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## UCD Business Global Alumni Challenge - 19th February - 19th March

Join our global health and fitness challenge with students, faculty, staff and alumni participating. Be in to win great prizes every week including smart watches, wireless headphones, branded merch and Glanbia nutrition products. Register here today.



#### **Staying Motivated**

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



# **UCD School of Ag & Food Science Postgraduate Open Evening**

Come along to the UCD School of Ag & Food Science
Postgraduate Open Evening on **Wednesday, 27 March** from **4pm** in O'Brien Science Centre, where you can find out about our 14 Graduate Taught programmes, Research Masters and PhD opportunities.



## Staff/Student Choir starting in College of Health & Agricultural Sciences

We are starting a staff/student choir in CHAS as part of the cultural events sponsored by the UCD President and SU President. No audition needed and no need to be able to read music - just bring yourself! For any questions or to sign up, please email niamh.nestor@ucd.ie



#### **Universitas 21 (U21) Global Citizens Programme**

The Global Citizens Programme is a three-week, online leadership development course that UCD students can part take in as part of our U21 alliance. Make sure to submit your application before the deadline of 5pm on Wednesday, 21 February!

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### Nominate a UCD graduate for the 2024 UCD Alumni Awards

Nominations are now open for this year's UCD Alumni Awards! Take a couple of minutes and tell us about a UCD graduate who inspires you!



#### **University for All Survey**

Have your voice heard! We're asking all students to give us your feedback on how we can make UCD more inclusive. Please complete this short anonymous survey, and be included in a draw to win an iPad or Tablet.



### **UCD Library training workshops: searching for systematic reviews**

Attend our free 2-part workshop on searching for systematic reviews, taking place in the UCD Health Sciences Library on **12 March** (Part 1) and **14 March** (Part 2) at **1.00pm**. Find full details and register your place on the Library Training page.



### Make a difference. Become a peer mentor for 2024-25. Apply today!

Support incoming first year students to transition to college life. As a mentor you'll share your experiences of being a student, help mentees connect with each other, and gain great CV skills. Apply at: SISweb>Programme Services. Closing **Friday 8 March**.

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



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