

## 2021 – 2022 - INDUCTION AND ORIENTATION

### 'CONNECT & ENGAGE PROGRAMME' ALL STUDENTS

We would like to take this opportunity to welcome all our students who are commencing, progressing, and returning for the 2021 – 2022 Academic Year.

As you begin this new academic year you will learn about all the supports and services which are geared towards optimising your student experience.

*Connect & Engage* is your 8-week induction and orientation programme which includes an array of events and activities ranging from support services to essential information, all created to support your transition to college and towards building a positive student experience. The 8 themed weeks of Connect & Engage are described below and we encourage you to connect and engage throughout your time with us.

PHASE/STUDENT GROUP	DATES	THEMED WEEKS	DELIVERY MODE
PHASE 3  ALL STUDENTS  <i>'Connect &amp; Engage Programme'</i>	SEPTEMBER 27 <sup>th</sup> - OCTOBER 1 <sup>st</sup>	<b>WELCOME</b>  Classes commence and so does your Connect & Engage programme of activities which are geared towards helping you get off to a flying start at TUS:MM. Most of your focus will be on figuring out your timetable, class locations and learning how to find your way around. You will get an opportunity to meet our Student Leaders and the Support Services.	<b>BLEND</b> <b>E</b> <b>D</b> <b>(</b> <b>s</b> <b>ch</b> <b>e</b> <b>d</b> <b>u</b> <b>l</b> <b>e</b> <b>s</b> <b>a</b> <b>n</b> <b>d</b> <b>l</b> <b>i</b> <b>n</b> <b>k</b> <b>s</b> <b>w</b> <b>i</b> <b>l</b> <b>l</b> <b>b</b> <b>e</b> <b>i</b> <b>s</b> <b>s</b> <b>e</b> <b>d</b> <b>w</b> <b>e</b> <b>k</b> <b>l</b> <b>y</b> <b>)</b>
	OCTOBER 4 <sup>th</sup> – OCTOBER 8 <sup>th</sup>	<b>GET CONNECTED</b>  The theme of this week is helping students to engage in college life, find friends and make connections both with each other and with their department. You can look forward to a fun line up of events as this is also Fresher's Week. Clubs and Societies activities will also kick off this week - a great way to meet new friends and develop your interests. There will be something for everyone!	

	<p><b>OCTOBER 11<sup>th</sup> – OCTOBER 15<sup>th</sup></b></p>	<p><b>MIND YOURSELF CAREERS EXPO</b></p> <p><b>MIND YOURSELF</b> We are big on wellness and mental wellbeing at TUS:MM and this week we will be promoting awareness around mental health with Counselling Service activities and workshops. World Mental Health Day is on October 10<sup>th</sup> so keep an eye out on email, social media and Moodle for further details of what will be happening.</p> <p><b>CAREERS EXPO</b> The TUS:MM Careers Expo Week offers students the opportunity to explore career opportunities available to them during and after their studies. On Tuesday 12<sup>th</sup> October the Limerick Campus Virtual Careers Fair will take place from 12pm – 3pm, followed on Wednesday 13<sup>th</sup> October by the Athlone Campus Virtual Careers Fair 2021. This is an excellent opportunity to meet with over 100 key local, national, and international employers and find out about life after college. Check your emails for details of how to register for these events.</p>	
	<p><b>OCTOBER 18<sup>th</sup> – OCTOBER 22<sup>nd</sup></b></p>	<p><b>FINANCIAL MATTERS</b></p> <p>Support and advice relating to your finances is available throughout your time in TUS:MM. In particular, we will be running workshops and drop-in clinics to assist you with your financial queries including information relating to the Student Assistance Fund. We will also run information sessions on managing your finances and budgeting for college life.</p>	
	<p><b>OCTOBER 25<sup>th</sup> – OCTOBER 29<sup>th</sup></b></p>	<p><b>LEARNING SUPPORT WEEK</b></p> <p>You will hear more about the learning supports available to you this week with drop-in learning support clinics running this week and throughout your time at TUS:MM. This is the week to focus on your time management, getting organised and settling into a routine of good study habits to help you get ready for end of semester exams or assessments along the way.</p>	
	<p><b>NOVEMBER 1<sup>ST</sup> – NOVEMBER 5<sup>th</sup></b></p>	<p><b>HEALTH AND WELLNESS</b></p> <p>Your health and wellbeing is of vital importance so you are encouraged to watch out for events and opportunities to build a healthy lifestyle which will be highlighted this week and will feature throughout your time at TUS:MM. During the week watch out for awareness campaigns regarding diet, exercise and sexual health. Don't forget to register confidentially with the Student Health Service on campus if you have a pre-existing condition and if you have any health concern!</p>	

	<b>NOVEMBER 8<sup>TH</sup> – NOVEMBER 12<sup>TH</sup></b>	<b>INSPIRATION WEEK</b> You will have the opportunity to hear from students at a more advanced stage of their career and studies who will share their real-life experience of college and of your course. This is a great time to explore Volunteering. The Careers Service will also be running online coaching seminars with Stephen Naughton, register through your local campus careers service.	
	<b>NOVEMBER 15<sup>TH</sup> – NOVEMBER 19<sup>TH</sup></b>	<b>REFRESHER WEEK</b> This is not the end of our journey together! This week we will take the opportunity to remind you of all the fabulous supports available to help you make the most out of your time at TUS:MM.	