

September 2026

Welcome to Trinity College Dublin

@trinitycollegedublin





Today's Session

- Student Supports and Services
- Campus Life
- Being a Postgrad Student

Student Supports and Services



- Administrative Support
- Academic Support
- Health and Wellbeing Support
- Student Life

How to Navigate TCD Admin



- 1 Register and pick up your ID card
- 2 Read the handbook!
- 3 Always include your 8-digit student number and use your @tcd email address
- 4 Familiarise yourself with the Postgraduate Advisory Service
- 5 Make sure your address & phone number are correct in my.tcd.ie
- 6 Give us feedback!

Postgraduate Advisory Service

**Frontline,
Confidential,
Free**



What do we do?

- Information & connection: PAS Newsletter / Instagram
- Initial support, advice, & advocacy
- Training & skills workshops
- Postgrad Support Group
- Financial Assistance

Who are we?

- Two Postgraduate Student Support Officers: **Martin McAndrew & Chloe Staunton**

How does it work?

- Email your query, or
- Request an appointment.
- Read our monthly newsletter!



postgrad.support@tcd.ie



[@tcdpgadvisory](https://www.instagram.com/tcdpgadvisory)



tcd.ie/seniortutor/postgraduate-students

Academic Registry



Documents Issued by AR

ISD Registration Letters

- ✓ Proof of Registration
- ✓ Proof of Address

Documents take 2 working days to issue

(or up to 4 working days at busiest periods)

Documents Accepted by AR

- ✓ FRS 2 Forms (prior 3rd level education)
- ✓ Social Welfare Forms
- ✓ Garda Vetting (except for Nursing and Midwifery students)
- ✓ Graduation Applications
- ✓ Research Theses (for PGR students only)



ask.tcd.ie



01896 4500



@tcd_academicregistry



tcd.ie/academicregistry

Dignity, Respect & Consent Service

- Training module on consent and sexual violence
- Disclosures and complaints
- Speak Out tool



tcd.ie/hr/dignity-and-respect

Equality, Diversity & Inclusion

- Training on race, unconscious bias and consent
- Inclusive curriculum resources



tcd.ie/equality

Policies Hub

- Student Complaints Procedure
- Alcohol, Misuse of Drugs
- Mental Health
- Child Protection



tcd.ie/about/policies

Sustainability



- Healthy Trinity Online Tool
- Green Maps
- Smarter Travel
- Living Labs

tcd.ie/sustainability

Tips for Academic Success



- 1 Get to know the Library
and your Subject Librarian!
- 2 Get organised!
Key dates, deadlines, materials
- 3 Set realistic goals and manage your time
- 4 Understand what is expected of you academically
Ask your lecturers/supervisor
- 5 Find out what training & support you need
- 6 Register for Reasonable Accommodations if
necessary (no later than last Friday in October for Semester 1 exams)

The Library



- Legal Deposit Library
- Online Training & Support
- Subject Librarians
- 1937 Reading Room (*PG-only space*)

tcd.ie/library

[@tcdlibrary](https://twitter.com/tcdlibrary)

Student Learning Development

- Free workshops & 5 ECT PhD module
- Online Resources
- One-to-one consultations
- Academic Writing Centre



tcd.ie/sld

Careers Advisory Service



- Workshops and Careers Fairs
- CV and Interview Clinics
- Opportunities on MyCareer
- PhD Employability Modules

tcd.ie/careers

[@trinity.careers.service](https://twitter.com/trinity.careers.service)

disAbility Service

- Needs Assessment and Support
- Assistive Technology
- Exam Accommodations
- Apply for Supports on my.tcd.ie



tcd.ie/disability

[@tcd.ability](https://twitter.com/tcd.ability)

Tips for Your Wellbeing



- 1 Get some daily exercise
(around 30 mins per day)
- 2 Eat well and stay hydrated
(prepare meals from scratch, with a balanced diet)
- 3 Keep to a sleep routine
- 4 Keep an eye on your mental health
- 5 Look after your spiritual side
- 6 Look after yourself when you are sick

