


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




Staying Motivated

Goals can help motivation. At this time of year, it can be helpful to evaluate your existing goals and create some new ones. Here are [some helpful tips to keep you motivated](#). Your [Student Adviser](#) is also here if you need advice or help.



Universitas21 Micro-internships - Applications Open!

The [U21 Sustainable Micro-internships programme](#) allows you to work with your fellow students from across the globe, sharing knowledge and expertise whilst immersing yourself in a commercial organisation.



Universal Student Support Fund

The Universal Student Support Fund is now open for applications through SISWeb. If you need assistance your [Student Adviser](#) can help you. Check out our [website](#) for the eligibility requirements.



Registration 2022/23 - key dates

Make sure to drop any Autumn modules that you don't want to take by **Friday, 11 November 2022**. Your College/School Office can help you to finalise your decision. Friday, 11 November is also the first 2022/23 deadline for withdrawing from your programme or applying for a Leave of Absence.



Plan your visit, reserve your library study space by the lake

Booking remains in place in the Level 2 study area at the front of the James Joyce Library, overlooking the UCD Lake. This is the only study area in the JJL that still requires a reservation. You can [book on our LibCal reservation website](#).



UCD Volunteers Overseas: Info Evening!

Are you interested in global citizenship and volunteering overseas? Are you thinking of applying to our Volunteer Programme? Come along to our [Info Evening](#) on **Wednesday 2 November** in the UCD Village, Auditorium at 5.30. All welcome!



UCD Healthy Eating Week - 7-11 November 2022

Healthy UCD and MSc Clinical Nutrition and Dietetic Students invite you to series of informative and interactive demos, talks, on-campus activities, as well as social media interaction, competitions, and more. Check out our [website](#) for more info!

Online Stop Smoking Courses autumn 2022



St Vincent's University Hospital is running an online Stop Smoking Course starting **Monday, 7 November** for 6 weeks, 5.00pm to 6.30pm. For more info and to book your place, contact the [Smoking Advice Service](#) 01 2214958 or email smokingservice@svuh.ie



Careers in the Public Sector -Alumni Panel Event

UCD Careers are hosting a session on Careers in the Public Sector (government departments etc). UCD alumni, Stephen Crosby, AO Department of Children and Susie O'Connor, Dep of Transport, previously DFA - Special Advisor will join us for this [event](#).

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



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