

# STUDENT HEALTH

“A HEALTHY STUDENT IS A HAPPY STUDENT”





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### **What is the purpose of this guide?**

This guide has been designed to inform students of all ages about healthy and balanced living while attending university or college and acts as impartial advisor on tips for dieting, stress management, physical activity, financial support and social life which also offers a list of on campus services for UCD students.

### **Who is the target audience?**

The guide is mainly aimed at students of all ages who attend or consider the prospect of attending 3<sup>rd</sup> level education. While most details about facilities and services are campus specific and therefore only relevant to existing students in full-time courses at UCD, all other information is based on external online sources, which can be consulted by every student in higher education.

### **What is the Guide about?**

The main focus of this guide is to help students live a balanced life through healthy eating, physical exercises, mental well-being including stress management and financial stability as well as social activities which contributes to better academic performance and enhances the overall student experience.

### **What are the contents of this Guide?**

The contents of this guide provide advice in the following areas: Physical activity, Healthy eating and a balanced diet, stress and stress management, financial support for third level students and socialising. A comprehensive list of UCD campus internal contact details is attached to the bottom of the document.

### **What do we think our target audience needs to know?**

No field specific knowledge is assumed on the reader's part with regards to the topics discussed in this guide. However, while the sources included here provide information and guidance on the respective topic, self-motivation and drive is required to follow the advice given and put it into practice to become a happy and healthy student.

### **How is this guide organised?**

This guide is organised by sections containing annotated details about reliable web resources we have identified for you, all of which are publicly accessible. Each chapter provides hyperlinks and direction on how to locate the webpage and gives a full evaluation based on quality, reliability and relevance of the chosen resource as well as a reference section. The closing page at the end of the guide supplies a list of UCD on campus services that are relevant to each of the topics discussed.

Why not like us on Facebook to get the latest updates on events and news?

<http://www.facebook.com/pages/Student-health/499084190124494>



## Student Nutrition at College

### Resource Details

If you would like to inform yourself more about student nutrition and the importance of a proper diet at college, follow the link to the site which has been developed by Dublin City University:

[http://www4.dcu.ie/students/health/healthy\\_eating.shtml](http://www4.dcu.ie/students/health/healthy_eating.shtml)

“Health Service – Healthy Eating – Eating tips for busy college students”, DCU, Ireland (2012)

### Quick summary of the Resource

Everybody knows that eating correctly is extremely important. However, very often when students leave home, other things such as exams and college work take over much of their time. Remember proper food fuels good work!

The Healthy eating tips for busy college students is precise and to the point. The tips it provides are simple, yet effective. They are easily forgotten by students who are trying to manage other aspects of their lives as well e.g. finance, assignments etc. There are also links at the bottom of the page for extra information about certain areas. An important link to note is “*Smart foods for exams*”. It explains the mental and physical strain of exams and on the lead up to them. It goes through different suitable meals which are easy to make and will boost a student’s mental ability and give them more energy.

### How we found the Resource

We typed into Google search engine ‘*Healthy eating for college students*’, and used the advanced search tool. In this, we searched for specific resources which had .i.e. (Irish-based websites). It brought up several results, some which were relevant and others which were not as much. We read through a handful of the sources and chose this resource because it had easy, helpful information. It also is an Irish college and this guide is aimed at students attending colleges in Ireland. This website by UCD was the first one on the list and actually ending up being the most relevant.

### **Critical Evaluation – why this Resource is suitable and reliable for you**

Before choosing this resource we made sure that it was both relevant to our chosen topic and it was of a good quality and useful to the task. [www4.dcu.ie](http://www4.dcu.ie) is the official website of Dublin City University. It is a regularly updated site as its main function is to inform students. Links from this site are also reliable and trustworthy as we clicked into several links under the 'Healthy Eating' page and all gave accurate and relevant information.

## **Nutritional Concepts**

### **Resource Details**

If you would like to find more dietary and nutritional tips, advice and easy recipes; follow this link to 'Nutritional Concepts':

<http://www.nutritionalconcepts.ie/blog/college-students-healthy-eating-tips/>

This is a blog which is by Sabrina Doyle, which aids people about healthy eating choices. This particular part of the resource focuses on students and how they can build and maintain a healthy balanced diet.

