



Transitioning to Third Level

Session 1 – Student Central
Webinar

The image features a central white diamond shape on a light gray background. The diamond is outlined by a white border. In the four corners of the image, there are overlapping geometric shapes in yellow and blue. The text "This Webinar Will Start Soon" is centered within the white diamond.

This Webinar Will Start Soon



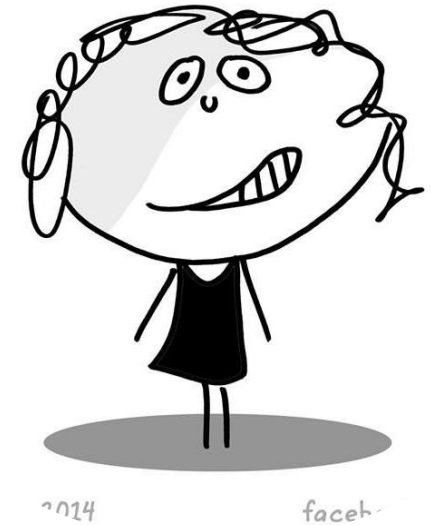
Welcome to Maynooth

Congratulations for getting into Maynooth University. You should be very proud of yourself! What an amazing achievement and the start of a new chapter in your life.



- Leaving school and starting college is a big step in life.
- You are leaving something familiar and moving into something completely new.
- This might seem scary at first to some people – after all, it is new! You may feel a nervous but that is completely NORMAL.
- Although it may be a little nerve wrecking – it is also very *EXCITING!*

NERVOUS & EXCITED





Studying at college

There are many differences between studying at 2nd level and studying at 3rd level.

In order to thrive at third level, you need to be aware of these differences and develop independent learning skills.

We here at Student Central want to give you some tips and guidance to help you prepare for your first semester.

Second level education	Third level education
Guided homework tasks to assist learning	Self-directed study
Time often structured by teachers/curriculum/homework	Need to manage your own study time
Study tasks evenly spread throughout the year	May have many assessments due at the same time
Concepts often simpler	Concepts are often more challenging. Need to develop higher order thinking skills such as applying, analysing and evaluating
Information often presented as black and white 'facts'	A more critical approach to information required. Need to understand that some 'facts' are more certain than others and there may be different opinions about what is true
Writing tasks may not require in-text references and reference lists	In-text references and reference lists required for more writing. Very specific rules for referencing
Smaller amounts of directed reading. Less emphasis on online materials	Extensive reading of text books and journal articles required. Need to critically evaluate what you read
Less teaching staff & smaller environment makes it easier to ask for help	Help is available, but you need to know who to ask or where to look in line as colleges are large institutions with many staff



Assignments

- Self-directed by students
- Several assignments due around the same time.
- More research to do
- Time management and organization are important for this
- Creating an assignment planner

Technology

- Technology can be useful to bridge the gap between secondary school and college.
- This year you will be using more technology than previous years.
- Resources to check out
 - Grammarly
 - Read & Write
 - MS Word Features.



Personal Action Plan

- Goals are the first steps to every journey we take and they are milestones we want to achieve.
- Have a think about what goals you want to achieve throughout this academic year.
- We will be covering this in more detail at next weeks webinar.



