

THE  TIMES  
THE SUNDAY TIMES

**GOOD  
UNIVERSITY  
GUIDE  
2020**

**INSTITUTE OF  
TECHNOLOGY  
OF THE YEAR**



# STUDENT RESOURCE CENTRE

“The will to win, the desire to succeed, the urge to reach your full potential...these are the keys that will unlock the door to personal excellence”

# Your Resources, Your Choice

Attending college can be some of the best years of your life however it is not always smooth sailing. AIT is renowned for the care and attention given to helping you be successful in college and especially in helping you navigate through difficult times and challenges. We pride ourselves on being friendly and welcoming and we look forward to helping you and getting to know you throughout your time in AIT.

## Your First Year

AIT has devised a whole range of supports to help you get off to a flying start and help you in your transition to third level education.

## New Student Induction

New Student Induction is a series of workshops and activities which take place just before classes commence.

## AIT Connect

Induction is followed by the seven week **AIT Connect** programme which is designed with your needs in mind to help get you off to a flying start. Your fellow students from more advanced years know the ropes and will be available to answer your questions throughout this process, some also work as AIT Connect Social Media Ambassadors keeping you informed about what's happening and answering your questions through our social media channels.

## Ready, Steady, Connect

In advance of classes commencing, HEAR and DARE applicants will be invited to attend in AIT for an information session called "Ready, Steady, Connect". You will have the opportunity to meet with fellow students, key support staff from Disability and Access and receive vital information regarding your finances and the supports available to you.

## HEAR and DARE

AIT participate in the HEAR and DARE programmes which offer students additional support in accessing and making the most out of third level.

**HEAR** | HIGHER  
EDUCATION  
ACCESS  
ROUTE

**DARE** | DISABILITY  
ACCESS  
ROUTE TO  
EDUCATION

## Peer Assisted Student Support (PASS)

PASS is designed to help you cope better with all aspects of life at third level. It encourages first year students to support each other and learn cooperatively under the guidance of trained PASS Leaders from the second year of your programme. If PASS is available on your course it will appear on your timetable. Further information can be found at: [www.ait.ie/pass](http://www.ait.ie/pass). Email your questions to [PASS@ait.ie](mailto:PASS@ait.ie)

"Check us out on the main AIT website in the Life @ AIT section. Like us on AITStudent ResourceCentre and follow us on Facebook for notices, events and activities related to making the most out of your time in college."



**Sarah La Cumbre**  
Student Resource Centre Manager



# Your Health and Wellbeing



**Treasa Fox**  
Head of Counselling  
email: [counsellor@ait.ie](mailto:counsellor@ait.ie)



**Mick McGann**  
Senior Counsellor  
email: [counsellor@ait.ie](mailto:counsellor@ait.ie)



**Helen Carberry**  
Counsellor  
email: [counsellor@ait.ie](mailto:counsellor@ait.ie)



**Laura Tully**  
Institute Nurse & Health Centre  
Coordinator  
email: [ltully@ait.ie](mailto:ltully@ait.ie)  
tel: 090 646 8063



**Lisa Hanlon**  
Healthy Campus Coordinator  
email: [ghanlon@ait.ie](mailto:ghanlon@ait.ie)

## Your Health & Wellbeing Team

Your well-being and health is important in ensuring you function at your best so we have a range of supports available to you during your time as a student here.

### Student Health Service

A professional and confidential nurse-led health service is available to full-time registered students and apprentices from Monday to Friday during the academic year. By appointment.

- Nurse consultations: € FREE
- Doctor consultations: € 15.00 contribution
- Nurse Emergency: 087 9977437
- If you are ill outside of our opening hours you can contact
- MIDOC 1850 302 702 (6pm-8am) \*full fees applicable\*