### **Quick summary of the Resource**

This blog post explains what exactly a healthy diet is and how a student can get themselves organised in such a way that cooking is simple and also doesn't pull extra cash out of their pockets. Firstly, all the important points are noted in bullet points. Then the resource continues on to tell us how to shop correctly and get yourself into the right mindset as not to impulse buy or buy more food than necessary that is not healthy. It sets out examples of different types of foods which a student could have in their cupboard/fridge which would be easy to use and good for the individual. It notes the importance of stocking up your presses with the correct types of food and also the correct amount of food.

### **How we found the Resource**

We typed the following into the Google search bar – *healthy eating "college students"*. This Boolean Logic allowed us to generally search for healthy eating, but in such a way that it was specific to college students. The way we queried our search gave us a narrower range to look through and made the results more relevant to what we were looking for. This type of advanced searching allowed us to view many types of resources. We thought the blog was a good resource to choose as it's a real person writing the tips, and they were more than likely to come from personal experience.

### **Critical Evaluation – why this Resource is suitable and reliable for you**

[www.nutritionalconcepts.ie](http://www.nutritionalconcepts.ie) is a reliable source as it is written by a credible author – Sabrina Doyle, whose academic achievements include Pg Dietetics, MINDI, Nutritional Sciences, BSc General Nursing, and RGN. It is obvious that she has knowledge in this particular field. The article was posted on the 10<sup>th</sup> October 2011, which is recent enough for it to still contain relevant information. The resource also includes links to recipes which would be handy for a student to make. The layout of this resource is clear and concise, which makes it easy to understand, follow and take notes from. The resource's domain is '.org'; this implies that it is a top level domain for non-profit organisations. It is a trustworthy source and the information is of a high quality.



## Healthy Living

<http://www.dougandpaul.com/images/catagories/cartoon/Healthy-Heart.gif>

## Nutritionandhealth.ie

### Resource Details

<http://www.nutritionandhealth.ie/Sectors/NHF/NHF.nsf/vPages/Home?OpenDocument>

The link above will direct you to the Nutrition and Health Foundation homepage.

The NHF-

Manager - Dr. Muireann Cullen

Executive - Adrienne McDonnell

### Quick summary of the Resource

The Nutrition and Health Foundation offer this resource to anyone willing to read. They tell us that what we eat does lead to our healthy being. It is a guide which is there to offer tips and hints to people. It understands how time managements come into play with commitments to studies, family, friends etc. can get in the way of healthy living. However small positive changes can be made to your everyday life which would show a dramatic change in a student's physical and mental health. It shows more efficient and simple ways to lead a balanced healthy life, offering food diaries, food pyramids and healthy tips.

### How we found the Resource

We started off by typing words related to "Healthy Living" and "students" into Google using many tips learned from class for example using "-Wiki\*" which would eliminated and wiki websites appearing in my search. We further used the advanced search on Google which gave us the option of using a simple version of Boolean Logic by using such search boxes as "none of these words" or "all of these words" all these means of searching allowed us to eliminate all resources I felt that were unnecessary and unreliable. All of these means of searching enabled us to narrow the search to identify the Nutrition and Health Foundation website.

### **Critical Evaluation – why this Resource is suitable and reliable for you**

The Nutrition and Health Foundation offers this guide to give tips on healthy living and critically evaluated this website for you:

The top level domain name of the URL is “.ie”, which allows us to discover that the website is of the Irish Government and which asserts our belief that it is a reliable source. The NHF is a non – profit organisation where everything is free to the user and no payment is required to view the tips and suggestions on healthy living and has a direct link to the Irish Business and Employer’s Confederation, a well-known and creditable company, thus enhancing its credibility yet again. The website also offers a number of external hyper – links leading to many sports health websites and American University websites. All of which when briefly inspected came across very reliable. The website also offers a number of contacts available to be investigated. Two of the contacts available are both the executive and the manager. The manager being qualified in a doctorate in her line of studies.



