 18-19 | SPORTS UPDATE |
| 10-11 | MTU STUDENT PROFILE
Give insights into your chosen course of study and
Win a €50 One-4-All voucher if your profile gets chosen | 20 | SOCIETIES
The Arabesque Society |
| 12 | FLYNNERS FLIGHTS OF FANCY | 21 | QUIZ TIME
Enter online...WIN A One-4-All voucher...simple! |
| 14 | MENTAL HEALTH MATTERS | | |

Congratulations to last issue's One-4-All vouchers winners - Student Profile: Lauren O'Sullivan **Quiz:** Kate O'Shea







Download the TFI Go App to get your 10 journey ticket for just €10 during October and November.*



Available on Bus Éireann services in the
Cork City Red Zone.

*tickets valid for 28 days after purchase





Your Union Your Voice

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Like us:  @MTUCorkSU Follow us:  @MTU_CorkSU

Instagram:  @MTUCorkSU  www.MTUCorkSU.ie

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Photos by: Daragh Kane

An Taoiseach Micheál Martin TD, Minister Simon Harris TD, Maggie Cusack MTU President and Aisling O'Mahony, MTU Cork SU President

A NEW DAWN FOR HIGHER EDUCATION IN IRELAND AS MTU RAISES ITS FLAG ON SIX CAMPUSES ACROSS THE SOUTH WEST

According to Professor Maggie Cusack, MTU President, the establishment of MTU has been an unqualified success. She said that demand from CAO applicants has surged, with first-preference honours degree applications for MTU courses rising by more than 16%, almost twice the national average, while first-preference degree application levels increased by almost 4%, a very positive outcome in a hugely important programme category. In addition, she said that the KTI Annual Knowledge Transfer Survey 2020 indicated that total research expenditure in MTU exceeded €22M, the highest total achieved across Ireland's Technological Universities and Institutes of Technology.

An Taoiseach Micheál Martin TD said "At a time when the world is facing major challenges in areas such as climate change and COVID-19, the importance of higher education has never been greater. We will need to maximise our ability to produce talented and responsible graduates who can lead, innovate, create, inspire, and transform. We will need these graduates in every village, town, city, and region in Ireland if we are to achieve the ground-up community engagement required to succeed in a sustainable manner. The development of Technological Universities is a key development in this context, and the establishment of MTU, in

particular, will prove to be transformative for the South West Region."

Minister Harris added: "I am so thrilled to finally attend this important event at Munster Technological University and help celebrate what has been a successful first year for MTU. This new Technological University is increasing higher education access, boosting regional development, and increasing opportunities for students, staff, businesses, and local communities. MTU has taken its rightful place in the higher education landscape, benefiting students right across the region, and for that I would like to thank everyone at the former Cork IT and IT Tralee who worked tirelessly to make it possible. This TU, as well as others that have been established, is proving that higher education can deliver regional excellence, while also making the international ambitions of student, staff and communities a reality."

MTU has a student enrolment of more than 18,000 across 6 campuses and offers more than 140 programmes of study. Originally planned for January 1st 2021, the flag raising was deferred until such time as MTU's key stakeholders would be available to participate in person in an event to mark the establishment of MTU and to recognise this key milestone in the development of Ireland's higher education system. MTU is the first new university to be established in the South West since 1845.



Our very own Cork MTU SU President, Aisling O'Mahony was given the opportunity to give the final speech. This was a huge opportunity to showcase our students and was gratefully accepted. Here's what she said...

Merging the rebel county of Cork and the Mighty Kingdom of Kerry was never going to be an easy task! Just a few years down the line, plenty of good debates, hundreds of meetings, a few late nights, a global pandemic and lots of change. But one thing remains constant in both counties. And that is our dedication and grá for our students. And I am proud to be standing here today to represent them.

So what does MTU mean for our students? There are many answers but to sum it up with two words – recognition and opportunity. Today's youth are tomorrow's nation. And today's youth are our students. Our students are the future. The future nurses, the engineers, creators, scientists and trades people. The teachers and the leaders of environmental and social change. Recognition of our students and their hard-earned qualifications is part of the reason why we are here today.

Our academic and practical standards have always been exceptionally high. Our students are qualified, practical professionals ready to change society for the better. University status will reflect this on a global stage! Simply having 'University' in the title of our degrees will enhance our employment and work placement opportunities throughout the South West region, nationally and globally. For example, I studied International Business with French, and I was lucky to get the opportunity to study in France on Erasmus. I was quick to notice that foreign employers did not immediately understand what an 'Institute of Technology' was and this was a barrier for our students when trying to find work placement or employment opportunities abroad. The term 'University' in Munster Technological University, I believe will address this issue. And give our students the opportunity to showcase their talents in a globalised and ever-changing world, as MTU competes with other world-leading institutions.

