



NUI Galway
OÉ Gaillimh

★ Your University Your World ★

EXPLORE NUI GALWAY





At NUI Galway our aim is to support you to

- ★ bring out your passions
- ★ develop inside and outside of the classroom
- ★ explore new interests
- ★ remain curious
- ★ help you through the various ups and downs of your education

We hope you can use this book to

- ★ explore your aspirations
- ★ identify your strengths and interests
- ★ articulate your goals and
- ★ record your progress towards achieving these goals

All of this will help guide you on your journey to third-level education.

We also hope you'll enjoy exploring NUI Galway's history, strengths, many course offerings, unique location and our community.

Most of all, use this book as a window into how your passions can guide your individual path toward university life at one of the best universities in one of the most vibrant and fun cities in the world!

MY THOUGHTS 1

Take this page to think about what you're passionate about, what you enjoy, what you know you're interested in and what you might want to find out more about!

What am I doing when I feel most myself?

When was the last time I was very excited to do something, and what was that "something"?

When I think of how my friends would describe me or how I would describe myself, which of the following come to mind:

- ☐ always trying to help others
- ☐ interested in finding out how things work
- ☐ team player
- ☐ trying to understand other people and how they might think the way they do

What are seven things I enjoy doing?

(These can be subjects, hobbies, projects, sport – anything you want!)

1.

2.

3.

4.

5.

6.

7.

Check off as many of these that you're interested in or that you think you might be interested in learning more about:

- ☐ **problem solving and making solutions**
(take a look at Engineering or Sciences)
- ☐ **working with and helping others**
(you could check out Medicine, Nursing, Podiatry, and many more)
- ☐ **making my own or studying others' creative projects** (explore programmes in the arts, especially drama, film, or creative writing)
- ☐ **learning more about what makes people act the way they do** (look into psychology or philosophy)

- ☐ **seeing how big systems, like the government or businesses, work and how to impact them**
(you might like courses on business, law, economics, or social sciences)
- ☐ **exploring a wide variety of options and having skills that apply across a broad range of future careers** (have a look at our section on Arts degrees)

any other interests I want to keep track of...

"MY ADVICE IS TO STUDY THE SUBJECT THAT YOU LOVE WHATEVER ANY ONE ELSE SAYS. HOWEVER MUCH A JOB PAYS, YOU'LL NEVER WANT TO DO IT FOR THE REST OF YOUR LIFE IF YOU DON'T LOVE IT."

Professor Louise Allcock,
Head of the School of Zoology,
NUI Galway

Prof. Louise Allcock in the Nekton Expedition in the Seychelles.

Studying at NUI Galway

"IF YOU ARE INTERESTED IN
SOMETHING, NO MATTER WHAT IT
IS, GO AT IT FULL SPEED.
EMBRACE IT WITH BOTH ARMS.
HUG IT, LOVE IT AND ABOVE ALL
BECOME PASSIONATE ABOUT IT.
LUKEWARM IS NO GOOD."

Roald Dahl

NUI Galway was founded in 1845, and 2020 will mark the 175th anniversary since its foundation. Since then the City and University have grown together they're perfectly, entwined to create a unique, safe and exciting home away from home.

Going to university is about much more than just choosing a course- it's about the next chapter in your life.

At NUI Galway we help you build on your passion for learning and encourage and support your desire to develop as a person and explore new interests.

It is always easier to shape your future when

- ★ studying something you love
- ★ in a place where you are challenged to grow
- ★ within a community where you will be supported and nurtured

As an NUI Galway student, you will join a vibrant, caring and close-knit community. You will create lasting friendships and wonderful memories, be challenged and inspired by mentors all around you, and be supported as you reach your highest potential.

When you join the NUI Galway community, the connections you'll make will shape you and stay with you for life.