## Physical exercise



## Medlineplus

Physical exercise is activities many of us take part in throughout our daily activities. Physical exercise can be anything from walking up the stairs to going to the gym for a work out. Exercise is not only good for the body to keep us strong and healthy but it also has been scientifically proven that when we exercise it provides mental stimulation. So as part of our group project for the module digital judgement we are discussing the aspect physical education and exercise and how it is related to student health. I have found some great online resources that will help many people understand physical exercise and how it is in fact related to student health and also every ones mental health and wellbeing. Physical exercise also allows people to make friends, by joining in local exercise classes or even by being part of a team improves people's mentality when socialising and allows people to feel welcomed within certain clubs and societies e.g. Hockey club. Exercising will also help people to maintain a healthy weight, exercise helps to control and combat heart conditions and high blood pressure, exercise has been proven to improve people's moods and also by doing physical exercise it increased energy levels.

### Resource Details

To help people understand physical exercise a bit more, we had a look at the following website

<http://www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html>

The above website discusses many aspects of physical exercise, such as a quick easy guide to exercise; it also discusses how exercise helps you stay healthy and also discusses the nutrition side of physical exercise. The website will explain everything from the very basics of how to exercise, why to exercise and the recommended time allowance to exercise each week and health and exercise.

### **How we found the website**

We found the website by using Google. Google is a very good search engine if you use the correct websites and use judgement techniques on whether the website will display accurate information.

We clicked in to the above website because it is a government website, and is also part of the U.S government of health. This told us that the information was accurate due to the fact that if it was not accurate the U.S government department of health would get in to a lot of trouble and people would not trust the government's information.

The website also contains statistics with regard to physical exercise. When you click in to the following link, <http://www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html>

Scroll down the website where there is many different links you can click in to, one being statistics, which will prove to students and people how important physical exercise is to improve general wellbeing and mental health.

### **Critical evaluation of the resource - why this Resource is suitable and reliable for you**

To ensure the above resource we used and choice to use for this aspect of the guide, we performed a critical evaluation of the resource to ensure the resource was trustworthy and didn't display inaccurate information. The website is part of medline plus

<http://www.nlm.nih.gov/medlineplus/aboutmedlineplus.html>

The website itself is part of national institute of health's web and the director of the website of Doctor Donald A.B Lindberg who is the director of the national library of health. Dr. Donald himself includes a paragraph in the tab "About the website" where he explains how the website can be trusted and what else the website contains. Although Doctor Donald does explain how the website contains up to date information, to ensure this I did look in to more information about Doctor Donald A.B Lindberg.

<http://www.nlm.nih.gov/od/roster/lindberg.html>

The above link also discusses more information about Doctor Donald which discusses his relevant experience, the books he has written and his relevant education background on the subject.



Doctor Donald A.B Lindberg.

## UCD Sports and PEAI.org

As students in UCD we can admit that exercise does play a very relevant role within my life. On campus there are many services students can avail of, which are all displayed on the UCD sports website.

<http://www.ucd.ie/sport/>

The above link provides information on classes which are taking place in the Sport's centre and also relevant people to contact for further information.

This year UCD students, staff and the members of the public also saw the opening of the new state of the art student centre, which contains the brand new pool and gym.

<http://www.ucd.ie/sportandfitness/>

We include the above links to allow students to get more information on these facilities.

### **More on physical education**

Although the above website <http://www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html> is very reliable and contains very accurate information, we wanted to try and incorporate an Irish reliable website as our guide is aimed at students within an Irish university.

### **Resource details**

So to do this we did use the search engine Google again where we searched "physical exercise" we clicked through many other resources and we decided that <http://www.peai.org/about.php> was a very reliable and in fact an Irish website.

### **About the website and Critical Evaluation – why this Resource is suitable and reliable for you**

PEAI stands for the physical education association of Ireland which was created to improve the stand of physical education within Ireland and also to create more public awareness to the people of Ireland about the importance of physical exercise. Before choosing this website we had to decided why we thought it was relevant and a reliable resource to include in our group project. We all came to the inclusion that it was in fact a reliable resource because it is an Irish resource and also part of the University of Limerick.

