

Technological University Dublin ARROW@TU Dublin

DIT Student Union

Dublin Institute of Technology

1997

The DIT Examiner: the Newspaper of the Dublin Institute of Technology Students' Union May, 1997

DIT:Students' Union

Follow this and additional works at: https://arrow.tudublin.ie/ditsu



Part of the Communication Commons

Recommended Citation

DIT Students' Union: The DIT Examiner, May 1997. DIT, 1997

This Other is brought to you for free and open access by the Dublin Institute of Technology at ARROW@TU Dublin. It has been accepted for inclusion in DIT Student Union by an authorized administrator of ARROW@TU Dublin. For more information, please contact arrow.admin@tudublin.ie, aisling.coyne@tudublin.ie, vera.kilshaw@tudublin.ie.

The DIT Examiner

The Newspaper of the Dublin Institute of Technology Students' Union

May 1997



Colin 'Joycer', 'CJ', Joyce leaves Aras an Overall soon for the last time. He couldn't stand the cold—so be's going back to the kitchen, in the Brugha. "Goodbye, all!" said Colin yesterday.

page 2



"And remember: no
Jumping to Light Speed, no
killing people with Blasters,
and, above all, no
Cryogenic-freezing over the
summer, kids," warns exBeatle Han Solo.
page this



Who gonna rule your world? The FF'ers, the FeeGees, or other people with friends in low places? Don't forget to wate, just as soon as they let us know when to...
page last



It was amazing! It was fantastic! It was sublime too! As Mr. Spring might say, it was all the fun of the foreign affairs! DIT Sports Day saw the hordes flock northside and dock at ALSAA. The pics.
page 6

SEX 'N' DRUGS 'N' SHOCKIN' POLL

DIT students — they're hot in the bed department, they're not afraid of drugs, and they're well aware of what's happening on the political front.

That's according to the recent Student Attitudes Survey carried out by DITSU across all six DIT colleges. The results of the opinion poll / survey have presented the DIT Students' Union with some invaluable statistics concerning students' views, preferences and habits.

Sex and drugs issues provided some startling facts about public perception and the realities. 73% of those polled have had sex, with only 18% still virgin, 9% did not give an answer.

This, seemingly high, percentage of young people engaging in sexual relations might arouse fears about health and safe sex, but the figures relating to protected sex are encouraging.

83% answered that they use condoms when having sex. This would indicate that a high level of students are informed about the dangers and the risks to their health.

Drug-taking, traditionally a famous student occupation, still ranks high, but one of the most surprising facts lies in the result that more people appear to have indulged in acid consumption than in taking Ecstasy.

Cannabis-smoking ranks highest of all, with everyone who has indulged in illegal drugs having tested the resin at some stage. With two candidates running in the general election on a 'legalise cannabis' ticket, it will be interesting to see how much support they will gain.

3.2% of those polled had tried heroin. Obviously, there is some overlap involved with the statistics, where some people will have tried more than one drug.

for more info see pages 4-5

Political Beasts

The DITSU Student Attitudes Survey reveals that almost 60% of those polled stated that they would be voting in the up-coming general election.

More astonishingly still is the huge support apparent for the main opposition party, Fianna Fáil. With a total of 23.6% of those voting claiming they would favour the FFers at the polls, the implications are staggering for the present coalition parties, Fine Gael, Labour, and Democratic Left, whose combined percentage was lower.

Unsurprisingly in a student poll,
The Green Party / Comhaontas Glas
fared very well, better than Fine Gael.
Press Officer, Edel Hackett, told the
DIT Examiner that 'traditionally, the
Green Party has done better with
young people than in national polls.
We appeal to the young vote because
of our long-term plans', as opposed to
any plans simply for the next election.

Fianna Fáil explained that they "Don't normally comment on such things," while Fine Gael's Youth Officer said she believed that the results did not tell the whole picture. Since a large amount of the floating voters are aged between 18 and 25, she argued, these people are still making up their minds as to how they will vote. Students are undoubtedly 'all caught up in exams', but Fine Gael are confident that when they do look at the situation, 'they will see that one of the single most important things about the present government is their creation of 1,000 jobs every week', on average, obviously.

The Progressive Democrats' Press Office bluntly stated that the party was satisfied that it [the DITSU survey] echoes the recent MRBI poll result' and didn't seem too pushed one way or the other.

Sinn Féin remain sceptical about the validity due to possible fears survey candidates might have had in answering truthfully. The party seems content with the fact that it invariably does worse in opinion polls than in actual elections because of this supposed fear.

The Labour Party failed to comment.