The close tight knit community between staff and students in this University will continue to push students to reach their full potential. The enhanced capacity and capability brought about by MTU will enable us to further develop, high quality and relevant programmes of study. I have no doubt that programmes offered by MTU will be responsive to the needs of the students and society today.

By succeeding together, we can further develop the student experience and offerings throughout the University. It will also enable investment in the University's future. Increased investment can also bring opportunities such as much needed, publicly funded student accommodation. And by succeeding together as 'one team', we will continue to invest in our student's future, flying the MTU flag at home and abroad.

At MTU, our first value is inclusion. Students and staff are committed to equality of opportunity, and to promoting a culture of inclusivity. We aim to ensure every individual in our community feels respected and valued. MTU welcomes people from all walks of life on many stages of their learning journey. We are committed to creating a culture that fosters diversity and inclusion. With the hope that this culture remains a priority for our graduates in future workplaces. The Students' Union along with student societies work to deliver peer led awareness and support campaigns throughout the academic year to promote equality, diversity and inclusion for everyone in our MTU community.

Importantly, MTU will take the opportunity to develop and strengthen the student voice as a key stakeholder in quality assurance and enhancement. Students at MTU are empowered through involvement in decision-making processes by representation at all levels including Governing Body, Academic Council, Faculty Boards and Course Boards.

We are here today because of our students. The Students' Union will continue to play a pivotal role in the communication process between the University and our students, with the aim of achieving the shared goal that is: providing an excellent third level experience for every student to come through MTU.

This event marks a milestone in our shared story and we, the students, look to the future of Munster Technological University with excitement. Mar a deir an seanfhocal;

Mol an óige agus tiocfaidh said – praise the youth and they will flourish. Go raibh míle maith agat.



CLICK HERE TO WATCH THE HIGHLIGHTS!



Cian O'Driscoll VP Education, Minister Simon Harris TD, Aisling O'Mahony, MTU Cork SU President and Sinead O'Mahony VP Welfare



Oisín Gahan, Comms Officer; Isobel Kavanagh, Projects Officer and Niamh Cronin, Ents Officer

THE APPRENTICE



DO YOU HAVE AN IDEA FOR AN APP?

Cash Prizes for:

- Best App Idea
- Runners Up



**ENTRIES
OPEN
UNTIL
FEBRUARY**

**Full Details and Quick & Easy
entry at www.cit.ie/apprentice**

CLICK HERE FOR ENTRY FORM

Entrants do not have to make an app -
just come up with an idea for one!

