

2010

Toast, Vol. 3, Issue 2, 2010

DIT Students Union

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Recommended Citation

Dublin Institute of Technology Students Union, Toast, Vol. 3, Issue 4, 2010. Dublin, DIT, 2010.

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toast

YOUR UNION - YOUR MAGAZINE
VOL. 03 ISSUE: 02

YOUR FUTURE: YOUR SAY!

inside this issue:

what's happening on your site

student protest special

exams guide

facilities update

your say: libraries

travel, elections news, photos & more



A new hero has arrived!

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toast


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dit students' union

Welcome to your second slice of Toast for the year.
Remember, Toast is your magazine so get stuck in...

Happy November!

So glad that's becoming an annual event and well done to all you sporting ronnies this month! Welcome to TOAST 2. More than midway through semester 1 and not a child in the house washed. We, in the SU have been very busy on your behalf, addressing facility issues, left and right, raising a stink about the disastrous effects of the cutbacks in DIT, putting out Welfare and Information campaigns to help you out and just the odd gig or two to lighten your spirits.

Thanks to all who turned out to protest and told your TD. The fight goes on, so keep up the good work. Ciaran will be updating you on where we're at on page 26 so keep yourself in the loop. What is happening now will affect you in the future even if it isn't right now. We're stronger when we're together so get involved and have your say.

Also in this issue you will find lots of vital information on the dreaded exams as it's nearly that time again. Take advantage of the study skills courses and get prepared. As ever we will have a comprehensive Exam & Assessment Info campaign to help you with all your WHAT IFs.....so look out for that in December.

Be sure to check out the piece about your Libraries page 34 and have your say about the service on your own site.

Meanwhile - don't let your TOAST go cold - Enjoy the read and get in touch should you wish to contribute.

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GET IN TOUCH
THIS IS YOUR MAGAZINE, AND WE WANT YOU TO BE INVOLVED. FANCY WRITING AN ARTICLE, TAKING SOME PHOTOS OR GENERALLY HELPING OUT? JUST MAIL US TOAST@DITSU.IE

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Mairead

SMOOTHIE WRESTLING
WITH MUSIC FROM
TRANSMITTER
BIG FREE DANCE BY
THURSDAY 04 FEB

SMILE!

RIGHT LIKE APES MARY KAY POSES FOR A PICTURE MID-SET WITH A LUCKY DIT STUDENT AT THIS YEAR'S FRESHERS' BALL @ THE WRIGHT VENUE.

PHOTO: KIERAN KEANE

Words: Ciarán Nevin
Contact: president@ditsu.ie

A word from: CIARÁN NEVIN

SU PRESIDENT

HOW'S SHE CUTTING?

It's been a while since our last edition of Toast. Hope you are all a bit peckish and dying for another feed from your Students' Union, excuse the bun. That's enough food related puns for now.

Read on to find out about events, exams, finances, libraries, and protests.

Those of you who are regular visitors to our website, or have ventured outside of the classroom over the past eight or nine weeks will know that a hello of a lot has been going on. We have had the biggest Freshers' Ball in DIT's history, the most cases of financial difficulty facing students in a long time, and the biggest student protest since the 1960's.

The Freshers' Ball was an enormous success with over 2000 people attending, and it has been followed by a number of very successful events, including the Halloween Ball. (Good news.)

The number of students facing financial difficulty is up by 31 percent on last year. Indeed the number of students facing education or welfare related issues is up in every category except for accommodation. This leaves the overall figure for issues up by 38 percent against last year. (Bad news.) The good news is that we are here to help any of you who may be struggling.

We are also increasing our online presence to ensure that help and advice are easily accessible to you all. Visit ditsu.ie if you can't find what you're looking for there call down to your local office.

On November the 3rd, over 6000 DIT students made history by taking part in the biggest student protest since that decade of Flower-power and the Beatles. It was an enormous credit to everyone of you who took to the streets. Unfortunately as you know, there were a number of incidents on the day. If you know anyone who was hurt on the day, please ask them to email a statement to president@ditsu.ie

With over 6000 students, 1000 yellow T-shirts, 500 ponchos, 260 placards, 10 banners, 4 megaphones, 1 drum, and a lot of sore throats we showed that we are the future of this country, and that we will not have the rug pulled from under our feet.

Make the case for Education-Not-Emigration, everywhere you go.

CIARÁN

A word from:

CLARE CULLEN

SU VICE PRESIDENT

Hey guys!

So Class Rep Training is done and dusted! It was a great event with President Brian Norton himself coming out to answer Class Reps questions directly. The lecture sessions went down well and so did the dancing session in the evening! Hopefully now both the Class Reps and Governing Councillors realise the power they have within the Union!

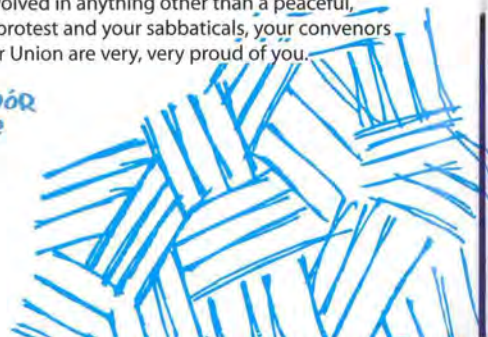
The libraries is something I've been working on for a while. They are facing down the barrel of further cuts and this needs to be stopped. The library fund needs to be ringfenced to ensure quality of study in DIT. I've gotten various letters of recommendation for ringfencing to go forward to the relevant heads but if that hasn't worked I will be needing you guys to get on board!! I'll know soon and will let you know what's happening through your CRMs and through Council. We need you guys to start complaining- write into TOAST (toast@mitsu.ie) or the DIT News, any forum you choose! Just get your voice out there, if DIT doesn't know you are unhappy, DIT can't fix it for you!

The Academic Calendar is another thing I've been working on. As you may or may not know, there is a new academic calendar being proposed within DIT. This cannot get the go ahead without your say so! The proposer, the director for Academic Affairs, has been invited to Governing Council! The meeting is happening as we go to print but if you know a Governing Councillor get them to tell you all about it. An informed student body is a powerful student body- (Nerdy, I know but it's true!)

The Accommodation Power Days in AST and BST were a success, and Safety week was on from the 18th October to the 29th, safety fortnight if you will. Don't forget Welfare Week will be coming up soon, starting the 22nd of November- put your name down in your SU to volunteer yourselves for some serious craic! Watch out for the Welfairies! There were a few floating around the day of the protest and they will be around your site soon... They will bring tales of the legendary Welfare Roadshow.... and if you see a fairy, grab one and take a picture! Upload it to our site and you might be in with a chance of winning a prize!

Last but certainly not least, well done to all the DIT Students who marched peacefully through Dublin and made their voices heard. You did a great job and your behaviour made DITSU proud. No DIT students were involved in anything other than a peaceful, mature protest and your sabbaticals, your convenors and your Union are very, very proud of you.

GRÓ MÓR
CLARE



A word from:

ERIC FITZGERALD

SU VICE PRESIDENT



The Class Party Menu has finally gone live on our website! This should hopefully take a lot of hassle out of organising class parties and make it much easier for you and your class to have the craic and get to know each other! We're constantly updating the menu and we need your feedback to help make it work as best it can! Let us know how you get on on your nights out so we can advise people as to where the best spots are!

Howdy!

I know it's only been two months since ye all arrived back in September, but it feels more like two years! Between Freshers' Week, the Halloween Ball, class parties and everything sandwiched in between, this semester has been jam-packed already! There's loads more to come this year, too, so keep your eye on all the usual sources!

I want to begin by thanking each and every single one of you who joined us at the National Student Protest on November 3rd. It was an overwhelming show of support for the cause and a fantastic expression of student democracy. Politicians are fooling themselves if they think students are apathetic! Students are angry, and it's about time that we translate that anger into action. Contact your local TD and tell them what you think, and make sure that you register to vote for the next election.

From a facilities perspective, Cathal Brugha St students will notice that the SU common area has undergone a paint job!

A big problem across DIT at the moment is wifi. For whatever reason, this year in particular, the gremlins have gone demented and the service is in bits. I'm working with Bridget Gleeson, DIT's head of IS, to resolve the problem. Bear with it - the DIT know that it's an issue and they're working as hard as they can to get it sorted!

That's about all I have for you for now! Keep an eye out on the website for more details about upcoming events as they emerge!

ERIC

Aungier Street

Also lads, we've had a flood of complaints from students about the state of our toilets and the amount of rubbish in our common area. We're working with the cleaners, porters and building manager to try and get things as tidy as possible, but long term, the onus comes down to the students in many cases. The overflowing of toilets can often be put down to dodgy plumbing, and we genuinely are working on getting these problems solved once and for all. But similarly, it's not the porters, lecturers or the government dumping whole tubes of bog roll down the toilets, or leaving mountains of half eaten sambos lying about on the common area tables. We appreciate that the building isn't in the best nick, but we've got to try and self police a little bit and keep our college as clean as it can be.

In more upbeat news, we've now got RAG charity forms down here in the office, so if you fancy doing something to raise a wee bit of money for our chosen charity of the year - Citywise - don't be waiting around until RAG Week, drop in today and beat the queue.