College Health Centre

- Free for Students
- Doctors, Nurses
- Sexual Health Clinics
- Physiotherapy (*small fee*)



tcd.ie/collegehealth

01896 1591

Student Counselling Services

- Individual Counselling
- Support Groups and Wellbeing Workshops
- 8-Week PG Support Group
- Online Programmes and Resources



tcd.ie/studentcounselling

@tcd_headspace

Sports Centre

- Full Gym *including swimming pool and climbing wall*
- Fitness Classes and Social Sports
- Trinity Sport App
- Additional Outdoor Facilities



tcd.ie/sport

@tcdsport

Chaplaincy

- 5 Chaplains (*Roman Catholic, Anglican, Methodist, Presbyterian*)
- Links to Other Faith Groups
- Chapel, Prayer Rooms, Multi-Faith Room
- Souper Tuesdays (*House 27, from 12:30pm*)



tcd.ie/chaplaincy

chaplaincy@tcd.ie

Tips for Getting Involved



- 1 Become a Class / School Rep
- 2 Join some clubs, societies, and/or publications
- 3 Try something new!
- 4 Volunteer for a cause that interests you
- 5 Look for a campus job or other part-time work
- 6 Get involved in a Students' Union campaign

Students' Union (TCDSU / AMLCT)

- Represent you in College and beyond
- Provide support to students
- Organise social events (*inc. Trinity Ball*)
- Regular email updates (*inc. discounts*)



tcdsu.org

[@tcdsu.amlct](https://twitter.com/tcdsu.amlct)

Global Room

- International Student Support Hub
- Friendly Global Student Ambassadors
- International celebrations and events



tcdglobalroom@tcd.ie

[@tcdglobalroom](https://twitter.com/tcdglobalroom)

Sports Clubs

- Approx. 50 clubs
- Aikido to Windsurfing
- Opportunities at all levels
- Specialist training and competitions



tcd.ie/sport/student-sport

[@tcdsport](https://twitter.com/tcdsport)

Student Societies



- Over 120 societies
- Afro-Caribbean to Zoological
- Themed events
- Inclusive socials

trinitysocieties.ie

[@csctcdie](https://twitter.com/csctcdie)

Getting Started with IT



IT Services Student Orientation webpages “Getting Started” 7-step video

1. Getting Your Computer Account and Email
2. Connecting to the Student Wi-Fi
3. Accessing Your Coursework
4. Finding Lectures and Locations
5. Getting Software
6. Purchasing Laptops
7. Getting Help from IT Services

tcd.ie/itservices/students/orientation

Campus Life



- Join Societies:
trinitysocietieshub.com
 - Join Clubs
tcd.ie/sport/student-sport/sport-clubs
- Freshers' Fair**
- Tuesday 15 September
 - Wednesday 16 September
 - Friday 18 September

Orientation Hub



Collect Your Student Card (*T Card*)

Talk to Services

- Academic Registry
- IT Services
- Trinity Global
- disAbility Service
- Student Counselling Services
- SafeZone and Student Lockers
- Trinity Sport

Enter Exclusive Daily Giveaways

Open 10:00–15:00

T Card Collection from 09:00-17:00

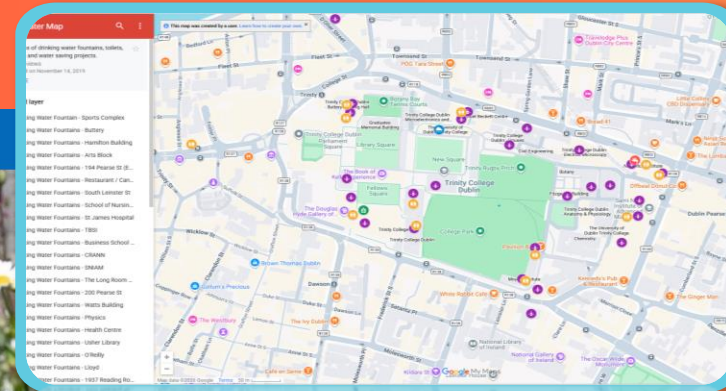
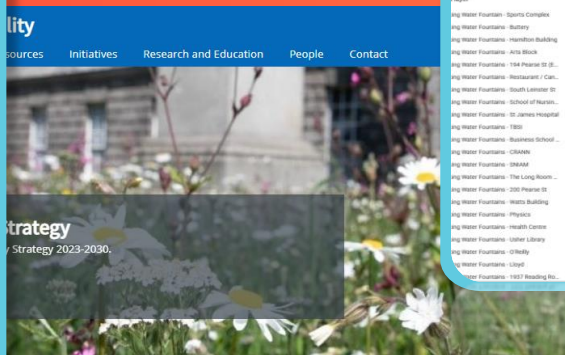
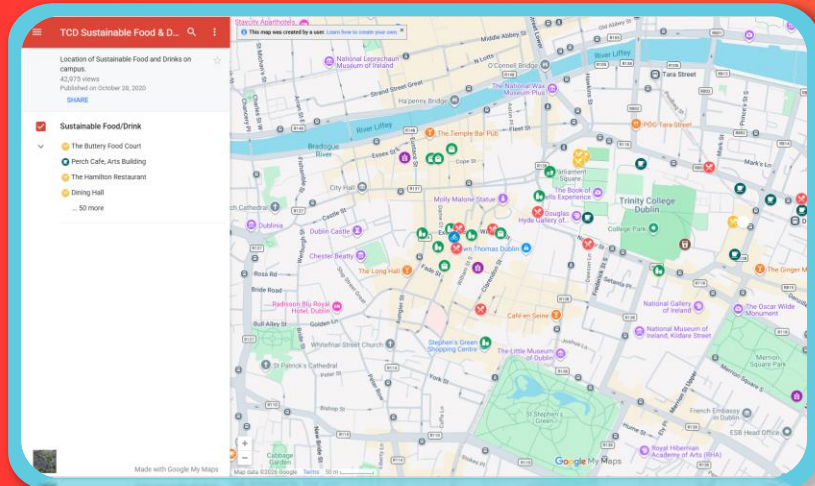