The DIT Examiner

DITSU, DIT Kevin Street, Kevin St., Dublin 8. Ph: 402 4636 Fax: 478 3154

Warbled ramblings in Editorial Seclusion

Big, big sorry to all those expecting to see their photographed images reproduced in the previous edition of D'examiner, the April-May issue. Personally, I blame the parents, but that's not really a sufficient excuse. Having forgotten to include 3D shades with each copy, and / or instructions concerning how to stare 'through' the pictures with your magic eye, thus revealing the secret image hidden therein, I proceeded to hand them out left, right and centre without regard for the consequences. People's feelings were hurt, and a goat or two suffered serious injury.

Again, mea culpa, APOLOGIES, one and all.

As for the fact that the April-May edition was the final edition for the academic year 96-97, technically it was. This particular one is just an addendum to it. Its extra, but it ain't superfluous. This edition contains information gathered in the DITSU Student Attitude Survey regarding DIT students, i.e. y'all, as our American cousins might say. Specifically, statistics relating to your habits, opinions and practices. It's interesting stuff, you should have a good long gawk at it.

The DIT recently made it into the pages of the country's leading light in magazines, named after birds who rise out of flames, or actually ARE those same flames, or can sometimes rise out of ashes, or occasionally - enough. The Phoenix saw fit to publish details of a junket to the Killiney Court Hotel for 50 members of the DIT School of Languages, where they had loads of grub and stayed overnight to boot. The DIT Examiner would like to denounce this sort of behaviour and states quite categorically that it would, without hesitation, take up an offer to join them on their next outing.

This edition is also put together to try and get you all sorted for your exams. Hence the Appeals Procedure and Regulations info gathered on p3. The DIT Counsellors point out that its not necessary to stress-cripple yourself around exam time - pretty sound

Big FANX to anyone who contributed throughout the year with articles, photographs, ads, letters and suggestions - your assistance is invaluable. Can't pay you, though. Make it through the summer and I'll buy ice-pops for the lot uv yez in September. Ari

An chuid Nach Léitear

Gabh mo mhór leithscéal má bhí sibh ag súil le híomhánna grianghrafadóireachta athchóirithe a fheiceáil san Examiner deiridh, eagrán Aibreán-Bealtaine. Dar liom féin go bhfuil na tuistí lochtach, ach is dócha nach leithscéal láidir é sin. Gan spéaclaí 3D ná treoracha d'aon tsaghas a chur sna páipéar, scaipeas cóipeanna ar fud ITBÁC gan smaoineamh ar na torthaí a bheadh ag iompar den chineál seo. Maslaíodh daoine, agus deineadh damáiste spioradálta do ghabhar nó dhó.

Mise ba chúis leis. Thaw brone orrum.

Is eagrán sa bhreis é an cheann áirithe seo, ceann ina bhfuil tábhacht mhóir ag baint leis — is é sin, go bhfuil torthaí Suirbhé Dearcadh Mic Léinn ITBÁC ann; bhur nósanna, bhur gcleachtaithe, agus bhur dtuairimí. Tá léitheoireacht suimúil ann - is ceart daoibh sracfhéachaint a thabhairt air.

Bhain ITBÁC cáil amach le déanaí nuair a d'aimsíodh alt san iris chlúitiúil, aorach sin, An Fionnuisce - Phoenix magazine. D'fhoilsigh Phoenix alt ag déanamh cur síos ar thuras a dhein 50 bhall de Scoil na Teangacha, ITBAC, go hÓstán Chill Inín Léinín leis an oíche a chaitheamh ann, béile nó dhó a ithe, agus méid folcadh dí a chur siar. Bhéinnse lán-sásta dul leo an chéad uair eile dá n-iarrfaí orm,...

Tá an eagrán seo á chur le chéile chun treoir a thabhairt daoibhse maidir leis na scrúdaithe. Dá bhrí sin, tá Modh Achomharctha Scrúdaithe agus Rialacha bailithe ar ltch3. Móidíonn Comhairleoirí ITBÁC nach gá duit tú féin a scríosadh le struss aimsear na

scrúdaithe - dea-chomhairle.

BWEEKAS mhóir le héinne a chabhraigh i rith na bliana an nuachtán seo a chur le chéile, idir agallaimh, altanna, litreacha grainghraifeanna agus moltaí — is fiú gach gníomh. Níl pingin rua agam díobh, faraor. Geallaim uachtar oighire 10p daoibh ag deireadh an tSamhraidh. Buenós Dias, mis amigos.

Cearbhall Ó Síocháin

The Word Shop

DIT Students Union Secretarial Service Bureau

Typing (laser printed) only 85p per page.

Fax Service, Thesis Binding Exam Paper Service for Kevin St.