Finally, on behalf of the Students' Union Office down here in Aungier Street, I'd like to offer condolences to the family, friends and classmates of Evin Dhaibhis, a 365-4 Business and Management student who passed away on October 16. Our thoughts and prayers are with the Dhaibhis family.

CHEERS,
CON



CONOR

HEY GUYS,

What's the craic? It's been busier than I've ever seen Aungier Street over the last few weeks with Halloween festivities and of course, Aungier Street has been base camp for the all the preparations for that wee protest on Nov 03rd!

On a troubling note, there were a number of items stolen from the Aungier Street Students' Union area over the review week. As sad as it is, the further the country spirals into economic gloom, the more tempting an unattended laptop may be. The moral of the story - don't leave your valuables unattended anywhere on campus, especially in the run up to Christmas. Even if you're leaving your laptop or phone in the library to run for a quick toilet break - saving your seat is not worth the risk of losing your stuff.

If you have been robbed or your things have been misplaced on site, be sure to pop in to us and we'll do everything we can to help you recover it, or contact the Guards if needs be.

Bolton Street

HEY GUYS!!

Well it's hard to believe that we are coming into the final few weeks before Christmas.... how time flies when you're having fun! It only seems like yesterday we came back to College after the summer!!

There's only about 5 weeks till Christmas which means there is only 4 College weeks left... so you're probably feeling the strains of assignments, labs and the likes... Take it one at a time - that way you will have less stress and pressure on yourself, cos that's the last thing you want, believe me!! Also don't forget to take some time out to destress and relax, you need to make some time for yourself!

It's that time of year again where we are planning for Christmas Week coming up on 13th of December! In order to make it a good week I need your help!!! I want to plan some on-stage events to build up the Christmas atmosphere so I want to hear what suggestions you've got to keep you entertained at lunch time. So just call into the SU or email me with any ideas that you have...

This week I hope to have a "Facility Blitz" of the Main College building so if you want to help out just let us know... What this will involve is breaking up into a number of groups and floor by floor carry out a Snag List which will include any facility issues found in the building. Once this is compiled and completed I will be forwarding a copy to Eric and the Buildings Manager here in Bolton Street, so as the College year goes on we can see what's been fixed and what hasn't!! So even if you know of some issues at the moment just send me an email so I can start getting my list ready!!

RAG Week.... This year it is being run throughout the year so if anyone wishes to get a card to raise money for our charity Citywise, please call into the office and we will give you one! If you want ideas on what you can do to raise money you can call into the office and we will give you some help! If someone wants to have their legs wax or their hair shaved and want to do it during Christmas Week then let me know so we can arrange it for you!!!

If you know of any bands or comedians who want to do some gigs then let me know we are always interested... We want to improve your lunch time so you can relax, sit down, and enjoy what's happening!! If you want to get involved in your union, call in and let me know or if you want any information at all please call down to the SU and we will help you out as much as we can!!

I think that's all I have for you at the minute but if there is anything I left out you will find it on my Bolton Street Blog page on www.ditsu.ie/bolton-street where you will get my recent updates!!

SEE YOU ABOUT THE COLLEGE
SUZANNE XXX



SUZANNE

Cathal Brugha Street.

HEY EVERYBODY!

How are we getting on??
Well what's the haps about
the Brugha I hear you ask??
Lots actually....



Over the past couple of weeks, we have had a lot happening in-terms of a make-over of our SU, having fresh cakes and bread ready for us as we walk into college and even one of our students impressively blowing a condom up over his head (yes Karl, I am talking about you..ha)! We have had a lot going on but still a lot more to come so watch this space!!!

We have finally got all but 2 of our LPIT (Local Programme Implementation Team) members together, so now we can start having meetings and getting things done for all ye Brughla folk! Actually as I think of it, if any of ye would like to be part of our lovely LPIT, please come down to the office and we will brief ya!!

But as a lot of you may have seen we had a spook-tacular time down here in the SU during Hallowe'en Week. We had surprise boxes filled with Ox tongues, lambs hearts and condoms filled with porridge!!! We had people blowing condoms over their head and scoffing marshmallows..very funny! It really was quite entertaining!! Fair play to everyone that took part and well done to the winners..hope you enjoyed your Hallowe'en goody bags!

As a lot of you have probably seen (or smelled!) we have the BAKERY with us now....sorry Kevin St!!! :D It is unreal....fair play to all ye Bakers you are making some serious food!! Scones, Cakes, Bread, Desserts all seriously cheap!! So follow your nose down to Stephen at the Marlborough Street entrance and he'll sort ya out!

Another Massive thing that's happened to our lovely SU is that it has been painted!! Woohooooo!!! It has now gone from a really old, dirty pale colour to a fabulous bright, fresh delicious yellow on the walls and red on the Skirtings and doors! It looks really good...took us a while to get done but finally it is HERE! So enjoy it guys.....

Right Last but not least.....our famous and traditional Cathal Brugha Street Senior Citizens Party is happening in December! We invite the old folk from the area in and give them a beautifully cooked Christmas Dinner and entertainment for the night! So if any of you guys want to take part and help bring a smile to these folks faces please let me or Sarah know.

See you around soonnnnnn!
See XX

Mountjoy Square.



Hey guys and gals,

greetings from the office in the basement! well semester 1 is nearly half way through, we hope all you first years are settling in and other years are getting back into the swing of all nighters and excuses for extended deadlines.

you may have noticed a new face in the SU office, thats Orla, our brand spanking new SSA. my mohawk has been outdone with her awesome dreads. Orla is in the office 9 to 5 every day, she has all the information you need, so anytime you need anything just call down to us! i dont want to bore u wit all the work were doing(which is a lot!) so i shall get to the main points of whats happenin in the Joy.

it's time to get the parties started, so this month we shall be having a little shindig in Portland Row courtyard, music and merriement galore, there will also be plenty of lunchtime events happening this month, and thats where u come in, i need you to tell us what you want on. i want all your suggestions, the madder the better!! i promise i will try my hardest to work on ALL suggestions, the joy has never been known to fade into the shadows so lets continue our good name and show the other sites how its done! so pop into the office if u need anything or even just fancy a chat and a laugh, we dont bite much!

UNTIL NEXT TIME,
KIERAN

CRUMBS: TASTY NEWS TID-BITS

THE ACADEMIC CALENDER CHANGES AHOY?

When do you want exams? Do you want to start and finish college earlier? If you have ever thought you would like to change something about the academic calendar now is your chance. There is a draft academic calendar being proposed at the moment which needs student input before it can become more than a draft!

At the time of going to press a Governing Council was to be held in which Dr. Michael Mulvey, the Director of Academic Affairs in DIT was to propose this calendar and get students feedback. If you didn't attend that meeting but still want your say, email vpacademic@ditsu.ie with 'Academic Calendar' as the subject and we will forward all your feedback to Dr. Mulvey.

Don't forget, to get something you have to sacrifice something else; for example, exams before Christmas would mean an earlier start in September and breaking for the summer earlier. The amount of time off would be the same, it's just a question of when do you want it. Also, email communications@ditsu.ie if you want your thoughts on the calendar printed in this magazine.

VOLUNTEERS NEEDED: HELP LC STUDENTS

Any student interested in volunteering with Leaving Cert students needing assistance with Maths, Irish or Business studies are welcome to take part in tutoring being organised by Finbarr and this is taking place in Larkin College starting Wed Nov 10th.

Please contact Finbarr in advance for further info: (01) 402 4308 / 087-416 9517 Finbarr.Oleary@dit.ie

WORLD AIDS DAY: 01st DECEMBER 2010

We will be marking World AIDS Day 2010 on December 1st this year. This important health promotion highlights the critical need for universal access to essential care. You have an important part to play on that day through planning or participating in events at your college. DIT Students' Union will be giving out important safe sex information, free condoms and red ribbons to mark the occasion.

So wear a red ribbon and ask others to do the same. Why not get tested for HIV? It is important for all of us to know our status, so that we can make informed decisions that affect our own health and that of the people we love.

For more information on booking a Sexually Transmitted Infections Screening available to full time DIT Students and apprentices, book an appointment with your designated student health centre.

Northside students: DIT Linen Hall 4023614 or
Southside students: DIT Aungier street 4023051.

CHAPLAINCY UPDATE: SPECIAL XMAS EVENTS

Christmas Party for International / Erasmus students:

The Chaplaincy Christmas Party for International and Erasmus students is taking place Monday Dec 6th at 6pm in room 68, DIT Cathal Brugha St.

Mass remembering past DIT students and staff:

Sunday the 14th of November there is a DIT Mass to remember DIT Staff and Students. Anyone who wishes to help out at the event are welcome to contact the Chaplaincy service. Venue: Rathmines road church. Time: 2.30pm

Carol Service 2010

This years Carol Service is scheduled for 7.30pm in the Chapel in Grangegorman. (Buses departing from each college - details tbc).

ATTENTION CLASS REPS: PROGRAMME COMMITTEE?

Have you attended your Programme Committee Meeting yet this semester?