Where to Eat



Where to Hang Out / Zón Mac Léinn

Trinity Sustainability



Discover ways to get involved with resources, events, initiatives, groups

Welcome to Trinity Sustainability

Our mission is to tackle climate and biodiversity challenges for a healthy planet and healthy people through our educational programmes, our research and innovation, and our day-to-day operations, both within Trinity and in partnership with external collaborators and communities. We look forward to working with you!



Welcome
A welcome message from Prof. Jane Stout, Vice President for Biodiversity and Climate Action



Latest News and Research
Catch up on the latest sustainability news and research in Trinity.



Events
See the full events calendar here.

Find

- Recycling and waste points
- Sustainable food and drink
- Toilets and water fountains
- Second-hand shops

...and more!

tcd.ie/sustainability

Unplug

- Unplug appliances when not in use
- Plug devices into power strips and turn off at the wall
- Turn off lights when not in use

Reuse

- Water bottle filling stations
- 2Go Cups
- Cup washing stations

Recycle

- Sort your rubbish and recycle appropriately
- Recycling is mandatory on campus
- Reverse vending machines (*Arts Block, Hamilton Building*)





Getting Around

- Walk, cycle, public transport
- TFI Live App - <https://www.transportforireland.ie/plan-a-journey/>
- Sustainability Map Hub



Leap Card

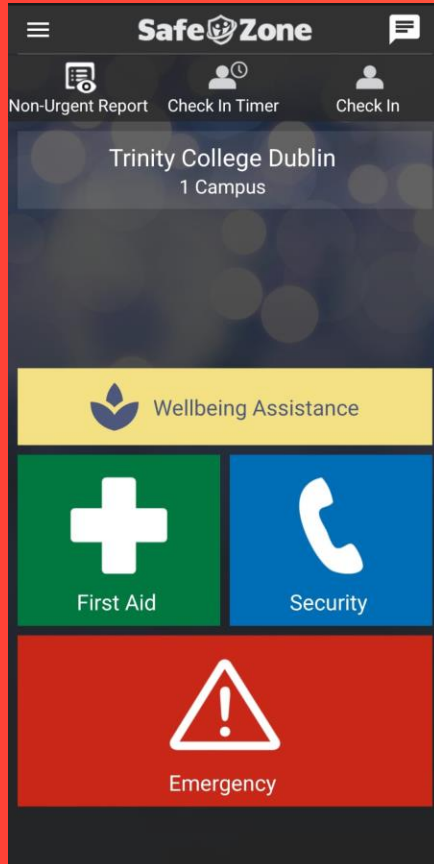
- Young Adult (<26) or Student (26+)
- <https://www.leapcard.ie/>



Cycling

- Bike parking
- Bike share (Dublin Bikes, Bleeper, Mobi – student discount)
- Cycle training

Campus Safety and Safezone



SafeZone

- Download from App Store and Google Play

College Security

- 01 896 1317
- 200 Pearse Street, Front Gate, Lincoln Place Gate, Printing House Square
- 24-hours

Emergencies on campus

- 01 896 1 999 – Security Emergency Number
- Fire alarms, emergency exits

Your T Card



Your Student ID Card



Facilities Access



Printer and Copier Sign-In



Cashless Payments on Campus



Shop and Save with Student Discounts



The Buttery



The Dining Hall



The Perch



Forum



Áras an Phiarsaigh Café



Academic Registry



Sports Centre



St. James's Hospital



Tallaght Hospital



The Library

Being a Postgrad Student



- Culture
- Challenges
- Using the Library

What is Culture?