PEAI is not only an online resource but it also has many conferences and AGM meetings that people can attend and hear more about updates on the organisation and information about other physical activities.

The website itself contains a tab at the top of the website called "resources" where it will display information on the sport such as Dance and lesson plans on what to teach or what to do if you are taking part as an individual.



## **Stress and Stress Management**

Stress appears to be something none of us can fully escape or avoid and it crops up in almost every part of life: Job, family and yes college life with all its deadlines and academic demands. But what is stress exactly? How does it affect our well-being and how can we use it to our advantage in say exam situations? If it can be harmful to our system, what can we do to prevent stress from building up in the first place?

We have identified two great online resources for you to answer all these questions...

### **Helpguide.org**

#### **Resource Details**

For a comprehensive overview and hands-on advice on stress and stress management, have a look at the stress management article on Helpguide.org:

[http://www.helpguide.org/mental/stress\\_management\\_relief\\_coping.htm](http://www.helpguide.org/mental/stress_management_relief_coping.htm)

The authors of this particular article are Melinda Smith, M.A. and Robert Segal, M.A. The above link will prompt you directly to the section on Stress Management and strategies how to cope with acute stress. This is an excellent source as not only will you gain insight the effects of stress but also learn about management strategies you can easily follow.

If you would like to learn more about the nature of stress in general, you can visit their homepage on [www.helpguide.org](http://www.helpguide.org) and select “Stress” from their menu bar on the left hand side under rubric “Mental Health Topics”.

### **Quick summary of the Resource**

The mentioned article provides detailed information about stress and how it can be managed on a day-to-day basis by giving hands-on advice. For our purposes here, it looks at how stress can be identified and what you can do to manage these factors in daily life. All of this is discussed and explained in their dedicated “**Stress Help Centre**”.

Here, you will be able to learn about the most common causes of stress, symptoms of excessive stress (physical as well as mental) and what unreleased stress can lead to in the long run. The language is informative and factual but deliberately accessible and plain as it aims to appeal and supply knowledge to the average consumer without assuming any medical background. You will also be able to learn about treatment methods of acute stress and better still learn all about how to cope and manage your stress levels through easy techniques and how to devise strategies to keep your stress levels at bay.

### **How we found the Resource**

We identified Helpguide.org by direct query in Google.ie through the “Advanced Search” facility. As quality, credentials, standards and neutrality are important aspects when looking for medical advice, we specified our query to only return .ORG or .EDU domains and by use of Boolean Logic operators combined the terms “Stress Management” AND “Coping with Stress”. This suggested Helpguide.org on the very top of all matching results, which indicates a high page ranking nomination by various other websites. The search engine provided the exact hyperlink and that brought us directly to [http://www.helpguide.org/mental/stress\\_management\\_relief\\_coping.htm](http://www.helpguide.org/mental/stress_management_relief_coping.htm)

### **Critical Evaluation – why this Resource is suitable and reliable for you**

We made sure that the above resource is trustworthy and reliable for you and critically evaluated its content applying the criteria set out in the 21<sup>st</sup> Century Fluency Model:

Helpguide.org is a US based non-profit organization and holds an affiliation with the renowned Harvard Medical School and their publications department, which make some of their publications available through Helpguide.org free of charge. The website is run and edited by a team of professional with medical credentials who aim to provide free, unbiased and impartial advice concerning physical and mental well-being. It is cited by many other likeminded non-profit organizations, which operate in the area of free health advice. Equally, Helpguide.org prompts to several external online clinics and advice websites some of which are awarded the *HONcode status* for trustworthy health information, such as the APA or Mayo Foundation for Medical Education and Research for example. While the evidence for the medical content is not explicitly stated in their reference list, the content of the article can be verified through hyperlinks that confirm full bibliographic details of facts and figures the Helpguide article is based on, e.g. recent research results and field related studies some of which are published in books . The authors of the particular article as mentioned above are Melinda Smith, M.A. and Robert Segal, M.A who is a board member and founder of Helpguide.org. Both authors hold a degree in psychology and are actively involved in research publications. The article is most recent and was last updated in November 2012, which is openly displayed at the bottom of the article.