The Programme Committee is a representative sub-committee of the of the academic staff and students - Class Reps - from each year of the programme with the responsibilities for day-to-day operation and development of a programme. The committees meet at least once a semester. Class Reps should have been contacted by now by the relevant lectures with details of the meeting, agenda etc. If you haven't get word yet you should drop into your local SU office to find out who to get in touch with or email Clare the VP vpacademic@ditsu.ie for information. If you're a new Rep Clare can also advise you on how Programme Committees operate and answer all of your questions.

Programme Committees give student Reps the chance to raise issues and get them sorted quickly and effectively. Make sure you get involved and do your bit.

SANTAS HELPERS NEEDED: WANT TO GET INVOLVED?

Calling all volunteers for the Annual Senior Citizens Christmas. This is taking place in on Thursday 9th December in the new canteen in Cathal Brugha Street.

Every year, we invite Senior Citizens from the local community to come in to Cathal Brugha Street to enjoy a Christmas feast along with entertainment.

The Culinary Art students and staff of Cathal Brugha produce a Christmas Fest for the senior citizens. Students help out with the serving and organising as well as helping entertain the crowd. The seniors themselves all join in and will give you a run for your money on the mic.

We need helper-outers, the more the merrier! So if you're up for a great night out and having a laugh while getting all festive then let us know. If you can sing, dance or entertain even better but we need lots of helpers to just be there.

Just e-mail Sarah (advisor.cbst@ditsu.ie) to register your interest.

MR. & MS. HARASSMENT?



**DIT WILL NOT TOLERATE
BULLYING, HARASSMENT OR
ANY LACK OF RESPECT.**

**THERE WILL BE
SERIOUS CONSEQUENCES.**

<http://dit.ie/media/documents/campuslife/DisciplinaryProceduresMay09.pdf>



SMILE!

Double
the Fee?
Half the
DIT Twins

Don't
FORCE
Mam+Dad
to Pick One

THE 'DIT TWINS' HIGHLIGHT ISSUES SURROUNDING PROPOSED INCREASES
IN THE REGISTRATION FEE

Photo: Eddie CORR

EXAM GUIDE

LET'S KICK ASS(ESSMENTS)!

Hello all you flat-out studiers!

Exam time is coming again for those of you that have them! For those who have assessments... well you still have to do them so don't feel too smug! There is a guide to kicking assessment (and exams) over the page- have a read and retain the info- I'm sorry, I know you are sick of doing that by now!

All jokes aside, don't let exams stress you out. Look at it this way, you have weeks left so all you have to do is a bit of study and you will fly it. Don't leave it all to the last minute either! Just think of how much fun the 'End of Exams Night Out' your course is bound to have will be.

Make sure you know when your deadlines are, what dates and times your exams are on etc etc! I know it sounds stupid but missing an exam just causes more problems! Also- don't be late! If you are not allowed in because you are late you will have to repeat the exam and nobody likes repeats!

Last but not least, Good Luck! I know you will all do awesome, and if you don't, myself and Mary Scally are here to figure out what you can do.

Have an amazing Crimbo and try to study!

Grá Mór,

CLARE
SU VICE PRESIDENT (ACADEMIC & STUDENT AFFAIRS)



The Students' Union is here to give you all the information you will need throughout your college life. Think of us as your port in a storm, and the storm a-comin' is the Christmas exams and assessments! (Dun dun dun!)

Don't worry, DITSU's 'gots this'! We are about to explain to you everything you need to know if the results don't reflect the work. Ok.... go!

FIRST STEPS:

If you are disappointed with the marks you got for an assignment or exam you are entitled to get detailed feedback from the lecturers. You should contact them straight away to arrange an appointment to go through the assessment. This will allow you to go through the work in detail and discuss your performance and receive an explanation for the basis upon which marks were awarded. It is advisable to do this as soon as possible as you may wish to pursue alternative channels.

If you are still unhappy with your results there are a number of options:-

Recheck, Remark & Appeal

Make sure you take note of the deadline for each; once the time limit has passed you will have lost your opportunity and exceptions are never allowed. The clock starts ticking once the results are published online or on Pass Lists, not when they arrive in the post to your house.

RE-CHECK:

Now, if you get an assessment or an exam result that you think must be wrong, you can get it re-checked. A re-check is just where the calculations on your mark are done again in the hope someone dropped a two or forgot to carry when adding up your marks. These cost €15 each and let's face it, can be a bit of a long shot. Worth it though if it turns out someone did add up wrong when marking you!

If you are successful, and your mark goes up, you will get the €15 back. Don't forget that while someone could add up your marks too low- they could have added them up too low, either. Marks can go down as well as up, so be careful!

You can get the form (A/R1, if you were wondering) in the Exams Office or the SU. Fill it out and give it (with €15) into the Exams Office within 3 working days of your results coming out online!!

RE-MARK:

This is where you get a different lecturer to read and re-mark your assessment or exam... in theory. In practice, it's not always a different lecturer (as we have so many specialist subjects here in DIT that there is not always a second person with the knowledge to mark a paper!) so you have to be aware of that. These cost €15 and again, marks can go down as well as up! If you are right and your results change you get your €15 back... always good in these tough times!

You can get the form (A/R2) in the Exams Office or the SU. Fill it out and give it (with €15) into the Exams Office within 5 working days of your results coming out online!!

APPEAL:

Exams and Assessment Results can be appealed, but only on certain grounds, and they are pretty strict. You have to be approved to appeal before you can appeal.

GROUND'S FOR APPEAL:

That the General Assessment Regulations have not been properly implemented.

A circumstance occurred that is not specifically covered by the Regulations.

New attested, documented and relevant information is provided that wasn't made available to the Exam Board, i.e.: a lost answer book/assignment that wasn't included in your marks etc.

These are the only grounds on which an appeal may be made.

That's it, dudes! You can't appeal because you thought you should have done better, or the format wasn't what you expected, or because you got better in your assessments than you did on the exam. It doesn't work like that, I'm afraid!

You have to submit an appeal form, (A/A1) within 7 working days of your exam results coming out online! It costs a hefty €75 but you will get this back if you are successful... although, as I said, you have to be approved to appeal and if you are not approved that €75 is down the drain! However, if you are "considered ineligible" then you will be asked to attend a meeting of the Appeals Board to talk about it and you can bring someone from the SU to that meeting.

Get the form in the SU, the Exams Office or on www.ditsu.ie. Drop it, with the money into the Exams Office.

Don't worry guys, I'm sure none of you will need these options! Go forth and kick assessment... Your VP ASA believes in you!

Coping with Stress

DIT Counselling Services shares some tips...

HOW TO COPE WITH TEST ANXIETIES

Many students experience strong emotional, physical and behavioural reactions or anxieties when they are faced with taking tests or examinations. So if you are experiencing any adverse reactions or anxieties then you are not alone but the question you must ask yourself is what can I do about it?

WHAT ARE THE SIGNS?

- Panicky or anxious feelings
- Short temper or tendency to blame others
- Increased desire to put things off
- Negative self talk (see below)
- Physical complaints e.g. headaches

DO YOU RECOGNISE ANY OF THE FOLLOWING NEGATIVE SELF STATEMENTS?

- *They are all smarter, more intelligent than me.*
- *I shouldn't have taken this course, I know I'll fail.*
- *What's the point anyway.*
- *Why can't I do better, my whole life is failure, I'm not capable of being good at anything.*

STRATEGIES TO REDUCE TEST ANXIETY

There are strategies that you can use to prepare emotionally, physically and mentally for tests. However before you read about the right way to cope, it is important that you are aware of the wrong way to cope: Some students respond to feelings of anxiety by cramming. Cramming may put some information into memory but will not lead to thorough understanding of the material.

Cramming can also give rise to the "blank mind" during examinations. So cramming as a survival technique in college is about as useful as an ashtray on a motor bike! What is worse is that it causes more anxiety as students become aware of how much they don't know.

EMOTIONAL PREPARATION

Use positive self talk and visualisations.

- *I can succeed if I really put my mind to it.*
- *I am learning to use effective study strategies.*
- *I'm learning how to cope with pressure.*

PRACTICE VISUALISATION TECHNIQUES

Picture yourself being successful handling the test without excessive stress, or if you are feeling very uptight, try visualising an image or picture of a peaceful or tranquil place, such as a deserted sandy beach in summer, or the top of a high mountain, away from everyone. Picture yourself relaxing in this scene, and carry out the relaxation exercises.

Relaxation techniques: One relaxation method is the "breathing by threes". Inhale slowly through your nose as you count to three. Exhale slowly through your nose as you count to three. Repeat this several times.

MENTAL PREPARATION

Some preliminary steps that you might take would include:

- Seek help from your lecturer and/or counsellor about study techniques
- Get organised. Tidy up and organise your notes and other material.
- Make a special set of notes that contain summaries of information that requires more of your attention.
- Use study methods that give ample feedback. To help identify areas that need more review, have a friend or family member quiz you.
- Anticipate test questions. Use information from your notes, lectures to predict test questions. Allocate some time each day to practising answering some of the questions.
- Find out as much as you can about the upcoming test.