Culture is the various beliefs, behaviours, languages, practices and expressions considered unique to members of a specific ethnicity, race or national origin

Making connections with people from a wide range of diverse cultural and language backgrounds will help you make the most of your time in Trinity

Culture clash can arise when you find yourself in a situation where your home culture and host culture are in conflict



Everyday Cultural Differences

- Greetings
- Small Talk
- Punctuality
- Socialising and Alcohol
- Humour
- Formality vs Informality
- Personal Space
- Slang
- Direct vs Indirect Communication



Cultural Adaptation

Challenges of Being a Postgrad Student

Isolation

- Foster a network of other postgraduate students
- Don't neglect your other relationships

Time Management

- Organise your research and your schedule (then stick to it!)
- Don't overcommit yourself

Work / Life Balance

- Unchain yourself from your desk
- Maintain your hobbies and interests
- Make time for family and friends

Motivation

- Be prepared to be frustrated or dissatisfied at times
- Take a break and come back refreshed

Postgrad Support Group

9-week intensive group focusing on emotional resilience

Facilitated by Student Counselling and Postgraduate Advisory Services

Keep an eye on your email for details

tcd.ie/studentcounselling/services-available/groups

If You Need To Talk...

Text About It (50808)

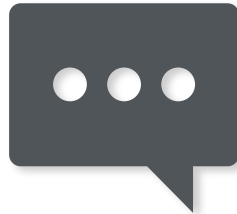
A free 24/7, anonymous text service

WhatsApp and SMS

Trained volunteers

A calming chat or immediate support

Open to anyone going through a mental health or emotional crisis – big or small



textaboutit.ie

50808

Niteline

A student-run free, anonymous helpline

9pm – 2:30am during term time

Phone calls and instant messaging

Trained volunteers

Talk confidentially to other students about any problems you're having



niteline.ie

1800 793793

tcd.ie/students/supports-services

Using the Library

Welcome
to the largest library in
Ireland

We look forward to
helping you achieve
and succeed

Ireland's Largest Research Library

7 million physical items

1,300,000 ebooks

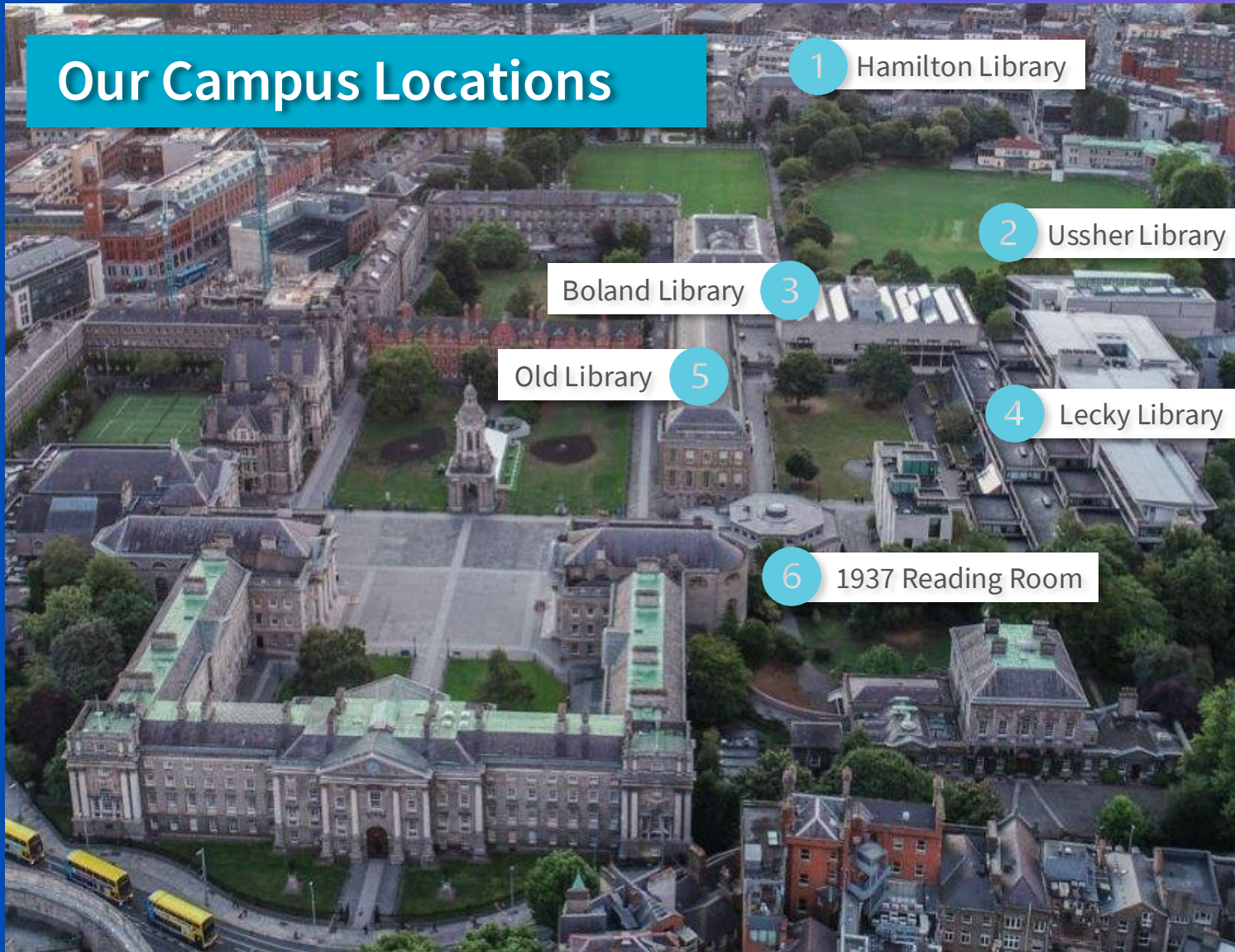
150,000 ejournals

3000+ study spaces
including dedicated sensory spaces



