



Can't switch off?
Tips for Busy MTU Minds

Accidental Wellness:
A guide to feeling grand

Flights of Fancy,
Las Palmas De Gran Canaria

Interview Success in 5 Steps:
A friendly guide

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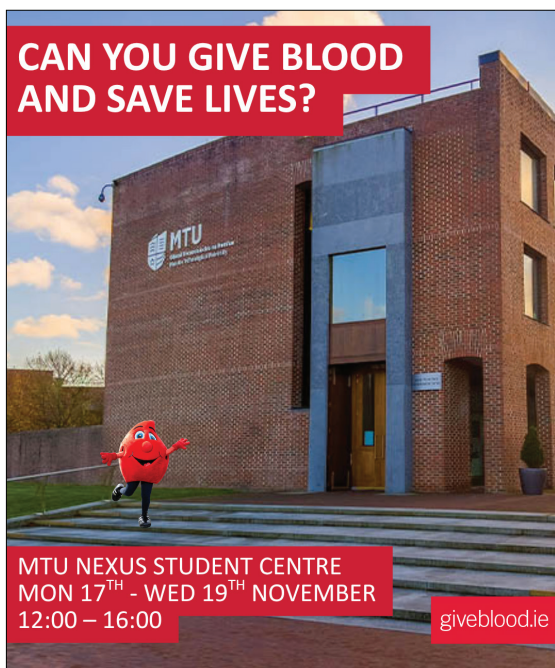
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Tips for Busy MTU Minds**

**Accidental Wellness: The MTU student's
guide to feeling grand**

**Interview Success in 5 Steps:
A friendly guide for MTU students**

MTU Sports step up for Féile

**Flynners Flying Column - Flights of Fancy,
Las Palmas De Gran Canaria**

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Can't Switch Off? Tips for Busy MTU Minds

by **Sara Kelly** MTU Counselling



A lot of us are managing busy minds. The brain is always 'on' and thinking. Sometimes it is helpful for getting things done. However, it can be overwhelming to have constant mental chatter. It can be especially tough when there are a lot of deadlines to meet and constant 'busyness'.

It's difficult to stop thoughts – you tell yourself to stop but 60 seconds later you are back thinking again. You can be hard on yourself for not being able to switch off your mind and it might be affecting your sleep. You struggle to focus on studying or reading because your thoughts keep jumping around or you replay conversations in your head, wondering if you said the wrong thing.

It can feel overwhelming and exhausting but there are some things you can do to help and feel a little lighter over time. Even trying just one of the suggestions or resources below might help you manage this really common challenge a little better.

Some tips for managing overthinking, racing mind and mental clutter

Check Reality

It can help to pause and look at your thoughts rather than just believing them. Try asking yourself, on a scale of 1–10, how realistic is this thought?

A Quick Breathing Exercise

Simple breathing exercises can help in the moment. They slow down thinking, stop the spiral, and help you feel calmer. For example, try notice the breath. If that feels ok, try inhaling for five seconds, holding your breath for five seconds, and then exhaling for eight seconds (if you can!). You can make it more challenging by slowly extending the exhale.

Think About What Advice You'd Give a Friend

If a friend came to you to ask how to manage a busy mind, what advice would you give them? Sometimes you have more solutions than you know.

Manage Social Media and Your Phone

Try to spend some time away from your phone – it's easy to reach for and 30 minutes later you're looking at someone's holiday photos from five years ago on Instagram. Even just putting your phone aside while you eat meals or talk to other people can make a difference.

Use Your Hands

Activities that keep your hands busy can occupy the mind and gently focus your attention elsewhere. Folding clothes, doing chores or cooking are good ways to feel a bit more grounded.

Spend Time in Nature

A change of scenery is good for the brain and spending time outdoors can make you feel more relaxed. Searching for five sights and listening for five distinct sounds while outdoors can distract a busy mind.

Get More Sleep

If you feel more rested, it's more likely that you won't get caught up in racing thoughts. Try to get to bed earlier during busy times and don't feel guilty for getting extra sleep whenever you have the opportunity.

Embrace Routines

Having routines can reduce your mental load – if something is automatic you don't have to think about it. For example, preparing your clothes or lunch for the next day the night before can take the pressure off your mind.

