



Flynn's
Flying Column

MTU Student
Sexual Health

MTU RAG Week,
9th - 12th Feb

MTU Careers Office Guide
to LinkedIn

26TH-29TH JAN, 2026

S SAFETY WEEK



**FULL DETAILS OF SAFETY EVENTS
ON PAGES 4-7**

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RAG WEEK

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Our Mega RAG Raffle is back for MTU Cork SU RAG Week with lots of amazing prizes.

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Supporting Sexual Violence Centre Cork & The Irish Motor Neurone Disease Association (IMNDA)



MTU CORK
STUDENTS' UNION

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A guide from the MTU Careers Office

9TH - 12TH FEB

RAG WEEK RAISE & GIVE

Watch out for all the details of RAG Week on the MTU Cork SU website and Socials

mtucorksui.ie



MTU Arts Office and SU proudly presents
ROWAN on Monday 9th Feb at 1pm
in The Circle as part of RAG Week

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YOUR UNION YOUR VOICE

The views expressed are solely those of the author and do not necessarily reflect the views of MTU Cork Students' Union



LOOK OUT FOR YOURSELF AND EACH OTHER

By Keith Brown

University life at MTU is about independence, new friendships, late nights, and making memories. Most of the time it's exciting and positive – but it also comes with responsibility. Personal safety isn't about fear or restriction; it's about awareness, choice, and looking out for yourself and those around you.

When it comes to alcohol, the key is knowing your limits and respecting them. Drink slowly, eat beforehand, and alternate with water. Never feel pressured to keep up with others – everyone's tolerance is different. Avoid mixing alcohol with drugs, including prescription medication. Mixing substances is one of the biggest risk factors for accidents, medical emergencies, and unsafe situations.

If you're out, keep an eye on your drink. Don't leave it unattended, and don't accept drinks from people you don't trust. If something feels off – your drink tastes strange, you feel suddenly unwell, dizzy, or confused – trust that instinct. Get help immediately from friends, venue staff, or campus security. Looking after yourself is never “making a big deal”.

Sexual safety is just as important. Consent is clear, on-going, and freely given – and it can be withdrawn at any time. Alcohol or drugs can seriously affect judge-

ment and the ability to consent. If someone is very intoxicated, they cannot consent – and neither can you if you are. Respecting boundaries, your own and others', is non-negotiable.

Equally, support your friends. If someone looks uncomfortable, overly intoxicated, or is being pressured, step in. A simple check-in, distraction, or walking them home can make a huge difference. Being a good friend sometimes means being the person who says, “Let's go,” even when it's awkward.

Getting home safely matters too. Plan ahead where possible: charge your phone, know your transport options, and let someone know where you are. Trust your gut – if a situation, person, or route doesn't feel right, change it.

Finally, remember that support exists. Services like the MTU's Counselling Service, HSE, the Drug & Alcohol Taskforce, Jigsaw, and the Sexual Violence Centre are there to inform, support, and help – confidentially and without judgement. Have a chat with some or all of them on Tuesday, January 20th in the main corridor of MTU Bishopstown campus. Asking questions or seeking help is a sign of strength, not weakness.

Being safe doesn't mean missing out. It means making choices that protect your wellbeing, your friends, and your future. Look out for yourself – and look out for each other.





MTU CORK
STUDENTS' UNION



BE SAFE *AND TAKE CARE* DAY

Tuesday 20th January *CARE* 10am-2pm

Come to the main corridor and chat with:

**The Drug & Alcohol Taskforce, The HSE, Jigsaw,
The Sexual Violence Centre, MTU Counselling Service**

Get your Bikes, Scooters, Laptops or Tools PROPERTY MARKED by An Garda Síochána

Just bring along your item to be marked and your Eircode.
The mark is made by a specially-designed machine which embosses the
property item with small dots in the pattern of the owner's Eircode –
to make it harder for criminals to sell on stolen property.



The Campus Community Garda
will also be available to offer
general advice

An Garda Síochána

Ireland's National Police and Security Service

SAFETY FIRST

WHY CAMPUS SAFETY WEEK MATTERS TO ALL OF US

Every year, Safety Week reminds us of something easy to forget in the rush of classes, activities, and social life: safety on campus is everyone's responsibility. Whether you're behind the wheel, on a bike, or walking to your next lecture, the choices you make can protect – or endanger – not only yourself, but the people around you.

