

explicit

MTU STUDENTS' UNION MAG



MTU CORK
STUDENTS'
UNION

ACTIVE* CONSENT
PROGRAMME

MTU GRADUATION
PHOTOS 2022

MTU CORK SU
TAKES EUROPE

UNDERSTANDING
DUNGEONS & DRAGONS

POSITIVE BODY & MIND WEEK

MON 14TH - THURS 17TH NOV



J1 USA '23 now open

make sure you
were there

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J1ONLINE.IE

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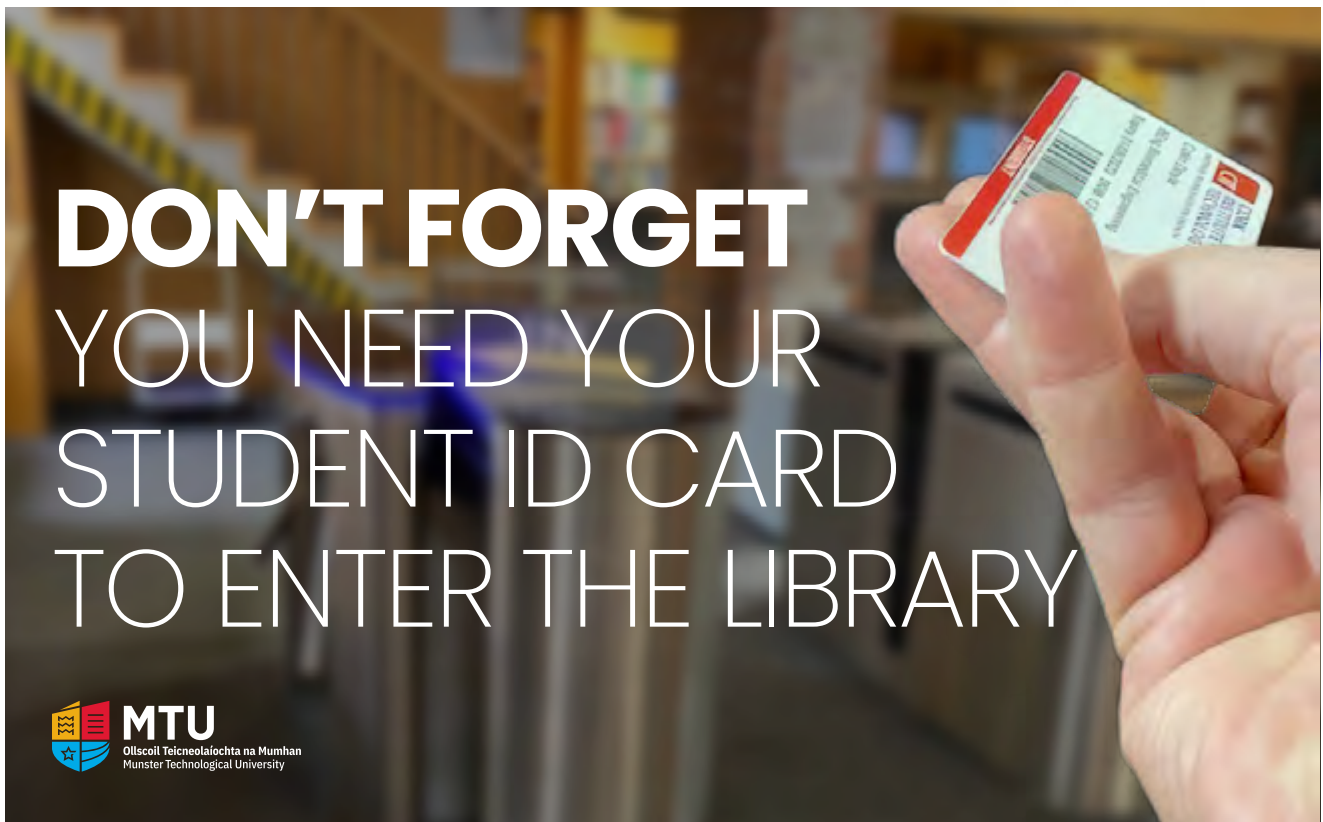
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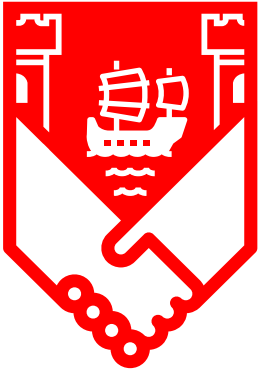
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FRISK SIN LIT C

[MTU Cork Students' Union



MTU Cork Students' Union Annual Class Rep Training took place on Thursday the 20th of October, there were more than 80 Reps in attendance who were eager, engaged, and keen to work and learn from others. The day as a whole was extremely positive and deemed a massive success by the SU Executive team, who are excited to organise more in the future.

The day began on the Bishopstown campus at 7:45am where Class Reps met at the flagpoles to the front of the Admin Building, the bus went from Rossa Avenue at 8am to arrive at the Rochestown Park Hotel at 8:45am allowing the Reps 30 minutes to prepare for the day ahead with many grabbing teas and coffees!

The event kicked off at 9:15am, where SU President Isobel Kavanagh addressed the Class Reps about the Students' Union, an overview on the tasks and roles and the overall structure of the Union from the top down. It was extremely insightful for the Reps as they gained more knowledge of the running of the Union. This concluded at 10am, where the Reps went into teambuilding and icebreaker games with Oisín, the VP Education, who brought them through various icebreaker games and walking debates! This section finished up at 10:30am where the Class Reps were given some more teas and coffees along with some lovely pastries all going down a treat!!

At 11am, Oisín worked on the Class Rep Role, going into details about the roles and situations which may arise during the year ahead. Followed by this, former VP Education Cian O'Driscoll addressed the Class Reps about the role and what is involved as well as what can be expected and gained from the position. Situation based training using scenarios were used to promote critical thinking and teamwork to solve problems and it had a great benefit and got the minds thinking before lunch at 1pm.

