



**Maynooth  
University**  
National University  
of Ireland Maynooth

**EXTRA-CURRICULAR  
ACTIVITIES  
AWARDS  
2017**

**“Make it Count”**

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# **Welcome to the Maynooth University Extra-Curricular Activities (ECA) Award**

The Extra-Curricular Activities Awards Scheme was established in the 2006 /07 academic year as a result of the initiative of the student leadership in partnership with the University.

This Award aims to recognise and reward those students who give so much back to their fellow students and the wider community through their hard work and commitment to improving the student experience. In delivering this quality experience to the campus at large these students are learning key skills which will aid them in their attempts to find a job and career after their graduation from the University.

The present economy and job market is a very different prospect for our graduates than it was 5 to 10 years ago when jobs were considered plentiful but thankfully we are beginning to see a pick up in the jobs market. However, irrespective of what state the economy is in, employers are always in search of quality graduates who not only have a good degree but who also have the ability to deal with the many challenges that are presented to them and who are constantly striving to improve themselves and the organisation they are part of. In our on-going commitment to providing a top quality education and student experience for our students, the University has set out the values and attributes that we expect our students to acquire and develop in their time here.

In order to aid the development of these values and attributes, Maynooth University advocates strongly that its students experience the 2 sides of the college experience, namely the academic aspect and the extra-curricular aspect. In positively engaging in both aspects of the Maynooth experience, it ensures that our students are setting themselves apart when they are competing against other graduates in the job market as well as adding to a vibrant campus.

The Extra-Curricular Activities Award is an award scheme that aims to help you pull all these experiences together and help you stand out from the crowd. It recognises and rewards the skills and achievements of students engaged in all types of extra-curricular activities. It operates alongside your degree programme and aims to capture the benefits you have gained from your university life in terms of skills and experiences that you will find valuable in your future life and work.

Ian Russell  
Student Engagement Officer

## Why Should I Apply?

On leaving Maynooth University, graduates will have to illustrate to potential employers that they not only have a good degree but that they have an array of skills and experiences that will add to and enhance that particular workplace.

So as you enter in to your final year and look forward to graduating, perhaps it is timely to look back on your time here in Maynooth University. What have you achieved while on campus? What have you added to the University experience? What have you discovered about yourself and what you want out of life? The Extra-Curricular Activities Award asks you to pull together your experiences and offers formal recognition for this process in the form of a certificate as well as being included in your University transcript which helps set you apart when applying for jobs.

## What is involved?

In order to be considered for an Extra-Curricular Activities Award, final year students are required to complete the application form in their final semester.

This application form is divided into 3 parts:

### **i) Overview of Activities**

This section gives the student an opportunity to outline to the Awards Committee the range and type of activities they were involved in. The Committee is looking for prolonged involvement as well levels of participation and leadership in their chosen activities.

### **ii) Reflective Analysis**

This section gives the student an opportunity to outline to the Committee what they have learned, how they learned it and how they have developed as a result of being involved in extra-curricular activities as well the skills that have been mastered including:

- Problem Solving
- Communication (Written & Verbal)
- Leadership
- Teamwork
- Dealing with people
- Organisation
- Time management

*Tip: Reflective Thinking / Reflection is a form of personal response to experiences, situations, events or new information as well as being a “processing” phase where thinking and learning take place.*

*Reflective Thinking / Reflection **is not** just conveying information, instruction or argument. It is not pure description, though there may be descriptive elements.*

### **iii) External Verification**

As part of the process we ask all applicants for the Extra-Curricular Activities Award to have 2 credible referees to verify their work and achievement in the area of extra-curricular activities.

Please note that when completing your ECA Awards application form, applicants are asked to be concise whilst at the same time giving enough information to the committee to make decision on your application.

*Tip: Why not get a “critical friend” to review your application before submitting to ensure that you are putting in the best possible application and that you are sure the Awards Committee will get a “good” overview of your extra-curricular activity involvement.*

## **Who can apply?**

Please note that only final year undergraduate students can apply for the Extra-Curricular Activities Award.

## **The ECA Awards Committee**

Applications are then assessed by the Extra-Curricular Activities Awards Committee which is made of the following:

- Vice-President Academic, Registrar & Deputy President
- Academic Dean
- Director of Student Services
- Director of Career Development Centre
- Sports Officer
- Students’ Union President (or nominee)
- Student Engagement Officer

## What counts towards The Extra-Curricular Activities Award?

The most important thing to remember when thinking about the activities you will be counting towards your Extra-Curricular Activities Award, is your role in that activity. For example, taking part is not enough; you need to be **actively involved in a consistent manner as well as being actively engaged in a leadership role (s)**! Taking part in a given activity or simply being present is not enough to merit being awarded an ECA Award.

For example, if you wanted to count your time spent with the hurling team, you could not count hours spent playing hurling, you must count the hours where you were developing various skills. Such as leading a team to success, solving a major problem or using your powers of persuasion!

### Activities

Below are just **some examples** of the types of extra-curricular activities that can count towards your Extra-Curricular Activities Award:

- Class Representatives
- Volunteering
- Gaisce
- Fundraising e.g. Charity
- Internships
- Societies
- Sports
- Volunteering in local charities

## Quotes from Extra-Curricular Activities Awards Scheme Recipients

“I have lived the ‘Maynooth Experience’”

“Extra-Curricular Activities provide great opportunities for people ”

“Extra-Curricular Activities enabled me to work upon developing my teamwork and communications skills”

“Already my experience has helped me obtain a job”

“...the skills that I’ve learned are going to have a beneficial result on my personal skills and professional

“it is paramount the people get involved in activities – the knowledge you gain and the friends you make will stick with you forever”

“...the involvement gave me a great deal of experience and knowledge for the future”



## Maynooth University Graduate Attributes

Maynooth University offers a curriculum and an intellectual, cultural and social environment that provide students with opportunities to reach their full potential. On completion of their degree, graduates will have had a thorough education in the important knowledge, qualities, skills and insights of their disciplines, and will have developed fundamental intellectual skills of analysis, synthesis, critique and communication. Additionally, Maynooth University graduates will be empowered to develop qualities beyond disciplinary or technical expertise to make meaningful and positive contributions to the development of the community and society in which they live, with awareness of the local and global context of that contribution.

Maynooth University students are encouraged to strive for academic excellence within a community of scholars, to take responsibility for their own learning and to develop a capacity for lifelong learning. Through their programme of study, students are expected to acquire:

- ② A deep understanding of the fundamental concepts, the practical skills, and an appreciation of the richness and diversity of current research in the disciplines they have chosen to study
- ② The fundamental intellectual skills of analysis and reflection, verbal and written communication, numeracy and digital literacy, and conceptual and critical thinking applicable to a range of work and life situations

Maynooth University students are encouraged to utilise opportunities for self-development within a challenging programme of study, and graduates are expected to:

- Be empowered to recognise and embrace learning as an enjoyable and valuable experience
- Be self-motivated, able to work independently and contribute effectively to team projects
- Be capable of gathering and critiquing information from a variety of sources
- Be intellectually responsible, self-reflective, open-minded, adaptable, curious and creative
- Uphold high ethical and professional standards

Maynooth University students are encouraged to be socially, culturally and environmentally aware and to:

- Recognise their social, environmental and civic responsibilities
- Have integrity, honesty, a sense of justice, and respect for human rights
- Appreciate cultural diversity

The successful development of these attributes will empower graduates to contribute to knowledge, learning, to their communities and societies, locally and globally. The development of these attributes enhances employability and creates a capacity for purposeful innovation and creativity by educated, ethical and civically engaged graduates.