Slow Down: Speeding Has No Place on Campus

Campus roads are not race tracks. They are shared spaces filled with pedestrians, cyclists, buses, and drivers, often moving in unpredictable ways. Speeding, even "just a little," reduces reaction time and increases the severity of accidents. A few saved seconds are never worth the risk of injuring a friend, classmate, or staff member.

During Safety Week, we're encouraging all drivers to:

- Follow posted speed limits at all times
- Be extra cautious near crossings, residence halls, and parking areas
- Remember that arriving safely is more important than arriving quickly
- Safe driving shows respect for the campus community and helps keep everyone secure.



Heads Up: Pedestrians and Phone Use

Walking while scrolling through your phone may feel harmless, but it's one of the most common causes of near-misses and accidents on campus. When your eyes are on your screen, you may miss oncoming vehicles, bicycles, or traffic signals.

Simple habits can make a big difference:

- Put your phone away when crossing roads
- Make eye contact with drivers before stepping onto crossings
- Stay aware of your surroundings, especially during busy hours
- Being alert doesn't just protect you—it helps drivers anticipate your movements too.



Safety Is a Shared Culture

Safety Week isn't about rules for the sake of rules. It's about building a campus culture where people look out for one another. Safe behaviour sets an example, influences peers, and creates an environment where everyone can learn and socialise without unnecessary risk.

This Safety Week, take a moment to reflect on your daily habits. Drive responsibly. Walk attentively. Look out for each other. Small changes in behaviour can lead to a safer, stronger campus for all of us.

26TH-29TH JAN, 2026

S **FETY** **WEEK**



MONDAY, 26TH JAN

- RSA Shuttle Bus outside library

TUESDAY, 27TH JAN

- RSA Shuttle Bus outside Library
- Various stalls in main corridor including Cork City Council and Garda Traffic Corp
- Garda Lifesaver Course in IT 5, 11am – 1pm

WEDNESDAY, 28TH JAN

- Garda Traffic Corp in main corridor
- Fire Brigade Chip pan demo outside Library
- 'See It', 'Say It' suggestion box @ info desk in main corridor

***CRASHED DE-POLLUTED
CARS IN VARIOUS
LOCATIONS AROUND
CAMPUS ALL WEEK***

CRIME SCENE DO NOT CROSS



**MTU CORK
STUDENTS' UNION**





MTU Cork RAG Week 2026

Why It Matters?

This year's Rag Week is about more than celebration and tradition, it is about solidarity, compassion, and making a meaningful difference. We are proud to support two outstanding beneficiaries whose work touches lives across Ireland every day: the Irish Motor Neurone Disease Association (IMNDA) and Sexual Violence Centre Cork. Both organisations stand at the forefront of care, advocacy, and social change, and the funds raised during Rag Week will directly support their vital missions.

Standing with Those Living with Motor Neurone Disease

The Irish Motor Neurone Disease Association (IMNDA) is the primary organisation providing care, guidance, and support to people living with Motor Neurone Disease (MND) in Ireland. MND is a progressive, life-limiting neurological condition that affects muscle function, often robbing individuals of mobility, speech, and independence. A diagnosis not only transforms the life of the person affected, but also profoundly impacts families, caregivers, and loved ones.

IMNDA plays a critical role from the moment of diagnosis onwards. The organisation offers practical supports such as specialist nursing services, equipment provision, and home adaptations, all of which help individuals maintain dignity and quality of life for as long as possible. Just as importantly, IMNDA provides emotional support, information, and advocacy, ensuring that no one has to face MND alone.

Beyond direct care, IMNDA is a powerful voice for the MND community at a national level, campaigning for improved services, increased awareness, and continued research into treatments and, ultimately, a cure. Supporting IMNDA through Rag Week means standing alongside individuals and families during some of the most challenging moments of their lives, while contributing to a future of greater understanding and hope.





sexual violence centre cork

Supporting Survivors and Working Toward a Safer Society

For over 37 years, Sexual Violence Centre Cork has been a cornerstone of support for victims and survivors of sexual violence across Cork city and county. The Centre provides free, confidential, and professional services to people of all genders who have been affected by sexual abuse, assault, or harassment, often at moments when they are most vulnerable.

The work of Sexual Violence Centre Cork is multifaceted and deeply impactful. At its heart is survivor-centred care, including counselling, helpline support, and accompaniment through medical and legal processes. These services empower survivors to heal at their own pace, in a safe and compassionate environment where they are believed, respected, and supported.