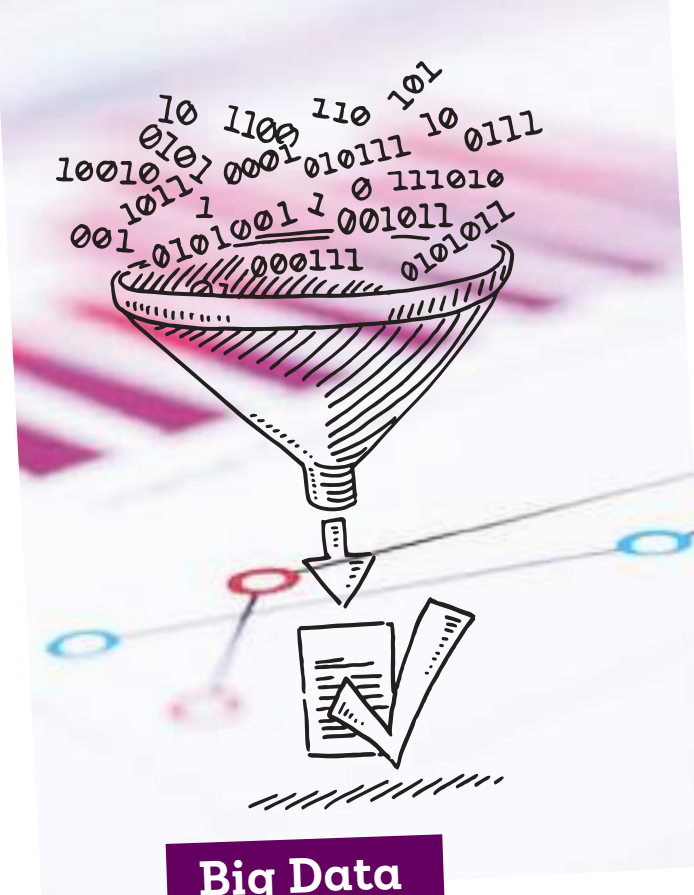
"It is very easy to get up in the morning and go into college when you are learning about what you are really interested in! You will meet people who love the same things as you do, or you will meet people who are unlike anyone you have ever met before! Either way, you will make truly great friends in your time in university" – **Conor Fennell, Science Student, NUI Galway.**



DID YOU KNOW
THAT THERE ARE
OVER 90,000
NUI GALWAY
GRADUATES AROUND
THE GLOBE.

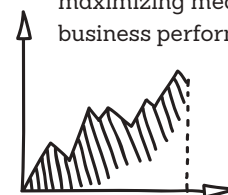


Our Research is Shaping the World



Big Data

The Insight Centre for Data Analytics at NUI Galway has over 400 researchers and more than 80 industry partners. It uses and analyzes large data sets for many purposes, such as reducing energy consumption, maximizing medical information and enhancing business performance.