Hybrid learning

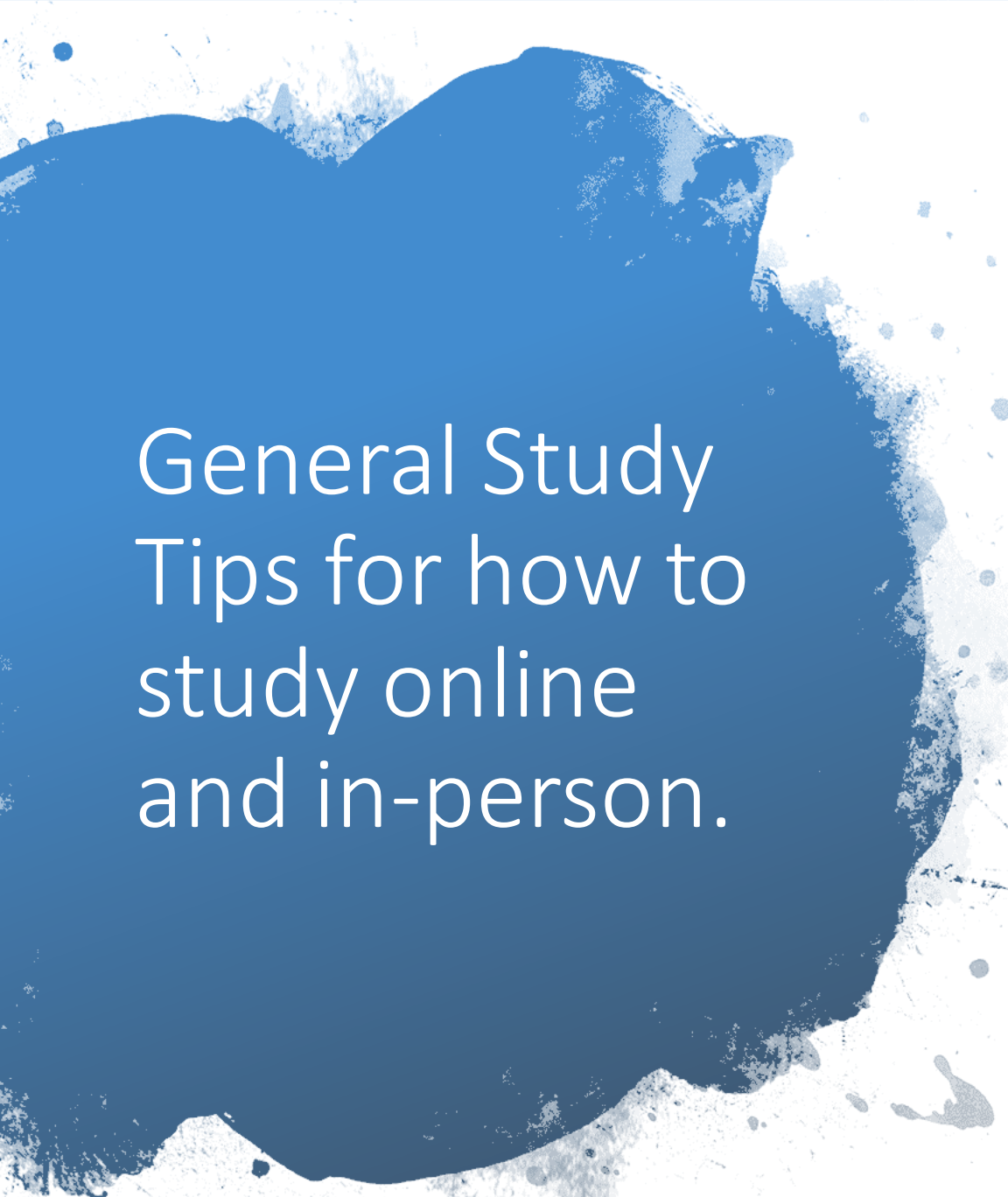
- This year some of you will have the unique experience of learning online and on campus.
- This might be difficult to adapt to at first.
- Here are some tips to help you settle into this new way of learning.





Tips for when you're on campus

1. Have a look at where your lectures are on
2. Familiarise yourself with campus (walk/map)
3. Make use of the supports on campus
4. Bring snacks and a bottle of water
5. Have a look for spots where you can relax or study



General Study Tips for how to study online and in-person.


1. Have a routine
2. Create a timetable
3. Study at the right time
4. Healthy food and plenty of water
5. Take breaks
6. Use your social support system
7. Reward system

Studying from home

Studying at home can be absolute bliss. You get to wake up, make some coffee, and hang out in your pyjamas all day.

That is, until you realize you've barely gotten anything done!!!





Tips on how to study from home

1. Study at the right time
2. Have a designated study area
3. Do not work from your bed
4. Consider how you can limit distractions
5. Use a timer/pomodoro technique