Enquiries to AppComp@mtu.ie

CLICK HERE

CONGRATULATIONS MTU ESB CHALLENGE TEAM



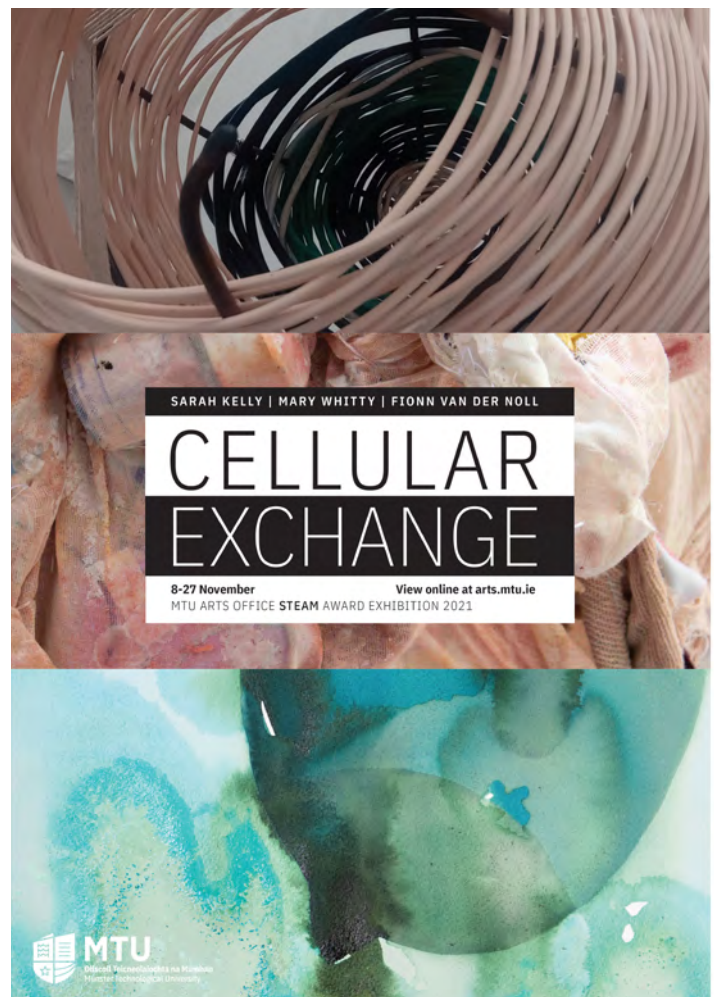
First Runners Up

MARY O' RIORDAN & ANDY LEAHY
3RD YEAR BIOMEDICAL ENGINEERING

MICHAELA RICE & ROBYN COLEMAN
3RD YEAR BUSINESS INFORMATION SYSTEMS

The ESB Challenge is a national Inter-College Engineering and Business Competition. On November 4th and 5th the Participants were tested over a full range of engineering, financial, marketing and team working skills

WELL DONE!



SARAH KELLY | MARY WHITTY | FIONN VAN DER NOLL

CELLULAR EXCHANGE

8-27 November View online at arts.mtu.ie
MTU ARTS OFFICE STEAM AWARD EXHIBITION 2021

MTU
Munster Technological University

**MTU Cork Students' Union
Freshers Handbook & Diary 2021-22**



www.MTUCorkSU.ie

MTU
Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

**Avail of our helpful guide,
available to all students!**

**MTU Cork Students' Union
Freshers Handbook & Diary
2021-22**

**All the information you need
for attending at MTU
Access it digitally [here](#)
or**

**Drop into us at the Students'
Union, 1st Floor Student Centre
and receive your free hardcopy!**



**A National Conversation
on Research in Ireland**



There is a national initiative currently underway called “Creating Our Future” - <https://creatingourfuture.ie/>

The concept is to have the people of Ireland submit the issues they are concerned about that might be solved through research so that we all create a better future. The ideas are welcomed from everyone.

Wouldn't it be great if as many MTU students as possible were to submit their thought/idea/concept/concern. Only the idea is mandatory. All other fields (email, name, age, location, event attended (if applicable)) are optional. All disciplines are welcome. There is absolutely no need to have any knowledge of research. After all, this national discussion gives you a voice in aspects of your future.

This initiative closes on 30th November.

DEPT OF ARCHITECTURE WINNER - LAURA COOKE



Congratulations to Munster Technological University Department of Architecture Graduate Laura Cooke who has won the prestigious IDI all island graduate design award for Interior architecture and design. Laura is in good company, she is the 28th graduate to win or be commended in a major design award from the Department of Architecture in the last decade alone!

Laura won the award this year for her final project on Celebration of Life Centre in Block 4 Haulbowline. Congrats also to Dr. Marc O’Riain who has been arranging and preparing students for entry to this competition for many years.



INNOVATION CHALLENGE 2022

Join us to become part of a **multi-disciplinary team** to tackle **real challenges** posed by **real companies**.



Get the chance to work with:

clearstream

Eirdata

PEPSICO



Boston
Scientific

ADAM AUDIO

€2,000 Prize Fund

and all participants get a digital badge!

To join our online information session
on **November 25th** or find out more
visit enterprise.cit.ie

WANTED

STUDENT PROFILES!

Give us your insights into your college course, get published and WIN a €50 One-4-All!

Would you like to write a profile which will give others an insight into your course of study and a taste of what your own student life is like? Look no further... explicit, MTU's digital magazine has devised a set of 6 questions as a guide to get your insights. Students who get their pieces published will WIN €50 One-4-All digital vouchers for their efforts.

So go on, give us your piece on being a student and your MTU college course. The questions below are suggestions for your writings and there's no need to stick rigidly to answering every question) You can write as little or as much as you like (we suggest between 500 and 1,500 words). Write with wit, seriousness, honesty or even controversy. It's up to you! Send us some pictures of yourself or relating to your course which might go well with your piece.

Please send your contributions to: CorkSUPublications@su.mtu.ie

Your Guideline Questions:

Q: What are you studying at MTU and what led you to decide to pursue this career?

Q: The absolute best thing that has happened in college so far is...?

