


YOUR UCD STUDENT UPDATE
Find out what's happening in your community

25K+ STUDENTS	80+ SOCIETIES	150 EVENTS EACH WEEK	50+ SPORTS CLUBS
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WWW.UCD.IE/STUDENTS




Graduate Research Student Orientation February 2024

An [Orientation Day](#) for incoming graduate students on a research programme (i.e Doctoral, MD and Research Master's degree programmes) will take place on **Thursday, 8 February 2024 at 10am** in the Red Room at UCD Student Centre.



UCD Smurfit School Open Evening

Tuesday, 13 February from 4.00pm: The event will showcase our wide range of Business Masters as well as our MBA Programmes. Attendees can speak 1-2-1 with faculty, students and our admissions team and also have the opportunity to attend talks/course presentations. Visit our [website](#) for details.



UCD Postgraduate Open Day on Wednesday 21 February 2024

Meet our lecturers, ask questions & find out all you need to know about your preferred subject. Talk to our current students and alumni to hear their stories and find out what it is like to study at UCD. Register [here](#) now.



UCD College of Social Sciences & Law Cultural Event Series

To celebrate our inclusiveness and pride in our staff and students, all UCD staff and students are invited to attend UCD Social Sciences & Law Cultural events from **20-22 February**. All events are free (pre-booking required for catering purposes). More information [here](#).



UCD Launches Phase 1 of New Student Sports Precinct Project

The [project's](#) initial phase has begun, signalling the start of an ambitious plan to bring upgraded sports and performing art facilities, new pedestrian and cyclist paths, and upgraded outdoor playing fields to the Belfield side of campus.



Beidh Intleacht Shaorga (AI) mar Shlánaitheoir ag an gCóras Sláinte amach anseo

Acadamh na Lianna will host a UCD/TCD/RSCI intervarsity debate on **15 February, 7pm**. Tá an comórtas oscailte do gach mac léinn atá i mbun na n-eolaíochtaí sláinte. Más mian leat a bheith ar fhoireann UCD, déan teagmháil le failte@ucd.ie



Cost of Living : A Student Guide

UCD offers various forms of support to assist students in managing the costs associated with living and studying as a student. Explore the services and supports available [here](#).



Time Management

Managing your time effectively can help you perform at your best and manage stress levels. You'll find some helpful tips on this [website](#). If you feel over whelmed or need advice, please contact your [Student Adviser](#).



Koru Mindfulness Workshop commencing Tuesday 20th Feb

Student Counselling are running another 4 week Mindfulness Workshop for all registered UCD students commencing **Tuesday 20 February @ 12.15pm** each Tuesday for 90 minutes. Please send an expression of interest to Themindfulstudent@ucd.ie



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!



Brightspace Notification Preferences

Editing your [notification preferences](#) in Brightspace allows you to take control of how you receive information & updates regarding course activity. Control how you receive information about course activity by editing your notification preferences.



Mapping Sustainability at UCD - Take the Survey

We are working to develop an interactive online map so all staff and students can explore, learn about, and more actively engage with sustainability actions and initiatives on campus. Please complete our [survey](#) - we want to hear what matters to you!



Student Health and Students Union Launch Free Contraception for Students 17-31 Years

This program is aimed at those aged 17 to 31 with a PPS number, ensuring easy access to prescription or emergency contraception at no cost. Eligible students can simply make an appointment by calling 01 716 3134.



Vibrant Veg Cookbook

Professor Lorraine Brennan and her research group have co-developed a cookbook with Airfield Estate and the public to help people incorporate more vegetables into their diet. There are a limited number of copies freely available in the Campus Bookshop. It is also available to view [online](#)



UCD Purl Jam Craftmas Fair 2023

Our thanks to the UCD students and staff who helped us to raise more than €1,000 for charity at the [UCD Purl Jam](#) Craftmas Fair in November. Your generosity was greatly appreciated. Charities supported were Jigsaw, MQI, and Beaumont Hospital Fund.



Thank you for your support

UCD in the Community would like to extend their thanks to all those who contributed to the [Dublin Simon Voucher Appeal](#), run in collaboration with Presentation College Terenure and Localise. An amazing €2,375 worth of vouchers were donated.



UCD Library is Hiring Student Library Guides

If you are interested in part-time work in the Library assisting fellow students and engaging with library services then we have a position for you. See our [website](#) for a description of the job and requirements. Apply by the morning of **Friday, 9 February**.



Try before you buy with UCD Bikes

Thinking about buying a new bike? Or planning to buy a baby seat or trailer or cargo bike, but you don't know each one? In [UCD Bikes](#) you can take any bike for a test ride on campus with the expert assistance of our team to solve all your doubts



3 Days Left to Nominate! UCD President's Award 2023/24

UCD's President's Awards Celebrates Students' Outstanding Campus Contributions: Nominate Deserving Individuals Today for Their Involvement in Clubs, Societies, and Student Bodies [here](#).

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



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