

EXPLICIT MAGAZINE

MTU Cork Students' Union Magazine, Volume Twenty Three, Issue 7

MTU Cork
Students' Union



IN THIS ISSUE:

- Full RAG Timetable and Events 14th - 16th March, 2022
- SU Election - announcing your new Exec for 2022-23

AND LOTS MORE

RAG NIGHT-TIME EVENT

KEEP IT LOCAL
MON 14TH MARCH

RACEDAY TICKETS TO BE WON!
YOU MUST BE PRESENT AT THE EVENT TO WIN

at Bishopstown Bar

Doors 9pm til late
2 floors open

ADM €2
before 10pm

ADM €5
After 10pm

FREE! Shuttle Bus back to Bishopstown student complexes Over 18s only - Age ID and Student ID required



A solo exhibition by Rachel Daly
MTU Registrar's Prize Exhibition 2022
Supported by MTU Arts Office

Semblance

James Barry Exhibition Centre, MTU Bishopstown Campus
8-25 March 2022 | Tue-Fri 10am-4pm



Details on arts.mtu.ie



MTU Branded Beanie Hats on sale from the SU for just €5! (Usual price €10)



ALL PROCEEDS GO TO



Kindly Supported by the
MTU Marketing Unit

For all your MTU branded merchandise
visit: shop.mtu.ie



Innovation and Enterprise Month

#MTUInnovation **March 2022**

64 Events

competitions, talks, seminars, and performances

Find all events at: enterprise.cit.ie/innovation-month



@MTUInnovate_



@MTUInnovate



@MTUResearchInnovationandEnterprise

Follow us!

USIT HAVE KINDLY AGREED TO DONATE €300 TO OUR RAG CHARITY, SEXUAL VIOLENCE CENTRE, CORK

TIME'S RUNNING OUT: TAKE BACK YOUR SUMMER

Spend your summer on a J1 or at Camp USA



[Click here!](#)

CONTENTS

EXPLICIT MAGAZINE

- 4 RAG 2022 TIMETABLE
- 5-7 RAG EVENTS IN MORE DETAIL
- 8-9 STUDENTS' UNION ELECTIONS
The Results
- 12-13 DR JOE HARRINGTON TALKS ABOUT
Postgraduate Research at MTU
- 14 FLYNNERS FLYING COLUMN
- 15 MTU WELLBEING HUB
An MTU initiative supporting students health
- 17 MOMENTS PHOTO COMPETITION
Enter now - Great prizes
- 18-19 SOCIETIES
- 20 SPORTS
- 21 SILVERCLOUD
- 22 QUIZ TIME
Enter online...WIN money...simple!



Your Union Your Voice

MTU Cork Students' Union, 1st Floor Student Centre, Bishopstown, Cork. T12 T66T Tel: 021 433 5274

Like us:  @MTUCorkSU Follow us:  @MTU_CorkSU

Instagram:  @MTUCorkSU  www.MTUCorkSU.ie

Explicit Production, Design & Advertising
Keith Brown, Keith.Brown@MTU.ie
MTU SU Cork President
Aisling O'Mahony, SUPresidentCork@mtu.ie
VP Education
Cian O'Driscoll, SUEducationCork@MTU.ie
VP Welfare
Sinead O'Mahony, SUWelfareCork@MTU.ie

Projects Officer
Isobel Kavanagh
Communications Officer
Oisín Gahan
Entertainments Officer
Niamh Cronin
Entertainments Manager
Mick O'Mahony, MichaelG.OMahony@mtu.ie

Advertising Opportunities: Why not avail of explicit Magazine to promote your business to this large audience? Our copy deadlines, advertising rates and technical specifications are available to view at: www.MTUCorkSU.ie

EXPLICIT magazine is published monthly by MTU Cork Students' Union. The views expressed in the magazine are those of their authors and are not necessarily those of MTU Cork Students' Union. All articles and pictures are the property of their respective owners and should not be reproduced without their permission.