PHYSICAL PREPARATION

- Get a good night's sleep.
- Allow time for a healthy breakfast. Avoid sugary foods, they may give you an "energy boost" but the effects will wear off quickly and will leave your energy level lower than before you ate.
- Check that you have all the necessary supplies
- Allow extra time to get to college the day before the test.

USING TEST TIME WISELY: THE FIVE STEPS

As you work through the test, following these five steps for answering questions:

1. Read the whole paper through and highlight and underline important words.
2. Check how many questions must be answered in each section and read each question again, putting a mark beside all that you might attempt. Now select those that you will answer.
3. Allocate time for each question and start with the question that you are most comfortable with.
4. Plan out each answer clearly before you begin.
5. At the end always check over your answers and proof read for mistakes.

WHAT IF YOU DON'T KNOW THE ANSWER TO A QUESTION?

- Use a delayed response for those answers that you don't know right away. In other words, read the question a few times and try recall the information by linking or associating key words in the question to clusters of information that you have in your memory. Or try to visualise the notes that you made or heard when the lecturer was discussing the topic. If you are not sure of the answer, delay the response. Skip the question for now and return to it later after answering as many questions as you can.
- Use educated guessing when you have exhausted other options but avoid waffling.

AFTER THE TEST

Tests are valuable learning tools. As soon as you can, after the test or assessment, make a list of the questions that confused you. Write down topics that you did not study thoroughly.

Remember changing your approach to tests can take a little time. Making positive changes is a bit like climbing stairs, you have to take it one step at a time, but before long you'll reach the top.

FOR SUPPORT/ASSISTANCE, MAKE AN APPOINTMENT WITH YOUR LOCAL COUNSELLOR BY PHONING 402 3352/ 086082054

MY STORY

Your VP for Academic & Students Affairs
Clare shares her exam experiences.



Oh, How I.. em... hated exams... *coughcough*!!

Now I've never claimed to be cool... and now I never can, once I admit this. I loved exams, dammit! The studying was hard, and I whined because I wanted to watch the TV instead, and I had to download all the notes I needed then plug out the internet so I wouldn't get distracted... but once I was in the exam, it was Clare time. I knew I had all the work done and I knew that I knew the answers. Even when I didn't, I linked it to things I did know. Basically, I walked into every exam I did, confident I would pass. Now this confidence was not always based on fact, let's be honest here, but that confidence helped me to get through the exam. I actually preferred exams to continuous assessment!

My best exam tips I could give was that I always waited right until the end and read through the script again. That way if I saw anything that needed expanding on I could add it in, in really tiny writing... I bet the people marking my exams hated me! Not only did I have side-notes all over the shop from my looking back over the script but I also highlighted important words in my answer; a habit picked up from my studying technique, developed over many sleepless nights and in between library naps.

Basically the way I studied was that I wrote out the notes and highlighted important bits. Then I wrote out the notes again, summarising the highlighted bits. Then I highlighted bits of those notes and this went on until I had a list of words in front of me. Each word would then remind me of a highlighted bit which would remind me of a paragraph. Sounds long and arduous- but trust me, if you are a neat freak obsessed with stationary like me it's actually quite enjoyable- but it really worked. I developed this technique coming up to a repeat exam and the difference in the results was huge! I never repeated an exam after coming up with that! (Now even me, the worlds biggest nerd, had subjects I wasn't too pushed about... so I'm not claiming all my marks were awesome... but I passed!)

I was reading over last years' VP's article about exams where she was talking about how much she hated them and I wish I could say the same! But I'm a nerd! Always was and always will be.

In first year I also created what I called my 'exam potion'. It was a bottle of Coke with a can of Red Bull mixed in. Now I'm not saying anyone else should try this, cause man, it was gross, but I like to think it made me super-focussed. In reality, I know it probably just woke me up long enough for the exam or maybe didn't even do that, but we all have our exam rituals and that was mine!

Anyways, enough waffling from the eternal dork.

Good luck in exams everyone, and assessments too of course, and rock down to SU if you need any advice or help. Also, check out the info re: re-checks and all that jazz in this magazine and on ditsui.ie

Grá Mór,
Clare

Each word would then remind me of a highlighted bit, which would remind me of a paragraph...



DIT Student Counselling Service

Count Down to Exams Reaching your potential in Exams

Making a Good Presentation: (delivered by the Careers Service)

Tuesday 16th November, 1pm:
Cathal Brugha St, Kathleen O'Sullivan Theatre

Thursday 18th November, 1pm:
Aungier St, Black Box Theatre (downstairs beside SU)

Exam Preparation & Techniques: (delivered by the Counselling Service)

Tuesday 30th November, 1pm:
Cathal Brugha St, Kathleen O'Sullivan Theatre

Thursday 2nd December, 1pm:
Aungier St, Black Box Theatre (downstairs beside SU)

For support/assistance, contact
Student Counselling Service
By phoning 402 3352/ 0860820543.
www.dit.ie/DIT/counselling/index.html





THE WELFAIRY NEEDS YOU!

The Welfare Roadshow will be coming to your site, very soon. For free stuff, entertainment and craic make sure you are on your site on the day the roadshow visits you! The fairies will tell you more, keep your eyes peeled for them floating around in thier tutus!

Post Secret NoticeBoard:

Write your secret on a postcard or a piece of paper or even a photo, and put it into the ballot box. Every hour or two we will put the secrets up onto the notice board! In the true spirit of PostSecret, the submissions will be totally anonymous.

Random Acts of Kindness:

DITSU will have random acts of kindness being carried out all over the sites and we encourage you to do the same! The fairies will be committing random acts of kindness on each site leaving DITSU Random Acts Of Kindness stickers in their wake so you know where they've been randomly acting kind!

Flashmobs:

There will be flashmobs in your site on the day the Roadshow hits you... You'll know when it's going down cause the fairies won't be far away... Oh I've already said too much! You'll have to wait and see!

I'll be seeing you on your site, very soon!
Grà Mór, Clare.

YOUR UNION
YOUR WELFARE

ROADSHOW

COMING SOON...

THE GOOD: POOL, PADDLES & BIKES.

Let's start on a positive note! Cathal Brugha St students might notice that their SU common area got a fresh lick of paint during Review Week! The area looks much brighter and cleaner and Seona and all the crew are really happy with the work done – should do a lot to brighten your day during these cold winter evenings! The Brugha has also finally seen the resurrection of their beloved table tennis table! It took a while, but we put the pressure on DIT Sports to get it fixed and they duly obliged. Happy paddling!

On a similar note, Bolton St will soon see the emergence of a second table tennis table, while all sites will have brand spanking new pool tables after Christmas (hopefully!) as well as some new games and other goodies on site. We've also dealt with the issue of bikes being stolen in Bolton St by installing a combo lock on the gate of the King's Inn bike rack.

THE BAD: DUDE, WHERE'S MY WIFI?

Wifi has become a serious issue in DIT again this year, and they know it all too well. The IS service are working flat out to try and fix the issue, but as soon as they manage to get one service back up and running, another one collapses. It's up to you guys to keep letting your local IS team, as well as your Students' Union, know whenever the wifi isn't up to scratch. Your VP Services & Trading is speaking to Bridget Gleeson, DIT's Head of IS, on a regular basis to try and get the wifi back to some semblance of normality.

Not to mention the wifi, but printing is DIT is also acting the maggot, particularly in Kevin St. There is opposition from a particular course to the rollout of Ricoh printing systems across Kevin St, so this needs to be resolved ASAP. Rest assured, your Students' Union are working hard to put this problem to bed and get your printing services up and running.

THE UGLY: TERRIBLE TOILETS.

The condition of some of the toilets in DIT is, quite frankly, disgraceful. The toilets in the SU common area in Aungier St are blocked more times than they're working, the ones near the common area in Bolton St are the same and the toilets in Kevin St on the first floor of the annex are beginning to deteriorate into a similar condition. While it's up to the DIT to make sure that these are maintained, it's also up to DIT students to stop acting the eejit and stuffing toilets with jacks roll, as happens in some cases. You're all grown-ups now, so time to start acting like it.

Equally, litter and rubbish is becoming a serious issue across the DIT. While the finger of blame was usually pointed solely at Aungier St, Bolton St is also descending into unacceptable levels of messiness. We've asked for extra bins to be installed in Aungier St, but it's up to you folks to start using them. Equally, the rubbish problem needs to become a self-policing issue. We need you all to be vigilant in cleaning up after yourselves and making sure that others do too!

UPDATE

FACILITIES

Your VP for Services & Trading Eric Fitzgerald gives you the Good, the Bad and the Ugly of the facilities update.



THE DIT HALLOWEEN BALL



Financial Survey

we need your answers...

We know that Finance is a big issue these days among students. In order to best serve you guys we need to know what issues are affecting you.

Here in the SU we are all too aware of how the recession and lack of money have become the biggest stressors for us all. Finance is threatening to become a barrier to many students' education; that is why we were all out on the streets on Nov 03rd.

However we also need to get a sense of just how bad things are for you on an individual basis. We need to see how many of you are availing of the DIT assistance fund, how many are having trouble with grants, BTEA issues and how many of you are trying to manage with no assistance. We need this information to help you as best we can.