tcd.ie/library/using-library

Our Campus Locations



1 Hamilton Library

2 Ussher Library

3 Boland Library

5 Old Library

4 Lecky Library

6 1937 Reading Room

Computer Science
Engineering
Health Sciences
Mathematics
Natural Sciences
Statistics

1

Ancient History
Drama & Film Studies
English
History
Languages
Map Library
Music
Religion
Philosophy
Research Collections
Manuscripts & Archives
Early Printed Books

2

History
Law
Nursing & Midwifery
Official Publications (*IE*)
Psychology

3

Business Studies
Geography
Geology
Economics
Education
Politics
Social Studies

4

The Old Library
- well worth a visit!

5

24-hours
Study Space
Postgraduate-Only

6

Off Campus
John Stearne Medical
Library,
St James's Hospital

Off Campus
Santry Book Repository

Offsite Storage
Request via Click and Collect

tcd.ie/library/using-library/360.php

Current 24-Hour Study Spaces

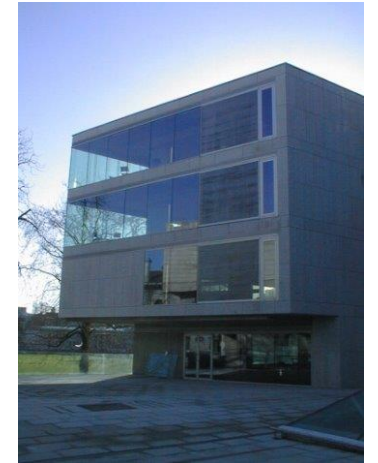
1937 Reading Room

- Available for PG study
- Computer Lab
- Conversation Room
- Kitchenette
- Lockers



Kinsella Hall

- Open 7 days a week to all students
- Enter via Boland Library when Library complex is open
- Enter via external door when Library complex is closed



Postgraduate Study Desks

Dedicated study spaces available
in the Lecky, Ussher, and Boland
Libraries

Allocated to PhD and Masters by
Research applicants

Apply online as soon as possible



tcd.ie/library/using-library/carrels.php

Visit Us Online

The Library of Trinity College Dublin

Menu Home Search Collections Using the Library About the Library Support & Training Events Contact Gaelige

Library Catalogue Articles and More Digital Collections Databases A-Z

Search for books, ebooks, journal titles, and more [GO](#)

[Help and feedback on the Library catalogues](#) [All Library guides & tutorials](#)

[My Library Account](#)

[Book a Group Study Room](#)

Need help with acknowledging or referencing the use of Generative AI? [See our new LibGuide](#)

- [Admissions](#)
- [Academic Integrity](#)
- [Borrowing & Renewing](#)
- [Databases A-Z](#)
- [FAQs](#)
- [An Inclusive Library](#)
- [Managing References](#)
- [MyReadingList@TCD](#)
- [Off Campus Access](#)
- [Subject Librarians](#)
- [Welcome to the Library](#)

Welcome!