RAG 2022

Timetable 14 - 16 MARCH, 2022

FROM 10AM EVERY DAY - FOOD STALLS OUTSIDE THE STUDENT CENTRE

MONDAY 14TH

Sponsored by
ANSEO THE STUDENT
ENGAGEMENT OFFICE
& CAMPUS CATERING

12pm
DJ MC FLEMING
12.30 PAURIC O'MEARA (LIVE MUSIC)
IN THE STUDENT COMMON ROOM
1pm

BLIND DATE
With Mc Paul Ryder

**DAY-TIME EVENTS TAKE PLACE AT
THE STUDENT CENTRE**

TUESDAY 15TH

Sponsored by
ATLANTIA CLINICAL TRIALS
& **BANK OF IRELAND**

12pm
DJ MC FLEMING

1pm
MICHAEL M^CCOY
Hypnotist

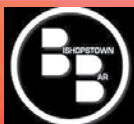
WEDNESDAY 16TH

Sponsored by
BISHOPSTOWN
CREDIT UNION

12pm
DJ Damien Screenan

1pm
MUSIC BINGO
Lots of Prizes!

12-3pm
SOCCER TOURNAMENT AT
ASTRO PICHES



RAG NIGHT-TIME EVENT

KEEP IT LOCAL
MON 14TH MARCH

RACEDAY TICKETS TO BE WON!
YOU MUST BE PRESENT AT THE EVENT TO WIN

at Bishopstown Bar

FREE! Shuttle Bus to Bishopstown student complexes

Doors 9pm til late
2 floors open

Over 18s only - Age ID and Student ID required

ADM €2
before 10pm

ADM €5
After 10pm

All proceeds go to



sexual violence centre cork



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

MTU Cork
Students' Union



Your support is very much appreciated

Pauric O'Meara live in Student Common Room at 12.15pm, Monday 14th March

After a 2021 that saw Pauric have two extremely successful releases in 'Final Say' and 'All Alright', as well as selling out shows in Cork and Dublin. Pauric has just released his latest single 'Wait For You' and is going on Irish Tour this month, with our eyes on his Cork Show in Cyprus Avenue on Friday March 25th.

We are absolutely thrilled to have Pauric join us for our RAG week celebrations with a short intimate acoustic set. This is not to be missed, and no doubt you will be left longing to see him and his band at their upcoming cyprus avenue show!

Social tag: @pauricomusic

[Spotify link here](#)



RAG 2022



MONDAY 14TH MARCH
BLIND DATE
with MC Paul Ryder

1pm in
The Student Centre



With thanks to our Sponsors

**ANSEO, THE STUDENT ENGAGEMENT OFFICE
& CAMPUS CATERING**

Like the TV show from many moons ago, this will be full of surprises. If you have the neck to go and tell three strangers why you are the dogs b****k then this is definitely for you.

The cream of MTU talent will be on show here, if there is no chemistry or lust there at least there will be a free meal and a chance to meet the legendary **MC PAUL RYDER**.

RAG RAFFLE

AMAZING PRIZES!

PURCHASE YOUR TICKETS AT:
EVENTS.CIT.IE

OR POP INTO US: SU, STUDENT CENTRE
FURTHER INFO AT: WWW.MTUCORKSU.IE

RAG 2022



TUESDAY 15TH MARCH

**MICHAEL M^CCOY
HYPNOTIST**

**1pm in
The Student Centre**



**With thanks to our Sponsors
ATLANTIA CLINICAL TRIALS
& BANK OF IRELAND**

Prepare yourself for a experience you won't forget. Michael Mc Coy takes you on an incredible journey into the human mind. Watch in amazement as the imagination in us all is brought out through the power of suggestion. A non-stop high energy show is promised. Prepare to Experience the Impossible with Michael Mc Coy's Comedy Stage Hypnosis Show.

Michael opens the show revealing the facts and myths of hypnosis to help ease the tension and concerns of all those in the room. After a quick demonstration of the mind is offered, volunteers from the audience are invited up on stage with Michael as he prepares to show them how to unleash the awesome power that is their minds. After that, relaxing and comforting music can be heard as Michael quickly places his volunteers into a hypnotic

state. From this point on the volunteers are now the stars of the show. The fun is only about to begin!

Watch in amazement as your friends begin to do things you never think they would or COULD. They are transformed into their favourite celebrities, become aliens from another world, completely forget their names, think they have just won the lottery, or even dance along with the magical Voodoo monkey. That is only the beginning, as our stars of the show perform hilarious side-splitting skits which will leave you on the floor laughing.

It's an action-packed, high-energy event where there is never a dull moment. The show is complete with stage props, costumes, sound effects, and high-energy music to create the perfect atmosphere for fun and excitement.