Do Exercise That Suits You

You don't have to run a 10km, any form of exercise that challenges you a small bit can be good for getting out of your head. A 15 minute brisk walk is better than promising to go to the gym three times a week but never making it. Don't overcomplicate it, pick an exercise that feels accessible to you. It can feel overwhelming to tackle racing thoughts and mental chatter, so start small by trying whatever tips you can. There are also a number of resources below to support you.

Continued next page



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Resources

MTU Student Counselling Service

MTU provides a confidential counselling service across all campuses to support you during times of need. The service is free and confidential for full time students. You can learn more and book an appointment [here](#).

Mindfulness Courses

You can learn practical skills to help manage stress and overthinking with mindfulness. Keep an eye on upcoming courses and learn more [here](#).

Active Chats Coffee Club every Thursday 8-9am

Students are invited to the MTU Arena every Thursday morning for Active Chats. The activities like yoga for the mind, games, badminton, table tennis are open to all. There is also a chance to socialise and connect with others. A snack and drink voucher will be provided to everyone. (See poster in this mag)

Togetherall

This is an online mental health community that offers safe, anonymous and supportive space for students who may be going through similar challenges. Learn more about Togetherall [here](#)

24/7 Crisis Text Line

24/7 free text "MTU" to 50808 – This is a free text service that is run independent of MTU. They are there for everything from calming chats to support during a mental health or personal crisis (big or small)

Mental Health & Wellbeing books

Mental Health & Wellbeing books are available through the library. [Visit here to learn more](#)

Check out the Curraheen River Walk for Refreshing Break

The walkway near MTU Cork is known as the Curraheen River Walk. It runs along the Curraheen River, offering a nice walk in nature. Take a break and get some headspace.

Yoga with Adrienne

Short accessible yoga videos available for free on Youtube. [Check out the channel here](#)

Wellbeing & Quieter areas

Keep an eye out for wellbeing and quieter spots across the different campuses to recharge while at college.

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Movember can be a time to spotlight mental health for everyone, regardless of gender. Whether you're struggling in silence or feeling overwhelmed, @Togetherall is here for you. The safe, anonymous community offers support for all, any time you need it. You don't have to face it alone — visit togetherall.com

#Movember #MentalHealthForAll #Togetherall #YouAreNotAlone

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ACCIDENTAL WELLNESS: THE MTU STUDENT'S GUIDE TO FEELING GRAND (EVEN WHEN YOU'RE NOT TRYING)

By Keith Brown

If you've ever been told to "optimise your wellbeing" or "tap into your highest self"... and immediately felt the urge to lie down on the grass at the Circle and stare at the sky, this is for you.

Here's a comforting truth: MTU students are **practising self-care all the time, just accidentally**. Between buses that test your patience, assignments that build resilience,

and the emotional support of the canteen chicken fillet roll, you're basically a mindfulness monk (with stress).

So let's break down the unofficial, unscientific, yet surprisingly useful MTU Accidental Wellness Toolkit, featuring campus-specific chaos, Cork-flavoured mental clarity, and zero pressure.

Accidental Wellness: The Good You're Already Doing

(MTU Edition)

Believe it or not, a lot of the things you do as an MTU student already count as self-care, they just don't look like the polished wellness routines you see online. So instead of forcing yourself into a sunrise yoga flow on the GAA pitch or pretending you adore green smoothies, take a moment to appreciate the small, chaotic ways you're minding yourself every day...

Take a **power nap in the Library**. You know the one when you sit down "just for a minute" and suddenly wake up forty minutes later, imprint of your hoodie string on your cheek, laptop still open on page 2 of a Word doc titled *Assignment_Final_Final_Use-ThisOne*. That's not failure — that's a **midday nervous system reset** in a communal space designed for productivity. A tiny upgrade? Pop your bag under your head so it looks intentional. Voilà, self-care.

Then there's the **speed-walk across campus to avoid accidental small talk** with someone from your course. You're not being antisocial; you're engaging in **low-intensity cardio while maintaining healthy social boundaries**. Sticking in one song you love while you power-strut instantly boosts the mood and turns the whole thing into your own personal music video.

Let's not overlook **procrastination-cleaning your room** just as you're about to start a project. Wiping the counter for the fifth time isn't avoidance, it's a **cognitive declutter ritual** that helps create a calmer environment for

focus. To make it even more effective: set a three-minute timer, clean until it rings, then stop. You've done enough. Truly.