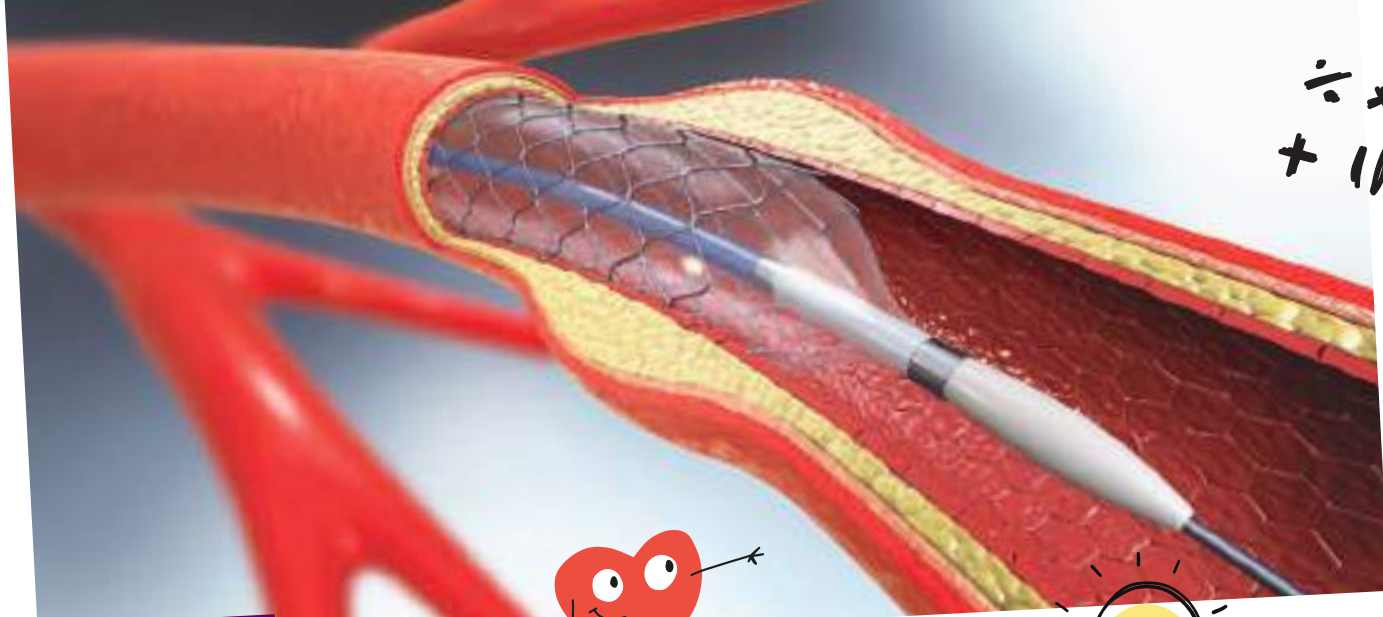


Human Rights and Equality

The Irish Centre for Human Rights, located at NUI Galway, is recognized as one of the world's leading centres for the study of human rights law and has world-leading experts in the areas of teaching, research, and advocacy.

EVERY YEAR, NUI GALWAY HOSTS MAJOR SPEAKERS ON GLOBAL HUMAN RIGHTS ISSUES WITH PAST SPEAKERS INCLUDING FORMER PRESIDENT OF IRELAND AND U.N. HIGH COMMISSIONER FOR HUMAN RIGHTS DR. MARY ROBINSON.





Medtech

Medical Technology, or medtech for short, is the area of technology and innovation that is used to support caring for individuals' health and needs at multiple levels including technological advances, facilitating getting treatments to patients and innovating medical, surgical, and bio-materials (like stents and implants), and more.

Galway is one of five global hubs for this aspect of care with eight of the world's top ten medtech companies based here. Galway is at the very heart of medtech development, and NUI Galway is an epicenter of innovation in this field. Devices designed and made in Galway, and influenced by work from our university, are saving lives worldwide.

★ 4/5 of the stents used in the world are produced in Ireland

★ 1/2 of the ventilators used in hospitals are produced in Galway

★ 1/3 of the world's contact lenses are made in Ireland

★ More than 30 million people with diabetes use injectable devices made in Ireland

★ Every eighth person you see in Galway City is involved in the medical device industry

CÚRAM (Centre for Research in Medical Devices) is a Science Foundation Ireland centre of excellence based at NUI Galway that works closely with industry to push the scientific frontiers in medical devices.



Sustainability and the Environment

Research at NUI Galway contributes to the understanding of environmental challenges and marine ecosystems worldwide and fosters the development of solutions in areas such as renewable energy and waste treatment.

In 2019, one of the **largest tidal turbine blades in the world**, manufactured here in Co. Galway, will be tested at a lab in NUI Galway where our facilities will allow it to be tested to its full 20-year lifespan.

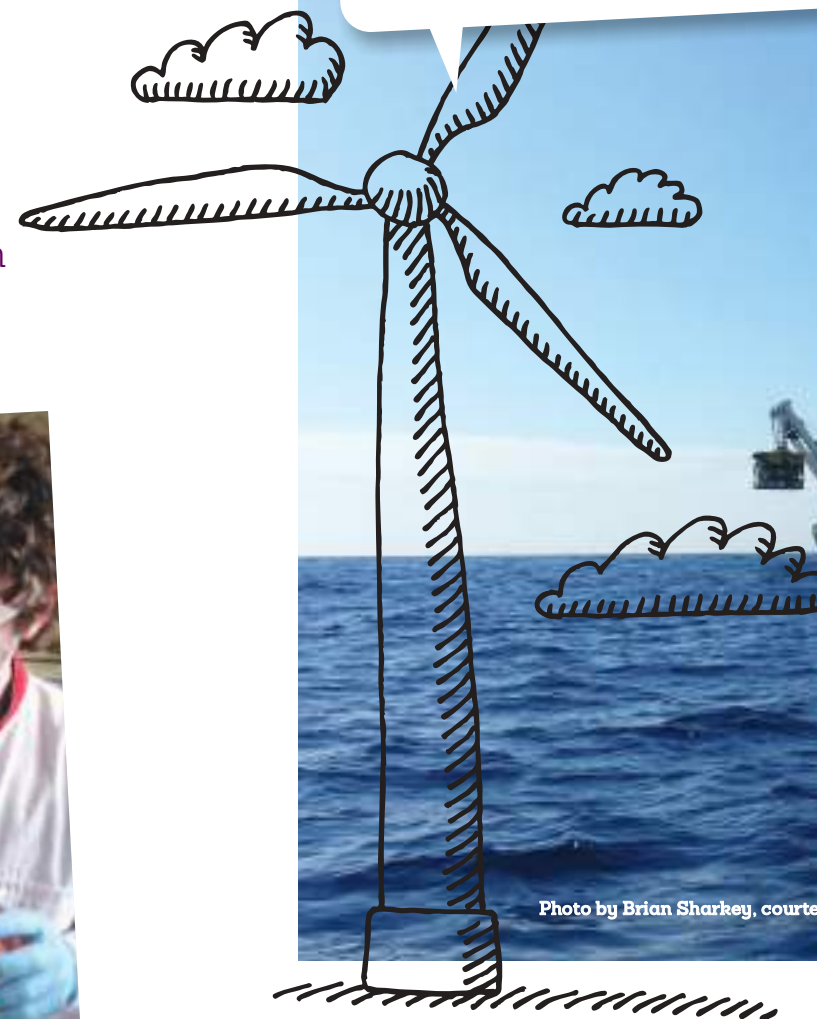
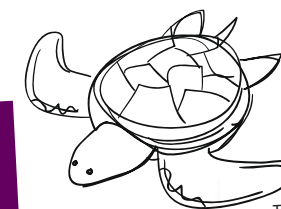