After lunch Aoife Kelliher, Societies' Officer, got things back underway exploring the benefits to Societies at the University and also the impact of positive experiences in spaces surrounded by similar and like-minded people but also not being afraid to take a 'leap of faith' from the norm and be who you really want to be. Kelda, the VP Welfare followed Aoife up as she looked at the Welfare campaigns to date and the ones coming thick and fast

down the line. It was very insightful and also made Class Reps feel included by voicing their ideas, and having their input in the planning of some of the events. Kelda finished up around 4:15pm where she was followed up by Student Services Officer, Keith Ricken, an acclaimed public speaker in GAA circles as former u20 Football All Ireland winning manager with Cork as well as former Senior Football manager. Keith explored his growth as a person and the opportunities which were afforded to him by working in such a positive, diverse, and ever-growing community we have at MTU.

He explored his work experience of over 20 years at MTU, while also his own opinions and how they have changed and developed through the fantastic people he has worked with but critically the students he has met who helped have shaped some of his opinions. His speech was motivational, educational, and funny all in one, with a take home lesson for some Reps to be 'never buy clothes off a naked man'.

Following Keith was a mammoth task however Jonathan McCarthy, IT Services Manager, did an excellent job giving an educational but engaging talk about the IT services throughout MTU and key information that will benefit the Class Reps in their roles going forward. Some Reps flagged this as their favourite as they felt very included on important knowledge about the advancement of IT at MTU.

We finished off with Jonathan and had dinner in the restaurant of the hotel, before heading to the Mardyke for a group game of bowling and pool which was very enjoyable for all involved. Overall, it was a massive success and the Students' Union team were delighted to have the numbers and engagement at the event!

Thank you, to all the speakers who spoke and to all the Class Reps who came along, we wish you all the best in your roles for the academic year.



Elite Gym

Bookings Only

To book in email elitegymcork@mtu.ie

You will not receive a reply but you are booked in if your booking is within the opening hours & you are a member of an MTU Club or you are a Scholarship Student.



GET FIT WITH MTU GYM CORK

MONDAY-FRIDAY

7:00am - 9:00pm

SATURDAY

9:00am - 4:00pm

NO ID NO ENTRY

First time users of MTU Gym will need to register their staff/student card.

Please ask instructor on duty.

FITNESS CLASS SCHEDULE

Monday

Circuits // 7:15 - 8:00am // Sports Hall w/Fintan

Tuesday

Spinning // 7:15 - 8:00am // Elite Gym with Andrea

Pilates // 1:00 - 1:45pm // Stand Studio with Yvonne

Wednesday

Bootcamp // 7:15 - 8:00am // Elite Gym with Nathalie

Yoga // 1:00 - 1:45pm // Stand Studio with Sinead

Pilates // 5:00 - 5:45pm // ZOOM with Yvonne

Circuits // 5:00 - 6:00pm // Sports Hall with Fintan.

Thursday

Spinning // 1:00 - 1:45pm // Elite Gym with Andrea

Yoga // 1:00 - 1:45pm // ZOOM with Sarah

CLASS PASS 6-WEEK BLOCK	STAFF	STUDENT	PAYG STAFF	PAYG STUDENT
CIRCUITS	FREE	FREE	FREE	FREE
SPINNING & BOOTCAMP	€20	€12	€5	€3
PILATES & YOGA	€20	€12	€5	€3
PILATES & YOGA (ONLINE)	€20	€12	€5	€3

UPFRONT PAYMENT MUST BE PAID BY FRIDAY 11TH NOV
CASH/MTU CARD PAYMENT ACCEPTED

POSITIVE MON 14TH BODY & MIND WEEK TO THURS 17TH NOVEMBER

MON

BodyWhys

Info stand on eating disorders
Main Corridor // 11am - 2pm

Protein Bar Promotion

Main Corridor // 12 - 2pm

Basics of Nutrition and Training - Eric Marah

Meeting Room 2 // 1 - 2pm

The Types of Sex You Might Have at College

Rory Gallagher Theatre
Two showings // 11am & 3pm

Student Counselling Service

Main Corridor // 10am - 2pm

Feel Good Film - The Perks of Being a Wallflower

Common Room // 5 - 7pm

TUES

Rumley's Pet Farm

Main Circle Area // 11am - 3pm

Open up about Mental Health - Jennifer Barry

Meeting Room 2 // 1 - 2pm

Mel Murphy Medium - Angel Card Readings

Main Corridor // 12 - 2pm

Remembrance Tree

SU Stand Main Corridor
11am - 3pm

Student Counselling Service

Main Corridor // 11am - 3pm

Feel Good Film

- Little Miss Sunshine
Meeting Room 1 // 5 - 7pm

WED

Indian Head Massages

Main Corridor // 12 - 3pm

Yoga Classes

Stand Studio with Sinead
1-1:45pm

Affirmation Station

SU Stand - Main Corridor
12 - 2pm

Pepsi Max Promotion

Outside Library // All Day

Feel Good Films - Inside Out

Meeting Room 1 // 5 - 7pm

THURS

Yoga Classes

Zoom with Sarah // 1 - 1:45pm

Bladez Haircuts

Main Corridor // 10 - 2pm

Free Ice Cream

Outside Library // 12 - 2pm

Feel Good Films - Good Will Hunting

Meeting Room 2 // 5 - 7pm



DAILY EVENTS

Personal Training Competition - Daily prizes & overall prize for the week of 6 weeks PT.