Create a timetable

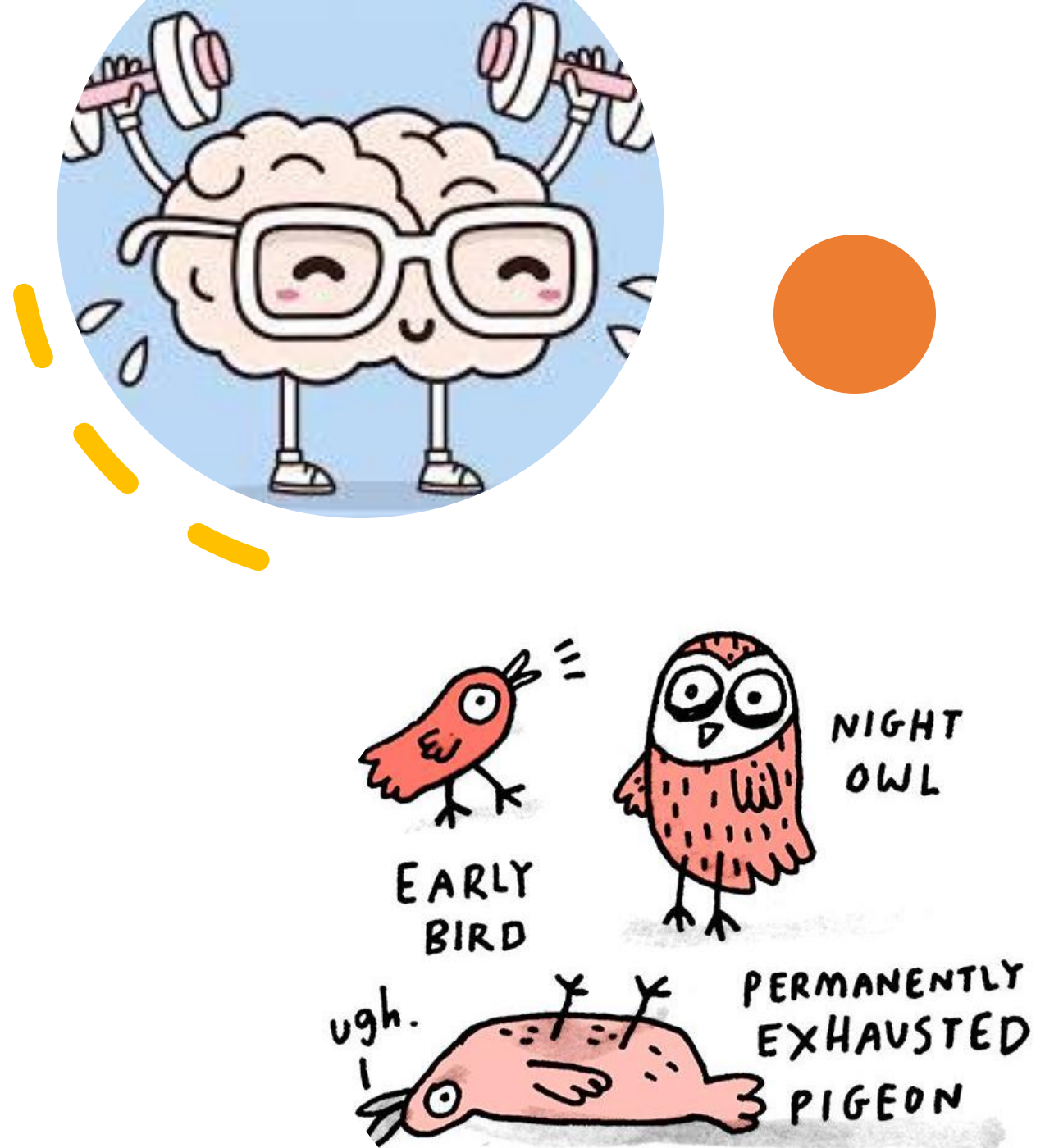
- Creating a timetable helps organize your time, schedules your breaks, and is especially useful when you have multiple subjects to study.
- Write your schedule down so you can remember it and refer to it often
- Set reasonable limits for how much time you spend studying each day and break your study session up into manageable chunks of time.

HOW TO MAKE A STUDY TIMETABLE

- 1** List your responsibilities for them to fit right in timetable
- 2** Collect all class/assignment information
- 3** Fix a time that best suits you for studies
- 4** Draw the grid of timetable with measured columns and rows
- 5** First block your study times
- 6** Schedule time for breaks
- 7** Schedule multiple subjects during each session
- 8** Be specific about the timings allotted to each subject
- 9** Color code break, play and study time

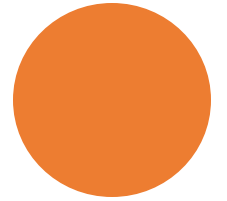
Choose a study time that suits you!

- Just like every person is different - every student has their own way of getting things done. Some people are night owls while some people prefer the morning.
- Take advantage of the time of the day you feel most productive, and don't try to force yourself to study when your brainpower isn't at its peak.
- Try to study when you are most alert, so you can process and retain the information that you are studying.



Have a designated study area at home

- Whether it's the kitchen table or the desk in your bedroom, create an area to study that is a designated study zone.
- Your study space should have good natural lighting and no noise and distractions.
- This will help you enter a positive headspace for high performance.
- Most importantly, keep your study space clean and organized so you can put more time into studying (and less trying to find a pen that works).