In addition to its direct services, the Centre is committed to preventing sexual violence before it occurs. Through education, training, and community engagement, Sexual Violence Centre Cork works to challenge harmful attitudes, promote consent, and foster a culture of respect and equality. Their outreach in schools, colleges, and workplaces is instrumental in driving long-term societal change.



Rag Week has always been about bringing people together, and this year it offers an opportunity to channel that collective energy into causes that truly matter.



Why Rag Week Support Matters

By choosing IMNDA and Sexual Violence Centre Cork as this year's Rag Week beneficiaries, we are recognising the profound importance of care, dignity, and justice. Funds raised will help sustain essential services, expand outreach, and ensure that both organisations can continue their life-changing work well into the future.

Rag Week has always been about bringing people together, and this year it offers an opportunity to channel that collective energy into causes that truly matter. Every event attended, every donation made, and every conversation started contributes to real, tangible impact—supporting individuals in need and strengthening our wider community.

As we celebrate, we do so with purpose. This Rag Week, we stand with those living with MND, with survivors of sexual violence, and with the organisations that work tirelessly to support them.

9TH - 12TH FEB

**RAG
WEEK
RAISE & GIVE**

FREE PARK & RIDE

Drive to the Curraheen Park Greyhound Stadium (T12 HNP4).

Park your vehicle in one of the MTU Park & Ride spaces.

Get on the MTU Park & Ride Bus (you may be asked to show your MTU Staff/Student ID).

Get off the bus at the MTU Le Chéile Building.

Times as follows:

Greyhound stadium opening hours

Mon-Fri 7:30am – 7:00pm

8am – 10am (every 15 mins)

Leaving the greyhound stadium every 15 minutes.*

10am – 4pm (every 30 mins)

Leaving the stadium every 30 mins **on** the hour and 30 minutes **past** the hour. Leaving MTU campus every 15 minutes **past** and 15 minutes **to** the hour from MTU campus bus stop.*

4pm – 6.30pm (every 15 mins)