Photo by Brian Sharkey, courtesy of the Marine Institute.



In 2018, marine scientists at NUI Galway found that **73% of deep water fish in the Northwest Atlantic Ocean had ingested microplastics.**

To facilitate such a large study, NUI Galway researchers crossed the Atlantic on board the Marine Institute's *Celtic Explorer* research vessel which has been pivotal to fostering NUI Galway research projects for many years.

Some of the degrees you can choose at NUI Galway to help save the planet include:

- Bachelor of Science
- Marine Science
- Environmental Science
- Energy Systems Engineering
- Biotechnology
- Engineering
- Physics





Cillian Murphy

Social Sciences

Social Sciences is the study of groups of people, including societies and social relationships. The include economics, politics, geography, sociology and psychology. At NUI Galway, the Institute for Lifecourse and Society is devoted to the study of Family Support, Policy and Practice, and Youth Development.

The UNESCO Centre for Child and Family Research is based on the NUI Galway campus, and staff and students there undertake research and training in the area of Family, Support, and Youth Development.

The centre's focus is on prevention and early intervention for children experiencing challenges. Actor Cillian Murphy is a patron, and his commitment to the work of the Centre comes from a shared interest in empowering young people to actively engage in their communities by helping them influence change on issues that matter to them.

www.childandfamilyresearch.ie

"ENSURING THE VOICE OF YOUNG PEOPLE IS PRESENT IN MATTERS DIRECTLY AFFECTING THEM IS AN ISSUE CLOSE TO MY HEART. RESEARCH DRIVEN BY YOUTH CAN BUILD ON THEIR CAPACITY AND ENABLE THEM TO ADD THEIR VOICE AND INFLUENCE CHANGE ON ISSUES THAT MATTER TO THEM"

Cillian Murphy, Patron of the UNESCO Centre for Child and Family Research at NUI Galway.

Foundation Diploma in Youth Leadership and Community Action

Did you know that if you are aged 15-18, and are involved with Foróige or a GAA club, you can do a 1 year part-time leadership diploma? This course is designed to enable young people to develop vision, confidence, and general life skills help them become effective leaders.

BRAIN BREAK

TRUE ☐ or FALSE: ☐

APPLIED SOCIAL SCIENCES IS THE STUDY OF SOCIAL SCIENCE RESEARCH AND THEORY TO IMPROVE THE DAILY LIFE OF COMMUNITIES, ORGANISATIONS AND PERSONS.

Creativity and the Arts

NUI Galway is Ireland's leading university for the creative arts with highly regarded courses for drama, film, creative writing, digital media, publishing, journalism and more. Students studying in these areas get a unique blend of academic learning and practical experience. Many of the courses have partnerships with various aspects of the creative arts sector, including The Druid Theatre Company, The Abbey Theatre, The Galway International Arts Festival, and more, and students often get first-hand opportunities to intern with them.



DID YOU KNOW...