Don't work from your bed

- Yes, bed is comfy and can be tempting when you are sleep deprived. But sitting on your bed when studying promotes poor posture, which will decrease your focus.
- Additionally, crawling into bed at night won't provide the same sense of restful relief if you have been using it as a study station all day.
- You may also be tempted to nap like this little guy



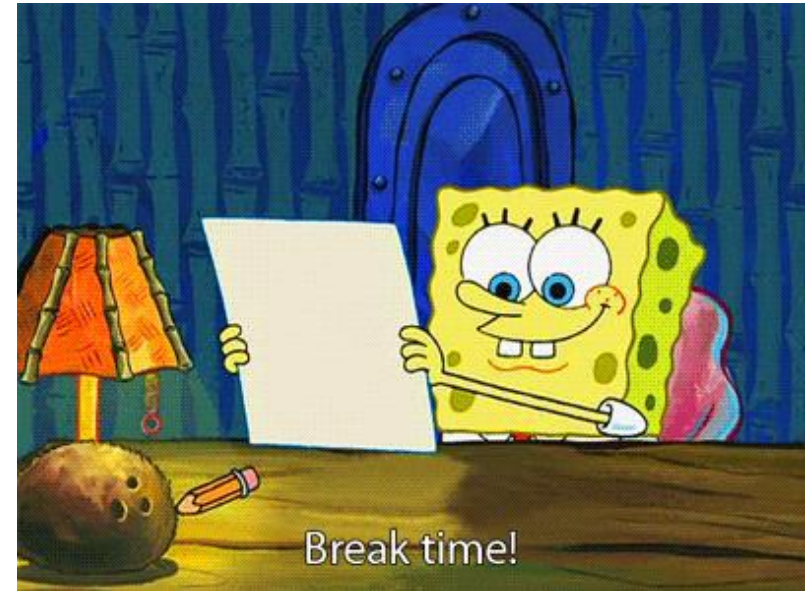
Eat Properly

- Don't forget to eat! Your body (and your brain) needs fuel to help stay in top form. Plus, it's difficult to focus when your stomach is growling.
- Have healthy snacks while you study, but make sure they're prepared in advance, so you don't spend too much time away from your work.
- More time away means more opportunity to be distracted!



Take regular breaks

- Aim to have a few minutes away from your desk every hour in order to stretch your muscles and take a little walk.
- Taking regular breaks improves focus and attention and boosts energy.
- Your break can be the time you check your phone, make a cup of tea or even better – go outside for some fresh air!
- Whatever you choose to do, make sure to move around a little.



Use your social support system

- Stay plugged into your social support system of family and friends by chatting online, taking time for phone calls and meeting in person.
- Alternatively, connect with classmates working remotely, because wherever they are in the world, they're perfectly placed to empathise and provide support.





Communicating with staff

- During your time in college, you may need communicate with your lecturers, tutors, administrators and other staff. One way to do this is through email.
- Reasons for communicating with staff may include;
 - Absence or illness
 - Academic difficulties
 - Issues due to disability/difficulty
 - Queries about assignments/exams

Communicating with staff

- **When emailing a member of staff, be sure to;**
 - Always use your college email
 - Check your course handbook, Moodle and the college website beforehand to check if your question is answered there.
 - Use a formal professional manner.
 - Be concise and look over your email for spelling and grammar mistakes.
 - Begin with a formal approach (e.g. Dr. Professor). If the staff member replies less formally, you can use a more relaxed tone



First email should be formal

Subject Line: [Purpose of email. E.g. Extension Request]

Dear **[Title of Staff Member]**,

My name is **[First & Last name]**. I am a **[Year of Study]** student in your **[Module Name & Code]**. I am emailing you to request an extension for the **[Assignment name]** that is due on **[Due Date]**. I am behind with this assignment because **[Give an appropriate reason for extension to be granted and include supporting documents if necessary]** and have attached a **Doctor's Cert.**

I hope to complete the assignment by **[date that assignment will be completed on]**. I would greatly appreciate if you would consider this request for an assignment extension. I look forward to hearing from you at your earliest convenience.

Kind regards,

[Name]

[Student ID]

Lecturer response

Formal

Dear John,

Thank you for your email. As you have attached the doctor's cert, your new due date for your assignment will now be **[date]**.

Please do not hesitate to contact me if you have any other problems.

Kind regards,
Dr. Richards



Dear Dr. Richards,

Thank you for your reply. I appreciate your support.

Kind regards,
John

Informal

Hi John,

Thank you for your email. Yes, of course. An extension is no problem. Your new due date for your assignment will now be **[date]**.

Please do not hesitate to contact me if you have any other problems.

Kind regards,
Patrick



Hi Patrick,

Thank you for your reply. I appreciate your support.

Kind regards,
John

Engaging in University Life

- Launchpad 2021- entire first semester with a range of information talks, direct advice and guidance, games zones, hangouts and opportunities for you to enhance your experience as a student at Maynooth.
- Clubs & Socs- mulife.ie
- First Day Contact
- Student Union



University Supports

Maths Support Centre

Writing Centre

Student Health Centre

Counselling Service

Student Budgeting

Academic Advisory Office



Feedback