The Word Shop, DIT Kevin Street College of Technology 9.30am-5pm Monday to Friday

So apart from being the largest students' union in the country What has Ditsu ever done for me?

Well we organise and provide:

- + FRESHERS/ARTS/WELFARE/RAG WEEKS
- + COMPREHENSIVE SUBSIDISED ENTS.
- + FREE WELFARE ADVICE
- + FREE FINANCIAL ADVICE
- + HELP WITH COURSE PROBLEMS
- + HELP WITH GRANT PROBLEMS
- + HELP AND RESOURCES FOR CLUBS AND SOCIETIES
- + FREE STUDENT NEWSPAPERS AND MAGAZINES
- + REPRESENTATION WITHIN THE COLLEGE, WITHIN DIT GOVERNING BODY AND NATIONALLY
- + CAMPAIGNS ON ISSUES LIKE STUDENT HARDSHIP. ACCOMMODATION AND SAFETY, LIBRARY FACILITIES, CATERING
- + RAISES THOUSANDS FOR CHARITY THROUGH RAG WEEK
- + 2ND HAND BOOK SERVICE
- + PUBLISHES FREE YEARLY HANDBOOK AND WELFARE MANUAL
- + DETAILED ACCOMMODATION LIST AT START OF EVERY YEAR
- + INTEREST FREE WELFARE LOANS
- + USIT CARDS
- + CHEAP PHOTOCOPYING
- + SU SHOP WITH WIDE RANGE OF PRODUCTS AT COMPETITIVE
- + SECRETARIAL SERVICE, PAST EXAM PAPERS AND FAX SERVICE
- + POOL TABLES AND VIDEO GAMES
- + PAYPHONE IN SU OFFICE
- + CONDOM MACHINES IN TOILETS
- + FRESHERS, HALLOWEEN, CHRISTMAS, RAG, EASTER, LAST CHANCE BALLS
- + FASHION SHOW
- + BEER PROMOTIONS
- + CHEAP PASSPORT PHOTOS
- + FRESHERS WELCOME PACKS
- + POSTAL ADDRESS FACILITY
- + AND ANYTHING ELSE YOU WANT US TO DO!

RUN BY STUDENTS FOR STUDENTS SO GET INVOLVED! IT'S YOUR STUDENTS' UNION.

> Editor: Cearbhall Ó Síocháin Psychiatric Nurse: Christopher Walken Printed by Datascope, Enniscorthy Co. Wexford

Clarifications

Should you encounter anything you feel is in need of clarification in this, or any other issue of the DIT Examiner, please contact the editor and any such matters shall then be clarified in the subsequent edition.

Winners of previous Irish Times Crossword competition, April-May '97:

- 1. Dan Burke, Optics 2, Kevin St.
- 2. Ken Giargan, SEE1, Kevin St.
- 3. Gráinne McCormack, WBS4, Kevin St.

Prizes can be collected from Kevin St. SU offices.

The Exam Appeals Procedure

Each year, the DIT's Exam Appeals Board receives, on average, 10 appeals from students regarding exam results. They can sometimes be concerned with an upgrading of a result but not always. Occasionally, there is a request to sit a supplemental exam if the usual supplemental options have been exhausted.

There is an appeal procedure that should be followed and it should be available the exams office in each DIT site. This is not always the case, however, and so we will here outline the procedure as clearly as is possible. This procedure is there to be used if you feel you have a genuine case.

Thomas Duff, the DIT's Registrar, has pointed out that the Exam Appeals Board, which is independent of individual colleges, cannot change results but can pass onto the exams board information that may not have been available at the time of the exam. This may then result in the exam board reconvening to consider the student's case.

An appeal may be made by a candidate on one or more of the following grounds where it is calimed that:

- a) the examinations regulations of the College have not been properly implemented;
- b) the regulations do not adequately cover a candidate's case;
- c) compassionate circumstances which relate to the candidate's examination situation
- 1. The first step is to get an Examination Appeals Form (Form A1). This should be available from the Administrative Section of the relevant college.
- 2. This form must be completed in block letters or typescript and lodged with the relevant director within two weeks of the publication of the Provisional Examination

Results and accompanied by the appropriate fee (£50). The relevant director must then sign and date the appeal and he will then forward it to the Registrar (Thomas Duff). It must be accompanied by:

- A. Information as to whether -
- (i) the appellant [student making the appeal] has made efforts to resolve, through the relevant Head of School/Department the difficulty which has given rise to the appeal;
- (ii) a recheck has been requested and, if so, state the outcome if processed;
- (iii) the Examination Board has been made aware of any special circumstances, including medical, affecting the appellant's case prior to determination of results
- (iv) the students in general and the prospective appellant in particular, have been informed of the appropriate course regulations

Other information which must accompany the appeal is

- **B.** A written evaluation of the case from the relevant director, including comment on the allegations, if any, contained therein
- C. Medical certificates relevant to the case
- D. The appellant's academic record in previous years and a transcript of his/her current class group's examination results in respect of which the appeal is being sought
- E. The process by which the appellant may continue his/her studies if the appeal is unsuccessful.