Leaving the greyhound stadium and MTU campus every 15 minutes.*

* Subject to traffic conditions



Park and Ride is in operation during term time only

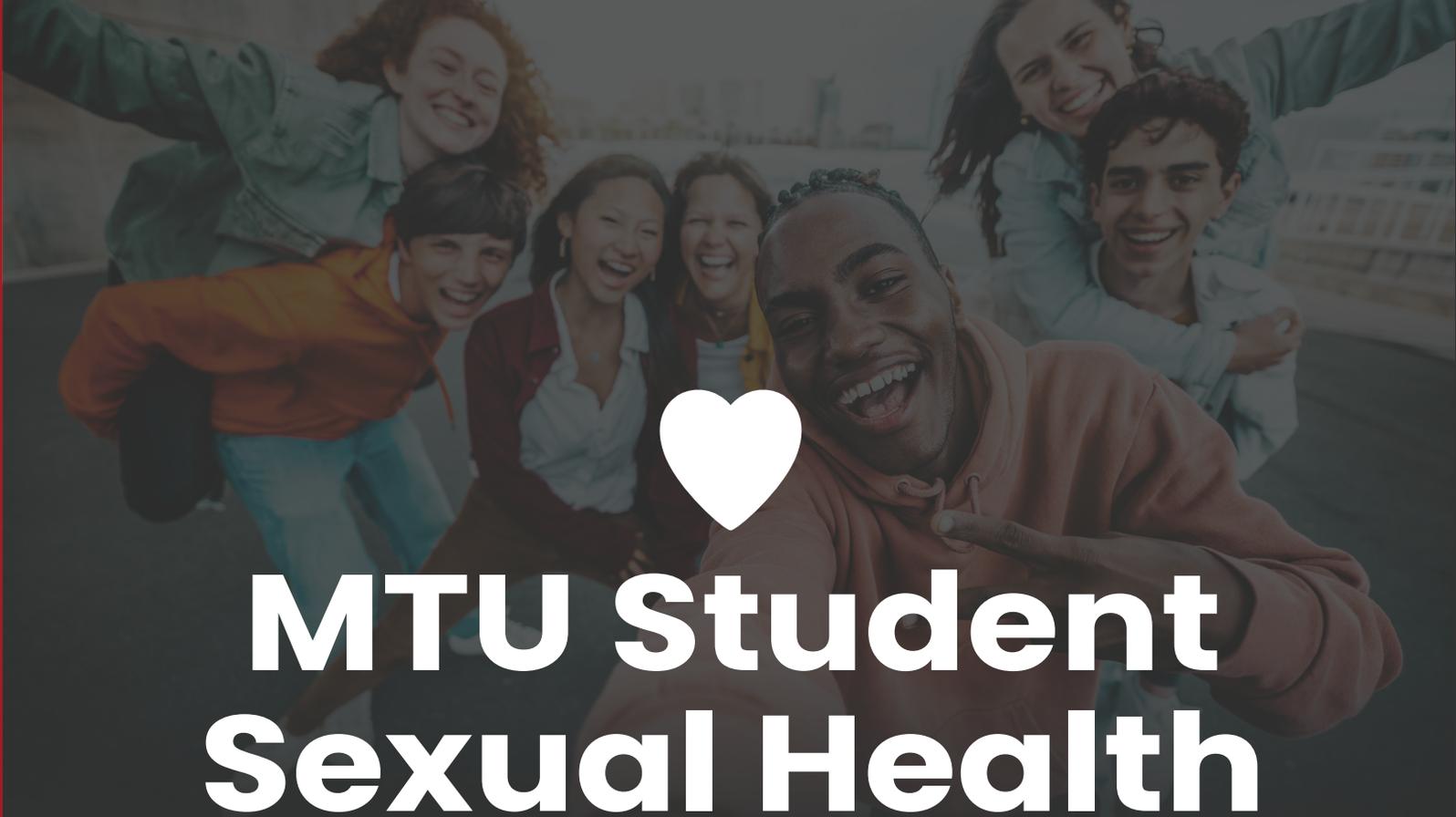


**MTU CORK
STUDENTS' UNION**



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University



MTU Student Sexual Health

The Student Health Centre provides a wide range of sexual health services free of charge. All sexual health services are nonjudgmental and confidential.



Sexually transmitted infection testing (symptomatic and asymptomatic)

STI treatment and management

Cryotherapy (wart treatment)

Onwards referral to GUM clinic if required

Partner notification support

Sexual health advice

Information on PEP and PREP

LGBTQ+ sexual health support

Sexual health vaccinations

Sexual assault support and signposting

Condoms and lubricant

Free contraception for 17-35 year olds

LARC contraception (implanon & intrauterine device)

Pregnancy testing and support

Emergency contraception and support

Sexual health promotion, education,
awareness and guidance

To Book Your Apointment **Call 021 433 5780**

STUDENT INNOVATION & ENTREPRENEURSHIP OPPORTUNITIES



MTU START UP BOOTCAMP

**6 WEEK PART-TIME PROGRAMME
TO LOOK AT THE FEASIBILITY OF
YOUR BUSINESS IDEA**

Learn

- Business Model Canvas
- Finance Basics
- Marketing
- Planning & Pitching

Apply before 20th January, 2026

<https://submit.link/4oI>

MTU FLAVOUR PITCH

**GOT A FRESH BUSINESS IDEA FOR
THE FOOD, BEVERAGE, OR WIDER
F&B INDUSTRY?**

Prize includes a trip to Endicott
College in Boston with a curated
calendar of F&B related events
during your stay!

Apply before 28th February, 2026

<https://submit.link/4r6>

PRIZE FOR INNOVATION

**€14,500 IN CASH PRIZES
TO BE WON FOR YOUR INVENTIONS &
BUSINESS IDEAS**

- First prize €4,000
- Apply as part of a team
or on your own

Apply before 13th March, 2026

<https://submit.link/47g>

STUDENT INC. PROGRAMME

**MAKE YOUR BUSINESS IDEA A
REALITY OVER THE SUMMER!**

Over a 13 week period, you will receive;

- € 4,000 in seed funding
- Desk space
- Pitch to angel investors
- Individual or part of a team

Apply before 3rd April, 2026

<https://submit.link/46n>

ADVANCE YOUR CAREER WITH SHED

MTU SHED, the Student Hub for Entrepreneurial Development, supports students across all MTU campuses who want to build real skills, explore ideas, and gain experience that matters beyond college. It is open to students from any course, any year, and any background, whether they are curious about entrepreneurship or already working on an idea.

BUILD SKILLS THAT ACTUALLY MATTER

SHED is not just about starting businesses. It is about helping students develop confidence, communication skills, teamwork, creativity, and problem-solving abilities that employers expect but are rarely taught directly. Through workshops, mentoring, innovation programmes, and hands-on projects, students learn how to take ideas seriously and turn them into something practical.