Q: Would you like to describe a little about the course itself, the type of work you do, your influences, your projects etc?

Q: Ultimately, what do you hope to achieve and where do you see yourself when you have completed?

Q: Any positive advice you would like to convey to prospective students, based on your experiences so far?

Q: The absolute best thing about your course is...?

Don't be a Tosser

Keep MTU Clean

BE PROUD OF WHERE YOU'RE EDUCATED

How can I help?



- When finished eating in the canteen be sure to dispose of ALL rubbish before you leave and deposit your cutlery at the allocated areas
- Keep the Common Room, rubbish free and tidy at all times. It is students responsibility to maintain the Common Room
- Treat all members of staff with the respect they deserve, don't increase their workload by leaving YOUR rubbish hanging around
- Don't litter any areas of the campus, inside or outside
- Encourage your fellow class mates to throw their rubbish in the bins provided

COURSE PROFILE

JENNIFER MARIA SHEAHAN

I absolutely hated business in secondary school and was borderline failing the subject all the way up to the leaving cert exams. So why did I pursue it in college? As someone who is more on the creative side, an art or design course would have been on the pages for me but I honestly didn't have time to make a solid portfolio, and I wasn't sure I wanted to turn my passion into work, so it was back to the drawing board. I went to the open day at what was then CIT Bishopstown and somehow ended up in IT3 at a talk about the business courses available and I really enjoyed it!

I felt drawn to marketing in particular because of the creative side it brought to the table and it had the least amount of maths out of all of them which was definitely a bonus. I came away from that talk saying: "Well at least I have a plan B." Little did I know I'd never find a plan A. At first it was a bit daunting, especially with the presentation side of things but after a while this aspect became one of my favourite things about the course. I found out that I really enjoy not only coming up with ideas but also sharing these ideas with my peers and lecturers.

I almost dropped out in first year due to the stress of being away from home for the first time and not really knowing if the course was for me. But I stuck with it until Christmas and I'm so glad I did. I realised that, even though I don't seem like the most outgoing person, this course actually really suits me and has helped me become more confident in myself. This year we are doing a live case with Velo Coffee Roasters and I can't wait to put the skills and knowledge I've gained into practice. Some of the projects I have enjoyed the most were the ones I felt scared and unsure of at first.

I think the best thing about my course is how many opportunities there are when you go out into the working world. You could go into sales, research and data analytics, event management, branding, human resources and so much more. As for the future I'm trying to keep myself open to every possibility but I think I would like to work for companies that I admire for the first few years and gain experience. Maybe after that I will either go out on my own as a consultant or even start up my own company. Who knows!

If I had to give advice to prospective students I would say if you go with a course and think it isn't for you at the beginning, don't make any huge decisions impulsively. Sit down and think it out. Talk to someone about it and see if it's just a moment of self doubt because you never know what great things you could miss out on otherwise. That being said, know your limits. I would recommend the counselling service in MTU for anyone who is struggling. It was a great support for me in first year and it's free of charge which is brilliant.



Marketing Faculty of Marketing & International Business

**Give us your insights into your college course,
get published and WIN €50! See page 10 for details**

CLICK HERE TO EMAIL YOUR ENTRY

Flynnner's Flying Column

By James Flynn



It has been great to see night-clubs and event venues reopen from October Bank Holiday, giving us all an opportunity to let the hair down for the first time in 18 months. And if this should act as an incentive for the unvaccinated to act, vaccinate and make themselves and others safe against Covid-19, then more power there.

However, there are many people who still refuse to take vaccines.

From Callum Robinson using his goal-scoring record to vindicate his non-role modelling to Nikki Minaj and her infamous tweet recently about her cousin's wedding that so many of her followers will treat as gospel truth. But the most unbelievable attitudes come from those who claim mandatory vaccination/certification for indoor socialising is a violation of human rights. Really? Let me define REAL violations of human rights there:

- The Taliban Regime reinstating their murderous laws in Afghanistan.
- Men being publicly flogged in Indonesia because they are gay.
- Children starving to death in Yemen due to a civil war funded by Western interests.
- Chinese Muslims and Free Tibet supporters in Chinese concentration camps.
- Continuing famine, ethnic cleansing, and conflict across Africa.

THESE are all REAL violations of Human Rights. So, can these people tell me how the methods of showing that they are vaccinated, safe and unlikely to infect those around them are human rights being violated there? We have a long winter ahead of us so get your Covid Vaccines, your Flu Vaccines and, where applicable, the booster jabs, to save lives and livelihoods of yourself and others and keep your college safe.