Fixtures will be available
on MTU Soccer Social:
[@mtucorksoccer](#)



**1st Prize: €160
2nd Prize: €80**

MTU CORK SU RAG 2022 SOCCER TOURNAMENT

WED 16th March, 12-3pm

(Entry deadline: 2pm, Mon 14th March)

**Application forms available in the MTU Cork Sports Office
or contact: craig.robinson@mycit.ie**

RAG 2022

WEDNESDAY 16TH MARCH

DJ

DAMIEN SREENAN

12.30pm in
The Student Centre



With thanks to our Sponsor
BISHOPSTOWN CREDIT UNION

RAG 2022

Lots of prizes to be WON!

WEDNESDAY 16TH MARCH

MUSICAL BINGO

1pm in
The Student Centre



Campus Catering Ltd.

AnSeo,
The Student Engagement Office



THANKS TO OUR BRILLIANT SPONSORS!

MTU Cork Students' Union 2022-23 **GENERAL ELECTIONS** **RESULTS**

Students' Union Exec 2022/23

Following the MTU Cork Students' Union Elections, the following are the members of the MTU Cork Students' Union Executive 2022/2023:





PRESIDENT

KAVANAGH, ISOBEL

VICE PRESIDENT EDUCATION

GAHAN, OISÍN

VICE PRESIDENT WELFARE

DOLAN CROWLEY, KATE

MCMANUS, KELDA

COMMUNICATIONS OFFICER

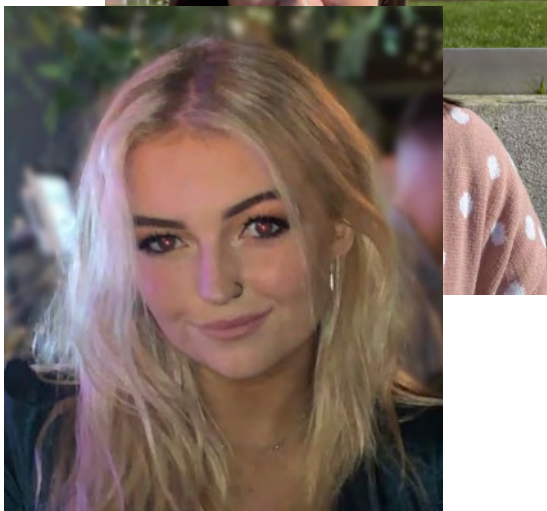
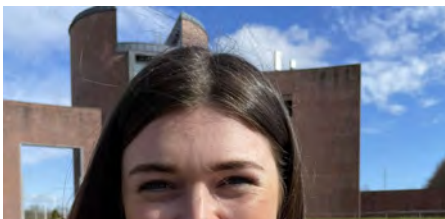
BAMBER, ELLEN

ENTERTAINMENTS OFFICER

GRIFFIN, EIREANN

PROJECTS OFFICER

MAHONY, OISÍN



Congratulations to all the successful candidates on their election.

Dr Judith Butler, Returning Officer



MTU Cork Students' Union
Your Union Your Voice

Meet the winners of our One4 all Competition time!



They registered to CAREERSconnect & they won!

- How sure are you about your next step when you finish college?
- Would you like advice on effective job search?
- It will help to talk it over with a Careers Advisor...

We are here to help!

<https://careers.cit.ie>

careers
Service - Cork

Log in with your student email and password

FREE SHOPPING SHUTTLE

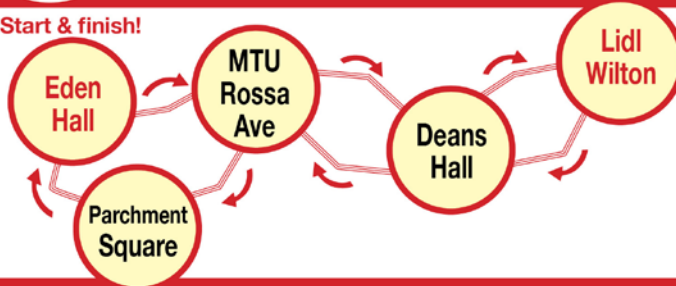


**ONLY
50
SPACES!**

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 & finish!



**Every
Monday
at 6pm**

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

**MTU Cork
Students' Union**



GRUBHUB FOOD PRESS

**Set up in the Gallery Area of
The Student Centre (1st floor)
to support Student Food poverty**

Some basic food items are
available free of charge and
we invite students to avail
of the service.