Main Corridor // 1 - 2pm

Smoothie Truck

Outside Library // All Day

Worry Doll Giveaway

SU Stand - Main Corridor
11am - 3pm

Golden Ticket Lucky Dip - Prizes to be won

SU Stand - Main Corridor
All Day

Feel Good Films - Snacks included

Common Room/Meeting
Room 1 & 2 // 5 - 7pm

ACTIVE* CONSENT

PLAY DATE / TIME / LOCATION

14/11/22 **MTU Bishopstown Campus Cork**
 11am & 3pm **Rory Gallagher Theatre**
 Admission **FREE**

In the past we ran a series of online workshops but this year we have taken a different approach and made it available on Canvas, allowing you to set your own pace and at your own comfort level. For those of you who have not yet completed the module, it is available [here](#). You will then have the opportunity to consolidate this learning by undertaking a further eLearning module, [“Sexual Violence and Harassment: How to Support Yourself and your Peers”](#), for which you will receive a certificate of completion.

We are aware that consent messaging needs to be constant and consistent and we have been engaging with the Students’ Unions to support their efforts at every opportunity. Thanks to our colleagues in the Arts’ Office, we are availing of the University of Galway’s tour [“The kinds of sex you might have at college”](#), a play about **WHAT** you want, **HOW** you want it, **IF** you want it **AND** what happens when you don’t.

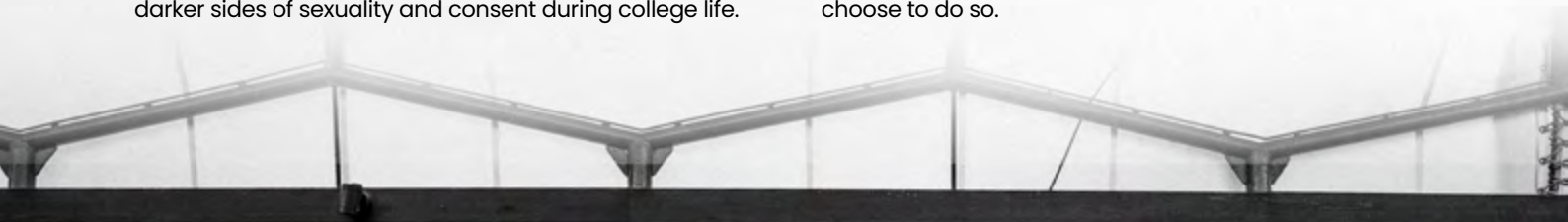
Performed by an energetic ensemble of actors who play multiple roles, this original play brings audiences through a range of situations and stories that they may encounter as they explore the joyful and occasionally darker sides of sexuality and consent during college life.

Active* Consent is a programme developed by NUIG, now University of Galway, based on their research into young people’s sexual experiences and attitudes towards consent. The Department of Further & Higher Education has mandated that third level institutions throughout the country deliver this to all incoming first year students.

Tackling experiences from across all genders, all relationships and all sexualities (or as many of them as they could fit into one hour), “The kinds of sex you might have at college” combines humour, satire and drama to share diverse experiences. This can further equip audiences with a more proactive understanding of consent to apply to their future sexual encounters as well as out in the world as possible bystanders to sexual violence and/or harassment. Cognisant that the content may be triggering, we will have a member of our Counselling team present at both performances and a list of all in-house and external support services is available [here](#).

Tickets are free and numbers are limited so we would advise that you register on [Eventbrite](#) as soon as possible to secure your place!

In the meantime, if you ever want to make disclosure of any type of abuse, assault or bullying, but would prefer to do so anonymously, you can do this using our [Speak Out](#) reporting tool. This will also provide a list of supports appropriate to the type of disclosure, and information on the pathways to formal reporting should you then choose to do so.



ACTIVE*
CONSENT

THE KINDS OF SEX YOU **MIGHT** HAVE AT COLLEGE



A PLAY ABOUT:

WHAT YOU WANT, **HOW** YOU WANT, **IF** YOU
WANT IT AND **WHAT** HAPPENS WHEN YOU DON'T

Hosted at MTU's Cork campuses by MTU Arts Office;
MTU Equality, Diversity & Inclusion Office; and MTU
Cork Students' Union

Rory Gallagher Theatre

D-Block, MTU Bishopstown Campus

Monday 14 October

11am & 3pm

TICKETS and full details on eventbrite -
scan code for direct booking link:



[@activeconsent](https://www.instagram.com/activeconsent)

CONTENT WARNING: THIS PLAY CONTAINS LANGUAGE OF
A SEXUAL NATURE AND THEMES OF SEXUAL VIOLENCE.

[consenthub.ie](https://www.consenthub.ie)



Graduate in International Business – Students' Union Welfare Officer Kelda Mac pictured with Aine Ni She (Registrar & Vp For Academic Affairs) and Prof. Maggie Cusack (President of MTU)

PHOTO BY BARRY O'SULLIVAN



Graduate in International Business w/French – Students' Union President Isobel Kavanagh pictured here with her mother Liz O'Donovan and brother Tiran Kavanagh.



Masters graduates in mechanical engineering Evan Enright, Ballinhasig, Brian Galvin, Aghada, Eoghan O'Sullivan, Glanmire, Josh Sheahan, Mallow, Ciarán Daly, Ballincollig and Eoin Garrihy, Barefield Co. Clare at the MTU Bishopstown campus graduation ceremony.*



Graduates in business Jason McGrath, Glanmire, Matthew Pierce, Youghal, Dylan McCarthy, Blackrock, Dylan Terry, Glounthaune and Conor Ross, Guurranabraher at the MTU Bishopstown campus graduation ceremony.*



Graduates in hospitality studies Phelim Mannion, Blackrock, Aleksander Osmowski, Macroom and Eoin O'Donovan, Cobh at the MTU Bishopstown campus graduation ceremony.*



PHD graduate in Economic Geography Conor Harte – Kinsale, Kieran, Leagh, Luca, Marlena and Dora Harte at the MTU Bishopstown campus graduation ceremony.*



Graduates in Accounting Michael O'Donovan, Douglas, Ciara Hosford, Mayfield, Aoife Kiely, Douglas and Samuel Opoku, Louton at the MTU Bishopstown campus graduation ceremony.*



Graduate in Sports & Exercise - Students' Union Education Officer Oisín Gahan pictured here with his parents Paddy and Janet Gahan.