WOTS DA CIT-uation DERE?

Whatever about restrictions or re-opening, November is still going to be a long month because of the foul weather, shorter days and the need to gather ourselves for Christmas. This may mean staying in for TV and Movie marathons once again.

I think it is time to go down the nostalgic road once again and there is nothing better to warm us up for the countdown to the Festive Season than with the movie adaptations of Roddy Doyle's Barrytown Trilogy. The 30th Birthday of the big-screen launch of The Commitments from 1991 is upon us, followed by The Snapper in 1993 and The Van in 1996. Set in the fictional Northside Dublin District of Barrytown (but with the Rabbitte family changing names between movies due to copyright reasons), Colm Meaney stars as the protagonist family father in all three movies (as Jimmy Rabbitte Senior, Dessie Curley and Larry respectively).

• **The Commitments** - Jimmy Rabbitte Junior decides as an aspiring music promoter to form a RnB/Soul Band to fill the musical void in Dublin back in those times. Assembling a motley collection of musicians and singers, The Commitments gain reputation through their talent and aspiration but the

pressures of succeeding cause their friendships to buckle as they strive to break the big time. The movie was a box-office smash hit securing iconic status in Irish Culture and resulting in a musical and two music soundtracks which also continue to be popular. .

• **The Snapper** - A movie that deals with the topic of Consent, Grapevine Politics and Teen Pregnancy, young Sharon Curley discovers she is pregnant but is reluctant to learn or disclose who the father is – revealed to be next-door neighbour Georgie Burgess who took advantage of her in an inebriated state one night. Deciding to keep the baby under the claim that she was that night with “a Spanish sailor”, Sharon and the Curley family find their sense of support, dignity, resolve, and solidarity tested as they discover who their real friends in Barrytown are. Des Curley fights to be the better figure in the face of all this, and the arrival of the baby offers final resolution.

• **The Van** - Dealing with the topics of unemployment and self-worth, Larry and his mate Bimbo Reaves procure a van and turn it into a mobile chip-shop and initially do well cashing in on Italia '90 and its

lift to the nation, but the pressures of succeeding in business results in testing where true friendship lies in the end. This one was the weakest of the three movies but still worth a watch.

When you watch them, they bring you back to an age that we have come a far way from and good times that that will never be repeated. There's an air of working class backgrounds consisting of a sense of humanity that will never be found anywhere else and where unpredictability in human nature and even malevolence can bring out the best as well as the worst in people. This all ensures the magic of Roddy Doyle and Barrytown can relate, even in the present day. And it certainly did not do any harm to the career prospects of the actors involved – when you see Maria Doyle Kennedy's performance in the excellent crime drama KIN and learn that Angeline Ball scored her biggest hit since The Commitments with her new movie Deadly Cuts (that I must see!), it is then that you realise that Ireland is a true National Treasure Trove when it comes to our talent in acting, drama and the movies!

(The Barrytown Trilogy can be purchased/rented in all good stores, libraries and stream-sites!)