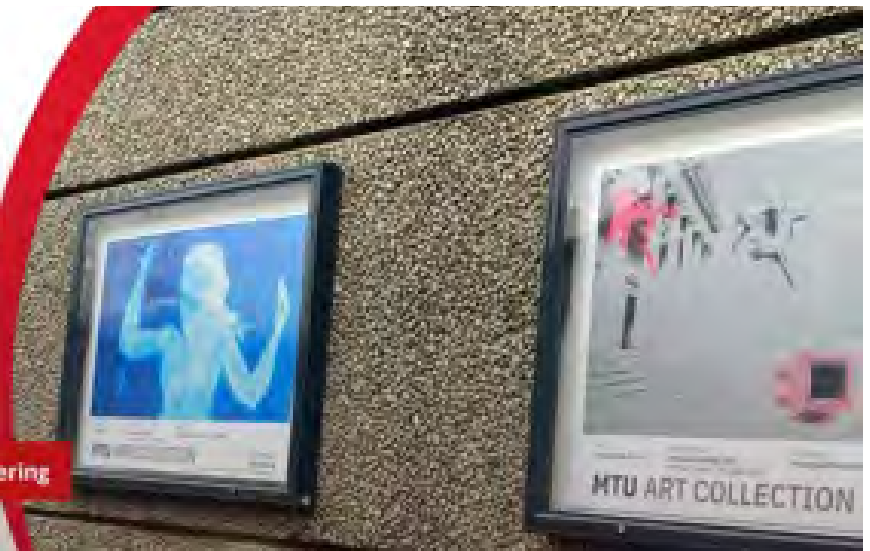


This initiative is supported by:
Chaplaincy, MTU Cork Students' Union,
Access Service and St Vincent De Paul.

"When a student leaves MTU, that student comes out as a much more rounded individual, one who has developed significantly personally and professionally over their research journey"

DR JOE HARRINGTON

Head of School of Building & Civil Engineering



Interview

By Maeve McTaggart, MA in Journalism and Digital Content Creation

MTU'S SCHOOL OF BUILDING AND CIVIL ENGINEERING IS HEADED BY DR JOE HARRINGTON, WHO TALKS SCHOLARSHIPS, LIFE-SKILLS AND THE PRACTICAL LESSONS LEARNED THROUGH RESEARCHING AT MTU

Everyday life is built on invention - and rarely our own. Without the equations created by strangers, how far could you get from your bed in the morning? How much space is saved in your brain by ignoring the seemingly mysterious mechanisms of how your food gets to the kitchen table? Thousands of miles before it reaches us, our food is being grown and nourished with fertiliser - another invention, one without which whole supply chains would grind to a halt. And to reach your home at all? It must be imported, travelling by ship into our harbours then docked and unloaded before reaching your closest supermarket. Have you ever thought of the many inventions that hold up our daily lives like this? Researchers at MTU have.

An essential ingredient in fertiliser is phosphorus, a finite resource whose European supply is imported primarily from North Africa. To run out, or to lose access to 'P', would disrupt food produc-

tion across the globe. Finding a way to recover phosphorus from wastewater was a recent project of the School of Building and Civil Engineering and their more than 12 European partners. The resulting fertiliser is now used to grow plants in MTU laboratories and at a growing site on the MTU Bishopstown campus.

To reach us, our food travels down rivers like our own lovely Lee - the bed of which must be dredged to create the space and means for ships to enter the Port of Cork. Through his research into sediment matter in rivers and estuaries, Dr Joe Harrington informed the guide document that dictates how dredging is done. Without this process, no Irish shipping imports - some ninety percent of total goods that come into the country - could reach port.

The researcher and Head of the School of Building and Civil Engineering has been working at MTU

for nearly thirty years, carrying out research and supervising students as they complete their postgraduate degrees and PhDs. In this time, he has observed what brings people to research, what students can learn and the impact research at MTU can have in Cork and beyond.

"Many of our projects now are international projects, where you're not necessarily just working with people with a similar background or life experience to yourself. You're learning from your team, from a diverse range of people, as much as you are from your research."

The questions students solve within their fields can have a wider impact than just getting them their degree, it has implications for communities outside MTU too. "Students who work on larger projects develop an understanding that any problem or challenge is multifaceted and multi-dimensional," Dr Harrington explains, "it may be a

MTU Graduate Studies Office collaborated with the Department of Media Communications to develop stories about postgraduate research education in MTU. Research can sometimes seem intangible and indefinable, so through this collaboration we aim to paint a picture and provide insight into the what, the why and the impact of research education.

social problem or an environmental problem, it may have economic and social impacts for the local community.”