## **Stress Management: A Wellness Lifestyle Approach**

### **University of Georgia**

As broadly applicable as the above stress management techniques are, you might want to check how it ties in with the particular strains and demands faced as a college student...

#### **Resource details**

The University of Georgia runs a designated Health Centre for their students and thankfully decided to share their wisdom with the public.

The following webpage identifies various different aspects that contribute to stress levels:

<http://www.uhs.uga.edu/stress/wellnesslifestyle.html>

They also give a short reader's digest definition on the nature of stress in case you wish to read more on that. If so, simply click on the following link that prompts to their homepage:

<http://www.uhs.uga.edu/stress/index.html>

#### **Quick summary of the resource**

The above section on lifestyle as part of stress management invites students to have a look "at the bigger picture" with regards to their lifestyle as this very often stress stems from challenging or difficult situations we experience in all kinds of aspects that make up our life, e.g. relationships, financial hardship etc. The health centre team has identified eleven core aspects that can have a big impact on your stress levels when things get out of control but they also provide you with detailed advice on how you can implement changes towards improvement or even prevent stress from building up in the first place. Simply click on the heading you want to learn more about and it will prompt you to the respective article.

#### **How we found the Resource**

The resource is recommended by Helpguide.org as external website and we stumbled across the link as part of our evaluation of their information quality and credentials. It can be found under the tab Resources & References – General information about managing and coping with stress. Since

Helpguide.org delivered on all levels and satisfied our assessment criteria, we were confident to go by their linkups for further research.

**Critical Evaluation – why this Resource is suitable and reliable for you**

Every small article featured in the wellness programme was specifically designed to suit the unique aspects and challenges of the average college student. The authors are health professionals resident in the University Health Centre of the University of Georgia, which is fully accredited by the U.S. The Joint Commission that certifies health-care organisations and programmes across the United States.

The online entries are collaborative effort so no explicit names are given but the university is also acts as the publisher in this case. All sources the articles draw from are explicitly referenced with detailed information on titles, publication details and hyperlinks where applicable. The majority of the research and literature the articles are based on stem from .gov domains such as the American Dietetic Association or National Agricultural Library, USDA. This gives double reassurance that the information is relevant, current and most of written by experts and academics in the medical field. Some of the literature in the bibliography is also available in print format, which confirms a strong quality assurance of its contents. The top-level domain the Health Care Centre operates in is .ORG a domain that is entirely reserved for non-profit, educational purposes.



## **Finance**

Student Finance and money matters in general play a large part in college life. It is important for students to have their finances in check so that their journey through 3<sup>rd</sup> level education goes as smoothly as possible. This can range from part time employment and how to balance shift work with studies, to knowing what grants are available and how to go about applying for them. It can provide peace of mind to have your finances organised especially as the other stressful elements of student life build up as the year progresses.

### **Studentfinance.ie**

#### **Resource Details**

The most definitive guide to student finance for students intending to study full time in Ireland

[www.studentfinance.ie](http://www.studentfinance.ie)

This includes PLC courses as well as higher education. The content on the website is provided by the higher education authority and it is maintained and run by a branch of the government.

The website also provides a direct link to where an online application can be made.

[www.grantsonline.ie](http://www.grantsonline.ie)

#### **Quick summary of the resource**

As stated above, this is the main Irish website for student finance in Ireland. It provides information for all potential students including details on Grants, Disability payments, The Back to Education Scheme, Scholarships and Postgraduate Studies. One of the prominent links on the website is to the SUSI website. This is the online student grant application system. An important feature of this website and one that is often overlooked is the fact that it also provides support for Irish Students who are studying overseas, in the U.K. or in E.U. States.