And what about those **12-minute emotional rants with a friend outside the Quik Pik**? You pacing, them nodding like a therapist, both sipping coffee that cost more than your dignity. That's not oversharing, that's **peer-supported emotional debrief therapy**, conducted al fresco for vitamin D. Bonus points if you both finish the rant by saying one thing you're looking forward to, even if it's just chips from the canteen.

As for **crying quietly in a toilet cubicle in the Carmine**, listen, sometimes the body needs a release. That's simply **private hydro-emotional therapy**. No notes. You did what needed to be done. Follow it up with a little fresh air and something to eat and you're practically enlightened.

So yes, you may not have a Instagram-worthy wellness routine. But you are, without even meaning to, looking after yourself in very real ways. Accidental? Absolutely. Valid? 100%.



You're not avoiding responsibility, you're engaging in Cognitive Declutter Therapy before productivity.



Weirdly Effective Mental Clarity Hacks

(MTU Approved-ish)

These tips have just enough science to justify them...

Chew Gum During Study in the Library

Improves focus. Makes you feel like a detective piecing together the case of "Where Did the semester go?"

The "Study Sunglasses" Move

Wear sunglasses in Le Cheile while studying. Gives your brain "celebrity doing important work" energy. (Bonus: no one sees the deadness in your eyes.)

The MTU "Study Scent" Trick

Choose one scent (peppermint, a certain lip balm, or even a specific cheap body spray) and use it only during study. Your brain learns to associate it with productivity. Pavlov would be proud.

The 20-Second Canteen Splash Method

Cold water on the face in the toilets before class or a study session = instant brain reboot.

Write One Single Sentence

To defeat assignment dread, handwrite one messy sentence. Your brain just needs the starter engine. After that? Momentum will carry you (somewhat).

Continued next page

Cork-Flavoured Student Wellness

Because wellbeing hits different at MTU, especially when you're surviving college with a Lidl budget.

The 205 (or 220!) Bus Mindfulness Test

A daily exercise in acceptance, inner peace, and regulating disappointment as you wait for it to eventually show up.

The Emotional Support Chicken Fillet Roll

If it stabilises your soul, it counts as self-care. A balanced roll includes: lettuce, cheese, and hope.



"Therapy, But Free" Tour of Campus Peace Spots

- The benches beside Le Cheile building
- The Circle
- The Remembrance Garden beside The Student Centre
- The pitches and river walk



Wellness doesn't need to look perfect. If it helps you feel a bit better or survive the week with your sanity intact — it counts.

On the Days You're Wrecked: MTU Survival Mode

Some days, self-care isn't about being your best — it's just about getting through the day.

The 3-2-1 Reset:

3 deep breaths, 2 minutes of movement (walk across campus), 1 easy win (reply to ONE message you've been ignoring — no essays, just a quick emoji if needed.)

Eat something with protein

A yoghurt, a handful of nuts, a slice of cheese, even a Babybel. Your brain will thank you.

Human Contact Lite

No energy for socialising? Send a meme to a friend. Social connection achieved with zero talking.

The Sit-Down Shower

If you haven't sat on the shower floor like a Victorian noble in crisis — transformative.

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Final Thought

You don't need to overhaul your life to look after yourself. Small comforts and tiny acts of care add up — a breath, a walk, a chat, a moment of calm... or a well-deserved chicken fillet roll.

Mind yourself gently. You're doing better than you think.

Click here to learn about all the library's resources on
Wellbeing in University

Wellbeing Wall



01



The Wellbeing Wall is a new library space and book collection located on the first floor of the Bishopstown Campus Library.



02



An inspiring and encouraging space and book collection dedicated to wellbeing.

03



Come visit and checkout our growing collection on wellbeing, healthy lifestyle, self-development, mindfulness, physical activity, nutrition, pastimes and more.

04



Browse or borrow and find the best for you.



Interview Success in 5 Steps: A Friendly Guide for MTU Students

By Your MTU Careers Team Fan Club

(a.k.a. people who want to see you land that dream job).