Often, research students from the School of Building and Civil Engineering will spend time in these communities, visiting harbour sites and buildings, interacting with workers at water plants and gaining knowledge beyond their project alone.

The School of Building and Civil Engineering works on a number of European projects and carries out research for various industry bodies and departments of the Irish Government. Their results can impact public policy and planning, or generate entirely new ways of thinking.

For researchers to achieve these outcomes however, the elephant in the laboratory is money: where to get it, how, and how much. “Securing funding is absolutely essential if you’re going to build a sustainable research programme,” Dr Harrington says, “there are no two ways about it.” Many research projects at the School of Building and Civil Engineering are internationally funded, by the EU or other bodies.

“Funding effectively pays the student, it gives the student a stipend to do the work and provides the money necessary to complete their research, it gets them to conferences for example” he says. MTU offers research scholarships that enable students to undertake questions and programmes

“where there isn’t funding readily available nationally, when the work is relatively new, or the researcher is new.”

Dr Harrington understands these scholarships as symbiotic to innovation, to building new research and supporting those who wish to undertake it. It creates sustainable pathways for young researchers and allows them to focus on the task at hand, not whether there is enough money to achieve it.

There should be no barriers - especially financial - to research, as long as someone meets the basic criteria to enter the programme. Dr Harrington says: “research is about questioning, a student needs to be open-minded and inquisitive and from there, the rest will come to them.

“Academic intelligence is a given, but emotional intelligence allows students to work and empathise with a team, understanding that the practical skills learned are as important as ‘soft’ skills like communication.

When a student leaves MTU, that student comes out as a much more rounded individual, one who has developed personally and professionally over their research journey.

“There’s nothing better for your confidence than standing up at a conference somewhere in Europe to do a presentation in front of 200 people who are experts in their field, for example,” Dr Harrington

says, painting a picture that is seventy-three percent of the population’s biggest fear.

Presentation skills go deeper than just how to compile slides and the practical skills students learn also teach life lessons that go beyond their research questions, like how to overcome fears of public speaking, or how to get out of your comfort zone.

While students learn to push through hard times, the times Dr Harrington describes as “when you don’t think you can see the wood for the trees,” it is passion and an open mind that will get them through. Even if those trees are a crowd of two-hundred experts at a European conference, it is their love for their research that will get students through.

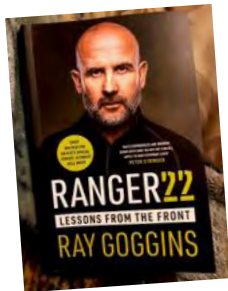


Academic intelligence is a given, but emotional intelligence allows students to work and empathise with a team, understanding that the practical skills learned are as important as ‘soft’ skills like communication.



If you are interested in pursuing a postgraduate programme at MTU, contact: graduate.studiescork@mtu.ie

Flynnner's Flying Column



I have always been an avid reader of books. Literature is a treasure to have and behold, and it acts as therapy for the brain in a world that has become over-digitalised. Nothing beats a trip to a bookshop or library; they are simply treasure troves.



By James Flynn

One great book I purchased recently that I am going to recommend is Ranger 22:

Lessons From The Front, Ray Goggins (Gill Books). Having achieved fame and acclaim as Chief Instructor of RTÉ's Special Forces: Ultimate Hell Week, Ray Goggins served in the Irish Defence Forces with the Irish Army for 25 years, 17 of them in the elite Ranger Wing, serving with distinction in war zones and inhospitable areas across the world. Now working as chief director of Coreskill which works with various corporate bodies in specialist roles, Ultimate Hell Week certainly put a variety of celebrities and sporting heroes through greater limits than they could have ever imagined, but it was all for charitable causes as well as illustrating how one can never know what they can achieve until they put their minds to things.

Which is what the book is all about. Ray Goggins applied his experiences and broke them down into core values and qualities that can be transformed into a mindset which can be used to handle any madness life has in store for anyone. The greatest life lessons of how to control fear, react calmly and positively and create a baseline from which to act are all illustrated there, and Ray takes us through his story explaining how both his military career and his personal life have been both instrumental in making him the incredible figure and mentor that he is today.

And when any student reads this, they will learn that the lessons from this book can relate to their own experiences and expectations on the college front. College life is not easy, but applying the lessons from Ranger 22 will give them a sense of perspective and application that will make such a life more manageable and keep them on the right track. And the story is told with elements of humour as well so the sense of entertainment is not lost on the reader either!

