#PG Freshers

September 2024

Welcome to Trinity College Dublin

Today's session

- Student Supports and Services
- Campus Life
- Being a postgrad student

#PG Freshers

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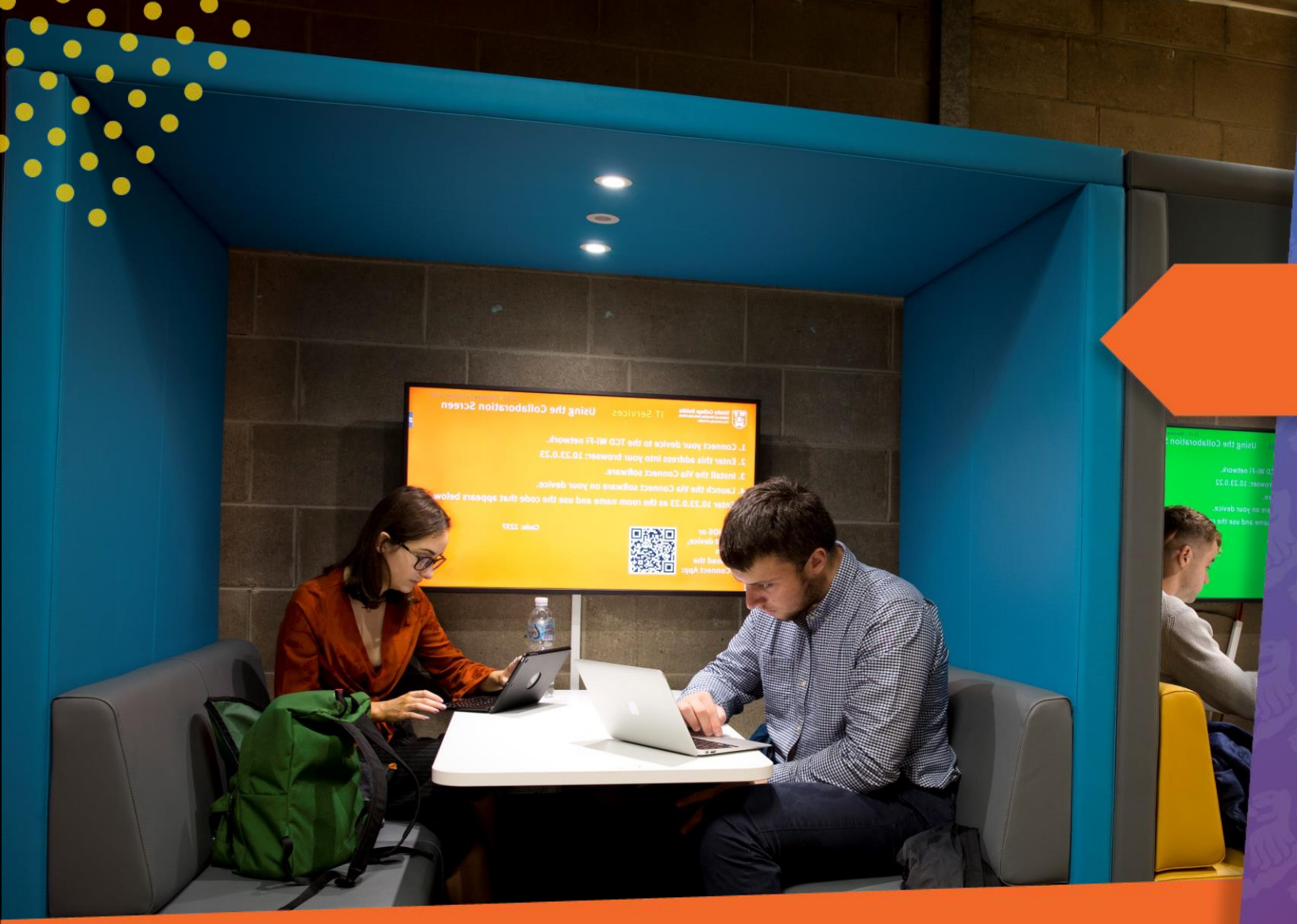
Student Supports & Services



Student Supports & Services

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

#PG Freshers

NAVIGATING TCD ADMIN

1. Register and pick up your ID card
2. Read the handbook!
3. Always include your 8-digit student number, 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!

ADMINISTRATIVE SUPPORT

POSTGRADUATE ADVISORY SERVICE

Frontline, confidential, and free

What do we do?

- Information & connection: PAS Newsletter/ update, social media
- Initial support, advice, & advocacy
- Training, workshops & 5 ECT PhD skills module
- PG Support Group: "Surviving your Postgrad Experience"
- Financial Assistance

Who are we?

- Two Postgraduate Student Support Officers -
  Martin McAndrew & **Nonie Gaynor**

How does it work?

