



Here are some tips on settling into first year of third level, from the DIT chaplaincy:

A
Attend lectures. I know it sounds obvious, but many DIT courses are more classroom intensive than most Universities. The very fact that you attend them means you are absorbing information unbeknownst to yourself. Some first years find some of the course hard to understand, even irrelevant; don't worry, by the time to work your way through the course you will find that it all comes together.

B
Bicycles. Make sure you put your bicycle in one of the College bicycle sheds. Every year thieves prey on first years who think their bike will be ok locked to a pole on the street.

C
Chaplains. Always feel free to drop in. No question is too silly ... we are happy to help, or just pop in to say hello!

D
Dublin. For some, this is their first time in the city. Some find it exciting, others find it difficult to see the homelessness and begging on the streets on a daily basis. Most students love Dublin, they find it friendly and relaxed. When you are thinking of heading to college think also of the broader setting that you are going to be a part of and prepare yourself for it.



E

Empathy. Everyone is in the same boat. Whether you are straight out of school or whether you are a mature student no one has an advantage.

F

First year. There are plenty of supports in place for first years ... everyone knows it can be difficult and they want to hold onto you. Check out the Campus Life website for some of these supports or, better still, always ask someone.

G

Grades. Getting a good grade requires more than giving back information. At third level a student needs to develop an Academic Writing style. You can get tutorial in this style and this is to be recommended especially if you are hovering around a grade that you are not happy with and want to achieve more. This article tells how some universities can predict final grades ... it's your job to surprise them!

H

Help. Please, please don't let problems build-up ... attend to them early by talking to a member of staff, support services, students union or the chaplains. If there is a problem at home or with the family, anything that is affecting your ability to perform to your potential, please seek assistance. Remember this maybe a first for you but those working in the college face new challenges every year and assist the students as they deal with them.



I

Induction. You'll hear this word a lot ... on your first day you'll have an induction with lots of information. Don't worry, we all know that induction takes a lot longer ... it takes a while to get to know the place and feel at home. I was chatting with a number of final year students this year and I asked them 'when did you feel that you settled into college' without hesitation they said, 'second year'. Don't be putting pressure on yourself ... it takes a while ... enjoy the journey.

J

Journey. Many students travel extraordinary distances to get to college on a daily basis especially in first year ... it takes its tolls on you so make sure you organise definite down time at weekends to recover ... as the years move on many students often prefer to live closer to college due to project work etc.

K

Kindness. The majority of people in DIT are very kind ... if you have a genuine problem they'll give you all the help and understanding you need ... when you find it give a bit back ... what makes the world go around.

L

Long Days. Yes the days are long ... make sure you take your breaks ... find places to go for a walk or have a nap ... not the library though ... snoring disturbs those who are trying to study!



M

Mindfulness. Mass is at 1:05pm every Wednesday in DIT Bolton Street (Room 246), and at 1:05pm every Thursday in St. Laurence's, DIT Grangegorman.

N

Notes. Take good ones and at the end of each class take an extra note ... answer questions like ... what was the main point of that class? What do I not understand fully? What do I need to ask at the beginning of the next class?

O

Opportunity. It may be tough at times but education opens doors ... those doors may not even relate to the course you are presently studying but when you look back over your life you'll realise what education has done for you.

P

Parents. It's not secondary school. Once you are over eighteen staff cannot talk to parents about your performance without your permission even though they may be paying your fees so it's up to you ... but remember people always have a way of finding out things ... you'd be surprised how many parents we meet on corridors looking for classrooms ...

Q

Quantify. You can't quantify the best things that happen in college especially the friendships you make and the confidence you acquire ... don't even try to measure it ... just enjoy.

R

Remember. If you are travelling on the bus or cycling go over the day in your head and try to remember the one important thing in each class or lab or tutorial ... it's amazing how helpful this is ... if you can't remember well then that's another day's work.

S

Spirituality. If your spirituality is important to you the chaplains are always happy to support you. Over the last number of years DIT has endeavoured to set aside areas that can be used for prayer, mediation and relaxation. If you are visiting Dublin for the first time and need to connect with your specific faith

community in the city, the chaplains will be happy to assist you. We also have a range of services on offer.

T

Trouble. Seriously, don't try to carry it on your own.

U

Union. Every college has a **Students Union College Officer** ... they are great people and you will find them very helpful ... you don't have to be hanging out of the **Students Union** to seek their assistance ... drop into them anytime.

V

Virus. The college has a free medical service ... if you are sick just drop into the **medical centres** and make an appointment to see a doctor or consult a nurse.

W

Well-being. Keep the balance ... if things are out of balance in your life your performance in college is affected ... trust us, we know from experience.



X

Xenophobia. A fear of what is foreign or strange ... there's lots of it in first year. You'll feel like a stranger at times but don't let it get the upper hand ... honestly, everyone in college wants to make you feel a part of the place. Don't be afraid to step forward and make an effort be it in societies ... DITSU ... volunteering ... sports ... etc.

Y

Y (nearly there). The last ten percent is the most difficult and most important part of any assignment ... finish well ... don't give up.

Z

Zozimus. Zozimus was an old Dublin story teller who walked many of the streets you will walk in the early part of the 19th century ... he was blind but developed an amazing memory for song and story ... so don't focus on your limitations ... focus on your skills ...

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