### **How we found the resource**

Our first approach to finding this website was to search some popular Irish forums and blog spots as the general public are always a good first port of call. We searched posts related to student finance on the website Boards.ie and the one website that kept being mentioned was studentfinace.ie. We had to exercise a certain amount of caution as open forums are always based on opinion and can be misleading in the information provided. Our next step was to perform an advanced search in the Google search engine typing in the words Student Finance Ireland. We then applied Boolean logic and did two further searches including the words “or” and “and”. The site studentfinance.ie came up top of the list in all cases.

### **Critical Evaluation – why this resource is suitable and reliable for you**

In evaluating the validity of the site, we examined the homepage first. At the bottom of the page are a number of symbols or stamps of which one is the Harp, a symbol of the Irish Government. Another stamp is that of the European Union social fund. These are official stamps and give a sense of credibility to the website from the offset. The fact that .ie is the domain code for Ireland and that there is an option at the top of the page for the Irish language, proves that the site has governmental involvement as the Irish government always provide an option for the Irish language. On examination of the various links provided on the website, they seem valid. Two links provided are Springboard.ie and QualiFax.ie. Springboard provides a list of part time courses available in the country to jobseekers. QualiFax is the national database of all information on further and higher education courses in Ireland with links to colleges and other training websites. Links are a useful tool in determining the validity of a website and in this case they are sound.

Studentfinance.ie is a credible website and provides excellent information for those seeking advice.



## Topuniversities.com

### **Resource Details**

An excellent article on balancing work with studies and finding work that is relevant to your area of study can be found on

[www.topuniversities.com](http://www.topuniversities.com)

The link to the article is

<http://www.topuniversities.com/student-survival/careers/working-while-you-study-pros-and-cons>

The author of the article is Kanika Tandon.

### **Quick summary of the resource**

This resource is interesting reading for a student that needs to apply for part time work while they study. It explains possible problems that may arise and explains that part time work should not get in the way of full time academic study it is about finding the right balance. It also encourages the student to network and seek out work that will be relevant to their course and help build a prolific C.V. It provides the opinions and advice from professionals at prestigious universities such as Oxford and Cambridge.

### **How we found the resource**

This resource was found by using the Google search engine and typing the phrase “working while studying”. We wanted this link to be useful for students wherever they are, not just focusing on Ireland. It is in essence an opinion piece, not as formal as the first link but important reading for any student thinking of applying for part time work. We left the Boolean logic settings on default for this and the website topuniversities.com which contained this article presented itself. Upon further reading, the article was relevant to our needs but would require further investigation to validate it.

### **Critical Evaluation - why this resource is suitable and reliable for you**

This article appears on the website topuniversities.com which provides information on university courses in many different countries and how to go about applying for them. The article in question provides advice from certain professionals working in numerous top universities. Upon searching their names in a search engine we were brought to their respective university websites which proves that they have experience in the area and their opinions are valid. The links on the website are to reputable universities in different countries for example University College Dublin in Ireland and Oxford and Cambridge in the U.K. On investigating the background of the author through the Google search engine, we found out that Kanika Tandon is an education journalist who is based in London. This gives further credibility to the article.



## **Socialising**

This is a major part of starting life in college, making friends and being able to socialise with them through societies and sports clubs, and events organised by the Entertainment Officer. As well as keeping up with study and being fit, socialising with friends can be a great way to take a break from it and have fun, which is a major part of college life.

## **Campus.ie**

### **Resource Details**

<http://campus.ie/college-life/personal/a-new-chapter-begins>

### **Quick summary of the Resource**

This article is done by a student oriented website, and is aimed specifically at students who are coming to University for the first time. It is a guide to settling in, what to do and how to get involved as much as possible. It is a website for students, so it will have a lot of advice and tips on how to make the most of your time in University, from someone who is likely still in college and knows a lot more than a normal journalist on this topic.