There is a lot of information on www.ditsu.ie around financial support and budgeting and if you would like to speak to Clare or Aimee contact us at vpacademic@ditsu.ie or studentaffairs@ditsu.ie or drop into your local SU office. We're always here to listen.

To help us help you, please fill out the survey below and drop the completed form into your local Students' Union office. Alternatively, you can enter at www.ditsu.ie/yoursay

Don't forget to give your email address as five lucky entrants will be picked at random and will receive €50 each for their time..... 'Cos every little helps.

1. On the following scale, how often do you worry about your finances?

Please tick one option.

- ☐ Not at all
- ☐ Sometimes, but not every day
- ☐ Most days
- ☐ Every day
- ☐ All day long, it is my biggest worry

2. Did you have difficulty paying your fees this year?

Please tick one option.

- ☐ No
- ☐ Yes (But I paid them)
- ☐ Yes (I still haven't paid them)

3. How did you pay for your capitation fee this year?

Please tick one option.

- ☐ From my wages
- ☐ From my savings
- ☐ Maintenance grant
- ☐ Back to Education grant
- ☐ A family member paid it
- ☐ I got a loan from the bank/other financial institution
- ☐ I still haven't paid them
- ☐ Other: _____
(include details)

4. If you have had difficulty paying your fees, what is the reason for this?

Please tick one option.

- ☐ If I pay the Capitation fee I have no money to survive on during the academic term
- ☐ I lost my job and cannot find another
- ☐ My financial situation changed due to personal circumstances
- ☐ My parent/s lost their job last year but this is not being considered in the grant application
- ☐ I have explored all the student financial funds and I am not being considered for any
- ☐ Other: _____
(include details)

5. Would paying your fees in installments assist your financial situation?

Please tick one option.

- ☐ Yes
- ☐ No

6. Where do you go to get advice on your financial situation?

Please tick all that apply.

- ☐ DITSU
- ☐ Student Services
- ☐ Bank
- ☐ Credit Union
- ☐ Post Office
- ☐ MABS
- ☐ I don't know
- ☐ Other: _____
(include details)

7. Did you apply for the Student Assistance Fund this year?

Please tick one option.

- ☐ Yes
- ☐ No
- ☐ I have never heard of this fund

8. If yes, which DIT Student Assistance fund did you apply for this year?

Please tick all that apply.

- ☐ General Student Assistance
- ☐ Childcare Assistance
- ☐ Rent Assistance
- ☐ Class Material Assistance
- ☐ Travel/Subsistence Assistance
- ☐ Emergency Fund
- ☐ Dental/Ophthalmic Assistance
- ☐ Medication Assistance Fund
- ☐ Specialist Treatment Assistance Fund

Thank you for taking the time to fill out this survey. Your answers provide us with valuable feedback.

Please provide your e-mail address if you wish to be in with a chance of winning €50:

March to the tune

SU President Ciarán Nevin looks back on the protest which brought over 30,000 students to the streets.



Most of you were there, many of you helped out, and a hermit living in the Bog of Allen could tell you how it finished up, but when people ask you why were you marching what do you say?



Some of the macho amongst us will claim its for the craic. Being honest though, the majority will say they march because it gives a sense of belonging, a sense that we are all in this together and we are going to stand by one another. On the 3rd of November over 6000 DIT students made that statement. They were surrounded by over 30000 more students saying the very same thing. NO IFS, NO BUTS, NO EDUCATION CUTS.

On that day, students from across the country put down the pen and picked up the placard. Soon it will be time for us to turn off the X-Box and head for the Ballot Box. If everyone of those that marched and their families were to vote in the next election they would have enough votes to elect approximately 20 TD's.

I'm not sure that the Government have been doing those sums just yet, but we have to continue to make our voices heard at every opportunity. Students are not a soft target.

When asked what we want from the next budget, remember these three short sentences: Cap The Reg Fee! Protect The Grant! End The Brain Drain!





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EDUCATION NOT EMIGRATION

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When asked what we want from the next budget, remember these three short sentences: Cap The Reg Fee! Protect The Grant! End The Brain Drain!

This makes it clear to all that we are not prepared to accept another hike in a fee which is not tax-deductible, for which there is no student loan, a fee which is called a student services charge but covers tuition costs.





EDUCATION NOT EMIGRATION

It makes it clear that we will not accept another attack on the most vulnerable on society. The grant at present at its highest value still goes nowhere near meeting the average cost of a year at college. Another cut would devastate families who are already struggling. All this while it costs over €484 to administer a grant application in one county and €83 in another. All this while as of October the 8th, only 16 of the 66 county councils and VEC's had made a grant payment.

Finally it says that will not accept that the only choice facing us when we graduate is the unemployment line, or the emigration line. It says that we, together with the 91000 currently unemployed graduates want Government policy which will allow us gain worthwhile experience, and get this economy back on its feet.

**We are students, we are the future,
and we have awoken!**

Ciarán



Tell your TD

We need you to Tell Your TD that you are not happy with the education proposals for the Budget.

TDs stating that education should be protected in Budget 2011. All you have to do is fill out your name and address and the Union of Students in Ireland will look after the rest! It only takes a few seconds!

**Tell Your Donegal
South West Candidate**

Please click on your constituency on the map below. Your constituency is the location where you are currently registered to vote (or where you will be registered to vote in the future). If you're not sure of your constituency check out the [constituency map](#).

Like 2,958 people like this.

Help: Dublin constituencies are located on the right hand side. Hover your mouse over a constituency to see its name!

Of course we know that inviting you to do such a thing could well lead to a letter along these lines:

Dear @*%*!+@ TD,

Get your hands off our *&£%@£\$ education. I am sick and tired of you thinking that you can cut our grant, that you can raise our reg fee, and then after all that expect us to emigrate. There's only one person I want to see on the dole line next month and that is you!

Sincerely,
Angry Student.

While this may well be what most of us are feeling, we also have to recognize that many TD's are unaware of the challenges facing students. We want to make a very strong case for education in Ireland.

With this in mind we need you to take a couple of minutes and do the following:

1. Visit www.tellyourtd.com
2. Click on your constituency on the map.
3. A letter will be generated which comprehensively covers all of the points we want to make clear to TD's across the country.
4. Enter your name and address.
5. Send.

Simple as! A letter will now be printed for each TD in your constituency and these will be delivered by the sackful to the offices. It takes just two minutes.

The Government has been severely weakened in the past number of weeks. The resignation of Jim McDaid, and the announcement of the bye-elections has increased pressure on the number of independent TD's propping up the two Government Parties. We will be focussing our efforts on these TD's over the next number of weeks, putting pressure on them to vote against the budget.

You will arise and go now, and tell your TD!

THE SOCIAL NETWORK

DIR: DAVID FINCHER
STARRING: JESSE EISENBURG

Director David Fincher and screenwriter Aaron Sorkin have teamed up to adapt Ben Mezrich's bestseller "The Accidental Billionaires," which told the story of the creation of Facebook, the popular website that many of us are addicted to.

The Social Network works on two levels. For starters, it's a great movie about Facebook. If you're an avid user of the site, this will serve as a thoroughly compelling depiction of how it was created and how certain crucial elements, such as "relationship status," came from bursts of inspiration (or theft, depending on your point of view).

The movie also works on a second level: as a great story not about Facebook. Even if you've never logged on to the website, you can still get caught up in the way The Social Network looks at issues of friendship, rivalry, inspiration, and the cutthroat nature of business. It offers up some provocative questions about what constitutes ownership. Who is really responsible for a product, the person who formulates the original concept, or the person who develops it into what it ultimately becomes?

There are a lot of outstanding performances, with Eisenburg in particular excelling while portraying the ironically socially awkward Zuckerberg. This, when allied with some excellent scripting and superb use of a non-linear timeline, make for a truly absorbing watch from beginning to end. Like

SKYLINE

DIR: COLIN & GREG STRAUSE
STARRING: ERIC BALFOUR

The 'Brothers Strause' bring their own take to the ever-growing clutch of alien invasion movies. Continuing on the themes of the likes of 'Cloverfield,' 'District 13' and 'The Day the Earth Stood Still' comes 'Skyline,' and therein lies the problem.

There isn't an original idea in the Brothers Strause's copycat feature, and while the amazing special effects and full-on monster mania take prominence over the soap opera plot, you do get the feeling that you have seen all this before.

The action is set entirely in and around an LA penthouse after a boozy birthday party (Cloverfield anybody?), from where the waking revellers witness the unfolding horror after alien craft descend on the city. They soon discover an Alien force is swallowing the entire population off the face of the earth and now the group of survivors must fight for their lives as the world unravels around them.

As the friends scuttle to avoid detection by the aliens, the cavalry finally arrives in the form of kamikaze planes and soldiers with machineguns and bazookas. Then the ending slaps you in the face and you are left wondering what happened. I am sure this was done to leave the door ajar for a sequel, but did they really need to leave it wide open?

While the end of the film will annoy some, there is some solace to be found in the special effects.