Graduate in Applied physics and instrumentation Ryan Shepard and Abigail Shepard, Cobh at the MTU Bishopstown campus graduation ceremony.*



Graduates in culinary studies Rachel Geaney, Donoughmore, Isobelle Swanton, PassageWest, Rachel Gallagher, Carrigaline and Emily Conway, Fermoy at the MTU Bishopstown campus graduation ceremony.*



Bach business hons graduates Pia Stavrianos, Cobh and Loren O'Driscoll, Mayfield at the MTU Bishopstown campus graduation ceremony.*



Graduates in Nutrition and Health Science Caroline Hallahan, Innishannon, Stephanie Cannon, Amy O'Brien, Annie O'Shea and Eimear Creedon, Blackrock at the MTU Bishopstown campus graduation ceremony.*

DUNGEON & DRAGON

Dungeons and Dragons, commonly known as “DnD” or “D&D”, is a fantasy tabletop role playing game (RPG). First founded in 1974 by two American guys named Gary Gygax and Dave Arneson.

By Emma Muldoon-Ryan

DnD is extremely wide, and although I've been playing and watching it for around five years now, there are many things I've yet to learn about it.

In every game of D&D, there is one Dungeon Master (DM) and any number of characters, but there will typically be between 3 and 6 people. The DM's job is one of the most important and any DM should be highly respected. Not only are they the builder of this whole new world, they have the option to delve into religion, deities, politics, hierarchies and laws. They control the friends and the foe of your team.

CREATING THE COMMUNITY

The amount of choice in a character is crazy. When you create your character, you make what is called a character sheet. In this, your character, as a whole, is laid out. Firstly, you choose one of your 14 options. These include your healers, damage dealers and magic wielders. Each choice you make will determine the damage you can take on and deal yourself. If you are a bard, you have a natural advantage in charisma, if you are a rogue, dexterity would be your natural advantage, and so on.

Moving onto your race, we enter into the fantastical world of Dungeons and Dragons. There's an astronomical 42 races in the 5th edition (5e) of D&D. There are a few different editions of D&D, the only thing

that separates them is their year of publication. 5e is currently the latest edition.

Many would stereotypically associate Dungeons and Dragons with people who are perceived as “bottom-of-the-barrell”, socially awkward people, as well as the Netflix hit show “Stranger Things”. Stephen Lynch's “D&D” paints players as virgin Zeppelin listeners who take reference from the likes of “The Lord of The Rings”, in a satirical tone. This isn't so much the case now.

Although, in saying that, a strong admiration must come from the creation of D&D. The original players may not have been good at sports, or socially accepted, so D&D was the creative escape. When they would get together with like minded people, they could create this version of themselves that was strong and powerful, who had the opportunity to rise up the ranks for morally good or evil purposes.

D&D has so much choice within it, and therefore easily welcomes all walks of life into it. There are no barriers to D&D. There is no way in gatekeeping D&D.

ROLE CRITICAL

In March 2015, the first campaign of “Critical Role” premiered on Geek and Sundry's Twitch account. In 2018, they announced their own Twitch and YouTube channel, and split from Geek and Sundry in 2019. Not

MS MS

only did they stream the 4 hour sessions weekly, they expanded further into their own mini talk show called "Talks Machina", after their team name of "Vox Machina".

They are currently the highest paid Twitch stream in the world with \$9,626,712 in 2019. Although they stream less often than others, an average of 36,000 people show up to watch them play Dungeons and Dragons live. Those who watch "Critical Role" are dubbed "Critters".

This silly little board game that was created out of fun and good spirit has done so much more than brighten people's lives, it has changed people's lives. Being the creators of the new generations, we have so much power in how we can positively influence people and their lives. As creators, innovators, influencers, we have that possibility to create something that we may think is small and make the world's difference to someone now or in the future.

FLYNNER'S FLYING COLUMN

By James Flynn

Hope all is keeping well with all my pals in MTU-Cork SU. As we recover from the Jazz, get ourselves snug for the winter now the rain and cold has returned and countdown how many British PMs to go till Christmas, here is the spiel regarding the situations around us.

ANIMAL WELFARE

I spoke about this in the past, but Animal Welfare organisations need as much help as they can get as they become more and more hard-pressed with funding and resources along with the ever-increasing number of animals taken into their care.

There are many bodies who do much outstanding work for both domestic pets and wildlife in both Cork and across the country. Cork DAWG have stood out in particular, both with rescuing and homing abandoned, abused and surrendered dogs and sending its members out on the streets and into the markets and malls to fundraise and deliver awareness to the public, with many of their four-legged friends accompanying them to add public appeal! Meanwhile, up in Kildare, My Lovely Horse Rescue have worked tirelessly to ensure that no animal will ever have to suffer and they have been overstretched recently with as many as 1000 animals in their care at present. Galway SPCA have also been exemplary, especially with the number of abandoned lurchers and greyhounds whose suffering is thanks to the soft-touch regulation of the greyhound industry assisted by State ineptitude. Waterford Animal Welfare also have their members out at all hours assisting for the good cause they represent, and all dependent on charity donations and fundraising.

But bodies who specify on our wildlife have been making their marks too in recent years. Wildlife Rescue Cork have been out and about looking after our swans, foxes, hedgehogs and many other wild creatures which add to the biodiversity of our country. This is merely one of many wildlife welfare groups which put in the toll for the importance of nature. And another organisation which deserves a huge



mention is the Barn Owl Project, which does unbelievable work across the country in ensuring that the beautiful Barn Owl, such an icon of Ireland at night, will continue to have its population flourish in sustainable numbers. Not to mention Bat Rehabilitation Ireland, which operates in the safeguarding and welfare of Ireland's bat population – and at the same time, teach us that bats are actually cuter and cuddlier than you think!