FREE SHOPPING SHUTTLE

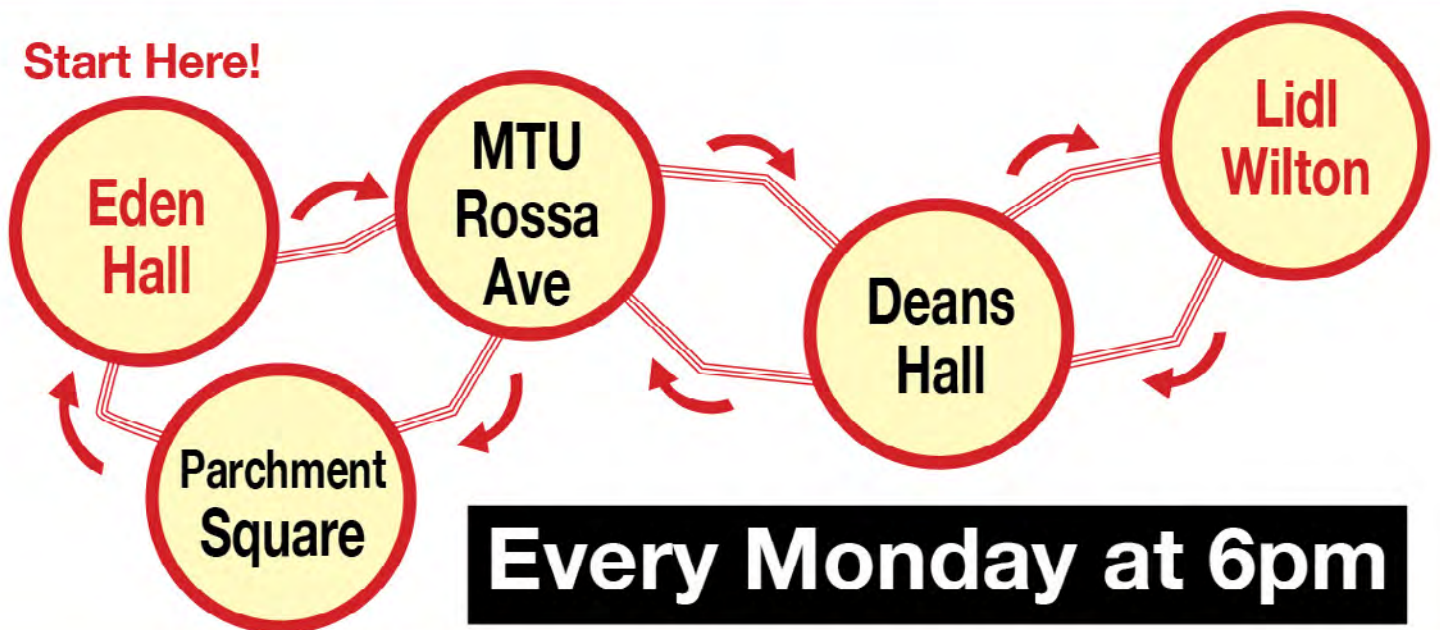


**ONLY
50
SPACES!**

PICKUP: 6pm outside Eden Hall (by bus stop), MTU (Rossa Avenue Bus Stop), Deans Hall (Curraheen Road, by bus stop). **TERMINATE:** Lidl, Wilton

RETURN: Leaving Lidl Wilton at approx 7pm. Returning via Deans Hall, MTU, Parchment Square and Eden Hall

Start Here!



Every Monday at 6pm

You must book your seat in advance before 4pm on Monday
Email: Fiona.leddy@MTU.ie

**MTU Cork
Students' Union**



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University





MENTAL HEALTH MATTERS

MTU Cork Students' Union President Aisling O'Mahony, urges students to take their mental health seriously

Aisling O'Mahony, Students' Union President at Munster Technological University, has urged students to speak out about their mental health struggles. The Students' Union has stressed the importance of seeking help when students are experiencing mental health problems.

MTU Cork has several mental health services available for students, including extended counselling hours and Life Coaching courses. The objective of the Life Coaching programme, championed by MTU Cork SU, is to facilitate the personal development of students. A life coach accompanies and supports the student to improve their current situation by identifying barriers to success and helps the student to find solutions so they can achieve their goals. The availability of coaching in the college enables students to be supported on their journey through their college life. Within 36 hours of the launch, 130 students registered for this course. MTU Cork SU also hold numerous positive mental health campaigns, such as Positive Mind & Body Week.

There has been a rise in mental health issues associated with the Covid-19 pandemic with lectures moving online and students being forced to stay at home. During the Covid-19 pandemic, MTU launched the 'Reach Initiative', where staff would host zoom meetings with students outside of college classes to touch base with them. This service provided support for students suffering with their mental health during the lockdowns.

The Covid-19 pandemic is not the only thing harming students' mental health. Social media can be detrimental to students' views of themselves, causing negative effects on their mental health. *"The world is harsh enough for us to doubt ourselves too. What you see on social media isn't always reality, everyone doubts themselves sometimes. I do believe there is a shift happening in society where it is okay to love yourself for who you are, despite what social media dictates and that is an incredibly positive thing,"* said Aisling.

“ The college went above and beyond to make sure students felt supported during the lockdowns. MTU is a really student-centred University, where the staff really care about their students.

Aisling O'Mahony, SU President

”

Munster Technological University have also recently launched the 'Speak Out' campaign, which allows students and staff to anonymously report instances that make them uncomfortable online. The campaign is creating an open culture for students, that promotes empathy and compassion.

Aisling also believes that the Irish Government could invest their time and do more for student's mental health services across universities: *"The Government doesn't fully comprehend the reasons behind students' mental health struggles, like financial worries, housing and college".*

MTU are at the forefront of creating a more positive, student-centred environment for all who attend the University.



The Speak Out Anonymous Reporting Tool is live!