### Counselling Service

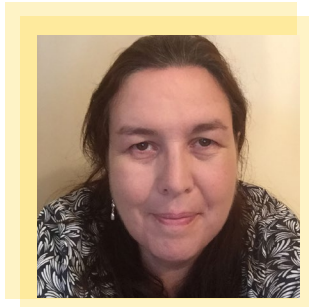
AIT Student Counselling Service provides free, confidential counselling to all full time registered students. The counselling team is comprised of professionally qualified counsellors/psychotherapists and a psychologist, who

provide a safe, supportive and confidential environment for students to discuss any emotional or psychological difficulties they are experiencing. Services are provided in-person, by telehealth video or by telephone. For appointment email [counsellor@ait.ie](mailto:counsellor@ait.ie) or telephone the Counselling and Health Centre administrator at 090 6468063. If you believe your situation is urgent, please indicate this in your email or in your call. We are also a partner to Crisis Text Line: if in crisis text AIT to 50808 for text support with a trained volunteer.

### Healthy Campus

You will hear about fun activities and health promotion events throughout your time in AIT. We aim to build awareness and support you in making healthy choices throughout your time in AIT and beyond. To make an appointment or get advice contact the Healthy Campus office, room D11 (behind the coffee dock).

# Your Welfare



**Theresa Ryan**  
Access Officer  
email: [tryan@ait.ie](mailto:tryan@ait.ie)  
tel: 090 64 68123



**Bernie Langtry**  
Disability Officer  
email: [blangtry@ait.ie](mailto:blangtry@ait.ie)  
tel: 090 64 68142

## Your Welfare Team

Often it is the personal aspects of coming to college that proves challenging for students. The Student Resource Centre is your go to place for all aspects of welfare. You don't need to worry about knowing where to go, no matter which office you go into or who you ask for help, we'll get you to the right person.

### Access Office

The Access Office provides support and assistance to students from socio-economic and disadvantaged groups including mature students both before and during their time in AIT. This office administers the Student Assistance Fund (SAF) which can provide financial assistance to qualifying students. SAF applications are available on the website.

### Disability Office

AIT is committed to ensuring all our students are given opportunity and support for engaging with learning and completing their studies successfully. We have a team of dedicated staff to support students with disabilities and/or specific learning difficulties and the latest and greatest in learning support and Assistive Technology to help you in your studies.

### Students' Union (SU)

The SU are another key point of contact for any students experiencing difficulties. The SU provides support, advice and information on a wide variety of issues including welfare and accommodation, and represents AIT students throughout the institute. The SU operates out of our student hub in the John McCormack building.

### Pastoral Care

Led by Fr Shay Casey, this team is made up of students and staff who work together to help create an atmosphere where personal growth is facilitated. The team deals with emergencies of all kinds at any hour.



## Did you Know?

that in the national survey of student engagement, our students have said they are the most satisfied of all the students in Ireland who completed the survey? We're not surprised as we pride ourselves on our friendly and professional staff.