So, you've landed an interview – nice one! Whether it's for a placement, graduate programme, or part-time gig, now's your chance to show them what you're made of. Interviews can feel a bit like oral exams, right? Don't worry – here's your 5-step guide to prepare like a pro (without boring yourself to tears).

1. Nail the Opening Question – Your 2-Minute Story

"Tell me about yourself" or "Talk us through your CV."

Sound familiar? 99.9% of interviews start this way – and it's your chance to shine.

Break it into 3 parts:

1. Education

- Highlight 3–4 modules you enjoy and are good at.
- Mention technical/practical skills and your Final Year Project (if relevant).
- Name-drop software or tools you know well.

2. Work Experience

- Start with your most recent role or internship.
- Work backwards: summer jobs, part-time roles, even babysitting – it all counts.
- Mention progression: training others, extra responsibilities, leadership moments.

3. Hobbies & Interests

- Sports, gaming, baking, volunteering, painting – anything goes.
- Shows you're a real person, not just a CV.

Top Tip: Practice your answer aloud! Record yourself and listen back. Aim for 1.5–2 minutes of clear, confident storytelling.

2. Master the STARR Method – Your Secret Sauce

Every strong interview answer = a good story. Use STARR to structure your examples based on the job spec – what skills and competencies are set out in the job spec? Be sure to have examples that show these skills.

STARR =

Situation – What was happening? Describe, set the scene.

Task – What was your job/ responsibility to get done?

Action – What did you do? (Focus most here, both how you collaborated and your role!)

Result – What happened? Findings/outcome.

Reflection – What did you learn?

Use it for questions like:

- "Tell me about a time you worked in a team."
- "Describe a time something went wrong."
- "Tell me about a time you showed initiative."
- "What achievement are you most proud of?"
- Bring your CV to life with real stories that show off your skills.

3. The Magic of Mind Maps

Mind Maps aren't just for exams – they're amazing for interview prep too.

Create Mind Maps in these areas to spark memory and prep STARR answers:

- Your degree – modules, group projects, labs, assignments.
- Jobs You've Had – internships, retail, bar work, tutoring – all build skills.
- Clubs & Societies – sports, class rep, societies, scouts, events.
- Volunteering – fundraising, clean-ups, helping out locally.
- Active Hobbies – anything you do often and love.

The more examples you prepare, the more flexible you'll be in answering different questions. Variety = interview gold.

4. Answering: "Why Do You Want to Work Here?"

This one trips up lots of students – but not you

Don't just repeat the company's "About Us" page. Dig deeper. Find 3 unique facts that show you've done your research:

- How long have they been in Ireland?
- What's their mission or values?
- Any awards or social initiatives?
- What do they do with their profits?

Then connect it to you:

Why this company?

- Why this role?
- How does it align with your skills or career goals?

Show them you want this job – not just any job.
That's what makes you memorable!

5. Non-Verbal Essentials – How You Say It Matters

You've got the content – now deliver it like a pro. Employers notice your vibe as much as your answers.

Here's what to watch for:

- Eye Contact – Natural, not a stare-down.
- Facial Expression – Open, interested, friendly (yes, smile!).
- Tone of Voice – Vary your pace and pitch. Avoid monotone.
- Body Language – Sit tall, relax your arms, no fidgeting. Feet grounded.

Practice Tip: Record yourself. Awkward? Yes. Helpful? Absolutely.

Remember: Interviewers are human. Being genuine and positive often trumps perfect answers. Someone with great energy can outshine someone with perfect grades.

Final Thought

Feeling nervous is normal – it just means you care. The best way to beat nerves? Prep + Practice. Even a not-so-great interview is still great experience. You only need one "yes."

Calming ideas before your interview:

- Deep breathing
- A short walk
- Positive self-talk (yes, it works)

They're not looking for perfection – just potential.

You got the interview. That means they already see something in you. Now it's time to show them the real you: confident, capable, prepared.

Need Practice?

Visit **MyCareer** <http://mut.careercentre.me> – tons of tools to help you improve:

- Short videos & guides for all aspects of interviews
- Interview360 – an AI tool that gives feedback on eye contact, tone, pace (perfect for online interviews)
- Elevator Pitch Builder – craft your 60-second summary

Want a mock interview?

Book with an MTU Careers Advisor via

CAREERSconnect <http://careers.cit.ie>

Or drop into the MTU Careers office (Le Cheile building, ground floor) – we're here to help.