WHAT OUR STUDENTS SAY



The technical skills, teamwork experience, and presentation and communication training I gained at the Rubicon Centre have been extremely helpful. Those skills have really come into play in my career.

Xiubin Jin, Global Trade Optimisation, Apple

NOT SURE WHAT'S NEXT? START WITH SHED

Students can get involved at any point during the year, from short ideation sessions to longer programmes like Student Inc. and other venture-building supports. The SHED team is based in the Rubicon Centre in Bishopstown and in MTU Kerry, and students can also take part online. There is no requirement to have a polished idea or long-term commitment. Students are encouraged to explore, test, and learn.

SHED also provides one-to-one support for students who want to go further, offering guidance, feedback, and access to a wider entrepreneurial network. Many students use SHED to strengthen their CVs, improve their presentation skills, or gain experience that sets them apart in graduate interviews.



The Student Inc. programme was instrumental in transforming TeachKloud from a mere idea into a groundbreaking platform. Today, TeachKloud is used by thousands of educators and parents in over three countries.

Wendy Oke, TeachKloud

CONNECT WITH US

Students can schedule a one-to-one appointment by emailing SHED@mtu.ie. To learn more and stay up-to-date on the upcoming programmes and competitions, connect with SHED on social media. [LinkedIn: MTU SHED](#) | [Instagram: MTU SHED](#)

SPLAINING, SAIPAN AND THE STATE OF THINGS

The real world continues to grind away, relentlessly and loudly. It's hard to scroll, listen, or look away without bumping into another reminder that politics, power and culture are colliding – often messily, sometimes dangerously.

Take Europe, for a start. EU Commission President Ursula von der Leyen has succeeded in pushing the controversial MERCOSUR trade agreement with South America past a majority of EU member states. The final hurdle now lies with the European Parliament, and that's where Ireland's farming and agricultural communities are expected to lobby TDs and MEPs hard.

Their concerns aren't fringe or abstract. Questions around food health, safety and quality standards sit at the centre of the debate, with many arguing that South American imports could undercut EU producers while failing to meet the same regulatory benchmarks imposed on European farmers. Add to that the potential environmental fallout, particularly further deforestation of the Amazon, and MERCOSUR becomes more than a trade deal. It becomes a litmus test for whether the EU is serious about its own climate rhetoric and ethical standards.

All of this is unfolding while the EU is also trying to manage an increasingly hostile relationship with the United States.

Trump, Tariffs and the Return of Hard Power

Donald Trump's America, once again, looms large. From tariff threats aimed at European industries, to provocative noises about Greenland, a resource-rich, semi-autonomous territory of Denmark, and even veiled threats about NATO's future, the so-called "European Project" is under sustained pressure. Trump's recent actions towards Venezuela have also raised eyebrows. Officially framed as a response

to criminal cartels and instability, many see the move for what it likely is: a strategic grab for oil. For the so-called Western World, none of this inspires confidence. If anything, it signals a return to blunt, transactional geopolitics where power matters more than principles.

But as worrying as all of that is, the most disturbing recent development didn't happen in a trade chamber or diplomatic summit. It happened on a street in Minneapolis.

When Law and Order Crosses the Line

US citizen Renee Good was shot dead by ICE agents during what began as a traffic stop. According to eyewitnesses, she was interrogated, panicked, attempted to drive away, and was killed before she had gone any real distance. Multiple videos captured the incident as it unfolded – raw, immediate, and impossible to dismiss.

This was not collateral damage. It was a state killing, carried out in full view of the public.

Rather than condemning the act, Trump praised ICE for their "bravery" in confronting what he described as a threat to law and order. Minneapolis' mayor, to his credit, told ICE exactly where to go. Protests, and in some cases riots, followed across US cities.

America has never been innocent in its history, but moments like this force an uncomfortable question: if this is how power is exercised in plain sight, what happens when the cameras aren't rolling?

“Woman-splaining” and the Limits of Bad Faith

A few days later, driving home from work, I caught Liveline with Kieran Cuddihy on RTÉ Radio One. A woman named Rachel phoned in, calmly and clearly describing what she had witnessed in Minneapolis. Her account was factual, grounded, and harrowing.

Then came another caller, Eoin, a self-declared Republican and Reagan-era loyalist, who set about justifying ICE’s actions. He spoke about being “fed up with progressives” attacking the Republican Party. Standard enough fare for radio phone-ins.

