

WEEK 3 - 10th - 14th October 2022 - [MINDYOURSELF WEEK/CAREERS WEEK](#)

Mind Yourself Week: This week we will be promoting awareness and supports related to Mental Health. Our Counselling Service will deliver activities and workshops to promote student engagement and positive mental health. World Mental Health Day is on October 10th. Careers Expo **TUS Careers Expo** offers students the chance to explore career opportunities available to them during and after their studies. TUS Midwest Careers Expo is scheduled to take place on the 11th of October, with TUS Midlands Career Expo taking place on the 12th of October.

Monday 10th October

WORLD MENTAL HEALTH DAY - TUS Midwest Counselling Service will host a Mental Health Awareness Events throughout the week.

10.00am - 2.00pm - Mental Health Awareness Information Stands - Moylish and Clonmel Campuses.

Information stands will be on the street promoting external mental health supports for students & staff.

10.30am - 12.00pm - "Connect Cafe" - Moylish and Clonmel Campuses.

TUS Midwest Counselling Service are hosting a "Connect Cafe" from 10.30am until 12pm in the Canteen, for students to connect, pop in, chat, meet other students & have a tea or coffee and be guided to on site supports if necessary.

10.00am - 10.30am - Introduction to Mendeley Reference Manager [Click here to book a space](#)

This is an online tutorial where you will learn how to download and use the Mendeley Reference Manager, Mendeley Cite (for Word) and the Web Importer.

11.00am -11.45am - Searching for E-Books [Click here to book a space](#)

This is an online tutorial where you will learn how to download and use the Mendeley Reference Manager, Mendeley Cite (for Word) and the Web Importer.

7.00pm - 9.00pm - The Abbey Court Hotel, Nenagh - LIVE event - Guest Speaker - Jon Lonergan

Tuesday 11th October

10.30am - 12.00pm - "Connect Cafe" - LSAD and Thurles Campuses.

TUS Midwest Counselling Service are hosting a "Connect Cafe" from 10.30am until 12pm in the Canteen, for students to connect, pop in, chat, meet other students & have a tea or coffee and be guided to on site supports if necessary.

11.00am - 3.00pm - TUS Careers Fair 2022 The Street & Millennium Foyer Moylish Campus

Are you seeking a work placement or graduate employment?

Then be sure to join us for the biggest employer event of the year with almost 100 employers all looking to hire students and graduates of TUS.

A bus service will operate from Thurles & Clonmel campuses. Please contact your local student leader for details.

Employers attending include Regeneron, PM Group, Cook Medical, Focus Ireland, Northern Trust, Grant Thornton, onsemi, Liebherr, AMCS Group, Brothers of Charity, Lidl, TLI Group, Intel, Lidl, Coffey Group, Revenue Commissioners, ESB, Fiserv, EI Electronics, Arup, Tusla, Boston Scientific, Edwards Life Sciences and many more.

For the full list of companies attending visit -[Careers Connect](#)

4.00pm - 5.00pm 5 a day for your Mental Health, Online Workshop with Jigsaw. [Click here to join](#)

Wednesday 12th October

10.00am - 11.00am - Online Databases and e-Resources [Click here to book a space](#)

1.00pm to 2.00pm Renowned Limerick Hurler Ciarán Carey is coming to the Moylish Campus to share his story and promote positive mental health - **Room 3A05**

2.00pm - 3.00pm - Online Databases and e-Resources [Click here to book a space](#)

Thursday 13th - October

10.00am - 1.00pm - Jon Lonergan Guest Speaker at an event in Clonmel Talbot Hotel

10.00am - 11.00am - Plagiarism - what it is and how to avoid it [Click here to book a space](#)

This session looks at the whole area of what Plagiarism is. It also focuses on some tips and techniques for avoiding Plagiarism in your academic work.

12.00pm - 1.00pm - Introduction to Harvard Referencing - [Click here to book a space](#)

1.00pm - 2.00pm - Building your Resilience - [Click here to join](#)