So if you have spare time, get involved with these bodies, be it fundraising, volunteering, donating or whatever they require; our birds and animals, be it wild or domestic, have so much to give back in return. And you never know what opportunities might emerge that could be valuable to you as you continue your college year!

DA FULL MUNSTER DERE...

With November settling in, it is good to have the United Rugby Championship to watch on RTE and TG4 as we watch Munster Rugby take on the best of talent on these dreary days and dark nights to get to the European Champions Cup and achieve glory come the start of the coming summer. Therefore I am going to tell you another nostalgic tale from yesteryear, back to the 2000's when we had Mighty Munster try, try, try again.

Starting in 1995 as the Heineken Cup, Munster, like the other provincial teams, were given a place in the competition. Its popularity grew throughout the late 90's and I remember first fully watching the tournament during 1999/2000 when head coach Declan Kidney, with the talent of Ronan O'Gara, Peter Stringer, Anthony Horgan, Donnacha O'Callaghan and the late, great Anthony Foley to name but a few led Munster to the final; I remember my younger self watching in my

bedroom TV over some Rock Shandy and Salad Rolls them games and a Santa Claus make an April appearance at Musgrave Park! There was a good crowd in the pub as Munster were narrowly beaten by Northampton in the final by 9-8. Nevertheless, the ideas of the province was transformed and with Ireland rising from the doldrums to become serious players in world rugby, Munster's tale would be a module in what took Irish sporting banter into the 21st century.

This was confirmed during that forgettable month of May 2002. While the whole country was tearing each other apart over the Saipan fiasco, a far bigger army of Munster fans put differences aside to support The Red Army against Leicester in the 2001/02 Heineken Cup final that month, only to be cheated of victory thanks to the "hand of Back" that was overlooked and ensured that Munster would return empty-handed. Kidney promised the Munster faithful that Munster will win the Cup some stage.

After a mixed few years, Munster made it to the 2005/06 Cup Final, defeating emerging rivals Leinster in the semis. Staged in the Millenium Stadium, Cardiff, Munster won against Biarritz with Peter Stringer becoming the Stinger that brought the Cup home to Limerick and Cork amid rapturous crowds (I being among them) and celebrations. The support, both travelling and home, had transformed to the extent that some speculated that rugby might become the new soccer in this country (well with Irish soccer going from one FAI-asco to another at the time)! Try, Try, Try Again paid off.

2007/8 saw Munster win the Heineken Cup a second time, and in turn Irish Provincial Rugby was

now clearly an established feature in Irish sport. Also, Thomond Park got redeveloped accordingly. However it would be only a matter of time. Declan Kidney would depart to become Ireland Head Coach, winning the 2009 Grand Slam for the nation with the Munster contingent playing their part. Leinster's players also made their strides and Munster would become yesterday's heroes that May when Brian O'Driscoll avenged Leinster's 2006 defeat by scoring that try that left Munster a mangled wreck in the 2008/09 Semis in Dublin, Leinster winning the Heineken Cup and establishing its dominance for the next few years.

Them times always ensured many a Super Saturday either in the pub, on the street or on the terraces. The faces from them glory days may have moved on, but the inspiration from these times live on, punctuated in total strength when Anthony Foley, then Head Coach passed away in the line of rugby duty in Paris in 2016.

The poignant tribute paid to Axel in Thomond reinforced what Munster, and indeed Provincial Rugby, has done for so many and this remains so with the atmosphere that these games generate, be it Thomond, Musgrave or travelling further afield. So with the successful MTU merger, and not to mention the Rugby academies that generate new Munster Rugby blood on campus, who would be up for the student bodies in both colleges to organize trips to Stand Up And Fight? After all, Declan and his boys did prove one point - To The Brave and Faithful, Nothing is Impossible!

Great Sport Altogether!

SOCIETIES

Societies are a great space for creative, enthusiastic students to grow their ideas and seek people with similar interests.

Societies are student-led, which means the ideas and the planning come from Student Committees, who are funded and supported by the Societies Office.



SPOTLIGHT ON AOIFE WALSH

FOUNDER OF MTU LEGO SOCIETY



THANKS FOR AGREEING TO CHAT WITH US! COULD YOU TELL ME WHEN YOU DECIDED TO FORM YOUR SOCIETY?

I decided I wanted to form a LEGO society about a week into first year. I got very involved in societies day one and was ready for more but I wanted to wait till I had at least a year of experience on a committee before jumping straight in.

WHAT DO YOU THINK IS SPECIAL ABOUT THIS SOCIETY – WHAT MAKES IT DIFFERENT FROM OTHER SOCIETIES?

We are actually the only LEGO society in Ireland and one of very few in the world. LEGO gives up opportunities to bring together people of many different interest such as engineering, architecture with fans of Star Wars and Marvel to even Super Mario and Minecraft. We can create a space that both encourages creativity as well as relieving stress and helps students cope with anxiety.

DO YOU HAVE ANY PLANS FOR THE SEMESTER? WHAT MIGHT A TYPICAL MEETING OF YOUR SOCIETY LOOK LIKE?

Currently our meetings are mainly about building a community by means of discord calls but we hope to gain access to some LEGO to have in person events where students can build freely or chose a theme for the night.

WHY SHOULD STUDENTS JOIN YOUR SOCIETY?

Any student who has any interest in LEGO should join. We give students the opportunity to express creativity and potentially learn from other students; and make friends with people they may not have met without the connection of LEGO. LEGO creates a calming environment even for people who are not interested in the creative aspect, it is also quite rewarding to finish a LEGO set and being in the society will opportunity to build and share with others.