- Email your query, or
- Request an appointment

postgrad.support@tcd.ie

@TCDPGAdvisory

ADMINISTRATIVE SUPPORT

ACADEMIC REGISTRY

Academic.registry@tcd.ie

01 896 4500

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 Nursing and Midwifery)
- ✓ Graduation Applications
- ✓ Research Theses (for PGR only)

ADMINISTRATIVE SUPPORT

TIPS FOR ACADEMIC SUCCESS

1. Get to know the Library – and your Subject Librarian
2. Get organised!
3. Set realistic goals
4. Time management
5. Understand what is expected of you, academically; ask your lecturers/ supervisor
6. Register for Exam Accommodations (if necessary)

ACADEMIC SUPPORT

ACADEMIC SUPPORT

THE LIBRARY

- Legal Deposit Library
- Online Training & Support
- Subject Librarians
- 1937 Reading Room

tcd.ie/library @TCDLibrary

STUDENT LEARNING DEVELOPMENT

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

tcd.ie/sld/your-student-jouney/postgraduate/

CAREERS ADVISORY SERVICE

- Workshops
- CV and Interview Clinics
- Opportunities on MyCareer
- PhD Employability modules

tcd.ie/careers @tcdcareers

DISABILITY SERVICE

- Needs assessment and support
- Assistive Technology
- Exam Accommodations (apply on my.tcd.ie)

tcd.ie/disability @tcdability

TIPS FOR WELLBEING

1. Get some daily exercise (30 mins/day)
2. Eat well (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

HEALTH & WELLBEING SUPPORT

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COLLEGE HEALTH CENTRE

- Free for students
- Doctors, nurses
- Physiotherapy
- STI Clinics

tcd.ie/collegehealth @tcdhealthP

STUDENT COUNSELLING SERVICES

- Individual counselling
- Online programmes
- Support groups & Wellbeing Workshops
- 8-week PG support group

tcd.ie/student_counselling @tcd_headspace

SPORT CENTRE

- Full gym (including swimming pool and climbing wall)
- Fitness classes
- Trinity Sport App

tcd.ie/sport @tcdsports

CHAPLAINCY

- Chaplains – Roman Catholic & Church of Ireland: Prayer groups, services
- Links to other faith groups
- Chapel, Prayer room, multi-faith room
- Souper Tuesdays

tcd.ie/chaplaincy @tcdchaplains

TIPS FOR GETTING INVOLVED

1. Become a class / school rep
2. Join some clubs and societies, publications
3. Try something new!
4. Volunteer for a cause that interests you
5. Look for campus jobs
6. Get involved in some of the Student Union campaigns

STUDENTS' UNION

- Represent you to College
- Provide support to students
- Organise social events
- Regular email updates

Tcdsu.org @tcdsu

GLOBAL ROOM

- International Student Support Hub
- Meet Global Student Ambassadors
- Celebrate International-themed events