Highly recommended. (Ranger 22: Lessons From The Front, Ray Goggins (Gill Books) can be purchased in all bookshops, €16.99.)

WOTS DA CIT-UATION DERE?

I once stated about Russian President Vladimir Putin that the only good thing about him is that he has all the trappings and appeal of a Bond Villain about him. And right now, he has been living up to that nefarious reputation of his through his brutal and impartial invasion of the Ukraine launched on February 24th this year.

Having managed to slowly dismember Ukraine first through annexing the Crimea in 2014 and then encouraging the breakaways of the Donetsk and Luhansk Republics at the start of the year, Putin then amassed invasion forces so to warn Ukraine, Europe's Breadbasket, to cease and desist from forging closer ties with the EU, US and NATO, also warning the aforementioned Western forces to keep out of Ukrainian affairs. The answer was always going to be no, and thus the Russian ruler, assisted by Belarus, sent in his troops, tanks and jets, laying waste and destruction to Kyiv, Kharkiv and many other Ukrainian cities and creating a humanitar-

ian crisis for Europe as over half a million refugees fled to neighbouring European Countries. Ukraine has not shown itself short of defiance as tens of thousands of Ukrainian ex-pats return to their war-ravaged nation to help the Ukrainian Forces in defending their homeland as Ukrainian President Volodymyr Zelenskyy has made his dignified and redoubtable calls to his people and the outside world.

The West have retaliated against Russia by imposing heavy economic sanctions and barring her from participation in practically everything sporting and cultural, effectively isolating the Motherland from the rest of the world. The Russian Oligarchs have felt the impact from this. Meanwhile, people all over the world, including Ireland, have rallied to help the poor unfortunate Ukrainian refugees through fundraising and donation, and via demonstrations against Putin's war. Many Russians do not approve of the war, not least due to the impact of sanctions it has had

on them now, and many thousands have taken to the streets of Moscow and St Petersburg at great risk against national security there. If China will have not thrown in its lot in full support of Russia or, worse, Putin will not have launched his nukes as he menacingly threatened, then we will be very lucky.

I could go on and on, but this is all the reason why we should be very, very lucky indeed that we are under the shelter of Ireland, Great Britain, The European Union, The United States, Australia, New Zealand, Canada, Japan and NATO, because bad, duplicitous and downright hypocritical and cynical as all these nations and blocs have become, they will always make the correct stand for humanity in its hour of real danger. And it is a far better alternative than being under the thumb of Russia, China, and many other rogue states across the world, who may masquerade as role models and leading nations but are ultimately quick to revert to type when their ruthless desires manifest themselves. God, we could do with a Daniel Craig 007 for real to save the world right now...



HAPPY DAYS DERE!

Double Bank Holiday for St. Patrick on March 17-18th, it will last four days so here's to lots of celebrating!

MEND YER WAYS DERE!

Plans for developers to desecrate the beauty spot of Gougane Barra by building windfarms nearby given the green light by An Bord Pleanála, despite non-recommendations from Cork County Council, TDs and many other bodies. Please sign the petition on www.change.org: Save The Peace And Tranquility Of Gougane Barra For Future Generations, share the petition, and donate where you can.



The MTU Wellbeing Hub



Your Journey, you choose

About Us

The 'MTU Wellbeing Hub' is a new initiative in MTU to support students on their journey through higher education.

The Wellbeing Hub will share health and wellbeing content for students in the form of engaging podcasts and videos on areas of health and wellbeing.

We are creating monthly podcasts dealing with many topics such as taking care of your mental wellbeing, positive sexual health and many more to come!

Available on Buzzsprout, Spotify, iTunes, Castro and Podfriend.

Get Involved

Would you like to get involved in our podcast?

Feel free to contact us
@ TheMTUWellbeingHub@mtu.ie

We'd love to hear your thoughts!



[Instagram](#)



[buzzsprout](#)



[spotify](#)

Check out the links above for much more!

Make sure to check out our Instagram for competitions, short videos and give us a follow!

As you journey through MTU try these 5 ways to wellbeing!





MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

NOW HIRING STUDENTS

Applications for **Student Leaders** and
Good Start Ambassadors for 2022/
2023 now open!

DO YOU HAVE EXCELLENT COMMUNICATION
SKILLS? ARE YOU OUTGOING, PROFESSIONAL,
HELPFUL AND ABLE TO WORK AS PART OF A
TEAM?