MACHETE

DIR: E. MANIQUIS & R. RODRIGUEZ
STARRING: DANNY TREJO

You may remember 'Grindhouse' - a double bill featuring films directed by Quentin Tarantino (Death-proof) and Rodriguez (Planet Terror) - well, 'Machete' is Rodriguez's unofficial sequel which continues that retro b-movie flavour.

The basic set-up of 'Machete' revolves around a renegade former hit-man named Machete (Trejo) trying to lay low in Texas and move on from his bloody past. However, after finding himself framed for an assassination, Machete must dust off his deadly skills in order to clear his name while also uncovering an evil conspiracy. It's not exactly original stuff...

It's in the acting stakes that 'Machete' proves more interesting. Veterans of more self-serious action fare like De Niro, Fahey, Seagal and Don Johnson merrily send up their hard-boiled screen images, while Alba and Rodriguez bring a welcome comic edge to their traditional tough-guy roles. As for Trejo, he's a limited actor, but the filmmakers use that to their advantage, treating him as the silent but deadly straight man in a movie otherwise populated by outlandish caricatures.

In the end the directors couldn't keep themselves from chasing after bigger jokes, bigger melodrama and bigger set-pieces. The film is at least 20 minutes too long and a good deal of time could have been saved by trimming the climactic battle royale, which contains three more climaxes than necessary.

THE AMERICAN

DIR: ANTON CORBIJN
STARRING: GEORGE CLOONEY

George Clooney returns, setting aside the warm and witty persona that his fans love, and giving them instead one of his darkest and most unsympathetic characters: an ice-cold professional killer marooned in loneliness and fear. The director is Anton Corbijn - the former photographer who made his brilliant feature debut with Control, a biopic of Joy Division's frontman, Ian Curtis.

Clooney plays the part of a hit-man who is been ruthlessly pursued by one criminal gang or another. This sees him told to lay low in a sleepy Italian town until the heat dies down. However, the town turns out to be less sleepy than first thought, and Clooney cultivates a friendship with a friendly priest while falling for a local prostitute. All of this makes Clooney wonder if - and how - he can build a life that doesn't depend on whacking people.

It's a calm, watchful movie, underscored with rising and falling levels of anxiety and paranoia, but little or no real action, except at the beginning and very end. The idea of the assassin or criminal forced to lie low somewhere unfamiliar and just wait is a time-honoured idea. You have to look no further than 'In Bruges' to see how this premise can play out so well. Sadly, 'The American' is nowhere near Bruges.

YOU DON'T
GET TO
500 MILLION
FRIENDS
WITHOUT MAKING
A FEW
ENEMIES



YOUR SAY... LIBRARIES

Your Say is a new section where we give you the chance to tell us, and DIT, what you think about issues that affect you. First up- Libraries.

Is this the Library Service you deserve?

You will probably have noticed that many of the Libraries are closing at 5.30 two days a week and some are closed on certain Saturdays each month. And we've been told that there is no chance to get any extended opening (from 8.30am or till later in the evening) this year.

Why is this happening? Well, this action has been taken as the only other option was to close one of the Libraries due to staff shortages. For a mere €70,000 part-time (sessional) staff could be hired and the opening hours extended to previous years' levels. We are blue in the face banging on at each and every DIT committee about the need to protect the Library service from cuts – we want the budget 'ring-fenced' so that students get the service they're entitled to. Everyone agrees with us but all these nodding heads are useless if we don't see action on this now.

In the scale of the budgets DIT receives, €70,000 is a drop in the ocean. There are pots of money being used in DIT for all kinds of so-called 'useful' purposes that should be given to keep the libraries open for students. The members of the DIT Executive Resources Committee (ERC) are the ones holding up the money for the Library. They are denying you proper access to this core academic resource.

We know you're fed-up and many of you think 'what's the use' but we need you to get mad, and get mobilised.

All the Class Reps at the Class Rep Meetings should be complaining formally about the libraries. Governing Councillors should register their discontent at Governing Council meetings. I need you all to be ready to show your support.

I need as many students as possible emailing their complaints/rants/accounts of how the opening hours have affected them to toast@ditsu.ie. Put library in the subject line and we will print them and put them online.

We want to show the folks on the ERC the effects of their bad decisions on Your Education.

So send that mail

We are getting the ball rolling with this one that we have already received

Clare

Your Vice-President

The opening hours in Aungier St. library are pathetic as it is in comparison to Trinity, UCD and DCU's libraries. The cut backs proposed for 2011 are just insulting. As any final year student knows a quiet place to study is a precious commodity. Whatever the conditions are outside college, family problems, mice running around your freezing cold flat, noisy roommates etc. the college library should provide the one place where a student can have a bit of peace to work on assignments.

With 70% of my degree due at Christmas I'm in there until it closes most days of the week. That means half five on Thursday and Friday. Do you know how long UCD library is open on those days? Eleven! But that's just it, that I should be, as a student, having to justify why keeping the library open is essential is absurd. It should be blindingly obvious why it needs to stay open until half nine. We all know that the porters are in the building until half nine anyway, the librarians don't even check out most of the books anymore so what exactly is the problem with keeping it open?

When do you want exams? Do you want to start and finish college earlier? If you have ever thought you would like to change something about the academic calendar now is your chance. There is a draft academic calendar being proposed at the moment which needs student input before it can become more than a draft!

At the time of doing to press a Governing Council was to be held in which Dr. Michael Mulvey, the Director of Academic Affairs in DIT was to propose this calendar and get students feedback. If you didn't attend that meeting but still want your say, email me at vpacademic@ditsu.ie with 'Academic Calendar' as the subject and I will forward all your feedback to Dr. Mulvey.

Don't forget to get something you have to sacrifice something else; for example, exams before Christmas would mean an earlier start in September and breaking for the summer earlier. The amount of time off would be the same. It's just a question of when you want it. Also, email communications@ditsu.ie if you want your thoughts on the calendar printed in this magazine.

ENTs: the story so far...

Who better than your very own SU VP Eric Fitzgerald to give you the round-up of the events so far?

Our story begins way back in September, when a bunch of eager, excited freshers bounded through our doors to find a week dedicated entirely to them – the aptly named Freshers' Week! It was four nights packed full of madness to serve as an eventful welcome to DIT for over 3,500 new students.

Monday September 20th saw DIT freshers rock it eighties style at dTwo in Harcourt St. With **Jungle Boogie** banging out the retro tuneage and people bedecked in their best neon garb and leg warmers, we at DITSU were surprised, and impressed, at the level of effort put in by some eighties enthusiasts. A pretty whopper way to roll out Freshers' Week, wouldn't you agree?

When we approached Break For The Border back in July about having a **Paint Party** for Freshers' Week, they thought nothing of it, probably reckoning that it'd be a pretty tame affair. How wrong they were. Around 1,000 DIT freshers were wedged in to the southside venue for what turned out to be on the most epic nights in DITSU history. Paint was thrown about like nobody's business – people are still washing it out from parts of themselves that they previously thought physically impossible to be covered in paint!

People are still washing it out from parts they previously thought physically impossible to cover in paint...

Wednesday night saw something a little bit different. The townies and the culchies were both out in force for a **Townies vs. Culchies Silent Disco**. Both sides of the divide donned their headphones to bop along to anything from Rihanna to The Saw Doctors! The sight of DITSU President Ciaran Nevin leading the floor in a rousing rendition of Riverdance is one that will live long in the memory.

Freshers' Week came to a wild and wet close with a **Freshers' Foam Party** at the Turk's Head. Over eight hundred DIT students slipped and slid their way around the dancefloor for an impromptu Arthur's Day celebration. Though a mishap with a pint of water saw the DJ decks short out for a time, there was nothing that could dampen the spirits of this crowd! Some tired heads were evident that night – clearly they're getting too old for these shenanigans. That wasn't the last trick we had up our sleeves for the freshers, however. On September 28th, over 2,000 DIT students descended upon Dublin's best nightclub, The Wright Venue, for the **DITSU Ulster Bank Freshers' Ball** – quite simply, the biggest event ever organized by DITSU. Spread over three rooms in the opulent surroundings of the Swords Venue, attendees were treated to a veritable feast of music from seven different acts.

The Main Room opened with the exuberant punk-rock of **Walter Mitty & The Realists**, who turned more than a few heads, while early stragglers in the Purple Room were treated to the unique electro-rock stylings of up-and-comers **Superblondes**, who elicited satisfied murmurs from most of the crowd present. These were only a taster, however, for what was to come later that night.

Delorentos were next up in the Main Room, and the Irish indie veterans drove the DIT crowd wild. Banging out their excellent hits like **Stop and Basis Of Everything**, the Delos, as they're affectionately known, were a certified crowd-pleaser, packing the dance-floor and enrapturing the crowd. Their tweets afterwards confirmed what we all saw – they thoroughly enjoyed themselves on the Wright Venue stage. Up in the Purple Room, **TKO** were taking care of business as only they know how. Their eclectic smorgasbord of musical styles won over many new fans and had lots of people labeling them as the real hidden gem of the night.