But when challenged by Rachel’s eyewitness account, Eoin reached for a new term: “woman-splaining”.

Yes. Woman-splaining.

According to Eoin, it’s the opposite of “man-splaining”: progressive, educated, principled women supposedly forcing their views on others and expecting universal agreement. It would almost be funny if it weren’t deployed in the context of a state killing.

The term collapses under even light scrutiny. Plenty of men are progressive, educated and principled. Plenty of women aren’t. And people in power, regardless of gender, have always imposed views, often through coercion rather than conversation. Reducing systemic violence and political accountability to a cheap culture-war buzzword doesn’t just trivialise the issue; it actively derails it.

What made it worse was the irony. Online, clips of Eoin’s intervention circulated widely, not because people agreed with him, but because they were laughing at him. His attempt to dominate the narrative backfired completely.

Satirists like Conor’s Sketches or Oliver Callan might be feeling the pressure. Why bother crafting comedy when people like this are offering unfiltered performances live on national radio?

Mind yourselves out there.

(The full interview is available on RTÉ Radio One’s Instagram.)

Da Full Munster Dere...

Most people of a certain age remember exactly where they were during Saipan 2002, when Roy Keane and Mick McCarthy fell out so spectacularly that it seemed to split the country in two. Football arguments turned into cultural fault lines, and Ireland’s World Cup dream dissolved before a ball was kicked.

So it’s understandable that many might feel little enthusiasm for Saipan, the new film revisiting those events. Haven’t we moved on? Isn’t the novelty of the Craic Being 90 long gone?

I thought so too until I actually watched it.



Saipan: More Than We Remember

The story itself holds few surprises, but the performances elevate it. Éanna Hardwicke delivers a commanding portrayal of Roy Keane, capturing both his intensity and vulnerability. Steve Coogan’s Mick McCarthy is measured, human, and quietly powerful, a reminder that this was never a simple hero-villain narrative.

The supporting cast shines too. Harriet Cairns brings depth to Threasa Keane. Alex Murphy (of The Young Offenders) plays the FAI media figure with a mix of absurdity and realism. Jamie Beamish (best known as Ciaran from Derry Girls) embodies the FAI’s institutional presence, thinly veiled, yet unmistakable.

What the film does particularly well is show how misunderstanding leads to division, and how cause and effect ripple far beyond their original moment. Even in a nation famed for humour and resilience, failure to listen can have lasting consequences.

Archive footage is woven throughout, including historical references to Saipan itself, its role in World War II, its later significance to American military power, quietly reminding us how global histories intersect with local ones. The soundtrack, featuring Oasis, Irene Cara, The Pogues and The Stone Roses, anchors the film firmly in its era.

Why It Still Matters

Watching Saipan at Mahon Point Omniplex, what struck me most was how relevant it feels now. Not because of football, but because it’s about communication breakdown, ego, institutions protecting themselves, and the long shadow of unresolved conflict.

Backed by Screen Ireland and the Northern Ireland Film Board, it’s another reminder of the depth of talent in Ireland’s film and arts sector. More importantly, it suggests that understanding, reconciliation and honest reflection aren’t luxuries, they’re necessities if we want to move forward.

A film worth your time. A story worth revisiting. And maybe, just maybe, a lesson worth learning.

Saipan is currently showing in cinemas nationwide.

MTU
ARENA

mtu.ie

www.mtu.ie

A FRIENDLY SPACE TO MEET AND MIX FOR AN HOUR
STUDENTS AND STAFF WELCOME!

ACTIVE CHATS

coffee club

TRACK WALK/RUN
BOARD GAMES
BADMINTON
TABLE TENNIS
YOGA
TEA AND COFFEE
CHATS!

STARTS OCTOBER 9TH
8AM - 9AM

THURSDAYS THROUGHOUT
THE ACADEMIC YEAR
IN MTU ARENA

 **MTU**
Ollscoil Techniceolaíochta na Mumhan
Munster Technological University


**MTU
Counselling**
Counselling and Psychotherapy
for Students

**MTU
ARENA**

 **MTU CORK
STUDENTS' UNION**

Student Health Matters APP

Access safe, evidence based and reliable health information instantly at the touch of a button.