F. Any other relevant information on the case.

Be sure to include any information that may be relevant, and if including any medical certificates, ensure that you list their inclusion on the appeals form in the appropriate section of the form.

Section 10 of the form asks the appellant to 'please specify the change you seek in your result as a consequence of this appeal'. This section, according to Thomas Duff, was introduced because there have been students who were requesting a further supplemental exam rather than an upgrading of a result. Don't be worried by the request. State honestly your feeling on the matter and why.

There is space provided on the appeals form (section 8) in which you may present your case in your own words. If you feel there is insufficient space provided on the form, you can continue on separate sheets of paper but make sure you include them with your appeal and indicate clearly their inclusion.

There is a facility for presenting your case to the board, either by yourself or with a willing lecturer/representative of the students' union. One of these could present the case for you or you could forego this option entirely. It will not prejudice your case.

Hopefully, you will not need recourse to this facility, but if you do, don't be afraid to make your case.

Thomas Duff also points out that a complete review of the Examinations Appeals process and the current Regulations is underway at the moment. It is likely that academic disciplinary decisions will, in future, devolve to individual faculty mechanisms in order to improve the system.

EXAM REGULATIONS

- Candidates are required to attend at least fifteen minutes before the starting time of each examination. Examination venue will be posted in the main entrance hall of the College.
- You must produce your Student Identity Card before entry into the examination hall is permitted, external candidates will also be required to produce suitable identification (e.g. Place of work ID or Passport).
- 3. Candidates are requested to bring only essential items into the examination room. Any books, notebooks, papers, bags, briefcases etc., which are brought in must be left at the top or bottom of the examination room away from the examination area. (Candidates may keep handbags on the floor beside their desk where they can be seen by the supervisor.)
- 4. Coats or jackets may not be left on the backs of chairs during the course of the
- Smoking in the College, except in specially designated areas, is now strictly forbidden by law.
 - The Supervisor will attend to any

- problem which may arise. You may attract his/her attention by raising your hand.
- Candidates shall, in all matters relevant to the examination, adhere to the directions of the Supervisor.
- 8. You must position your Student Identity Card on your desk where it can be seen by the Supervisors during the course of the examination. No other documents should appear on your desk.
- Candidates should enter their examination number on the answer book. Candidates' names should not be given unless specifically requested by the examining body concerned.
- 10. Only silent, non-programmable pocket type calculators will be permitted. The sharing of calculators will not be permitted and the College will not be responsible for the provision of calculators or batteries in the event of failure.
- Talking or communication of any kind between candidates is not permitted during the course of an examination.
- 12. All work should be done on the answer book or other material provided. The use of scrap paper is forbidden.
 - 13. Candidates may not leave during

- the first hour or within the last fifteen minutes of an examination. Candidates leaving an examination early should do so quietly to avoid distraction of other candidates. Candidates who complete their examination during the last fifteen minutes are requested to remain seated until the finishing time when all answer books will be collected by the Supervisor. This procedure will ensure minimum disturbance to other candidates must remain seated until the Supervisor has collected all examination material including Logarithmic and other tables provided.
- 14. A candidate is not normally permitted to leave the examination room for any purpose during the examination. Where this is permitted all examination material and the examination question paper must remain on the candidate's desk in the examination room. Re-admission to the examination will only be permitted where the candidate is accompanied by a Supervisor during any absence from the examination.
- 15. A candidate may be expelled from the examination room if his/her behaviour jeopardises the conduct of the examina-

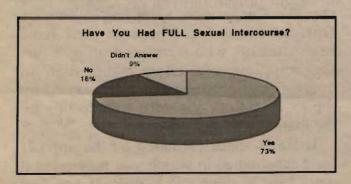
- tion. Such behaviour will be reported to the College Authority and, where appropriate, the examining body.
- 16. A candidate who in any way uses, or attempts to use, any unfair means renders himself/herself liable to disqualification. Any such breach will be reported to the College Authority and, where appropriate, the examining body.
- 17. Offences in connection with degrees, diploma or certificates or annual examinations or tests conducted by the College are regarded as major offences. The penalties in respect of major offences include reprimand, fine, suspension from academic or other privileges, rustication or expulsion from the College.
- 18. Where illness prevents a student from sitting an examination or any part of an examination, a medical certificate must be submitted to the Examination Secretary not later than one week following the first occasion on which the student is absent. Medical certificates received later than this will not normally be accepted.

