



YOUR UCD STUDENT UPDATE

Find out what's happening in your community

25K+	80+	150	50+
STUDENTS	SOCIETIES	EVENTS EACH WEEK	SPORTS CLUBS

WWW.UCD.IE/STUDENTS




UCD Library and Face Coverings

Face coverings are no longer mandatory in our libraries; however we encourage you to wear one if it makes you more comfortable. We continue to provide hand sanitising stations and wipes, and our booking system remains in place for some study areas.



The 2021-22 Student Support Fund is Open for Trimester 2

The [Student Support Fund \(SSF\)](#) is a means-tested fund intended to help students experiencing financial challenges in college as a result of ongoing low income. Students can apply once per academic year via the Welfare & Assistance tab in SISWeb.



StudentSurvey.ie 2022 LAST CHANCE!

LAST CHANCE!! First, final year and graduate students - help UCD understand your experiences of education & win one of 80 prizes! StudentSurvey.ie closes **Sunday, 06 March**. Go to [StudentSurvey.ie](#) to take the survey and have your say!



UCD ALL Student Experience Event 2022

UCD Access and Lifelong Learning will be holding a three-day [Student Experience event](#) of campus culture and academic tasters for current and prospective UCD Access students, to take place from **01 - 03 March 2022**.



UCD Rugby Daffodil Day - Thursday, 03 March 2022

UCD Rugby's annual Daffodil Day collection, in aid of Irish Cancer Society, is being held once again on campus on **Thursday, 03 March**. Please support our drive to raise vital funds by donating on the day, or using our [online donation link](#).



What it Takes is back!

Wednesday, 02 March (1pm) - Join Ciara Conlon, acclaimed author & coach, for an invaluable masterclass. Understand what is behind toxic 'imposter syndrome' thinking. Get sound advice to help build confidence & recognise your worth! Register via [Zoom](#).



Apply for Solidarity in Action with UCDVO

This evening course (or learning journey) aims to cultivate sustainable activism. Check out our website for details. Applications are open from **01 - 18 March**.



Volunteer for Good! Series of Workshops to Support Student Volunteers

Join us on **Wednesday, 09 March** for Series 1 of our workshops "Dipping your Toes into Student Activism". Trinity, TU Dublin & UCD are collaborating with; Concern, STAND and WE ACT to provide a series of workshops to support student volunteering. Register via [Eventbrite](#).



UCD Institute of Food and Health –Volunteers Required for Online Survey Study on Oats

Do you eat oat products? Would you like to help UCD researchers develop a range of new oat products? If you are 18+ and willing to share your opinion on oats with us, then please participate in this [online survey](#).



Time Management Tips from UCD Student Advisers

Managing your time effectively can help you perform at your best and manage stress levels. For helpful tips on time management, check out this [website](#). If you feel overwhelmed or need advice, please contact your [Student Adviser](#).



UCD Alumni Awards 2022 - Nominations Now Open!

Who inspires you? Take a couple of minutes and [submit](#) a nomination today to celebrate a worthy UCD graduate for the 2022 UCD Alumni Awards.

UCDVO Film Series



All are welcome to the UCDVO Film Series taking place in the UCD Cinema from **Monday, 21 March**. The series brings 6 award-winning documentary films and incredible guest speakers. Check out the [programme](#) and reserve your seat at info.ucdvo@ucd.ie



Celebrating IWD 2022 at School of Medicine with Prof Karina Butler & Dr Trish Scanlan

Join us in marking IWD (International Women's Day) 2022 [#BreaktheBias](#) **Tuesday, 08 March at 1pm** for a virtual event with paediatricians, Prof Karina Butler (Dublin) and Dr Trish Scanlan (Tanzania) Register for the [event](#).

Talking Towns Seminar Series for Spring 2022



Talking Towns is organised by UCD Centre for Irish Towns and UCD Earth Institute. The series aims to spark conversations about the challenges facing Irish towns and the role of research and policy in their revitalization. Details on the [CFIT website](#).



Summer Undergraduate Research Fellowships in Palma de Mallorca, Spain

Call for introduction to research internships at the Institute for Cross-Disciplinary Physics and Complex Systems (UIB-CSIC) for undergraduate students. Check out the [website](#) for more information.



Enhancing the security of your Zoom meetings

With approximately 2,000 meetings daily on Zoom at UCD, security is of paramount importance. Our Zoom platform has a number of simple security features that help you manage meetings, avoid disruption and promote engagement among participants. Find out more via our [web article](#).

Women We NEED You



Are you interested in getting fit? Between 18 and 50 years of age with a BMI of 30 or over or a waist circumference >88cm? If so, we want to hear from you! We are conducting a study to identify the best exercise options and are offering free, individualised 12-week Physiotherapist-led exercise programmes to women in UCD. Contact us today via exoffitucd@gmail.com or visit our [website](#) to find out more about the EXOFFIT study.

Learn 'What it Takes' from UCD Alumni - That's a Fact!



Wednesday, 16 March (1pm) - An insightful session with leading employment law experts, Síobhra Rush & Richard Grogan (TikTok Solicitor), to equip yourself with the knowledge to navigate new routines & essential conversations. Register on [Zoom](#).

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