The Library of Trinity College Dublin is the largest library in the country. We look forward to helping you achieve and succeed. Library staff are here to support your studies and continued academic learning, providing you with the skills and tools to make the most of your time here [#TCDFreshers](#)

[Top Tips for Undergraduates](#) [Top Tips for Postgraduates](#)

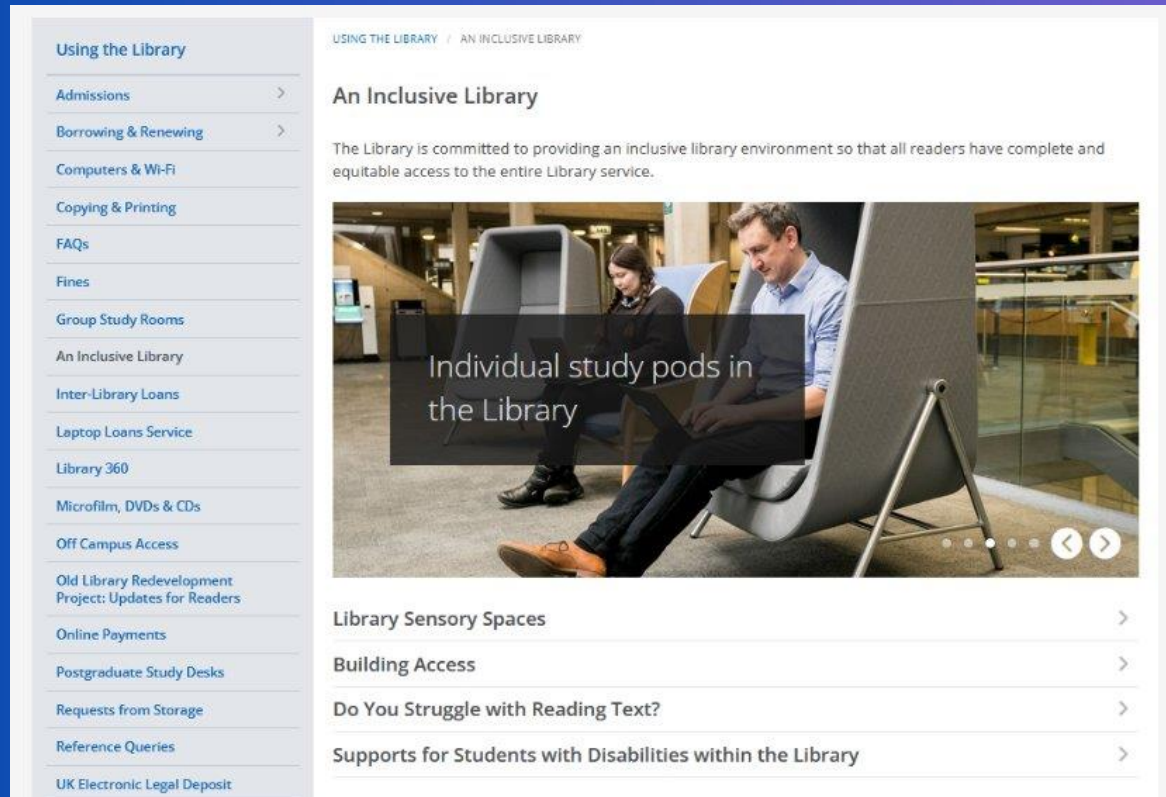
The Berkeley, Lecky and Ussher Libraries [Watch later](#) [Share](#)

OUR GUIDES TO SEARCHING FOR, EVALUATING AND APPLYING INFORMATION [FIND OUT MORE](#)

tcd.ie/library

tcd.ie/library/new-students

An Inclusive Library



The Library is committed to providing an inclusive library environment so that all readers have complete and equitable access to the entire Library service

- Flexible seating options
- Bookable sensory spaces
- Sensory tours
- Special borrowing privileges
- Alternative formatting
- Assistive technology information centres