DITSU Student Attitude Survey

The DITSU Student Attitudes Survey was conducted by the Union during one week in late April this year. The statistics were worked out by a professional, independent firm on behalf of DITSU. The following is a summary of the survey, containing some of the more important aspects of the study.

Sex and Sexuality

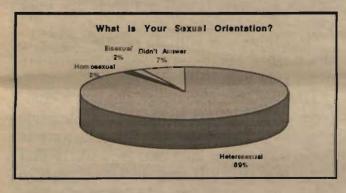
Have you had full sexual intercourse?



How regularly do you have sex?

11.2% Daily Weekly 20.2% Monthly 15% 24.8% Rarely

How would you describe your sexual orientation?

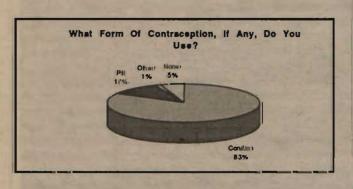


Do you use contraception when having sexual intercourse?

Yes

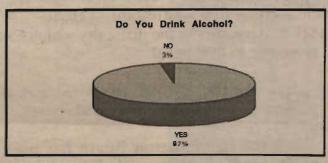
70.3% No 4.3%

What forms of contraception do you use?



Alcohol / Drugs

Do you drink alcohol?



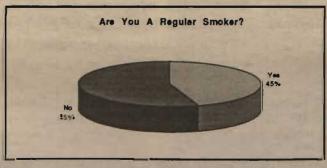
If the answer to the above is yes, do you drink the following types of alcoholic drinks on a regular basis?

68.9% Lager 33.7% Guinness 54.5% Spirits Alcoholic Lemonade 22.8%

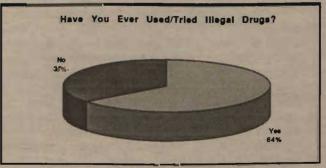
How many times a week would you drink alcohol?

21.3% Once Two or three times 59.4% More than three times 16.1%

Are you a regular cigarette smoker?



Have you ever used / tried illegal drugs?



If the answer to the above is yes,

which drugs have you tried? Cannabis 64% Heroin 3.2% 18% **Ecstasy** 19.3% Acid 6.9% Barbiturates

How regular has your use of drugs

25.9%

been? Daily

Once

2.3% Weekly 9.5% Monthly 21.6%

Are you aware of the college medical service?

Yes

85.6% No 14.4%

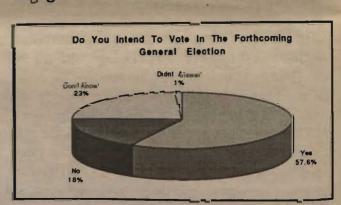
If the answer to the above is yes, how often do you avail of this service?

31.7% Once

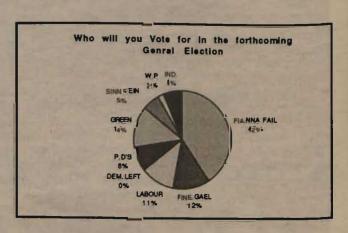
37.2% Never Regularly 19.6%

Political Attitudes

Do you intend to vote in the forthcoming general election?



If the answer to the above is yes, which party will you vote for?



The Students' Union

Are you aware of the Students' Union in existence in your college? Yes 99.7% No

0.3%

How often do you avail of Student's Union services such as the shop, an entertainment event or personal advice from one of the officers? once or more a week 81% 15% once a week 3.5% never

Do you think your Students' Union provides you with good value for money in terms of the range and quality of services it provides? Yes 67.4%

30%

Are you a member of a club or society?

Yes 52.7% No 47.3%

No

Religion

Do you regard yourself as belonging to one particular religion?

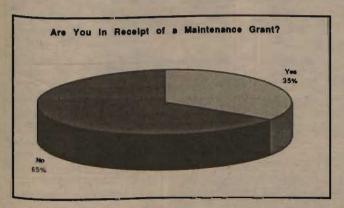
Yes 81% No 17.9% Don't Know 6%

If the answer to the above is yes, which religion are you practising?

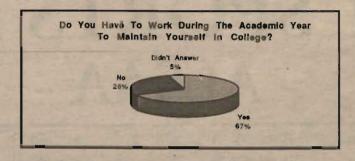
R Catholicism 72.9% C of Ireland 2% Lutheran 0.5% Christian 2.3% Born Again Chr. 0.5% 21.6% Other

Finances

Are you in receipt of a Maintenance grant?