@tcdglobalroom

SPORTS CLUBS

- Over 50 clubs
- Aikido to Windsurfing
- Training, competition and casual

tcd.ie/sport/student-sport @tcdsports

STUDENT SOCIETIES

- Over 120 societies
- Afro-Caribbean to Zoological
- Social events

trinitysocieties.ie @trinityCSC

STUDENT LIFE

GETTING STARTED WITH IT

7 Things You Need to Know to Get Started

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

www.tcd.ie/itservices/students/orientation

IT SERVICES

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Campus Life

STUDENT LIFE

Joining societies
https://trinitysocietieshub.com/

Joining Clubs
https://www.tcd.ie/Sport/student-sport/orientation/

FRESHERS' FAIR

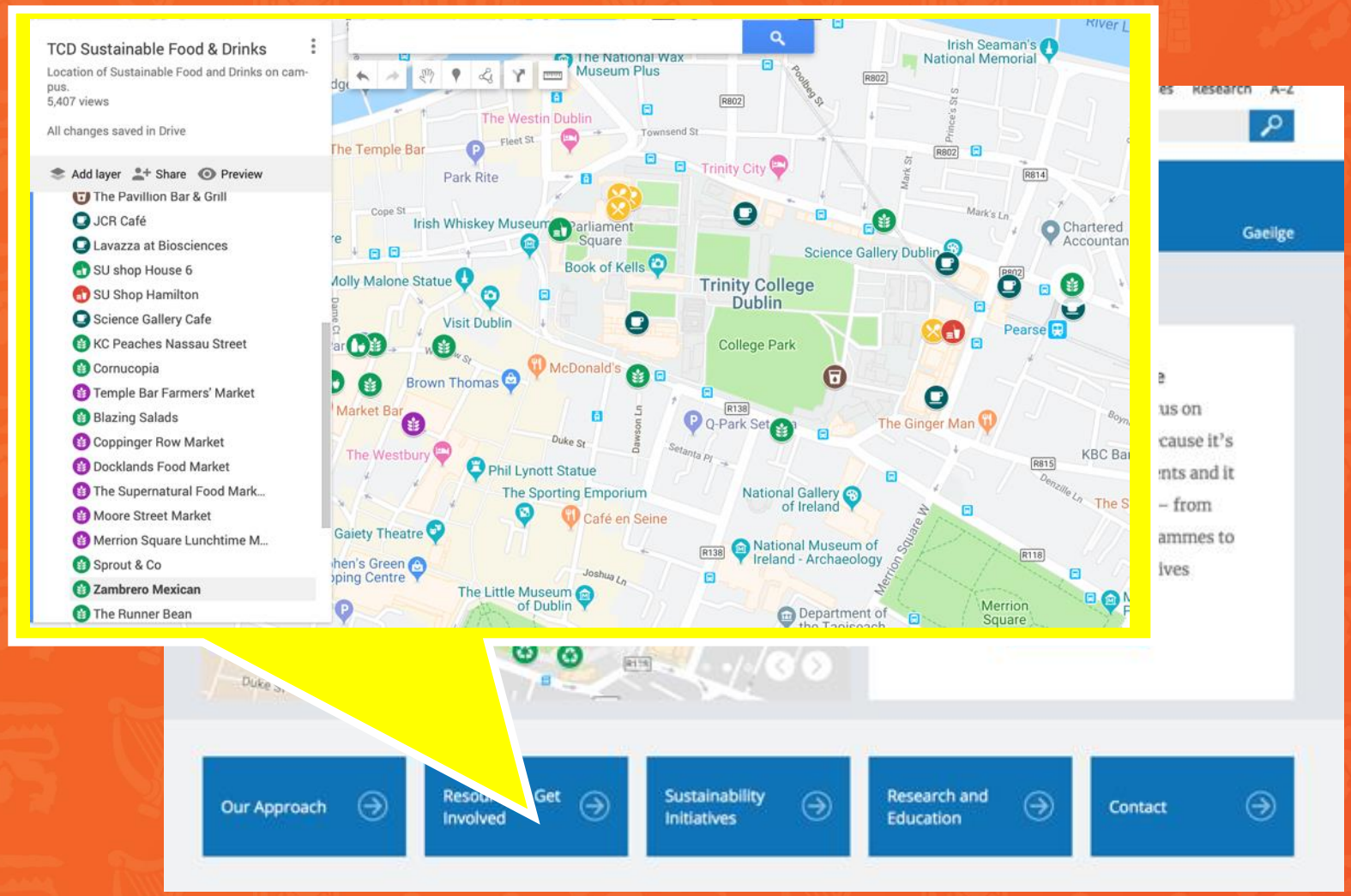
17, 18, 20 SEPT

Dining Hall
Buttery
Aras an Phiarsaigh Cafe
SU Shop
The Forum
SU Cafe
SU Shop
The Perch
The Pav

WHERE TO EAT

WHERE TO HANG OUT

THE TRINITY GREEN PAGES



Maps, guides, water stations, toilets, and much much more

KEEPING A SUSTAINABLE HOUSE

Unplug

Unplug appliances when not in use

Plug them into power strips and turn off at the wall

Unplug kitchen appliances too

Lights

Turn off lights when not in use

Open the blinds!

Use fluorescent bulbs (you'll save some money too!)

Recycling

Sort your rubbish and recycle appropriately

A requirement on campus

YOUR T-CARD

Your student ID card

Cashless payment system on campus

Shop and save with student discounts!

TCARD.TCD.IE

- The Buttery
- The Dining Hall
- SU Shop
- Aras an Phiarsaigh
- The Perch
- Academic Registry
- Sport Centre
- Students' Union
- St James' Hospital
- Tallaght Hospital