WHAT'S THE BEST WAY FOR STUDENTS TO CONTACT YOU?

On our Instagram [@mtulegocork](https://www.instagram.com/mtulegocork) or our email legocork@mtusocieties.ie

DO YOU PLAN TO RUN A FIRST MEETING SOON? HOW CAN STUDENTS FIND OUT ABOUT IT?

We have our AGM & Raffle on Monday Nov 14th in Meeting room 1 at 6pm. There will be pizza first then we will vote in our constitution and committee and have a raffle after.

SPEAK OUT

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>

Check out the video [here](#)

More details can be found at <https://www.cit.ie/edi/speakout>

Please use the platform to report any incidents of bullying, cyberbullying, harrassment, 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>

You can contact the Student Counselling Service at: counselling.admincork@mtu.ie

GET ONBOARD WITH MYCAREER



We are delighted to introduce you to MyCareer, a one stop shop for enhancing your employability skills. It has a fab suite of career tools, ranging from a sophisticated Artificial Intelligence CV Scan and online Practice Interviews to bite sized e-learning videos and articles, which will help you on your road to success.

1. SOUNDS GOOD BUT HOW DO I GET INTO MYCAREER?

Once you have registered, you can login via [CAREERSconnect](#)



2. WOW! THERE ARE A LOT OF TOOLS; WHERE SHOULD I START?

We recommend everyone starts on Pulse, which is a short assessment quiz. This is a great starting point. It will help you to identify how career ready you are, right now.

3. I DON'T KNOW WHAT I WANT TO DO WHEN I GROW UP!

You are in good company. Lots of people don't know either. MyCareer has lots of short assessments to help you identify your strengths, skills, preferences, motivations etc. These quizzes will help you to build up a clearer picture of the type of career you might enjoy. You can always book an appointment with a Career Advisor, who can help you, clarify your thinking further and develop a plan.

4. I CREATED A CV DURING TY YEAR. IS THAT OK?

Well, ahem, it's probably time to dust off that CV and use the CV builder tool to update it. Just follow the step-by-step process. It will also help you to format the content and improve presentation.

5. I HAVE A CV, BUT I'D LIKE TO IMPROVE IT.

Upload your CV and scan it using the CV 360 tool. It will give you personalised feedback on subjects such as presentation, structure, white space, formatting, word repetition, power words etc. You will also get a % score. It mirrors the Applicant Tracking Systems [ATS] that real life employers use on your CV to shortlist for interview. You stand a greater chance of being shortlisted for interview if your CV scores 70%+. It may take a few attempts to attain this.

6. HELP, I HAVE AN INTERVIEW COMING UP!

Don't panic. First, there are lots of helpful, short e-learning videos and articles for you to look at. You can also take some practice, mock interviews online and get some helpful personalised feedback on body language, eye contact, speech clarity etc. You can practice as many times as you like, whenever and wherever you like. Practice makes perfect. Remember you can also book up with a real-life Career Advisor to prepare for interview or improve technique.

7. ARGH, I AM VERY NERVOUS AT THE START OF AN INTERVIEW!

This is a good thing, because it means you are still alive, and you are human. We know that you will probably be asked 'Tell me about yourself' at the start of most interviews. This means you can prepare in advance and help to settle those inevitable nerves. This is not the time to wax lyrically about your siblings, dogs, or goldfish, however lovely they may be. It is however a great opportunity to deliver a pre-prepared – off by heart – 2-minute sales pitch about you. Recruiters call this the 'Elevator Pitch'. The interviewer is expecting you to sell yourself! Check out the Elevator Pitch tool for a step-by-step guide on what to say. You are on your way to creating a brilliant first impression. Well done you!

8. FINALLY, WE KNOW YOU ARE BUSY PEOPLE

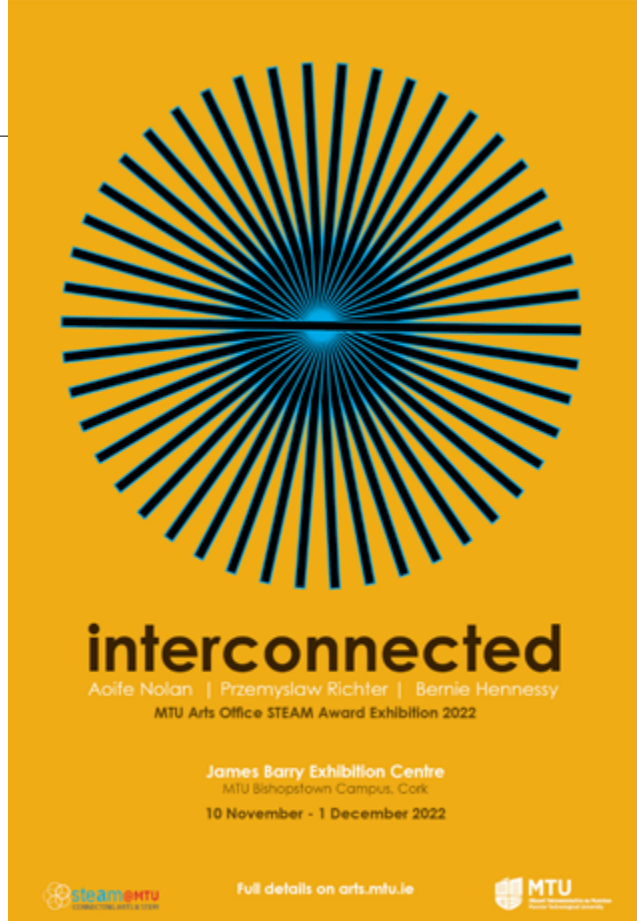
Every e-learning course, article or video is short and sweet, so you can fit in a quick browse at the bus stop or while you are waiting for a lecture to start. Whether you want to boost your LinkedIn profile or learn how to write a cover letter, you will find what you are looking for, on MyCareer.