Do you have to work during the academic year in order to maintain yourself in college?



If the answer is yes to the above, for how many hours per week do you work?

0-10hrs 31% 11-15hrs 25.2% 16-20hrs 29% 21-25hrs 9.5% over 20 hrs 5.2%

Academic Affairs

How do you find the standard of lecturing in your college?

3.7% Excellent Very Good 31.7% 56.8% Average Poor 7.2%

Do you feel that lecturers and tutors should undergo compulsory training in teaching skills?

Yes 94.2% No 5.5%

Do you feel that there are too many lectures and tutorials in an average week?

Yes 48.4% No 50.4%

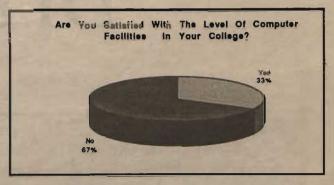
From your experience, how do you rate your college library service?

7.8% Excellent 36.9% Very good 40.1% Average 14.75% Poor 5.6% comments

Are you aware of the existence and range of computer facilities available in your college?

94.2% 4.9% No

Are you satisfied with the range of computer facilities available in your college?



Are you satisfied with the standard and level of teaching of computer skills in your college?

Yes 34.3% 64% No

Do you have access to E-mail facilities in your college?

Yes 55.9% No 42.7%

DIT Students Design Amnesty T-Shirts

DIT Students Stephen O' Neill and Liam Furlong, both Visual Communications students in Mountjoy Sq., came first and third in the competition to design t-shirts for the Irish section of Amnesty International recently.

Hazel Moore of RTC Athlone took second place. O'Neill's winning entry consists of a new take on the recognised Amnesty

symbol of the barbed-wire wrapped candle. Rather than the large icon planted in the middle of the shirt, O'Neill opted for a much smaller, hipplaced symbol.

For his own design, Liam Furlong chose a more traditional logo style consisting of two hands clasped, and the name 'John Doe' (American for Joe Soap) written beneath.

Margaret Bergquist, Trading Manager for Amnesty International, told the DIT Examiner that the shirts should be available to buy within a month.

DITSU ONLINE

The new ditsu site is now taking orders for valuable Net space - and if you're not in, you can't play with us.

Of the five Colleges on-site (DIT Chatham Row not yet there) Kevin St has three societies --Cumann Gaelach and the Engineering Society -- while Bolton St lag slightly behind with a link to the DIT Swim + Polo Team site. For the latest up-to-the-minute full-scale true news contact:

dcarey@maths.kst.dit.ie aoconchubai@maths.kst.dit.ie http://www.kst.dit.ie/dit/su

Suirbhé Dearcadh Mic Léinn AMITBÁC

THE GREATEST DAY ON EARTH DIT SPORTS DAY

- ALSAA -

The DIT Sports Day was held this year on 17 April in the spectacularly accounted Aer Lingus Social Athletics Association sports complex. It was the culmination of many months hard preparation for those in charge of organising the grand day out. Herbert McClelland, Aungier St Sports Officer, was instrumental in stitching this managerial headache together, and he received much assistance from students and staff across the DIT.

The day itself saw the corvette of the DIT fleet, Aungier St, swoop many of the events, while relative battleships like Bolton St and Kevin St listed severely to port and to starboard.

Among the competitive events organised for the day were Athletics, Aerobics and Archery, and some sports that didn't begin with the letter A. Of these other ones, Basketball and Badminton were both played indoors out of the sunshine, while Pitch & Putt and Tennis were available to play all day, for anyone who wished.

Legions of people turned out to watch the various soccer matches, played in the central green of the running track. Both 7-a-side and 11-a-side teams got a look in, as did Ladies soccer.

The event was sponsored by GUINNESS and Marathon Coaches, and the gang made their merry way to the Big Tree to slake big thirsts with Big Pints and other drinks, once the competitive mayhem was over.



"And the Archer split the tree." This bloke appears to be a few arrows short of a quiver, but, then again, he has a lethal weapon, I don't.



A tight finish to the Men's 2x1 Handed Bag Scratching Relay in the background here, with Colman Byrne coming in a subtle first, followed more openly by Paddy Byrne in second, while a man with a hand down his own shorts strides home to take the hypere in a contest seen line wing satellite.



Sr. Margeret Buckley (Kevin St), Fr. Martin Dolan (Bolton St), and Sr. Margaret McConalogue (Aungier St) dwarfed by the snake-like photo-accourtement, charmed for the DIT by Fr. Martin.