#PG Freshers

Being a postgrad student

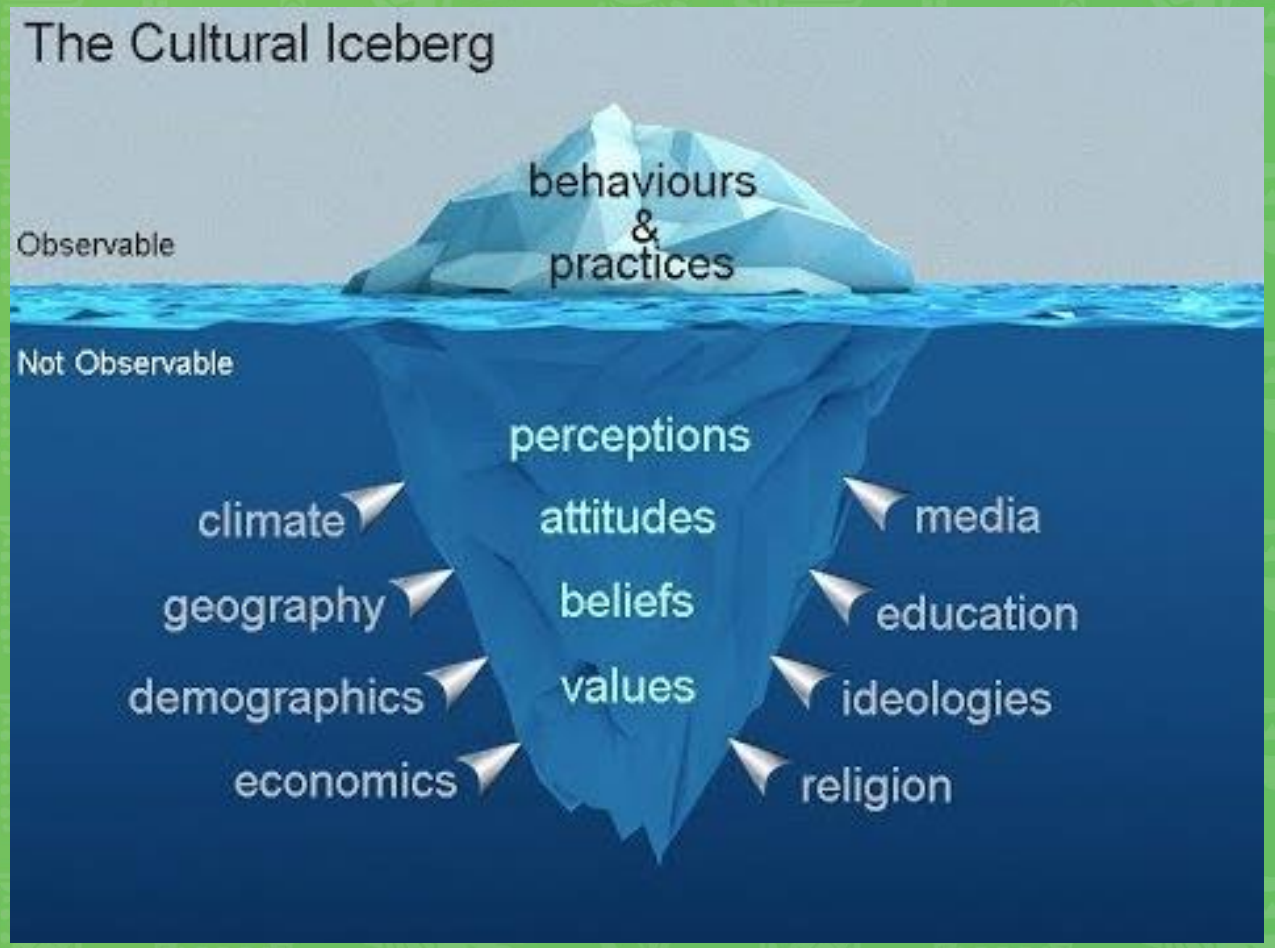
Being a postgrad student

- Culture
- Challenges of being a postgrad
- Using the Library

#PG Freshers

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

CHALLENGES OF BEING A POSTGRAD STUDENT

ISOLATION

- Foster a network of other research students
- Don’t neglect your other relationships

TIME MANAGEMENT

- Organise your research and your schedule and stick to your schedule
- 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

"Surviving your Postgrad Experience"

8-week PG Support Group, Friday mornings: keep an eye on your email for details

IF YOU NEED TO TALK…

TEXT ‘TCD’ TO 50808

A free 24/7 text service
A calming chat or immediate support
Open to anyone going through a mental health or emotional crisis - big or small