tcd.ie/library/using-library/disabilities.php

Postgraduate Borrowing

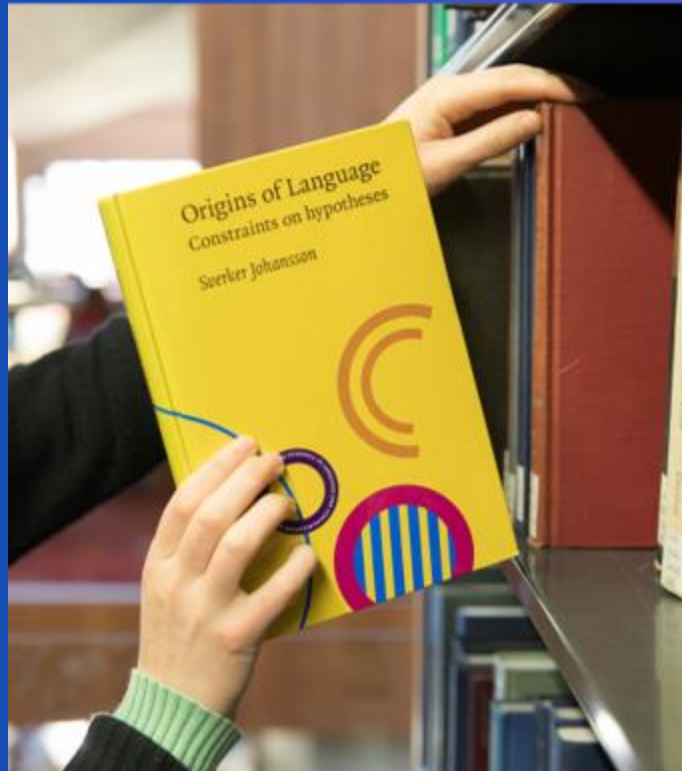
Higher Degree (Research/Taught Masters & PhD)

You can borrow up to **50 books** at any one time from the General Lending collection, which can include items from our open shelves or from storage.

Items can be **borrowed for 12 weeks** and **renewed once for a further 12 weeks**, as long as nobody else has placed a recall on the item



Finding a Print Book on the Shelf



Use the Library Catalogue to identify where your book is located

Codes (shelfmarks) are assigned to books to help you locate them on the shelves. The shelfmark is visible on a white label attached to the cover of the book

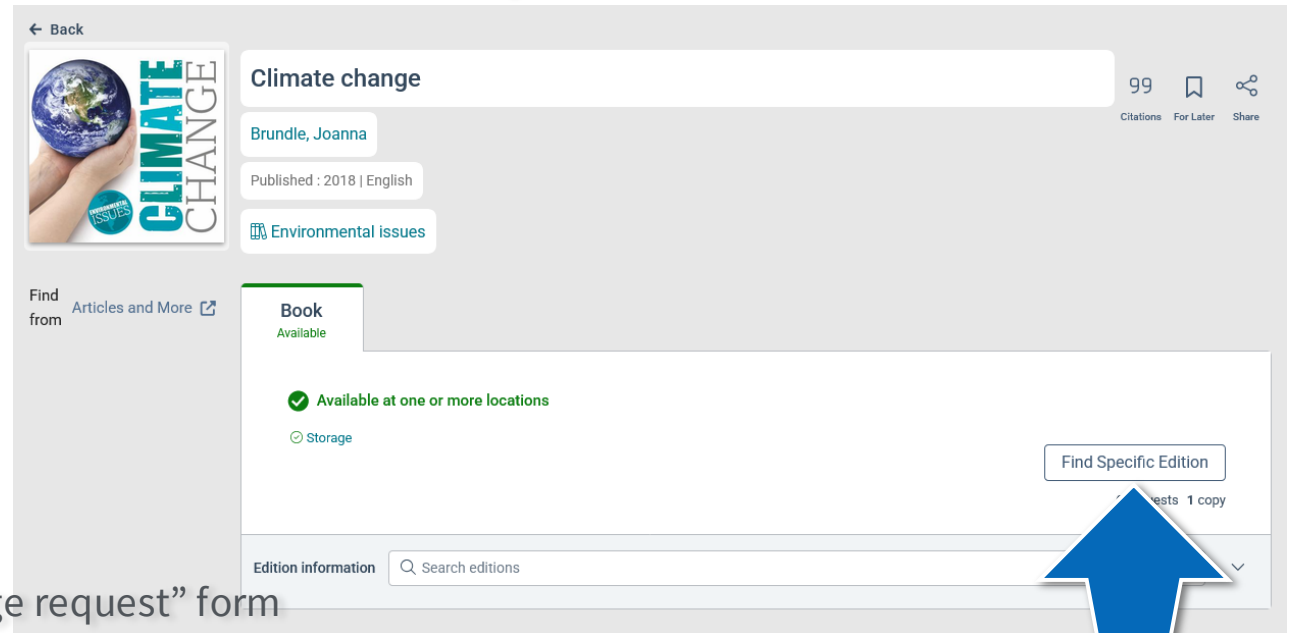
If you prefer, you can request to collect books on the shelves from the Library Service Desk closest to its home using our *Click and Collect* service

90% of our collection is in storage (on and offsite). These items can also be requested using Click and Collect

Click and Collect

The Library Catalogue entry indicates where copies of a text are stored

- Normal Library Shelves
available within 24 hours, often much sooner
N.B. Items must be collected from the nearest Service Desk to where they are located
- Storage
generally available next weekday