Good luck – you've got this!



Mary Rose O'Sullivan
Careers Advisor and Coach





STEPPING UP FOR FÉILE

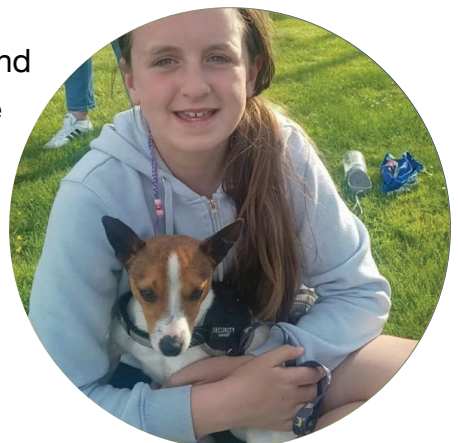
MTU SPORTS CHARITY WALK RAISES OVER €1,950!

A heartfelt thank you to all the staff and students who joined MTU Sports on Wednesday, October 22nd for our Charity Walk in support of the Stand 4 Féile fundraiser.

Your enthusiasm, generosity, and team spirit turned the event into something truly special. Together, we walked with purpose—taking meaningful steps, both literally and figuratively, in support of Féile and her mum, Maureen.

Thanks to your incredible kindness, our fundraising raffle and donations have raised a remarkable €1,954.29. Every single euro will go directly to the Stand 4 Féile campaign, helping to make a real difference where it's needed most.

Thank you for walking, giving, and showing what community spirit really looks like.



MTU SPORTS



Game On! It's never too late to get involved!

Register for any of our MTU Sports Clubs today by clicking on this link:
<https://myportal.mtu.ie/>
and be part of the action all year round.



@mtucork_sports



LAS PALMAS DE GRAN CANARIA

Think “Canary Islands,” and chances are you picture sunburnt tourists clutching €2 cocktails and falling asleep by the pool. Fair. But that’s not the full story — especially if you head to **Las Palmas de Gran Canaria**, the capital of this volcanic archipelago.

This isn’t your average “Brits abroad” beach break. It’s a city with surfboards and skyscrapers, tapas and techno, culture and cocktails — all rolled into one. And crucially, it’s a **direct flight from Cork**, making it the perfect student-friendly escape when you’re broke, pale, and dangerously close to burnout.

The Island Vibe: Where City Life Meets Surf Culture

Las Palmas hits a rare sweet spot — it’s a capital city with a laid-back beach lifestyle. One minute you’re ordering an espresso in a sleek café, the next you’re barefoot in the sand watching surfers carve waves under a tangerine sunset.

At its heart lies Playa de Las Canteras, the city’s golden sweep of sand and sea that stretches for over two miles. It’s not just a beach; it’s the social engine of the city. Locals jog here before work, families picnic here on Sundays, and students — well, they mostly nap here between swims and sangrias.

Grab a cold drink at any of the bars along the promenade and you’ll be gifted tapas before you’ve even asked. Time your visit for sunset and watch the ocean melt into a burnt-orange horizon, with Tenerife’s Mount Teide peeking ghost-like in the distance.

Stay: Sea Views Without the Student-Loan Panic

Forget the dingy hostels of your interailing days — Las Palmas does affordable comfort impressively well. The **AC Hotel Iberia Las Palmas** (a Marriott spot, no less) manages to feel stylish without threatening your overdraft. It’s right between the Old Town and city centre, with

a rooftop pool that basically demands an Instagram story.

Alternatively, budget-friendly **apartamentos and boutique hostels** around Las Canteras are abundant — perfect if you prefer a morning dip over a buffet breakfast.

Beyond the Beach: A Crash Course in Cool History

Sure, you came for the sun. But Las Palmas makes learning feel surprisingly effortless — and no, that’s not just the sangria talking.

Start in the **Old Town, Vegueta**, where cobbled streets, palm-shaded plazas, and colonial balconies make you feel like you’ve wandered onto a film set. Pop into **Casa de Colón**, the museum dedicated to Christopher Columbus, who stopped here on his voyage to “discover” the Americas. The exhibits trace how this little Atlantic outpost helped shape global trade — a fun reminder

that globalization didn't start with TikTok.