- THE GALWAY INTERNATIONAL ARTS FESTIVAL (GIAF) WAS FORMED BY A GROUP OF NUI GALWAY STUDENTS IN 1978
- THE FESTIVAL IS NOW ONE OF THE BIGGEST ARTS FESTIVALS IN EUROPE, LASTING FOR TWO WEEKS EVERY SUMMER AND ATTRACTING TOP ARTISTS FROM ALL OVER THE WORLD
- IN 2019, THE FESTIVAL HAD OVER 250,000 ATTENDEES AT 200 PERFORMANCES, EXHIBITIONS AND TALKS- TAKING PLACE IN VENUES AROUND THE CITY AND UNIVERSITY
- NUI GALWAY ARE PROUD TO BE THE EDUCATION PARTNERS FOR THE ARTS FESTIVAL- AMONG OTHER THINGS THIS MEANS STUDENTS CAN GET VALUABLE WORK EXPERIENCE AT THE FESTIVAL AS PART OF THEIR DEGREES



Beyond the Lecture Theatre



Choosing a university is about much more than choosing a course to study. What you study is vitally important, but so is your life outside of the classroom: where you will live, how you will spend your free time, and what supports you will have should you need them.



SUMMERTIME VIBES
IN THE CITY - OF - TRIBE\$



Dough Bros pizza restaurant in Galway City



"SPORT WAS WHAT MADE MY UNIVERSITY EXPERIENCE IN NUI GALWAY SO SPECIAL. IT ALLOWED ME TO ESCAPE THE PRESSURES OF MY STUDIES TO A PLACE I KNEW I COULD EXPRESS MYSELF, WHILE I ALSO MADE FRIENDS FOR LIFE AND MEMORIES ALONG THE WAY THAT WILL STAY WITH ME FOREVER."

Ryan Guilfoyle, B Comm, MSc Marketing Practice student, NUI Galway rugby player, Rugby League Ireland student player, who also played with Ireland 10s in Hong Kong while studying at NUI Galway.

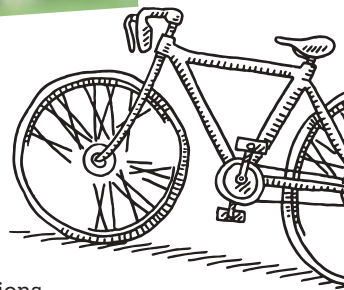
Sport is central to life at NUI Galway.



The University has produced athletes who compete at the highest levels both in Ireland and internationally, and NUI Galway students have competed at World, Olympic and Paralympic levels.

Whether you are an aspiring Olympian, want to compete for your University, or just want to stay fit and take part in a recreational sport, NUI Galway has something for you! While many athletes compete at elite competitions, inclusivity is at the heart of sport at NUI Galway.

Sport is about more than just keeping active - it brings people together and creates life-long friendships. Involvement in sport has been shown to help you perform better in exams, relax more, work better with others, cope with setbacks, and have increased energy. Sport can help you find balance in your life. With 50 different sports clubs, there is something for everyone!



Accommodation

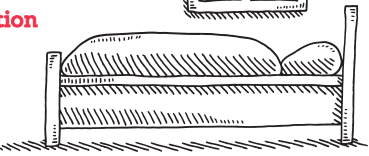
If you don't already live in Galway, there are many accommodation options to choose from- you can live on campus or choose to live nearby and walk or cycle to university.

For many, university will be the first time you live away from home, which can be an exciting new adventure and even an opportunity to live with your friends.

Living away from home helps you become independent, manage your budget, make friends, share your space and maybe even realise how valuable your family are! This can seem a little daunting, but it can be lots of fun.

In recent years NUI Galway has expanded the on-campus accommodation to almost 1,200 beds.

www.nuigalway/accommodation



Try something new!
43% of our students compete in a university sport that they have just taken up.





Volunteering

Apart from your studies there are many opportunities to get involved in the community beyond the campus through volunteering. ALIVE is NUI Galway's student volunteering programme. Volunteering is a central part of student life at NUI Galway, and you can get involved by helping out in lots of ways such as working with hospitals, schools, non-profit groups, and local charities including Seal Rescue Ireland, Barnados, Age Action Ireland, Croí Heart and Stroke Charity, Coder DoJo and many more.

Some of the benefits of volunteering are:

- ★ Getting valuable work experience
- ★ Meeting new people
- ★ Expanding on your learning
- ★ Being part of a community
- ★ Having fun!



Each year the **Best Buddies Society** at NUI Galway works with Ability West to host a Friendship Walk through campus for young adults with intellectual disabilities. Pictured are those who took part, including members of the Connacht Rugby team.