The MTU Arts Office STEAM Exhibition Award is presented annually to one or more graduating students from MTU Crawford College of Art & Design who's work uses or responds to "STEAM" concepts, processes, or materials in insightful and innovative ways.

Interconnected, the MTU Arts Office STEAM Award Exhibition 2022, opens from 9 November at the James Barry Exhibition Centre, MTU Bishopstown Campus.

The 2022 recipients are Bernie Hennessy, Aoife Nolan, and Przemyslaw Richter, the exhibition uses artworks in ceramics, textiles, mixed media, and video. The research behind their work looked at the effects of rising sea temperatures on algae and coral, human connections to natural materials and nature itself, and the ways biometric data is used and visualised.

For further details and artist profile videos see the MTU Arts & Culture website arts.mtu.ie



Bernie Hennessy

MTU Crawford College of Art & Design, BA Contemporary Applied Art 2022

Artist Statement

As a child I spent a lot of time observing nature, recreating what I saw with pencil and paint. When I started art college, I realised my true calling is towards 3-D work. Using porcelain paper clay and merino fleece, I found myself drawing from nature to create delicate shapes. This evolved into a series of sculptures that evoke an awareness of the fragile relationship between coral and its algae inhabitant; a relationship which can so easily be disturbed by global warming leading to coral bleaching. Combining both materials in my work enables me to enact the story of coral bleaching and in so doing, highlights the threat to this natural wonder. From the drawing board to the final piece, the journey has been exciting and I look forward to further creative sculptures.



Photo taken by Roland Paschhoff

Aoife Nolan

MTU Crawford College of Art & Design, BA Fine Art 2022

Artist Statement

CONNECTION: This work speaks to physical, emotional, intuitive connections. Inspired by nature and yogic practice, interior and exterior landscapes merge. Referencing the primal human need for connection and belonging, the pulse of the cosmos resides in reciprocity. A methodology of research situated within the natural landscape is integral to the creation of this work, supporting the practice of artist functioning as conduit, between subject and materiality. Processes used include; exploring copper, a metal found in earth and human tissue, known to conduct energy and said to enhance psychic abilities. Indexing organic surfaces, rock and grass; a tactile act dissolving the illusion of separation.



Photo taken by Sean Daly

Przemyslaw Richter

MTU Crawford College of Art & Design, BA Fine Art 2022

Artist Statement

My work explores the individual genetic patterns that can be seen in human body parts with the support of biometric technology. Scanning parts of the body became an essential part of the 21st century to unlock the personal phone, log in to work, or get access to authorized areas. Everyone has a unique code that cannot be replaced or copied, which has become an individual's key in modern technology. By using a video of a close-up of an eye and enlarged scanning animations running throughout the room, I want to bring attention to these microscopic patterns and remind that everyone is individual. The work also revolves around identity and creates an opportunity to compare the microscopic abstract designs in the human body.



Photo taken by Sean Daly

MTUS

MTU Cork Students' Union

Your VP Education, Oisín, and VP Welfare, Kelda, heading to 'LevelUp! Accelerating Change' organised by the European Youth Forum, alongside the Union of Students in Ireland, to celebrate the European Year of Youth. This conference took place in the European Parliament Building in Brussels, Belgium.

This event was held in the centre of European democracy and had over 1,200 young people from across Europe attend including students, youth activists, and media. We attended workshops on lots of different topics like inclusive communication and events, mental well-being, social media, lobbying government officials, and many other workshops in a jam-packed two-day schedule which was highly enjoyable for everyone involved. This event highlighted key issues for students and young people and it was an honour to attend such an event, we look forward to getting involved in more events on an international level going forward!

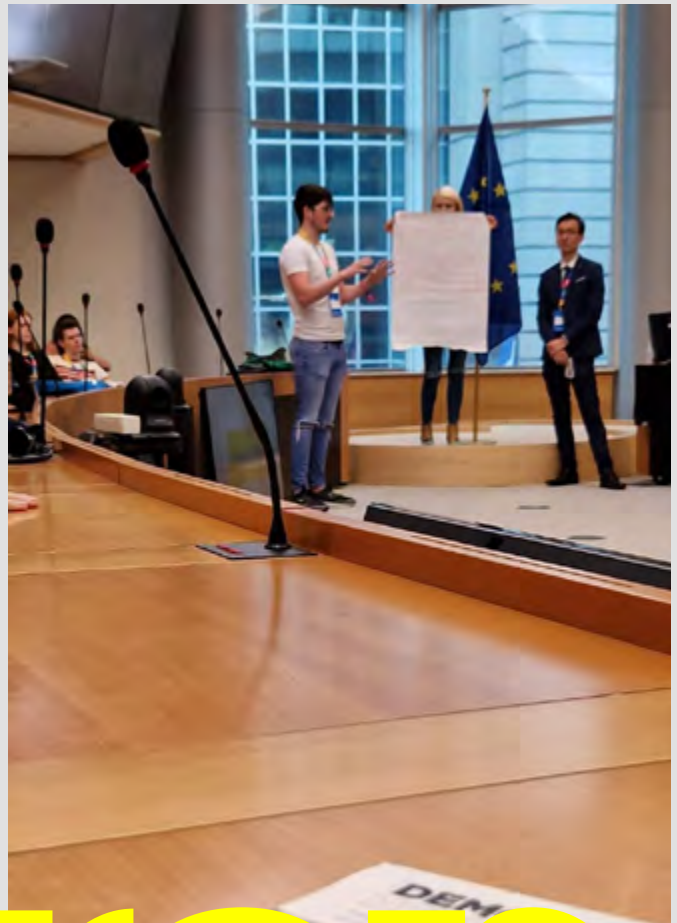


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EUROPE

WHAT IS CONSENT?