The third act up in the Main Room had to be seen to be believed. **The Rubberbandits** (now stars of RTE's **The Republic of Telly**) both bewildered and delighted the DIT crowd with their comedy skanger rap. Laying it down, as only they can, about the joys of

glue-induced sexual congress, owning a greyhound names **Lavender**, and Eamon de Valera "droppin' yokes", they have people either raising eyebrows, in stitches laughing, or singing along with gusto.

Bluemoose brought things to a close in the Purple Room. It's never a DIT Freshers' Ball without **Bluemoose**, and, though they were a late addition to the line-up, they were a most welcome one. They had the crowd eating out of the palms of their hands, and space was at a premium in the intimate confines of the Purple Room.

The Main Room had an entirely different headliner in store, but **Fight Like Apes** put on a show that won't be rivaled any time soon. Emerging from beneath a curtain with their infectious, insane pop-rock, they got fists pumping and feet hopping. This writer has it on good record that **FLApes** loved the gig, and the crowd were described as "absolutely mental."

The music wasn't the only treat in store for Freshers' Ball guests. There were three VIP rooms given over to a lucky thirty students, who were treated to champagne, while the **Spin 103.8 DJs** kept the place rocking up in the Penthouse and Gardens. DIT students loved **The Wright Venue** so much, that this writer thinks that DITSU may just have to bring them back there again...

How do you top the biggest ever Freshers' Ball, nay, the biggest ever event organized by DITSU? Not easily, but we began the build up with the **RTE Ten Table Quizzes**. With answers varying from correct to witty to downright silly, not to mention the amazing prizes, the quizzes were clearly the right answer at both **Break For The Border** and **The Living Room**.

Next up came the **DIT Drama Society/DITSU Hallowe'en Ball**. All manners of ghouls, ghosts and Chilean miners made their way to dTwo on Harcourt St to dance the night away to **The Glitterbugs**, a glam-rock cover band that few can rival. Kudos must go to those who put considerable effort into their costumes, but you can always count the old reliable for the lazy amongst us – the "nudist on strike."

Two months on, four great events, and that's only the beginning! We've two big events coming up soon. **Even Better Than The Real Thing** will be a night of tribute acts, including **Knights of Leon**, **The Australian Pearl Jam** and **Daft Funk**, while **Tradfest** will resurrect one of DIT's most spectacular nights to get all fans of Irish music out on the tiles for a céili mór! Stay tuned for more details on those...

So, there you have it – who says that we don't make party happen?

TAKE 9

2009/10 was a busy year in the SU. We recently compiled some stats and we decided to share 9 interesting ones with you guys.



STAT: OVERALL VOTES
A comparison of the total number of votes cast in the SU Elections from 2006/07 - 2009/10



STAT: OVERALL CASEWORK
Total number of cases dealt with across all categories this Academic Year compared to last.



STAT: VISITS
Total number of visits to our website ditsu.ie



STAT: CLASS REPS
Total number of Class REPs Elected.



STAT: FINANCIAL ISSUES
Casework relating to students Financial Issues (includes Student Assistance Funds Rent, Childcare etc., Grants; Fees issues etc.)



STAT: TIME ON SITE
Average amount of time spent on our website ditsu.ie per user visit.



STAT: OVERALL VOTES
Total number of votes cast in the SU Elections.



STAT: PERSONAL CIRCUMSTANCES
Casework relating to students Personal Circumstance Issues this Academic Year compared to last.



STAT: REFERRALS FROM DIT.IE
Amount of users referred to ditsu.ie from dit.ie

**REPRESENT
22,000
STUDENTS?**

**RUN FOR SU
PRESIDENT**

**THE BEST
STUDENT
WELFARE?**

**RUN FOR SU
VICE-PRESIDENT.
(ACADEMIC & STUDENT AFFAIRS)**

**BETTER
FACILITIES
FOR ALL?**

**RUN FOR SU
VICE-PRESIDENT.
(SERVICES & TRADING)**

**LOCAL
SITE
ISSUES?**

**RUN FOR SU
CLASS REP CONVENOR.**

DIT STUDENTS' UNION ELECTIONS

CALL FOR NOMINATIONS

Each year, DITSU introduces new blood into the Union with the elections for President, VP Academic & Student Affairs and VP Services & Trading. The three Elected Officer positions are fulltime, permanent 12 month jobs from 01 July 2011 – June 2012.

Also up for contention will be 6 Class Rep Convenor positions. Convenors are full time students elected as part-time officers, working a maximum of 10 hours per week and whose main role is local site democracy, campaigns & the management of Class Rep Meetings.

The Elections will be held from February 28th - March 03rd 2011.

The Union is run democratically, and the people who run it are chosen by you, the student body. By holding elections, we are not only fulfilling a constitutional requirement, but also ensuring that we get as many people as possible involved in the Union. The more students we have involved, the more democratic and effective your Union becomes.

So we need people to nominate themselves and run for office in 2011.

The nominations are open on Dec 06 and will close on Feb 09 2011 at Midday (Sharp). This gives you a good chance to consider this as an option for next year. The only criteria for these jobs are one you are a registered student of DIT and two – you would be willing and able to spend next year working for all the other Students of DIT.

Whether you are in final year or would consider taking a very interesting year off from study, you should consider going for this job by running for Election.

You don't need to know anything about the Union or have been involved with us before – as proven by the 2008/9 VP Dermot, who appeared in a puff of smoke and fought a nail biting close election against 3 others to become the Vice President for Services & Trading.

The DIT Students' Union elections are managed by an Electoral Commission, established under the DITSU Constitution (Article 17). This Commission sets out regulations relating to the running of the elections. This Commission is independently Chaired and has strong student representation present. All information and advice is provided by the Union from the start of your campaign.

If you are in your final year or could take the year off consider DITSU for 2011/12.

Interested yet?

For all the information from what exactly each job entails to how to put yourself in the running check out www.ditsu.ie/suelections or drop into any SU office and talk to the staff there and meet up with Ciarán, Clare, Eric or your local Class Rep Convenor to get the low-down on the job of DITSU Sabbatical Officer or Class Rep Convenor.

Your Union - Your Choice

Grangegorman

Looking forward...



It was a fine Tuesday in September, as half of the Government rolled into DIT Grangegorman. (For a few minutes I pondered whether that left the country at more or less risk.) They had come to complete a

process which had begun in December 1999 when DIT's move to Grangegorman was first announced. It was a great day by all accounts. As a person who has been in DIT for six years now, and seen how passionately everyone within the Institute has engaged with the project, it was heartening to see the commitment from the various Ministers, the Taoiseach, and a certain former Taoiseach, to mention but a few.

They confirmed that the project had been approved as initially proposed. They made reference to a timeline, stating that there would be 70 percent of DIT operating from Grangegorman by 2016. Indeed work has begun with the relocation of the HSE services to a new part of the site. This will clear the way for us to move in.

Once complete, the project will see DIT move from 39 different buildings across the city to one purpose built centre of excellence in education. The facilities will include a world-class library, state of the art sports and recreational facilities, and ensure that an institution which has played an enormous part in education in Ireland for the last 100 years, will be all set to play an even bigger part in the next 100.

It was due to the sobering tones (no pun intended) of An Taoiseach, Brian Cowen TD, that it suddenly dawned on me that the real work would begin right about now. A realization that Grangegorman was about to become an enormous part of my work. Sure I wouldn't be up there with a shovel, but there will need to be a lot of policy created in this area, and a lot of key decisions made.

We have established a Grangegorman Standing Committee of Governing Council, which shall be charged with policy and idea generation on all things Grangegorman. If you are interested in sitting on this committee, call down to your local SU to find out more. In the meantime, visit ggda.ie to find out a little bit more about the future of our education. The dream is becoming a reality... Ciarán

Aquaid is a movement started by a team of second year engineering students. We have developed a bottled water brand called Aquaid by which 10 cents of each bottle goes to a charity of the consumer's choice. They choose which charity they wish to donate to by selecting one of the four different coloured bottles:



drink Aqua give Aid

Pink bottle - **10 cent** goes to a local breast cancer research charity.

Blue Bottle - **10 cent** goes to a local children's charity.

Green Bottle - **10 cent** goes to a local environmental charity.

Orange Bottle - **10 cent** goes to a local muscular disorders charity.

We allow people to nominate which charities Aquaid gives to in their local area by voting on our website.

We are continuously growing our movement and supplying more shops and students unions throughout the country. At the end of each month cheques are presented to the charities and you will soon be able to see the changes made with the donations through our facebook, twitter or website www.aquaid.ie. The goal is to donate all the money raised in Dublin to charities within Dublin and similarly Galway and so on. This way the you know you are giving back to your own community.

Join the movement and help us change the world.



www.aquaid.ie

The Anonymous Soapbox

your chance to let it all out

I'm not sure if you noticed, but Christmas began to rear its head in August.

Like a left-wing extremist throwing eggs at a student protest, The Ranter has bravely returned beneath a balaclava of anonymity. There are no prizes for guessing their identity, merely the adulation and respect of your peers, if they care. Which they don't. The focus of our attention turns to Christmas, so sit back, relax and prepare for a torrent of bile to ruin to your tinsel, baubles and the milk and biscuits you left out for Santa (he isn't real, you know. Just to destroy that last lingering thread of childhood innocence.)