"Hi. I'm a horse. I don, enerally dig sport, unless it's on a professional basis and the fee is good."







Top left: A long-distance runner creates sporting history by being the first man to complete 4 laps without touching the ground at all.

Above: Colin' the Jackal' Costello can't help smiling despotically as he powers home ahead of Tony Choi in the Inanimase Carbon Rod 500m.

Left: The Women's 100m dash saw these competitors battle it out under the mid-day sun and then calmly sprint to Wexford when it was over.

TAKING TESTS WITH LESS STRESS

By Susan Lindsay
Head of DIT Counselling Service

Feeling stressed or anxious before examinations is a perfectly normal reaction. However, sometimes these feelings can get out of control and interfere with your examination preparation and performance. The following techniques will help to diminish or eliminate examination anxiety and help you perform more effectively.

EMOTIONAL PREPARATION

Use positive self talk

Test anxiety can stem from negative self talk, e.g., 'everyone is smarter than I am, I will never be able to pass this test' Write down affirmations that remind you to be positive, e.g., 'I have passed tests before so I know I can do it again'. Repeat these affirmations whenever you feel anxious.

Use relaxation techniques. One relaxation method is the breathing by threes. Inhale slowly through your nose as you count to three; then exhale slowly through your mouth as you count to three.

Repeat this several times.

MENTAL PREPARATION

Make a revision schedule

Make a special set of notes that
contain summary information

Anticipate test questions. Use information from your notes, lectures, to predict questions.

Practice answering these questions.

What questions do you need to ask about the test?

- 1. How many questions?
- 2. How much time is allocated?
- 3. What chapters or part of the course does the test cover?
- 4. How many marks are allocated to each question?
- 5. Can I use a dictionary, calculator?

PHYSICAL PREPARATION

Get a good night's sleep. Use

breathing by threes exercise if you have trouble falling asleep.

Allow time for a healthy breakfast. Avoid too much sugary foods or tea/coffee. A

glucose drink right before the examination may help to sustain you.

Allow extra time to get to college on the day of the test.

USING TEST TIMES WISELY: THE FIVE STEPS

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

Step 1: Read the whole paper through and highlight and underline important words.

Step 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.

Step 3: Allocate time for each question and start with the question that you are most comfortable with.

Step 4: Plan out each answer clearly before you begin.

Step 5: At the end always check over your answers and proof read for mistakes.

Counselling Services

Mountjoy Sq
Rm 327 Mon-Fri 9-5
Ph: 402 4120
Geraldine Lee O'Sullivan

Rm 336 Mon-Fri 9-5 Ph: 402 3680 Patricia Murphy

Cathal Brugha St

Rm 31 Mon, Wed-Fri 10-6

Tue 10-12

Ph: 402 4343

Anna O'Reilly

Aungier St
Rm A204 Mon-Fri 10-6
Ph: 402 3052
Donna Good

Rm C9 Tue 2-6 Thur 10-6
Ph: 402 3546
Anna O'Reilly

Kevin St Rm 58 Mon-Fri 9-5 Ph: 402 4664 John Broderick

LINKS PROGRAMME



Members of the Links Programme having received certificates of participation. The programme was initiated in September 1996.

Tommy Cooke, the Community Education Links Co-ordinator was appointed by the DIT on a half time basis in September 1996, with a view to identifying, developing and co-ordinating DIT initiatives in relation to disadvantaged communities. The Links Programme is the consolidation of existing voluntary schemes carried out on a voluntary basis by around 60 students and 10 staff.

The Institute's situation in the inner city makes it a practical place in which to focus initial strategies.

Existing strategies include supervised study programmes in local primary and secondary schools,

studentships to DIT students to help them remain in college, a conference on third level colleges and their local community, and the provision of redundant but working equipment to schools most in need.

Of the schools involved in the programme, Whitefriar St and Francis St are both primary schools, and Kings Inns, Warrenmount and Bull Alley, secondary schools. The pupils in these schools are linked with 'mentors' — DIT students and staff — who tutor them on a one to one basis. Gaeltacht scholarships are also made available by the DIT for the pupils.

Also included in the Links Programme brief is the Bull Alley project, in which pupils in the Liberties School at Bull Alley are made aware of the benefits of second and third level education. The project facilitates the demonstration of aspects of courses and research which the kids can relate to, like computer design, satellite tracking and other techniques liable to evoke their interest. A summer school has been organised for this year.

Tommy Cooke points out that, "These kids have no concept of third level. By bringing them across the threshold of the college they get to see people just like themselves.." It's a process of breaking down barriers, through which myths of 'brainy' gown-wearing swots yakking about improving the Universe, and other such inaccuracies can also be scotched.