"MY FOUR YEARS IN NUI GALWAY WERE MADE MAGICAL BY VOLUNTEERING; THE PEOPLE I MET AND THE EXPERIENCES I HAD WERE JUST AS IMPORTANT TO ME AS ANYTHING I LEARNED IN LECTURES OR LABS! VOLUNTEERING HAS OPENED A LOT OF DOORS FOR ME AND LED ME TO DISCOVERING MY TRUE PASSIONS IN LIFE.

THROUGHOUT MY FOUR YEARS I HAVE VOLUNTEERED WITH

- BEST BUDDIES- A CHARITY CREATING FRIENDSHIPS BETWEEN STUDENTS AND YOUNG ADULTS WITH INTELLECTUAL DISABILITIES
- ABILITY WEST- HELPING OUT AT DAY CENTRES AND ST. JOSEPH'S SPECIAL SCHOOL SUMMER CAMPS
- TEACHING SWIMMING EVERY WEEK TO KIDS FROM TIGH NANS SPECIAL SCHOOL
- BARRETSTOWN- A MAGICAL CHARITY WHICH TRANSFORMS THE LIVES OF CHILDREN WITH SERIOUS ILLNESSES
- VARIOUS SCIENCE OUTREACH PROGRAMMES

EACH ONE OF THESE MADE MY UNIVERSITY EXPERIENCE UNFORGETTABLE, AND WHEN YOU GO TO NUI GALWAY, I URGE YOU TO GIVE VOLUNTEERING A CHANCE. GET INVOLVED - IT MIGHT JUST BE THE BEST THING YOU EVER DO!" Lucy Dockery volunteered while she was studying Science at NUI Galway.

Getting involved in a Society



What is a society? A bit like a sports club, NUI Galway has over 100 societies where people with a common interest come together. So whether your interest is in Harry Potter, baking, DJ-ing, African Caribbean culture, zoology, debating, films or protecting the environment, you're sure to find new friends who share your interests. It's also possible to set up your own Society if it doesn't already exist.

Societies are fun places to gather, and there are lots of events during the year. They can also be a place for fostering skills such as leadership, event management, communication, and fundraising.

DID YOU KNOW NUI GALWAY OFFERS A RANGE OF SCHOLARSHIPS FOR STUDENTS? FIND OUT MORE: WWW.NUIGALWAY.IE/SCHOLARSHIPS

Getting Support at University

Life does not always go smoothly, and there will always be some bumps in the road. That is why at NUI Galway you will have a whole range of supports to help you with any challenges which may arise. There are teams of people to help including our Student Health Unit, Counselling Services, Career Development Centre, and many more. So whatever you may go through, at NUI Galway we strive to make sure everyone can succeed and reach their full potential.



UNIVERSITY JARGON BUSTER

Universities tend to use specific terms for things that you might not yet know, but that doesn't mean you won't soon feel comfortable using them to learn more and ask questions. Here's a list of a few that are helpful to know, and you can always come back to this list as a guide!

Campus - the land a university is built on. Some universities are mixed in with cities and don't have a defined campus; others have a distinctive campus.

Programme - another way to refer to the course you will study.

Lectures - a lecture is like a class – it is a way of teaching in a group setting, sometimes as big as a lecture hall or theatre, usually with a professor giving information to a large group at once.

Lecture theatre - tiered rooms designed to accommodate large groups of students – picture the type of big, tiered classrooms you often see on TV or in films!

Tutorial - a tutorial is a place for learning in a smaller group, usually based in a classroom. In university, you may have lectures for large group learning and smaller group tutorials with tutors (or teachers) where you have the opportunity to discuss, ask questions, and clarify what you learn in lectures while you participate in activities and present work.

Semester - a half-year term in university. Typically university is divided into two semesters each year, both approximately 12 weeks long.

Module - a unit of learning usually studied over one semester. You can think of it somewhat like a class on a particular subject. Each module has a credit value, normally 5 or 10 credits.

Core module - a compulsory module that you must study as part of your degree. An optional or elective module is one that is not compulsory; at university, you will typically chose a number of optional modules in addition to your core modules.

Assessment - a way of evaluating your work and performance at university which can include exams, essays, group work, presentations, case-studies, and more. Ways in which you will be assessed vary across programmes and modules.

Degree - a degree is what you get awarded once you successfully complete your university programme. Often the first degree you are eligible to receive from a university is called a bachelor's degree. There are different levels, and typically university degrees in Ireland are at Level 8.

Masters - a masters is a qualification you can study for after you are awarded your bachelor's degree. Typically they take one year to complete (though sometimes two years) and are awarded at level 9.