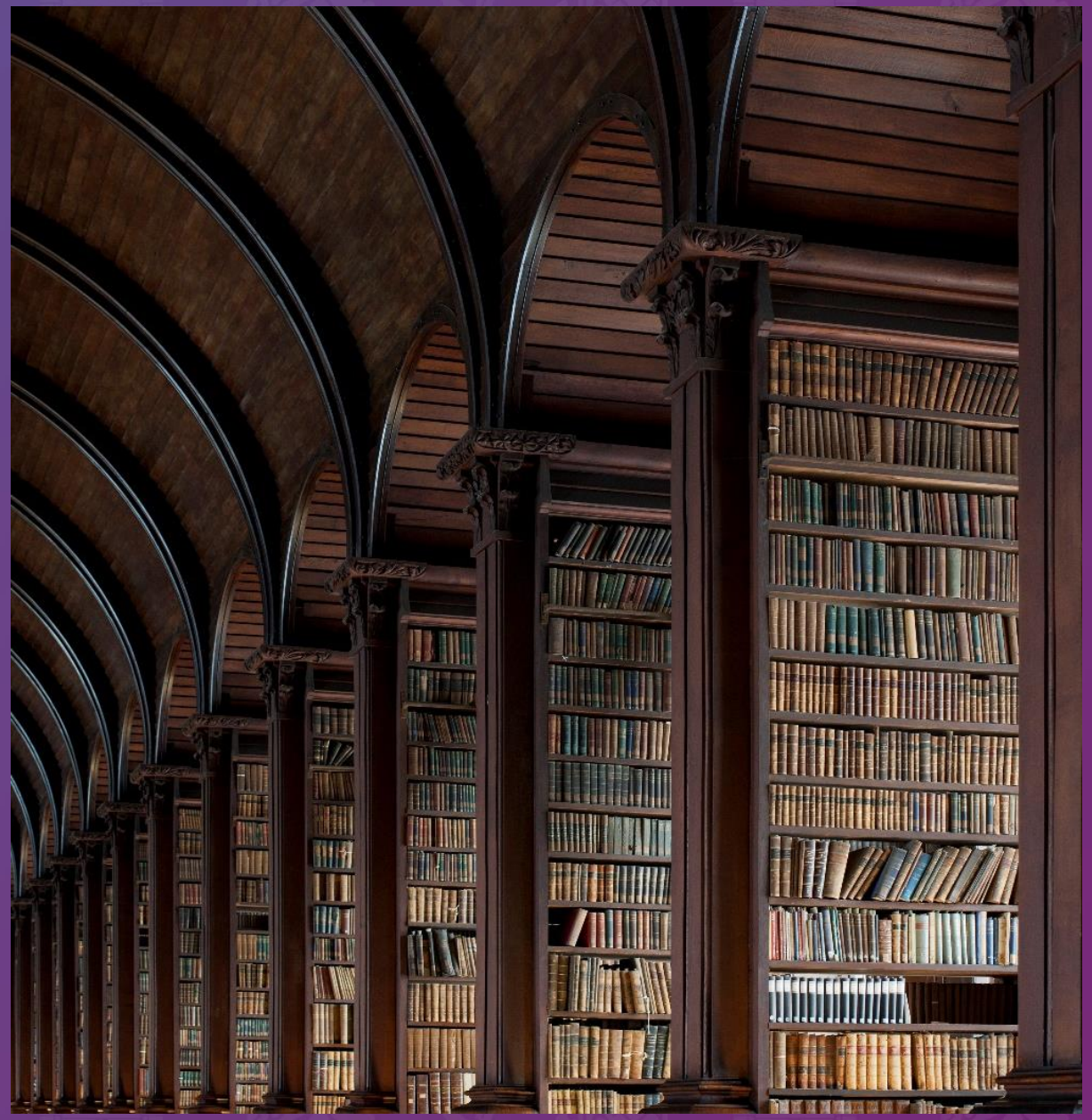
NITELINE

A student-run free, anonymous helpline
9PM – 2.30AM in term time
Talk to other students about any problems you’re having

Phone: 1800 793 793
Instant messaging: niteline.ie

Welcome!

to the largest library in Ireland. We look forward to helping you achieve and succeed