I'm not sure if you noticed, but Christmas began to rear its head this year in August. August. My mind was boggled, as I'm sure yours was too. Only €50 for a two course meal in the Red Cow Inn? Such value in the midst of a recession! I jest, however. I couldn't give a toss about what offer whichever establishment has for what plate of gruel that passes for turkey and ham.

Not to mention the present rush. Every year, the lists to Santa get bigger and more extravagant. The Ranter remembers back to their childhood, where they were allowed one toy, and one toy only, from Santa, lest he smite them with his Holly Jolly Death Ray (The Ranter's parents may have been slightly sadistic.) These days, it's a Barbie, a Barbie Dream House in which to house the Barbie, a Ken in case Barbie gets lonely (or another Barbie, in the interests of equality), a Playstation 3 for the...you know what, this is just getting ridiculous. The Celtic Tiger has bred a generation of cubs who think that they're entitled to get the sun, moon and stars from the imaginary man in the North Pole – and a puppy.

We're mired in a sea of spoilt brats...

We've mired in a sea of spoiled brats who bawl their eyes out just because the MP3 player wasn't the one they saw on the telly. Take The Late Late Toy Show as a barometer of our cultural slide. Where once kids were happy to dance for Uncle Gaybo for nothing more than a leather-bound collection of Enid Blyton stories, they'll be damned if they're doing so much as a simple toe-tap for Tubbers for anything less than an Xbox 360.

It's not the materialistic lust that sickens The Ranter most about Christmas, however. It's the build-up. The cheesy songs, the tacky decorations, the horrible advertisements – it's almost as though it gets earlier and earlier every year. Every year, The Killers knock together Do They Know They're Having Garlic Spuds With Their Turkey sooner. Every year, your neighbour uses enough electricity to power Belgium on their Christmas lights earlier. Pretty soon, Easter will be known as Pre-Christmas, and the Easter Bunny will be three of Santa's elves standing up one another's shoulders with a pair of bunny ears of the top elf (presumably the lightest of the trio, there's nothing more tragic than an elf falling off another elf falling off another elf.)

However, at the end of the day, we have to remember what the day is all about – pretending that you like your family for long enough while envisaging your Aunt Gertude's face on the turkey as you carve it. Have a tolerable Christmas – and don't get me started on the New Year.

**Fancy your own go on the Soapbox?
Replies/ comments/ rants to
toast@ditsu.ie**

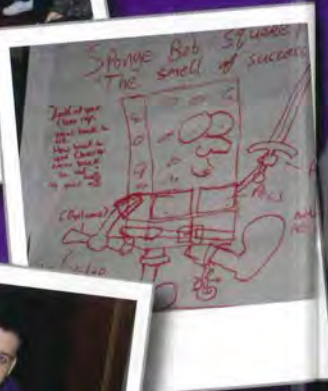


your gov. councillors your class reps your voice

By now you should all either be a Class Rep or have one. If not, your class is missing out so contact your local SU to arrange an election and make sure your voice is heard on your programme committee and by DIT.

Governing Councillors are elected each year, on each of the big 6 campuses by you the students. Below are the number of Councillors elected from each campus and the total numbers allowed. As you can see there are a few places left on Council in each site so if you are interested contact your local SU to see how. It's as easy as that.

Although the group training is over, you will be well looked after at your Governing Council session and beyond. If your interest is piqued, check out these two reports below, about being involved from Katie, a DITSU newbie and Emily, an old hand who sat as a Governing Councillor every year she was here in DIT (bless her).



Recently I was lucky enough to attend the Class Rep and Governing Councillor training, held in the City North Hotel on Oct 15/16. Friday's training was for both Reps and Councillors and consisted of several great speakers giving talks on things like how to be an effective rep and what exactly is expected of us as representatives of the larger student body. Although we learned so much from the importance of the student charter to what exactly our role in DITSU is, the craic was something else.

From the start we were doing icebreakers which had everyone in stitches from start to finish with all sorts of crazy stories being shared. We were put into group and had to draw what we thought was the perfect Class Rep. What did my group come up with, I hear you ask? An owl, on drugs, burning UCD. Why? I honestly can't say but it was one of the funniest and scariest things I have ever seen and served as a fantastic opportunity to know new people.

Once all the learning for the day was done, we had dinner, music and an absolutely priceless award ceremony with awards for the best quote, best sleep walking story and my favourite – best foot in mouth moment. After this the music rocked and the drinks flowed and and a great night followed. Shortly after 2 am all the reps were bussed back into town and after room checks and some embarrassing discoveries, myself and my fellow Councillors went to bed – in theory anyway. I was woken at the ungodly hour of 8.30 by the fantastic Kieran Keane who, I'm sorry to day I wasn't that happy to see.

By 9.30 all the sore heads had been dragged from bed and with coffee in hand we settled down for day two. Because it was only Governing Councillors, the topics covered were more in depth and there is no denying that on 4 hours sleep it wasn't exactly the easiest to follow but credit where credit is due, the second guest speaker of the day Colm Jordan had everyone hanging on his every word as he shared his gems of wisdom with us.

By the time I was leaving on Saturday afternoon I was confident that I'd been equipped with everything I need to be great Class Rep or Governing Councillor and I'd like to thank Ciarán, Clare and Eric and all those involved for organizing such an epic weekend.

Because I'm only in first year, I'm totally new to the world of unions and charters, standing orders and committees, I considered the weekend my introduction to the wonderful world of DITSU and I can't wait to get started.

Bring.It.On

Katie White 1st year MSQ



So, What the H is a Governing Council?

If you ask most people what council is, you'll probably hear words like long, boring and sometimes interesting. That sounds like all my nine o'clock lectures and yet this will be my fourth year as a governing councillor. A tiny bit of me has to admit my continued attendance has some masochistic leanings.

But why do I really go back year after year?

Governing Council is the highest body within the Students' Union. It is where students gather to decide things like the RAG charity, and to make sure the elected officers doing their job as well as addressing any problems within DIT and figuring out how to fix them.

It can be fun listening to the debates as people argue over things like grants and clean campuses. You also get to challenge your site convenor if you think they don't do enough or if they do something badly. We have our lovely chairperson who stops it from becoming a free for all. The rules ensure that every opinion is respected.

Since our structure is similar to the governments it gives you a larger insight into Irish politics and why it can take so long to reach a decision. I'm not all that interested in politics but I am interested in equality and that is what holds my attention. You should find out what Council is for yourself - why don't you attend and let me know? Council is open to any student who wishes to attend.

Emily Keaveny Gov Councillor 2006- 2009

No Frontiers

BORNEO, MALAYSIA

The title of the article may be a shameless rip-off, but the experience is most certainly genuine! Our very own Mairead shares her views on Borneo

Kuching, capital city of Sarawak Province, Borneo is not the rugged frontier jungle town I was expecting. Flying in you see skyscrapers rising out of the jungle, loads of industry and they even sell Toblerones in the airport. Most of the populace of Kuching is employed with trimmers fending off the jungle from swallowing up roads and engulfing buildings...

A few miles upriver, though, it's a different world. Apart from some pretty rough logging roads the rivers are the main way to travel. The local people are mostly Orang Ulu (upriver people) who are incredibly friendly, polite and helpful which is quite a surprise considering that until about 60 years they were head hunters. Now they are all busy working in the tourist industry and Man Utd shirts seem to have replaced the tribal clothes.

Despite the Palm oil plantations and intensive logging there are still huge tracts of rainforest completely untouched and you can take a boat upriver to these places if you're brave enough. I did to Bako National park which can only be accessed by small boat which speeds up the coast for a few miles, dumps you on a jetty and then disappears. The jetty has groups of monkeys hanging around checking out what they can rob from you. These little furry gurglers long ago lost their fear of people and swoop in grabbing your bags and sunglasses. They work in groups and often one will try to distract you while the others fleece you - (just like being at home in Ballier, then)

Accommodation and transport is basic, the jungle is full on, the heat unrelenting- never drops below 26c even at night and the mosquitoes are as big as your head and aggressive but its worth all the hardships. In three days I saw proboscis monkeys, long tailed macaques, monstrous wild bearded pigs (not half as funny as they look if you get in their way), snakes, lizards, huge butterflies, Orang-utans, kingfishers and loads of comedy creepy crawlies. They found a cobra in someone's room at the lodge the night I stayed there but didn't tell us until next day so it was just the mosquitoes, the heat and the deafening cacophony from the jungle, which kept me awake that night. The thought of a cobra under the bed did for the rest of the time.

Over all despite the stings, bites, scratches, heat rash and lacerations Borneo was the best holiday destination I've ever been - once you get to Malaysia or Thailand it is quite cheap to fly there (Air Asia) and accommodation, transport and food is very cheap and mostly very good. I'd give the Frog porridge a wide berth though.

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Talking is a
sign of
strength,
not of
weakness.

The Please Talk website provides a directory of support services that are available to students. If students experience problems at home, college, or in their private lives, there are people who can help.

Log on to www.pleasetalk.ie to see what services are available to you.

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