### **How we found the Resource**

We knew we wanted to find a website or article giving advice on how to enjoy college when you first go, so I entered a simple search term in 'fun at college' into Google. That gave us a lot of results from articles about colleges in America and the UK. The ideas represented in some of the articles from those countries would differ greatly from colleges in Ireland, so we decided to add 'AND Ireland' to the end of the search which narrowed our results and gave us results associated with Ireland. After looking at the first few results, we found a website that we knew had good content

### **Critical Evaluation – why this resource is suitable and reliable for you**

Using some of the techniques learned in the lectures, this article is a suitable and reliable resource for information. The article was written at the end of August this year, right before Colleges open, so you know it is very relevant and up to date. The content of the article is very helpful and of interest to many student starting first year in college. It gives tips on Fresher's Week, joining societies and even how to budget your money well enough while living on campus. A lot of very useful websites are also linked in the article for further information on things such as drug

awareness and the Students' Union of Ireland. The author, as mentioned before, is most likely a fellow student, or not long out of college, so as well as giving advice, she can add tips based on her own experience. The website itself is student oriented and has a lot of tips and articles on topics ranging from film reviews to healthy eating to student discounts, so as well as reading this article before their first day, students can have a look around this website for more advice.

## **UCD Students' Union**

### **Resource Details**

UCD. (2012). Ucd Ents

<http://www.ucdents.com/home/>

### **Quick summary of the Resource**

This is the website of UCD Ents, a branch of the Students Union that deals with the Entertainment side of life at UCD. This includes gigs, nights out, non-alcoholic events and visits by well known celebrities and public figures. It is the place to go to find out what is going on in the world of Ents in UCD. It also gives students a chance to purchase tickets to some of the gigs or the UCD Ball directly from the website, which is a great advantage for them.

### **How we found the Resource**

Because we wanted information about entertainment in UCD, I went to the UCD Students Union website to have a look and see if they had a section on Ents. We saw that they had a link to a different website altogether, UCD Ents own website. This was a plus, as not only could we have found it by searching for it on Google, but anyone who goes to the Students Union website will see that link for the Ents website.

### **Critical Evaluation – why this resource is suitable and reliable for you**

In terms of dates, the website is always updated, with dates of concerts and events that are happening, so it is a reliable place to go to find out the latest news on what is going on around UCD. The Ents Officer is Eoin Heffernan and it looks like he does a lot of the work involving the updating of the site. That is an advantage as he can add what he knows to the information about events and he has included pieces about himself. With him editing the website and updating events, he can add his own opinion to concerts that he may think are too good to miss, so in this sense, there may be some bias, as he wants to do a good job as Ents Officer. The website itself is very useful for any student wishing to know what is happening in the next week in UCD. As well as being linked from the Student Union website, the UCD Ents website also links to other websites such as Spin 103.8 and Belfield FM, the college radio.

## UCD Campus Services

### Healthy eating and Nutrition

<http://www.ucd.ie/stuhealth/>

<http://www.ucd.ie/catering/>

### Sports Facilities and Gym

UCD Sports and Fitness

<http://www.ucd.ie/sportandfitness/>

UCS Sports Centre

<http://www.ucd.ie/sport/facilities/>

UCS Sports Injury Clinic

<http://www.ucd.ie/sport/facilities/sportsinjuriesclinic/>

### Health Centre and Free Student Counselling

Student Health Centre

<http://www.ucd.ie/stuhealth/>

Student Counselling Service (free and confidential for registered UCD students)

<http://www.ucd.ie/studentcounselling/>

### Events

UCD Ents

<http://www.ucdents.com/home/>

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## IS10050 Digital Judgement

*Truth, Lies, and the Internet*



### Group Project Submission Form

All group members must sign this form, which must be scanned,  
and attached to your projects for submission\*

*"I confirm that I have participated fully in this project, and have  
contributed on an equal level with my fellow group members"*

1. Chloe Twomey (11515567)
2. Dearbhla Reilly (12341246)
3. Eorann Stafford (12704881)
4. Doniel Moore (12392441)
5. Sam Malone (11453152)
6. Katharina Leung (12703879)
7. \_\_\_\_\_

\*If you do not have access to a scanner, please drop the printed signed form into the  
School of Information & Library Studies, Room 101 (marked for Claire McGuinness)