www.tcd.ie/library

IRELAND'S LARGEST RESEARCH LIBRARY

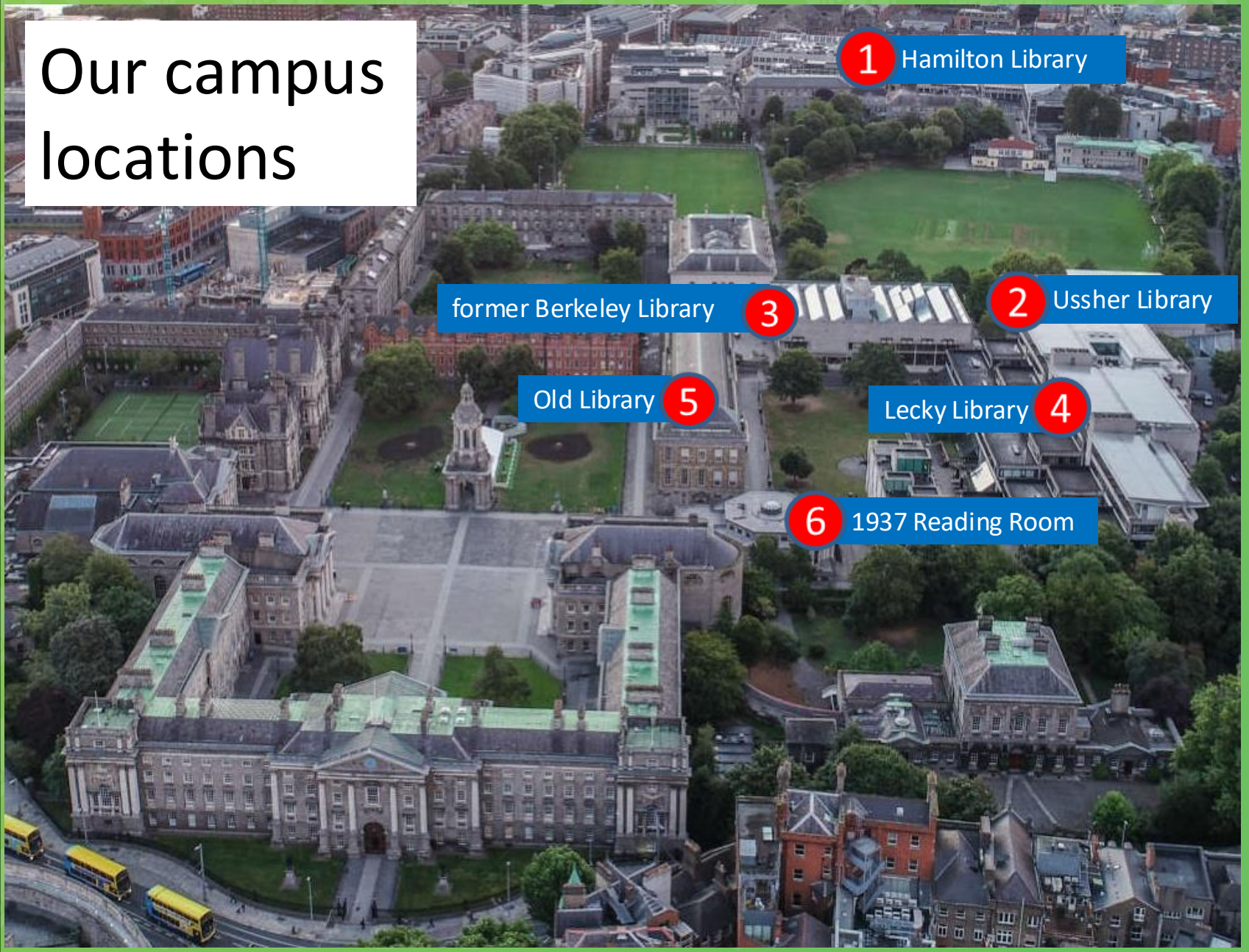
7 million physical items

1,300,000 e-books

150,000 e-journals

3000+ study spaces including dedicated sensory spaces

Our campus locations



Computer Science 1
Engineering
Health Sciences
Mathematics
Natural Sciences
Statistics

Ancient History 2
Drama & Film Studies
English
History of Art
Languages
Map Library
Music
Religion
Philosophy
Research Collections – Manuscripts & Archives; Early Printed Books

History 3
Law
Nursing & Midwifery
Official Publications (IE)
Psychology

Business Studies 4
Geography
Geology
Economics
Education
Politics
Social Studies

The Old Library 5
– well worth a visit!

24-hours Postgraduate Study Space 6

Off Campus: Santry Book Repository

Offsite Storage - request items via *Click and Collect*

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

CURRENT 24-HOUR STUDY SPACES

1937 READING ROOM

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

KINSELLA HALL

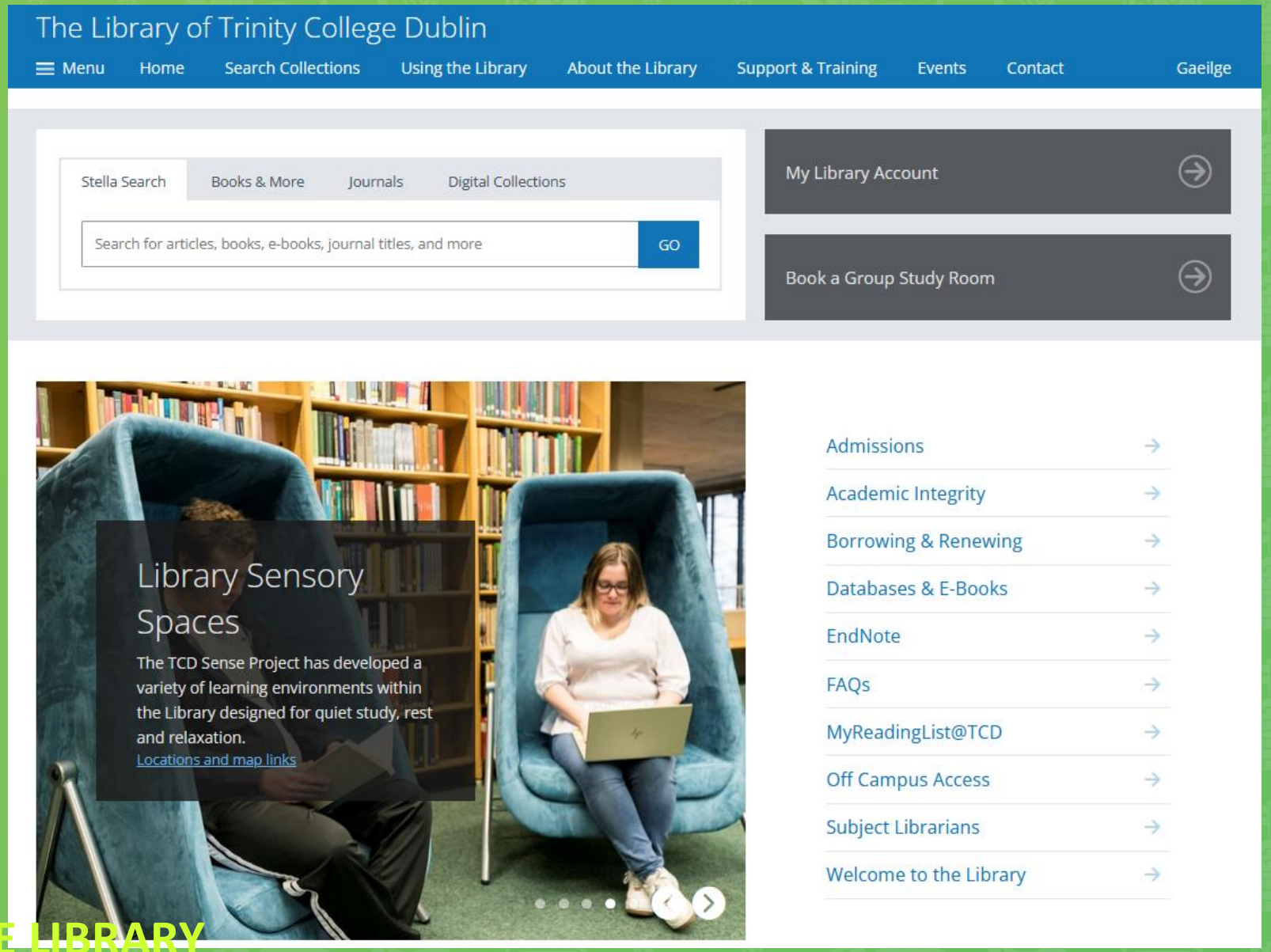
- Open 7 days a week to all students
- Enter via former Berkeley Library when Library complex is open
- Enter via external door when Library complex is closed