Students and staff of MTU can now report incidents of concern on the platform at

[**https://mtu.speakout.ie**](https://mtu.speakout.ie)

Check out the video [here](#)

More details can be found at [**https://www.cit.ie/edi/speakout**](https://www.cit.ie/edi/speakout)

Please use the platform to report any incidents of bullying, cyberbullying, harassment, assault, stalking etc. so that we can support all in our MTU community to feel safe and heard.

“

This is a very exciting project which has been in development for some time. We are delighted that the students and staff of MTU now have a platform on which to report incidents of concern and we, in turn, look forward to tailoring supports and services to meet their needs. We would encourage staff and students to use the Speak Out reporting tool and we thank all who had a hand in bringing Speak Out and its ethos to fruition

”

Dr Honor Carroll , MTU Cork's Head of Student Counselling

For further details of The Student Counselling Service at MTU Cork,
check: [**http://www.mycit.ie/counselling**](http://www.mycit.ie/counselling)

You can contact the Student Counselling Service at: [**counselling.admin@mtu.ie**](mailto:counselling.admin@mtu.ie)

Just launched! ASSIGNMENT TOOLKIT



In December 2019 the Library Learning Community were delighted to be one of nine local beneficiaries of the National Forum's Strategic Alignment of Teaching and Learning Enhancement (SATLE) funding.

With this funding we set about creating a digital toolkit to assist students - step by step - in the completion of their written assignments.

We wanted to ensure that students and their experiences were at the heart of this project and to that end we recruited a team of student partners – ranging widely in disciplines and year groups - to design the toolkit with us.

After almost two years of work, the new Assignment Toolkit has just been launched.

The Assignment Toolkit includes a suite of modules that guides students through every step of the assignment preparation process and provides a grounding in academic integrity by using best practice guidance at every stage.

The modules include the following:

- Introduction to the Library
- Critical Thinking
- Misinformation
- Effective Searching
- Referencing
- Plagiarism
- Reading Academic Material and Planning for Assignments
- Writing Assignments

Access this great new resource on Canvas at <https://cit.instructure.com/courses/71876>

Just launched! ASSIGNMENT TOOLKIT



Jean Ricken (MTU Librarian) welcoming everyone to the launch of the Assignment Toolkit



Prof. Maggie Cusack (MTU President) officially launches the new Assignment Toolkit for students



Dr. Gearoid O'Sullivan (Head of TEL) discusses collaboration between TEL design team & Library Learning Community



Dr. Aine Ni She (MTU Registrar) discusses the importance of this online resource for all MTU students



A captive audience listens to Cian O'Driscoll (SU Vice President Education) at the launch of the Assignment Toolkit.



Isobel Kavanagh, Anna McCarthy, Chloe Crowley (Members of the Student Partnership Group) talking about their involvement with the project



Cian O'Driscoll (SU Vice President Education) discusses the Assignment Toolkit & its benefits for students.



(L to R) - Roisin Garvey (TEL), Lauren Maher (TEL), Adrian Vaughan (Library), Cliona Hatano (Anseo), Therese Ahern (Library), Jean Ricken (Library)



MTU Library Staff (L to R) - Finbarr O'Donovan, Rosarie Dineen, Jean Ricken, Colm O'Rourke, Michael Costello, Therese Ahern, Adrian Vaughan

Access the Assignment Toolkit on Canvas at <https://cit.instructure.com/courses/71876>



Getting To Know
Your Library



Critical Thinking
Skills



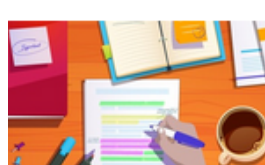
Misinformation &
News Media



Effective
Searching



Understanding
Plagiarism



Assignments:
Planning &
Reading



Assignments:
Writing



Referencing

Sports Update

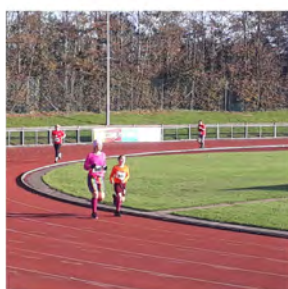
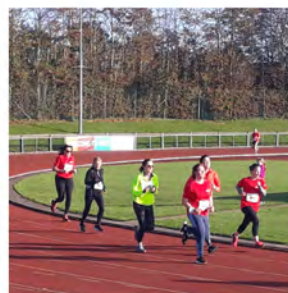
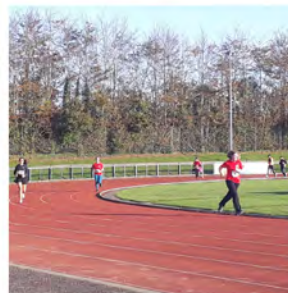
by Miriam Deasy, Sports Officer

REBEL RUN

MTU Sports, Cork Sports Partnership and Leisureworld recently hosted the ever popular "Rebel Run".