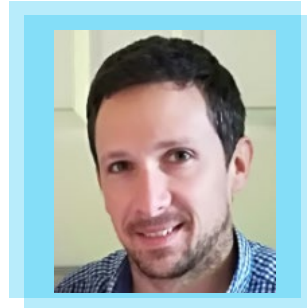
# Your Learning Supports



**Joe Keogh**  
Maths Tutor  
email: [jkeogh@ait.ie](mailto:jkeogh@ait.ie)



**Iain Murray**  
Science Tutor  
email: [imurray@ait.ie](mailto:imurray@ait.ie)



**Brendan McLarney**  
Business Tutor  
email: [bmclarney@ait.ie](mailto:bmclarney@ait.ie)



**Emer Connolly**  
Writing Skills Tutor  
email: [academicwritingcentre@ait.ie](mailto:academicwritingcentre@ait.ie)



**Elaine Kelly**  
Assistive Technology  
Tutor/Alt Formatting



**Aoife Walsh**  
Assistive Technology  
Tutor



**Roisin Kelly**  
Learning Support Tutor

## Your Tutors

### Tutors

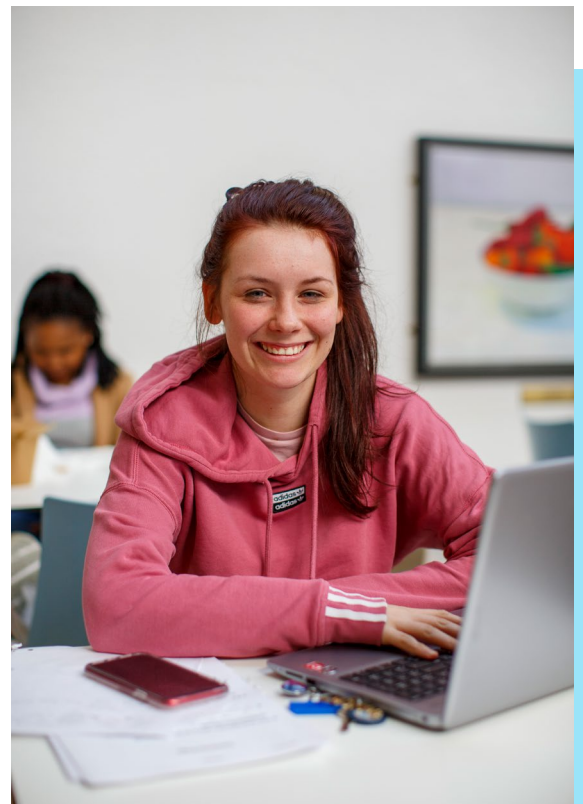
If you are experiencing difficulties with coursework we encourage you to reach out for help earlier rather than later. Talk to your lecturers, they want you to succeed! A team of tutors are available free of charge, all year round for maths, business and science. We also have a fabulous Academic Writing Centre available during term time.

### Academic Writing Centre

Students often face challenges with researching and writing. You may have always struggled with writing or perhaps you want to improve your writing skills for the level of writing required at third level. Extensive writing skills resources are available on Moodle and individual and group tutoring – face-to-face and online – is also provided. To set up an appointment, email [academicwritingcentre@ait.ie](mailto:academicwritingcentre@ait.ie).

### Disability and Learning Support Service

A range of learning supports including personal assistance, tutoring, assistive technology and exam accommodations are available to students with disabilities and/or specific learning difficulties. You are encouraged to make contact to chat about your needs and discuss how we can help you with your learning. For more information, contact the Disability Officer Bernie Langtry at [blangtry@ait.ie](mailto:blangtry@ait.ie).



# Your **career** and **work** readiness



**Denise Dolan Careers Officer**  
email: [careers@ait.ie](mailto:careers@ait.ie)  
tel: 090 64 68138

## Careers Office

The Careers Office is here to help you put your best foot forward and build your personal brand through how you present yourself in your CV, on application forms, at interviews and on social media. We provide a vital link to industry with weekly updated job opportunities on the main AIT website, employer presentations and an annual Career and Postgraduate Study Expo. Students are also offered ample opportunity to fine tune your job hunting skills with career boot camps, workshops, in-class presentations, one-to-one career advice and further study guidance for students. Register with us through Target Connect on the Careers Section of the main website or through this link [careers.ait.ie](https://careers.ait.ie) to access a wealth of supports or arrange an appointment.

## Placements

Many of our programmes feature work integrated learning or placements. As part of AIT's strategic plan, we aim to have placements available on all programmes within the next few years.

## Your Social Life

We celebrate the rich cultural diversity in AIT community. College life is not all about study and exams; your social life and wider engagement are important parts of your development. With that in mind the SU also organises a full calendar of social events catering to wide ranging student interests. The SU hub is a great space to meet friends, hang out and of course meet your SU! We have chill out areas, pool and table tennis tables, we often run lunchtime events and our WIFI is excellent! We look forward to seeing you there.

## Clubs and Societies

At the start of each academic year, the SU and Sports Office run Clubs and Socs activities with over 60 different Clubs and Societies these are a great way to explore an existing or new hobby and meet new friends, there is something for everyone!



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[AITStudentResourceCentre](https://www.facebook.com/AITStudentResourceCentre)



Ireland's European Structural and Investment Funds Programmes 2014-2020  
Co-funded by the Irish Government and the European Union



EUROPEAN UNION  
Investing in your future  
European Social Fund

HEA | HIGHER EDUCATION AUTHORITY  
AN tÚDARÁS um ARD OIDEACHAS