POSTGRADUATE STUDY DESKS

Dedicated study spaces available in the Lecky, Ussher, former Berkeley and Hamilton Libraries

Apply online:
tcd.ie/Library/using-library/carrels.php

VISIT US ONLINE AT TCD.IE/LIBRARY



USING THE LIBRARY

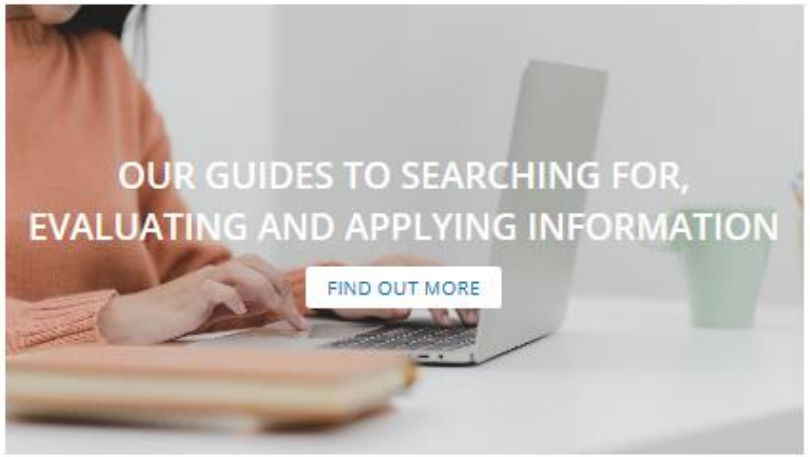
WELCOME TO THE LIBRARY WEBPAGE: tcd.ie/library/new-students

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



USING THE LIBRARY

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 Search Stella (our catalogue) to identify where your book is located

You can borrow 10 books at a time for up to 28 days (and renew online)

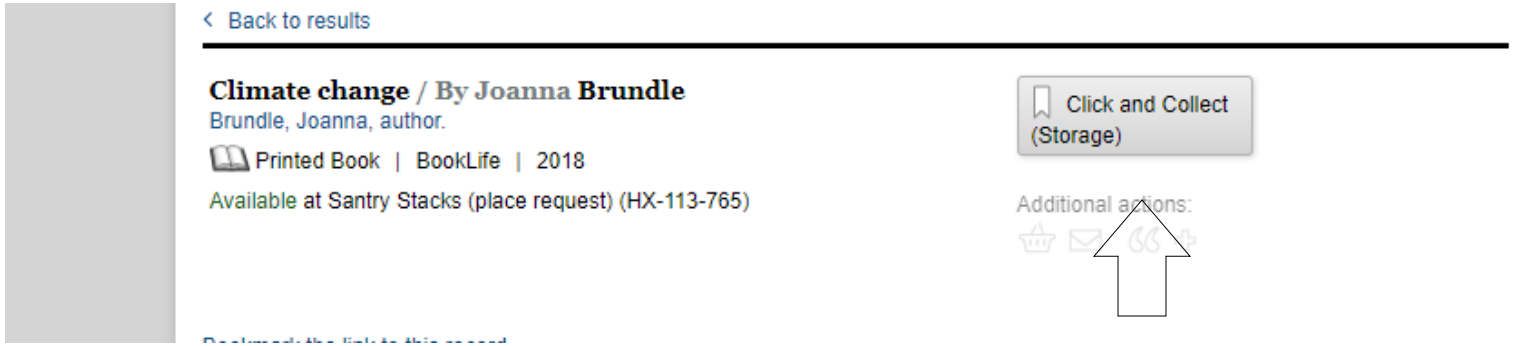
Codes (shelfmarks) are assigned to books to help you locate them on the shelves

The code is visible on a white shelf mark label attached to the cover of the book

90% of our collection is in storage (on and offsite) - request these items through *Stella Search* using *Click and Collect*

REQUESTING AN ITEM HELD IN STORAGE

The Stella Search entry indicates if your book is held in storage:



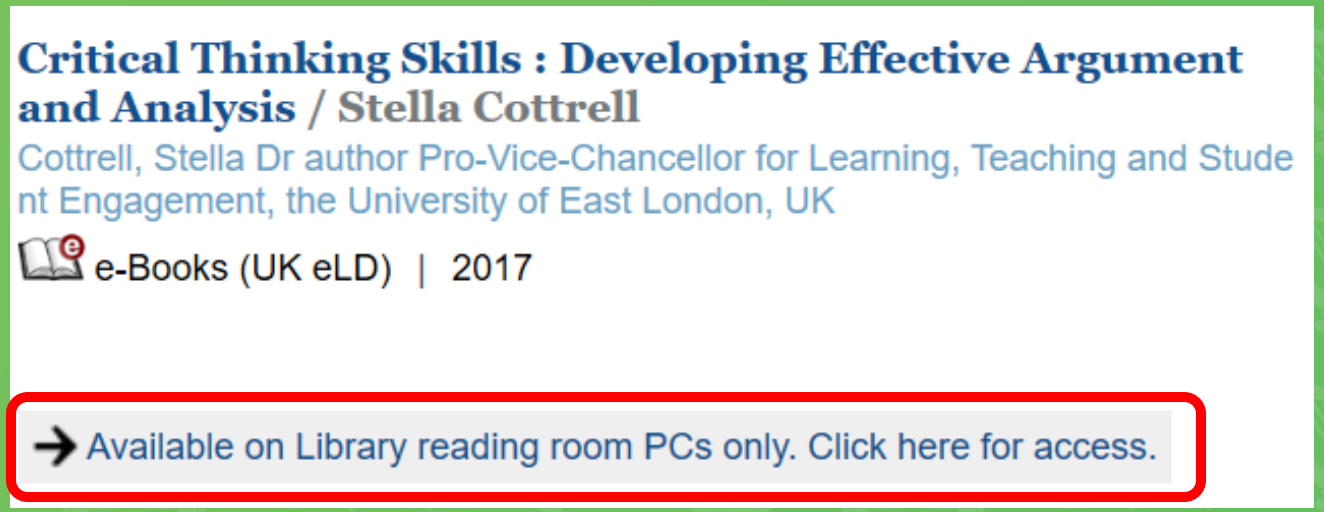
- **Ussher Stacks (within 24 hours, often much sooner)**
- **Santry and External Store (generally next weekday)**

- Other materials must be requested using a call slip (ask at our service desks)
- All material can be requested to the reading room for consultation and most can be borrowed

E-BOOKS – UKeLD & REGULAR E-BOOKS

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



YOUR ARTS, HUMANITIES AND SOCIAL SCIENCES LIBRARY TEAM

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

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

Helen Bradley
Drama & Theatre Studies; European Studies; Film Studies

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

USING THE LIBRARY

Seán Hughes
Classics; Gender & Women's Studies; History; History of Art & Architecture

Geraldine Fitzgerald
Education; Psychology

Terry McDonald
Law

Roy Stanley
Music

Dererca Nolan
Support Team Leader at the Library Complex

USING THE LIBRARY

YOUR STEM AND HEALTH SCIENCE LIBRARY TEAM

Jessica Leonard
Genetics; Geology; Nursing & Midwifery

Jessica Eustace-Cook
Nursing & Midwifery; SFI Research Support

David Mockler
Medicine at St James's Hospital

Grace McDonald
Support Team Leader at St James's Hospital

USING THE LIBRARY

Andrew Jones
Computer Science; Dental Science; Neuroscience (PG); Pharmacy; Statistics

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

Greg Sheaf
Chemistry; Physics

Donncha O'Donnchadha
Support Team Leader at the Hamilton Library

USING THE LIBRARY

LIBRARY HITS

Google 'library hits tcd'

- Demystifying AI & Applying AI – two conversations around AI
- Academic Integrity
- Essay Writing
- Reading & Note-Taking
- Reading, Thinking & Writing Critically
- Smart Searching
- Defining Your Research Question
- Research & your Literature Review
- Beginners' Guide to EndNote

See videos of previous sessions now and watch out for emails listing new live classes later in the year

USING THE LIBRARY

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

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

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

Organised directly with your Subject Librarian, David Mockler

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 Stella Search (catalogue)
- ✓ INSTALL Lean Library to find the full text of articles via Google or Google Scholar
- ✓ BORROW up to 50 books at a time
- ✓ REQUEST books from storage using the Click and Collect service in Stella Search
- ✓ 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 e-mailed when you register with TCD
- ✓ ATTEND a Library tour!

IF YOU'RE STUCK, JUST ASK:

library@tcd.ie

@tcdlibrary

tcd.ie/library

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

RECORDINGS FROM THIS WEEK

https://www.tcd.ie/students/orientation/postgraduates/sessions.php

MORE QUESTIONS?

Q&A with Postgraduate Advisory Service

Thursday, 3.30pm, Synge Theatre

Thank you and good luck!

#TCD Freshers