Other materials must be requested using a “storage request” form

All material can be requested to the reading room for consultation and most can be borrowed

tcd.ie/library/using-library/click-collect.php

Ebooks – UKeLD & Regular Ebooks

UK legislation means that the electronic versions of legal deposit material must be accessed at designated PCs in the Library

You can access the e-books we purchase (regular e-books) from anywhere

The screenshot shows a library catalog interface with three tabs: 'Book Available', 'Ebook Available', and 'Ebook (UK eLD) Check Availability'. The 'Ebook (UK eLD)' tab is selected. Below the tabs, a green checkmark icon is followed by the text 'Available at one or more locations'. Underneath, there are three location indicators: a green checkmark for 'Irish School of Ecumenics Library', a green checkmark for 'Storage', and a red X for 'Eavan Boland Library'. To the right of these indicators is a button labeled 'Find Specific Edition'. Below the button, it says '0 requests 3 copies'. At the bottom, there is a section labeled 'Edition information' with a search bar containing the text 'Search editions' and a dropdown arrow on the right.

tcd.ie/library/using-library/eLD

Arts, Humanities and Social Sciences Team



Isolde Harpur

Asian Studies; English;
German; Linguistic, Speech
& Communication Sciences;
Russian & Slavonic Studies



Helen Bradley

Drama & Theatre Studies;
European Studies;
Film Studies; History of Art &
Architecture



David MacNaughton

Business; Economics;
Engineering; Mathematics;
Philosophy; Political Science;
Sociology



Terry McDonald

Classics; Gender & Women's
Studies; Law



Geraldine Fitzgerald

Education; Psychology



Caroline Montgomery

French; History; Irish;
Italian; Near & Middle
Eastern Studies; Religion;
Social Work & Social Policy;
Spanish



Carolyn Graber

Music

STEM and Health Sciences Team



Aoife O'Connor
Computer Science;
Dental Science;
Neuroscience (PG);
Pharmacy; Statistics



Jessica Eustace-Cook
Nursing & Midwifery;
Research Ireland Librarian



Leslie Kotzas
Genetics; Geology;
Nursing & Midwifery



Margaret Rooney
Biochemistry; Biology;
Botany; Environmental
Science; Geography;
Immunology; Microbiology;
Molecular Medicine;
Neuroscience (UG);
Zoology



Greg Sheaf
Chemistry; Physics



David Mockler
Medicine at St
James's Hospital

Library HITS



Watch videos of previous sessions now and look out for emails listing new live classes

- AI - Applying GenAI (SLD and the Library)
- Library Basics
- Plagiarism and Referencing
- Managing Your References
- Essay Writing (SLD)
- Reading and Notemaking (SLD)
- Reading, Thinking and Writing Critically (SLD)
- Top Tips for Nailing Your Literature Review
- Using Databases (Basic and Advanced)

tcd.ie/library/support/skills-training.php

Or, Google TCD Library HITS

Library Tours

Arts, Humanities, Social Sciences & Nursing disciplines

(Lecky Library entrance, Arts Building)

Science, Technology, Engineering, Maths & Health disciplines

(Hamilton Library)

Taking place Monday – Thursday this week



Medicine: John Stearne Library (St. James's Hospital campus)

Organised directly with your Subject Librarian, David Mockler

tcd.ie/students/orientation/postgraduates/timetable.php

If You're Stuck, Just Ask



library@tcd.ie



@tcdlibrary

Use *LibChat* on the Library website
...or visit us in the Library!

tcd.ie/library

Top Tips

- ✓ **Contact** your Subject Librarian for expert searching advice
- ✓ **Attend** a Library HITS class and brush up on your research skills
- ✓ **Search** for books on your reading list or any topic using the Library Catalogue
- ✓ **Install** LibKey Nomad to find the full text of articles via Google or Google Scholar
- ✓ **Borrow** up to 50 books at a time
- ✓ **Request** books from the shelves or storage using the Click and Collect service
- ✓ **Use** the Self-Service Kiosks to borrow or return books
- ✓ **Print/Copy/Scan** on any printer (*service managed by Datapac*)
ID code = your student number; PIN emailed to you when you complete registration
- ✓ **Attend** a Library tour!



Recordings from all Orientation Sessions

tcd.ie/students/orientation/postgraduates/sessions.php



More Questions?

"Being a Postgraduate Student at Trinity"
Q&A with Postgraduate Advisory Service

Thursday, 4pm
Synge Theatre, Arts Building



Thank you and good luck!