THEN WE WANT YOU TO APPLY!

SCAN ME



Find out more and apply online today by visiting
www.mycit.ie/hiringstudents

Applications open
14th Feb- 21st March

WATCH OUR SHORT PROMO VIDEO HERE!



MOMENTS

PHOTO

CONTEST

Open to All Students & Staff

#takeamoment

**CLICK HERE
TO ENTER!**

WIN
€1000
worth of
prizes



Canon DSLR



Photo Printer



Fujifilm Instax



iPad

**CLICK HERE
TO ENTER!**



CLOSING DATE: 16TH MARCH

WINNING ENTRIES WILL BE FEATURED IN THE NEXT ISSUE WITH ONE LUCKY WINNER CHOSEN FOR THE FRONT COVER. GET ENTERING!

Societies - A Creative Space

Artistic thinkers across MTU are gearing up for a series of exhibitions organized and run by Societies over the next two months. Societies are known for their reputation of fostering community, inviting expression and creating connections and these shows are emblematic of that message and focus.

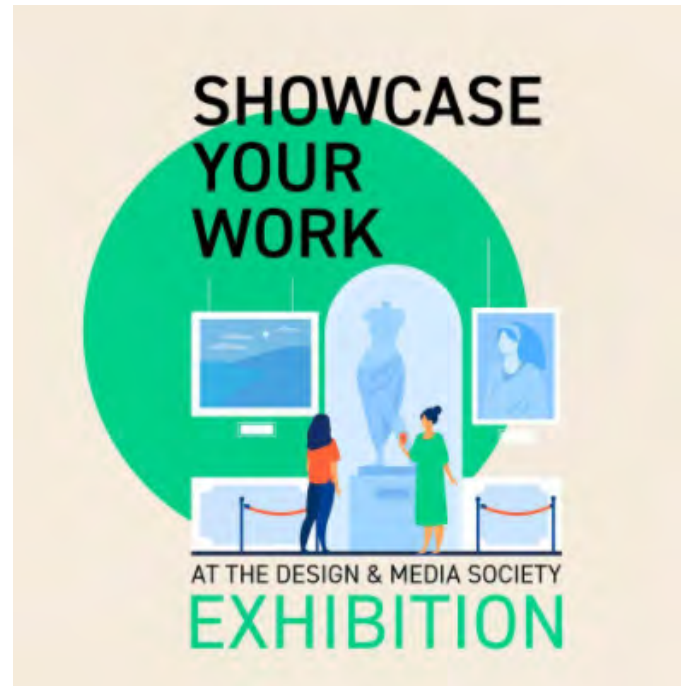
They're a great opportunity for any student to learn about exhibiting work, connect with other creatives and possibly even win some big prizes.

Design & Media Society Group Show

Theme: "Community & Unity"

Design and Media Society are delighted to invite submissions from all students to their inaugural group show, themed around community and unity. All students with an interest in design, media and visual art are welcome to join the society and submissions are open until the 16th of March and the exhibition will be held early in April on Bishopstown Campus.

Email: designmedia@citsocieties.ie for more information.



Societies: Connecting in Colour



Open Call to members of ALL SOCIETIES

Organised by the Societies Office, this show will highlight the spectrum of events, personalities and collaborations that make the societies community so diverse, interesting and welcoming. Members of all societies are encouraged to submit artwork, graphic design

and photographs that embody the title of the show, 'Societies: Connecting in Colour.'

Selected works will be printed professionally A3 and mounted and the artists will be given the prints following the exhibition, which will run for the month of April in the West Atrium on Bishopstown Campus.

Students can submit interest [here](#) or email: sarah.kelly@mtu.ie

If this article has piqued your interest in Societies, why not learn more by registering on the Societies Portal; socsportal.cit.ie and browsing our entire range of Societies.

With creative, performative, competitive, community and academic societies there's sure to be something for all tastes. You can also follow us and drop us a line on Instagram and TikTok, @mtusocietiescork.


MTU Mature Student Society Art Competition

The MTU Mature Student Society is holding an art competition this semester. We have some wonderful sponsors who have come on board to donate prizes, Bank of Ireland has given us cold hard cash, the Crawford Art Gallery have given us some beautiful books, and Cork Art Supplies have given us the most gorgeous marble colours and A3 drawing board.