Consent is an agreement to participate in a specific activity or action. It cannot be forced. It must be mutual, voluntary, and ongoing agreement. A good anagram to remember consent and one used by *Active Consent is O.M.F.G.

▮ **By Gemma Doolan**

ONGOING – because you need to give and receive consent before and during each and every act.

MUTUAL – because every person that is involved must give consent.

FREELY GIVEN – because it's not consent if someone is pressured in to agreeing. Consent means that nobody has been coerced, intentionally misled, forced or pressured against their will or is under excessive intoxication by drugs and/or alcohol, and everyone is engaging in sexual activity because they want to.

WHEN IS CONSENT NEEDED?

- Consent is crucial for any physical or sexual interaction, including something as simple as holding someone's hand.
- In the context of sex, consent means a mutual, voluntary, agreement between people to participate in any specific sexual activity.
- It must be freely given and cannot be forced.
- Sexual contact without consent means that someone is abusing, assaulting and/or raping another person.
- It is important that consent is ongoing i.e. before and during any and every sexual act. Just because someone has agreed to one thing does not mean that they agree to anything else.
- Consent applies to sexual activity in real life as well as online and messaging.
(SHIFT Resource, Sexual Health Centre, 2021)

SEXUAL ABUSE

Sexual abuse includes any non-consensual sexual acts. For example, forcing, tricking or guiltting someone in to participating in a sexual activity is abusive.

CAN ANYONE GIVE CONSENT?

No – some people are not capable of giving consent according to Irish law. If they say 'yes' to any sexual interaction, it does not count as consent. This includes:

- If you are not of clear minded e.g., drunk to the point of incapacity. If someone has been drinking alcohol or consuming other drugs, it is much more difficult to give your consent and to receive another person's consent.
- If you are under the age of 17.
- If you are incapable of understanding the nature or consequences of the sexual act, or incapable of communicating consent, due to a mental or intellectual disability or mental illness.

WHO NEEDS TO GIVE AND RECEIVE CONSENT?

- Everyone involved in a physical or sexual interaction.
- Before any physical or sexual contact with another person, it is essential that you have already received their consent and you have already given them your consent.

RECOGNISING CONSENT

- The absence of 'NO' does not mean 'yes' – if it is not clear, it is not consent.
- People have the right to change their mind or withdraw consent any time.
- No circumstance will ever give you ownership of another person's body. For example, being in a relationship does not give you any ownership or control of another person. Sexual contact without consent is abuse, assault and/ or rape.
- Nobody is ever entitled to a sexual experience or physical contact with you. It is a joint, voluntary decision.

- It is important to understand your desires and limits (what you're comfortable with), and become comfortable communicating those to your sexual partner(s).
- It is vital that any sexual experience is for the enjoyment of every person involved - if someone no longer wants to do it, there is no consent.
- You have to consistently communicate with the other person. Even if both of you agreed to a sexual activity, someone could change their mind or become uncomfortable. This is totally normal.
- Any sexual communication online or by phone requires consent e.g. sexting.
- It is okay if you have questions about how to give and receive consent. Giving and receiving consent is something that you need to become comfortable with and informed about before you take part in sexual activity with others. If you would like advice regarding how to communicate consent with a potential sexual partner, you can contact the Sexual Health Centre for support and information.

MISINFORMATION ABOUT CONSENT AND ASSAULT

Many people in Ireland are misinformed about why assault happens. The Eurobarometer survey showed that:

- Almost 1 in 10 Irish respondents believed that if you voluntarily go home with someone or wear revealing, "provocative" or "sexy" clothing, this could justify non-consensual sexual activity.
- Almost 1 in 4 Irish respondents believed that women are more likely to be raped by a stranger than someone they know.

These are misinformed, harmful beliefs, based on prejudice, a lack of understanding, and a judgemental victim-blaming mentality. The behaviour and clothing of an assault victim is completely irrelevant. The idea that clothing could be "provocative" is incorrect, and it takes responsibility away from the person who is abusing and puts the blame on the person who is being abused. Sexual assault and abuse is NEVER the victim's fault. Many studies have proven that sexual offences are usually committed by somebody that the victim already knows!

LOCAL SUPPORTS

There is an anonymous Speak Out reporting tool which is available to staff and students of MTU, where you can make disclosures and be signposted to the relevant supports in place. 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.

If you are worried about sexual abuse, please contact The Sexual Assault Treatment Unit which is based in The South Infirmary Hospital and is a free and confidential HSE service which is available to help 24 hours a day.

SOUTH INFIRMARY VICTORIA UNIVERSITY HOSPITAL

Phone: 021 492 6297 weekdays from 8am to 4.30pm.

Phone: 021 492 6100 weekends and after 4.30pm, ask for SATU.

Also available to contact is The Sexual Violence Centre Cork which supports people who have been sexually assaulted or abused.

Email: info@sexualviolence.ie

Freephone: 1800 496 496

Text: 087 1533 393

Hours: Monday – Friday 9.00am – 5.00pm

Address: 5 Camden Place, Cork City

MTU MEDICAL CENTRE OPENING HOURS

MTU Medical Centre is open during term time only to full time students. Please call MTU Medical Centre on 021 4335780 for an appointment if you would like a consultation. We run general consults with doctors and nurses and free sexual health clinics weekly.

PHONELINES ARE OPEN FROM:

Monday to Thursday 8.30am – 4.30pm

Friday 8.30am – 2.30pm

CLOSED for lunch 12.30pm-1.30pm

As part of **STEAM @ MTU**, a series of exhibitions and events connecting Arts and STEM, Munster Technological University Arts Office and MTU Blackrock Castle Observatory present

Br. Guy Consolmagno

Astronomer, Author @speculations

Rory Gallagher Theatre
MTU Bishopstown Campus, Cork
Thursday 10 November 2022, 7pm

TICKETS FREE: events.cit.ie