Next door, the **Catedral de Santa Ana** rises dramatically over the square. Climb the bell towers for a rooftop view that rewards the €6 entry fee and your post-holiday fitness goals in one go.

When hunger hits, **Restaurante El Monje de Santa Ana** is an excellent spot for lingering over tapas and people-watching. Just don't be surprised if lunch stretches into siesta o'clock.

Mountains, Villages, and the Unexpectedly Epic Interior

Think the Canaries are all coastlines and cocktails? Think again. Gran Canaria is nicknamed a "mini continent" because its landscapes change every few miles, from golden beaches to pine-covered mountains that feel a world away.

Hop on a **Get Your Guide** tour (from around €30) and wind your way through jaw-dropping terrain. You'll stop at traditional villages like **San Mateo** and **Teror**, where time moves slower and the air smells faintly of fresh bread and incense.

The high point, literally, is **Pico de las Nieves**, the island's tallest peak at nearly 2,000 metres. The views are the kind that make you question every life choice that's kept you indoors up to now. On a clear day, you can see the entire archipelago floating in a haze of blue.

Active Adventures: Hike, Swim, Repeat

Even if your gym attendance is, let's say, "sporadic," Las Palmas will have you moving. Hike up to **Mirador de la Cruz**, the city's natural lookout point, where the volcanic coastline unfolds beneath you in ribbons of black rock and blue sea. It's a sweaty climb, but the photo op is worth every step.

Back at sea level, **Playa de Las Alcaravaneras** offers volleyball courts, a marina, and a glimpse of local life beyond the tourist bubble. Cool off with a swim at Las Canteras, the water's calm thanks to its natural reef, and if you snorkel near the shallows, you'll spot schools of shimmering fish.

Then reward your efforts the Spanish way: with a pizza at **Osteria Martini** and a sunset drink that lasts just long enough to become two.

Weekend Energy: Tapas, Tunes, and...The Irish Rover

Las Palmas after dark has a little something for everyone. If you're after live music, strong cocktails, and an easy sense of belonging, **The Irish Rover** on Las Canteras is legendary. Run by two friendly locals (and packed with half of Cork on any given night), it's equal parts comfort zone and chaos. Expect pints of Kilkenney, The Cure on the speakers, and at least one impromptu singalong by midnight.

If you're craving something trendier, head inland to the **Triana district**, where chic bars and rooftop terraces give off serious Erasmus-in-Madrid energy. Drinks are cheaper than Dublin, hangovers less regrettable in the sunshine.

Sunday Reset: Cruising the Coast

When it's time to slow down, book a **Turismo de Islas Canarias catamaran cruise** along the island's southern coastline (around €40). You'll drift past **Anfi del Mar**, **Puerto Rico**, and **Puerto Mogán**, with a backdrop of cliffs and sparkling turquoise water that feels straight out of a desktop wallpaper.

There's rice dishes, sangria, and, if you're lucky, a spontaneous dip in the Atlantic. It's blissfully laid-back, a gentle detox from the week's adventures before reality (and Ryanair) calls you home.

Smart Stuff: What to Know Before You Go

Getting There: Direct Ryanair flights from Cork to Gran Canaria – weekly in summer, twice weekly in winter.

Transport: Public buses via www.guaguasglobal.com are cheap, reliable, and air-conditioned (praise be).

Tours: Book day trips through Get Your Guide.

Tourism Info: www.turismodeislascanarias.com

Where to Drink: The Irish Rover, Las Canteras – no further explanation needed.

Why You'll Love It

Las Palmas isn't trying to be Ibiza, nor does it need to be. It's a rare travel unicorn – **affordable, cultural, and genuinely warm-hearted**. You can soak up history in the morning, hit the beach by lunch, and dance with locals (and a few familiar accents) by night.

So next time you're staring at Cork's rain-soaked skyline and Googling "cheap sun holidays," skip the usual suspects. Gran Canaria might just be the upgrade your next break – and your camera roll – deserves.





GRADUATIONS - CLASS OF 2025

Conferring ceremonies are a highlight of the MTU year and in total, 3882 degrees were recently conferred on graduates from 93 countries including 28 PhDs and three honorary doctorates. Congrats to all!

Photography by Joleen Cronin.





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