First hosted in October 2012, the event has maintained its popularity with over 400 participants. Amidst blue skies, there were miles, smiles and a terrific feel-good atmosphere! There were emotional scenes as participants crossed the finish line, some having completed their first ever 5 or 10k, some hitting personal bests but everyone delighted to be back to action after the covid break!

Well done to the team from MTU Sports-Norma, Craig and Miriam, as well as Caretaker Ronan for their work to make this event possible and most enjoyable!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LUNCH 1-2PM	ZUMBA w/ LINDA	PILATES w/ YVONNE	YOGA w/ SARAH	YOGA & STRENGTH w/ SARAH
EVENING 7-8PM			PILATES w/ YVONNE	

FITNESS CLASSES ARE FREE OF CHARGE SO WE WOULD LOVE FOR YOU TO JOIN US.

***TO SIGN UP FOR CLASSES.**

YOU NEED TO EMAIL GYMCORK@MTU.IE WITH FOLLOWING INFORMATION – NAME, STAFF/STUDENT ID & CLASSES YOU'D LIKE TO JOIN.*



MTU men's & women's volleyball teams who recently flew the MTU volleyball colours for the first time in the Student Sport Ireland League V IT Carlow. Well done!



History makers MTU Sailing Club, our first team from MTU Cork to compete in the MTU colours! The club competed in the Irish Universities Sailing Association Northerns competition.

Societies

Arabesques Society

Fiona Halton is the founder and current chairperson of MTU Arabesque Society. She told us about what Societies has meant to her in her time at MTU, and how she hopes Arabesque society can contribute to the positive mind and body of all students of MTU...

I was born in, and grew up in Abu Dhabi and I moved to Ireland five years ago. I lived in Dublin for three years, and Cork for the last two. Cork is definitely better – it's a friendly and welcoming city and people here are so open. Community is important to me, and Societies have always been a space that I associated with community and with belonging. When I was in first year, and didn't know many people here, Sci – Fi screenings on a Friday were a permanent fixture in my calendar. I never missed one!

Societies have had such a positive effect on me, and have given me the confidence to start a new society. Arabesque is a community space for people from Arabic cultures, as well as a place for people of all cultures to learn about and engage with Arabic culture. We hope to raise awareness of these cultures and



The Arabesque Committee

this is especially important because there is a growing Arabic community in Cork. It's so important to create those connections. I love Ireland because people are open to understanding one another's experiences. For example, while it is more common to drink alcohol here, I didn't really grow up around that, but I'm always invited on nights out and nobody makes me feel excluded because I don't drink.

Societies are a great opportunity for students because there's no pressure – you're invited to attend and everyone is welcome, but you don't have to.

I'm proud of where I've come from and everything we've done so far in starting the Arabesque society. We are small, but just this week we held our AGM and formed our first ever committee. I can't wait to see what the year will bring and invite everyone to come see what we're all about.

You can join Arabesque or any other society through the Societies portal. Simply go to myportal.cit.ie and create an account.

Societies are a great opportunity for students because there's no pressure – you're invited to attend and everyone is welcome, but you don't have to



**ANSWER 4 EASY MULTIPLE
CHOICE QUESTIONS WITH THE
ANSWERS ALL CONTAINED
WITHIN THESE PAGES!**

CLICK HERE TO ENTER

**for your chance to WIN a
€30 One-4-All voucher!**

Sponsored by <http://societies.cit.ie>



Last issue's winner: Kate O'Shea



**Would you like your Society
featured in a future issue?**

**Send us your story:
CorkSUpublications@MTU.ie**

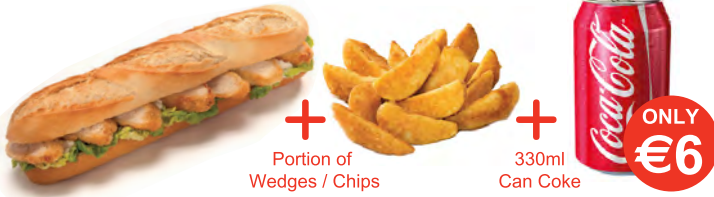


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