We are holding an exhibition of all the entries from 26th-28th April. If you are feeling creative, and fancy winning some of our loot along with some good exposure, then send us an email at: maturestudents@cit Societies.ie to register!

Our theme is "Old School" and you can submit anything that takes your fancy. Entrants must be mature students and can be studying on any of the MTU campuses.

Best of luck!

IN ASSOCIATION WITH
BANK OF IRELAND 

MTU 

**MTU MATURE STUDENT SOCIETY
ART COMPETITION
2022**

**Submissions by 31st March
Exhibition 26-28th April**

**EMAIL
MATURESTUDENTS@CITSOCIETIES.IE
TO REGISTER OR FOR MORE INFO**

Prizes kindly sponsored by:

 CORK ART SUPPLIES	 BANK OF IRELAND	 CRAWFORD ART GALLERY
1ST PLACE: €150 & BOOK	2ND PLACE: €100 & BOOK	3RD PLACE: €50 & BOOK

**JOIN A
SOCIETY IN
2022**

GO TO MYPORTAL.CIT.IE/SIGNUP.PHP



OR SCAN THE QR CODE!

**MAKE FRIENDS, LEARN
SKILLS, HAVE FUN!**

Would you like your Sports club or Society to be featured in a future issue?

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

Sports Purcell Shield Winners!

[CLICK HERE FOR MTU SPORTS ONLINE!](#)



the MTU Cork Campus Camogie team who successfully defeated University Limerick in the 2022 Purcell Shield in Mallow GAA recently.

The sides were deadlocked 4:16 (MTU) to 6:10 (UL) after extra-time and it went to penalties to decide the destination of the trophy for 2022. There was still no separating these two excellent teams after 6 round of penalties – but when the 7th UL penalty was saved brilliantly by Saoirse McCarthy – up stepped Roisin Dunphy to slot home the winner.

On balance it was no more than MTU team deserved and so congratulations to all those involved.



What happens in MTU when you score the winning Penalty!

Are you stressed? Feeling overwhelmed? Feeling low?

There have been a lot of changes for us all in recent weeks with the lifting of restrictions, a new semester, new timetables, commuting, maybe spending more money than before, more socialising etc. While these things can be great and exciting, they can also be overwhelming, confusing or leave us feeling low and lonely. This is not uncommon and, in many ways, to be expected, but experiencing these feelings long term can impact on our academic and work performance, our relationships and, most importantly, our own well-being. One way of looking at these issues and building skills and awareness to improve our wellbeing is by using an online support, such as Silvercloud.

What is Silvercloud?

Silvercloud is digital mental health platform that has recently become available to students and staff of MTU. It provides eight programmes based on differing mental health worries that you can explore anytime, anywhere at your own pace. It is completely anonymous and confidential and allows you to learn about and find ways of managing the issues that are most significant to you.

What if I have questions or need more support?

As always, if you have any questions or need more support in any of the areas listed above, don't hesitate to contact us in student counselling by email at counselling.admincork@mtu.ie or check out our webpage at

<http://www.mycit.ie/counselling>

See what other supports are available.

Ok, sounds good, what's the first step?

At this moment, there are many students and staff using Silvercloud to improve their sleep, resilience and body image, among other issues. Click on the link above to log onto the student or staff site and do the 'wellbeing quiz' to see which programmes would be best. Then make a cup of tea, put your feet up and start the programme you feel is right for you. Enjoy!



What programmes are available?

Eight Silvercloud programmes are currently available to students and staff of MTU. These are:

- Space from Stress
- Space for Positive Body Image
- Space for Resilience
- Space for Sleep
- Space from Alcohol
- Space from Money Worries
- Space for Mindfulness
- Space from Covid-19

How do I access Silvercloud?

Students can access Silvercloud at

<https://mtu.silvercloudhealth.com/signup/>

Staff can access Silvercloud at

<https://mtustaff.silvercloudhealth.com/signup/>

Does it work?

Silvercloud research shows that 68% of those who completed a programme showed significant improvement in that area. You can also track your own progress as you go to see where you're making improvements.





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

**For your chance to
WIN €30 cash!**

[CLICK HERE TO ENTER](#)

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



Last issue's winner: Ailis Ward



Ballincollig
CREDIT UNION LIMITED
Pure financial freedom

**STUDENT
LOAN**



bcu.ie



021 -
4872305



loans@bcu.ie



Loans are subject to approval. Terms & Conditions apply. Ballincollig Credit Union is regulated by the Central Bank of Ireland