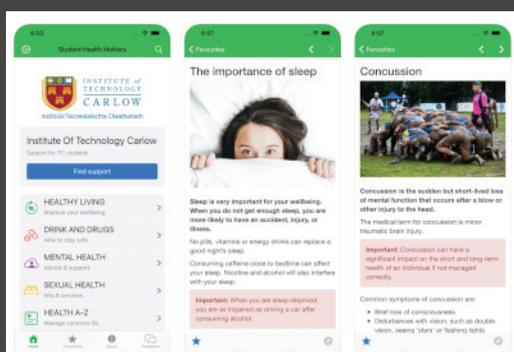
All third level students may access a 'Student Health Matters' App that provides students with **access to reliable and relevant health information in one place, at the touch of a button.** The content, based on Irish healthcare information and services, was created by a team of health professionals at Irish Student Health Association and Expert Self Care Ltd, a specialist mobile health information app developer.

The App was developed as many students struggle with looking after their health. Rather than googling their health questions, which can be unreliable and confusing, students can now access trusted health information and links to many useful websites in seconds.

The App provides: links to the HSE database of over 600 medical conditions and treatments and covers topics including; Healthy diet, physical activity, smoking, alcohol, drugs, your mental health, sexual health common illnesses, health topics A-Z, head injury and concussion, vaccinations, the importance of sleep, first aid box and information and links on where to get medical help and advice; and contact details for health and medical services available at College Health Centres.

The ISHA 'Student Health Matters' App is available for iPhone and android and is free to download from the App Store and Google Play.

Search '**Student Health Matters**' or [click here](#)



MTU MEDICAL CENTRE

OPENING HOURS:
TEL: 021 433 5780

During term time

Mon to Thurs: 8.30am - 4.30pm

Fri: 8.30am - 2.30pm

Closed for lunch: 12.30pm - 1.30pm

FEES:

- Consult with Doctor: €10

- Consult with Nurse: No charges

- STI testing is available to all students free of charge.

- Contraception is available to 17-35-year-olds inclusive free of charge

LOCATION:

The Student Centre, MTU Cork Bishopstown Campus

Your LinkedIn Glow Up

A Practical Guide to Get Your
LinkedIn Ready for the Real World

LinkedIn can feel intimidating at first. It looks very professional, everyone seems accomplished, and it can be hard to see where you fit in as a student. The truth is, LinkedIn isn't just for people with years of experience, it's a space where students are welcome and where employers actively look for future graduates.

Whether you're in first year or nearing graduation, LinkedIn can be a powerful tool to support you at every stage of your journey. Used well, it helps you explore career ideas, build confidence, and start developing a professional presence long before you begin applying for jobs.

Why Does LinkedIn Matter for Students?

LinkedIn is more than an online CV. Recruiters use it to check candidates before interviews, employers share opportunities and insights, and graduates talk openly about their career paths. It's a treasure trove of information, and starting early gives you time to learn how industries work and what employers value.

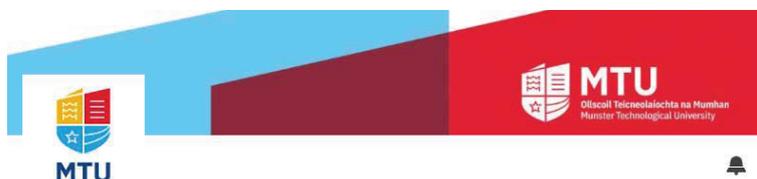
A recruiter can tell a lot about you from the companies you follow, the connections you make and the topics that you show interest in.

[+ Follow](#)

If you're wondering, "What's my next step?", LinkedIn can help!

Search alumni from your course or institution to see where they work now, what further study they pursued, or what roles they moved into after graduation. This can guide your decisions and remind you that career paths are rarely linear!

[Click here to search
MTU Alumni on LinkedIn](#)



Munster Technological University

Start with a Strong (and Honest) Profile

Before engaging with others, make sure your profile reflects who you are right now. It doesn't need to be perfect, but it should be accurate and professional.

Focus on:

- A clear headline (e.g., Final Year Science Student | Interested in Data Analysis)
- An "About" section written in your own words
- Your course, projects, part-time work, volunteering, or placements
- A friendly, professional photo
- Your profile is part of your professional brand. Many recruiters check LinkedIn before interviews, so keeping it up to date matters. Visibility can lead to opportunities!



Remember: LinkedIn Is a Professional Space

LinkedIn is different from other social platforms.

Before posting or commenting, ask:

- Would I be comfortable with an employer seeing this?
- Is the tone respectful and constructive?
- Does this reflect me professionally?

