Would you like a free lunch and €30 One4All voucher?
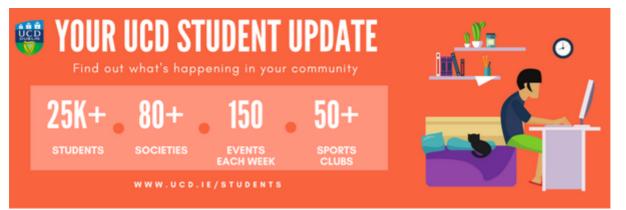
UCD Registry is inviting students from all stages (undergraduate and postgraduate) to participate in a focus group on **Tuesday, 7 March**, from 1-2pm. We are looking for feedback on our video guides and would value your opinions. To participate, please complete this Google form by **Friday, 3 March**.

Make a difference: become a Peer Mentor - Applications open for 2023-24

UCD Peer Mentor volunteers play an significant role in helping new students transition to college life. As a Mentor you'll share your experiences of being a student, help mentees connect with each other, benefit from developing your skills. Apply today!

UCD Rugby Daffodil Day, in aid of Irish Cancer Society

Thursday, 2 March is UCD Rugby Daffodil Day, in aid of Irish Cancer Society. Please donate what you can on the day as the Club aim to raise vital funds for cancer research. Our online donation link is also now live to make donations.

National No Smoking Day – Have your say!

To mark last week's National No Smoking Day, Healthy UCD is investigating demand for stop smoking services in UCD. If you smoke, please answer these 4 short questions. Check out the UCD Smoke Free Campus policy and Stop Smoking supports.

Last chance to nominate a UCD graduate!

The UCD Alumni Awards take place each year to recognise and celebrate the excellence and the global achievements of our exceptional alumni. Don't miss your chance to tell us who inspires you by nominating a worthy graduate by **Friday, 3 March 2023**.

Staying Motivated

Goals can help motivation. At this time of year, it can be helpful to evaluate existing goals and try some new ones. Your Student Adviser is also here if you need advice or help.

StudentSurvey 2023 now open! Have your say and win!

First, final year and graduate students have received an invitation to StudentSurvey.ie, Ireland's largest survey of third-level students, live at UCD 21 February - 13 March. Help UCD understand your experiences of education & win one of 80 prizes!

UCD Green Week is Back from Monday 6 to Friday 10 March

UCD Green Week is an initiative arranged and run by UCD students, staff, and societies working together through the Green Campus Initiative. Do your bit for the environment, and attend a Green Week event.

Want to get Active, but would like some help getting started? Join the ACE Programme

UCD Physio Hub is offering the ACE (Active Campus Europe) Programme for inactive students on campus. ACE includes a free 4-week tailored exercise programme as well measurements of fitness, strength and flexibility before and after the programme. ACE is led by a lead physiotherapist and some trainee physiotherapists who can provide you with advice re getting started, injury prevention and changing how you exercise if you have pain or an injury. If you are currently not regularly exercising and are interested in getting started, please contact the Physio Hub team today at aceprogrammeucd@gmail.com

Kickstart MyCareer - last three sessions

The final three sessions of Kickstart MyCareer will take place over the coming weeks. These 90 minute workshops are open to all students and offer advice in the areas of career development, CVs and interview preparation. Do not miss your chance to attend. Register today!

APPETITE Study - Seeking volunteers age 65+

Know a family member/friend who does not eat as much as maybe they should? The Nutrigenomics team are seeking older adults (65+) to participate in a Nutrition and Physical Activity / APPETITE study. Please contact 01 7163256 or email appetite@ucd.ie.

"The Battle to be Myself"

For International Women's Day, a conversation between UCD Alumna Dr Lydia Foy and her lawyer, Bill Shipsey, UCD Alumni Awardee, on Lydia's legal battle to have her gender recognised in law. **Wednesday, Mar 8, 2023** online via Zoom.

The UCD Student Update is published fortnightly on a Tuesday during the academic term by the Communications Office, UCD Registry.