The Studentships total £1,500 annually, a considerable amount of financial assistance to those who would otherwise be forced to drop out of college. The DIT awarded eleven such scholarships this year.

"Third Level Colleges and the Local Community a Challenge for the Future" was the title of the conference held in November to highlight the problems of social exclusion and disadvantage encountered by those in many inner city schools. The delegation numbered in the region of 180 individuals, 30% of which were DIT staff.

To promote an improvement in the facilities available to pupils in these schools, the DIT Links Programme has also made available 50 computers which will be distributed throughout the schools very shortly.

Have you registered to vote?

If not, get on the case now.

Here's how.

Get a green RFA2 form, available from the Student Union Office or your local authority.

You can check the register at your local public library, post office, Garda station, courthouse or local authority office.

The form must be with the local authority of the area you want to vote in by May 20

"DESTINATION ENTERTAINMENT"

The Exams are Over!! Celebrate at The Parnell Centre, Parnell Street, Dublin.

Visit VIRTUAL VOYAGES, Dublin's latest theme park adventure ride that transports you through Space on a mission to save the planet Mars. Simulation has never felt so good!

Open 7 days a week from 12pm

Entrance Fee Only \$2.50 on production of valid Student Union Card

For full details please telephone (01) 878 6324

Come to STRIKE FOUR, the All-American Sports themed Bar & Restaurant & enjoy an evening of atmosphere, music & fun. Live Jazz available at weekends.

Open 7 days a week from 12pm
25 % Discount on production of valid Student Union Card (on food only)
For full details please telephone (01) 872 4325

Enter the world of Virtual Reality at CENTURY CITY and experience what it is really like behind the wheel of a Formula 1 racing car. All the very latest high tech driving software & games available.

Open 7 days a week 12pm-11.30pm
Wednedays from 6.30-8pm FREE PLAY on ALL Clames £5.00
On production of valid Student Union Card get ONE FREE Credit on ANY machine on which current games have been paid
For full details please relephone (01) 872 4789

Eat your burgers/chicken/pizza etc amidst the stars of the Silver Screen at FLIX, the fast flood diner set in Hollywood & the movies.

Open 3 days a week from 12 pm

Open 7 days a week from 1.2pm For full details please telephone (01) 872 4789

Keep up to date with your clinema viewing at the VIRGIN 9-screen Multiplex
See the Press for further details

We look forward to welcoming YOU to the Parnell Centre - Ireland's largest Urban Entertainment Centre



TAUGHT POSTGRADUATE PROGRAMMES 1997/98

Applications are invited from graduates and students expecting to graduate in 1997 for the following one-year, full-time taught postgraduate programmes, commencing in September 1997. Many of these programmes are approved for funding under the Advanced Technical Skills(ATS) programme of the European Social Fund. Full-time EU students offered places on ATS funded programmes with not be liable for fees.

Masters Degrees

- LLM in Comparative and European Law
- MA in Ethnochoreology
- MA in Ethnomusicology
- MA in European Integration
- MA in French
- MA in International Studies
- MEng in Computer Systems
- MSc in Aerospace Structures and Materials (Joint with Trinity College, Dublin)
- MSc in Applied Mathematics and Computing
- MSc in Software Re-Engineering
- MSc/MA in Music Technology
- MTech in Advanced Manufacturing Technology (full-time and part-time)

Graduate Diplomas/Masters Degrees

- Grad Dip/MA in Dance (two-year, part-time)
- Grad Dip/MA in Teaching English as a Foreign Language
- Grad Dip/MA in Technical Communication
- Grad Dip/MA in Women's Studies
- Grad Dip/MBS in Entrepreneurship
- Grad Dip/MSc in Advanced Materials
- Grad Dip/MSc in Software Localisation
- Grad Dip/MTech in Engineering Product Design
 Grad Dip/MTech in Safety and Ergonomics (full-time and part-time)

Graduate Diplomas

- Grad Dip in Advanced Manufacturing Technology
- Grad Dip in Business Administration
- Grad Dip in Business Studies Recreation Management
- Grad Dip in Computing
- Grad Dip in Computer Engineering
- Grad Dip in Education (Music)
- Grad Dip in Electronics
- Grad Dip in Mathematics/Statistics/Computing (two-year, part-time)
- Grad Dip in Tourism Studies
- · Grad Dip in Wood Technology

HOW TO APPLY

Details of each programme and application forms are available from:

Admissions Office University of Limerick LIMERICK, Ireland Telephone (761-202015 Facsimile 061-334-859 Email admissions@ut.ie

The closing date for the receipt of completed applications is Friday 13 June 1997.