You can still be yourself, but professionalism is key. Your CV, LinkedIn profile, and other platforms should tell a consistent story.

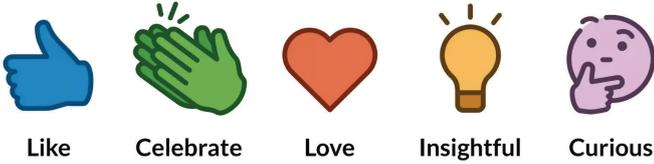
Engagement Doesn't Mean Posting All the Time

Many students think LinkedIn success means posting frequently. Not true! Engagement can be simple and low pressure.

Ways to engage:

- Like posts from organisations, professionals and peers you follow
- Comment with a short, thoughtful response
- Share an article with a brief note on why you found it useful

A simple like or short positive comment when your peers or lecturers post, shows a lot about you, your teamwork skills, positivity, engagement and your ability to recognise and acknowledge the success of others.



These small actions increase visibility and make LinkedIn feel more familiar.

What Can Students Post?

A common question: "What would I even post about?" The answer is closer than you think.

Ideas include:

- A takeaway from a lecture, project, or group assignment
- A skill you're developing, like teamwork or presentation skills
- An event, employer talk, or webinar you attended
- Completing a course, certification, or placement
- Posts don't need to be long or impressive. Keep them simple, genuine, and professional.

Commenting Is a Great First Step

If posting feels uncomfortable, start with comments. A good comment adds value without pressure.

Strong comments:

- Show interest or curiosity
- Add a short insight or question
- Stay polite, positive, and relevant

Over time, people recognise your name and profile, helping you build confidence and connections.

Connect with Purpose

When sending connection requests, focus on people you genuinely want to learn from, not just building numbers.



Connect with:

- Alumni from your course or MTU
- Guest speakers or employers you meet at events
- Professionals in roles you're curious about
- Recruiters in organisations that interest you

Always personalise your request. A short message works: "Hi [Name], I'm currently studying [course] and enjoyed your recent post on [topic]. I'd be glad to connect."

*Remember: Following someone means their news becomes your news, it's a great way to stay informed!

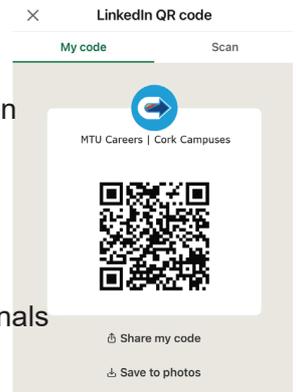
*Top Tip: Have you discovered the QR code feature on LinkedIn? It is a great way to connect quickly with people that you meet at events. Go to your own profile search bar on your phone app and click on the 'show all' icon, this creates your own personal QR code to your profile, which can be easily shared or scanned.

Make LinkedIn Part of Your Routine

You don't need hours on LinkedIn for it to be useful. Even 10–15 minutes once or twice a week is enough.

Try:

- ✓ Following a few organisations/professionals in your field



- ✓ Engaging with one post each time you log in
- ✓ Reviewing and updating your profile once per semester
- ✓ Small, consistent steps build confidence and momentum.

A Final Word from Career Services

Using LinkedIn is a skill, and like any skill, it improves with practice. Start where you are, keep things manageable, and avoid comparing yourself to others.

If you'd like support with your LinkedIn profile, networking approach, or planning your next step, MTU Careers is here to help. Engaging with LinkedIn now is an investment in your future career, and it's never too early to begin!

Be sure to follow MTU Careers on LinkedIn to stay up to date with opportunities, Employer Chats, and much more.



Get to know MTU Careers via Linktree



Kirsti O'Flynn
Careers Advisor & Industry Engagement Lead



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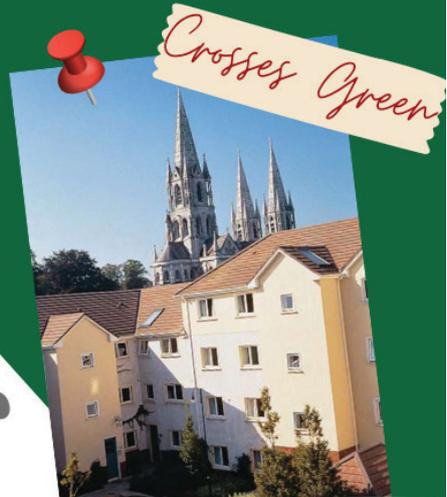
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