PhD - a PhD, or doctorate, is the highest level of education you can get. It means you are an expert of your subject, and people with a PhD are called a 'doctor' regardless of subject (not just for medicine!). You can get a doctorate in many areas of study ranging from science to engineering to Arts.

Students Union - a university's student union is the student -elected government. They are dedicated to helping other students through support and advocacy for a range of student issues as well as running social activities on campus.

Orientation - orientation week is the welcome week to help first-year students get an introduction to university. Usually during orientation week students get introduced to the campus, get their timetables, and take up fun, social opportunities to meet with other new students.

Study week - time given at the end of each semester and before you sit exams you are normally given study time to prepare for exams.

Scholarships - there are many types of scholarships given, and some are awarded as a financial contribution while others at NUI Galway grant additional CAO points. Scholarships can be granted for achievements inside the classroom, like academic achievements, or outside of the classroom, like excellence in sports or creative arts including writing, music, drama, or film. Financial scholarships help you pay for your degree.

SUSI grant - in Ireland, Student Universal Support Ireland (SUSI) is the organisation that awards all student grants/state funding. Students (and parents) can apply online for SUSI grants.

Open Days - specific days when you can visit a university, meet lecturers and those who will be teaching on your course, and interact with current students. At a university open day you will often attend lectures, visit student accommodation, take a tour of the campus, and have the opportunity to meet with the university's current students. It is a great opportunity to ask questions. It really helps to visit a campus before you make your mind up about a course, and it especially helps to visit with a friend or family member whose opinion you can trust.

Taster Days - these are opportunities to get a sample lecture or even a full sample day of lectures. At NUI Galway, there are Taster Days for secondary school students in Arts, Engineering, Science and more.

Matriculation - the minimum requirements for entry to the University

MY THOUGHTS 2



What stood out to you as most interesting so far about NUI Galway?

Was it something that you expected based on your answers on pages 4 & 5 or something new you'd like to learn more about?

Our life experiences shape who we are and who we become. Throughout life, each of us face many highs and lows and challenges and rewards. While we may not control all of our circumstances, how we respond and the goals we set can shape our brains to determine the person we become.

Knowing your strengths and what you enjoy will help you discover what university courses and activities outside the classroom will most interest you. Reflecting on what motivates you to keep going through challenges will help you achieve your goals in those areas and beyond.

"BE BRAVE TO EXPLORE DIFFERENT SUBJECTS AND ACTIVITIES TO SEE WHAT YOU DO AND DON'T LIKE. INDEED, LEARNING WHAT YOU DON'T LIKE WILL HELP YOU FIND WHAT YOU DO LIKE. ALL LEARNING WILL BE USEFUL TO YOU."

Dr. Ann Torres, Senior Lecturer in Marketing, NUI Galway

Try to remember your greatest challenge from the last year, and think about the following questions:

1. How did you respond to it?

2. What were the strengths to the approach that you took?

3. What were the areas for improvement in how you responded to the challenge?

4. What did you learn about yourself in managing this challenge?

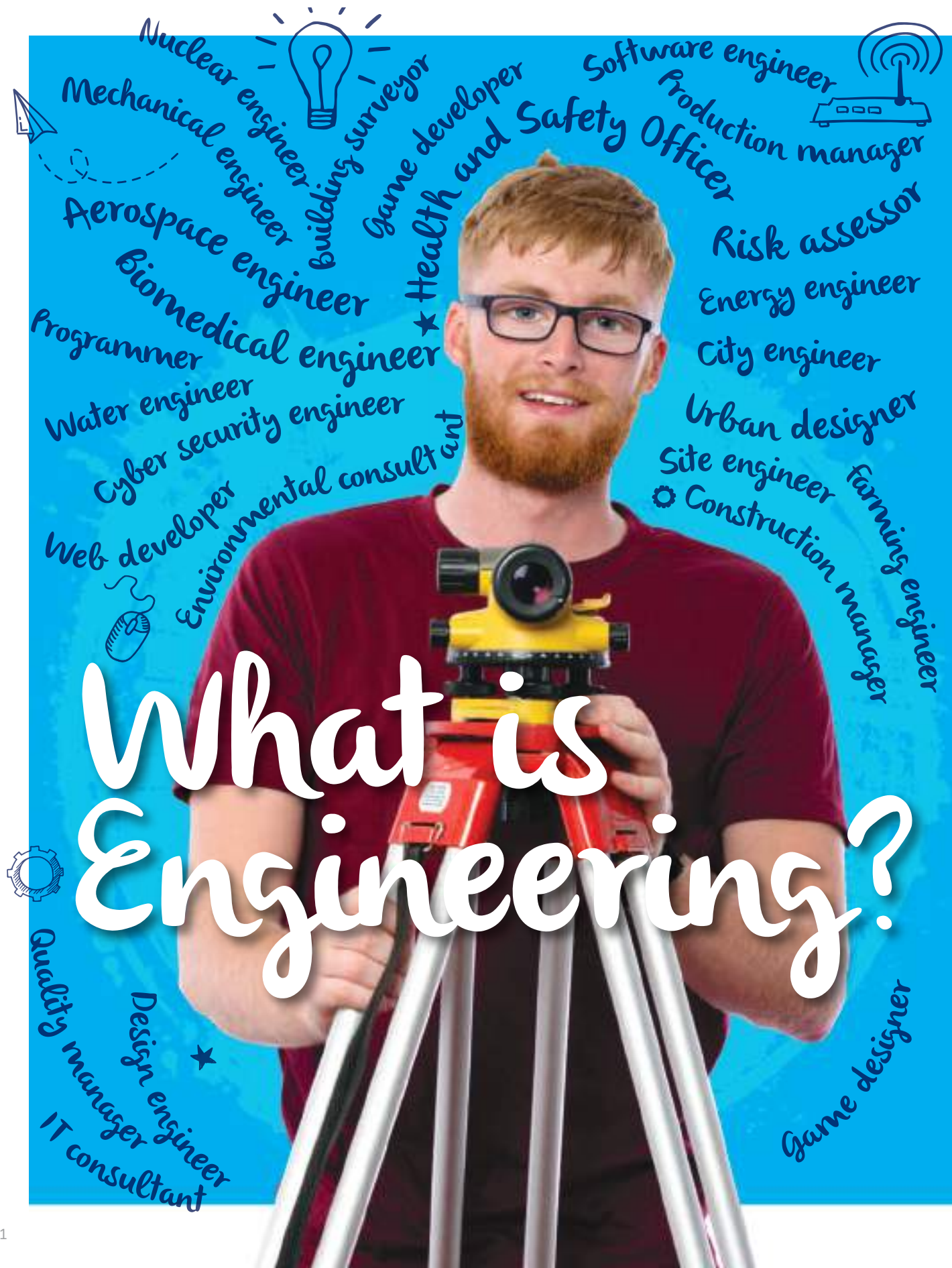
How did the challenge shape you as a person? What did you learn about yourself in overcoming it?

Being mindful of what motivates us can often lead us in the direction of maximizing our potential. Keeping track of our strengths and areas to improve can help make more of our goals attainable, and always remembering what we enjoy can help shape the goals that will last a lifetime, both in courses of study and beyond.



Courses & Careers

WITH OVER 70 COURSES TO CHOOSE FROM AT NUI GALWAY, WE'D LIKE TO GIVE YOU A FLAVOUR OF WHAT IS ON OFFER. WHEN IT COMES TO CHOOSING YOUR COURSE YOU CAN EXPLORE ALL OPTIONS IN MORE DEPTH.



What is Engineering?

FIXED MINDSET

- ✗ I'm not good at maths.
- ✗ Engineering is just for boys.
- ✗ I'm not creative.
- ✗ I don't know any engineers.
- ✗ I don't know what engineers do.

THE BRAIN
HAS AN
INCREDIBLE
POWER
TO LEARN.

GROWTH MINDSET

- ✓ I am passionately curious.
- ✓ I can improve my maths through practice and work.
- ✓ Mistakes help me learn.
- ✓ I can develop my creative skills.
- ✓ Engineering is all around us. Even the pen in my hand involves engineering.
- ✓ I don't know what engineers do YET.

Green Building

NUI Galway is the only university in Ireland to offer a degree in Energy Systems Engineering, and the Engineering Building was designed using green building initiatives including: high-tech renewable energy systems, rainwater recycling, ground source heat pumps, low-embodied energy construction materials and environmentally friendly heat generation systems using carbon-neutral biomass.

Living Laboratory

In the building, you're able to see pipes, electrical wires, and other construction properties as the services were left exposed and parts of the foundation and structure are left on show so that they can be used as a teaching tool.

The Engineering Building is 14,100m², four stories high, and designed to be able to be extended to have another floor if needed in the future.

FACT

The new Alice Perry Engineering Building was opened in 2011 as the largest Engineering School in Ireland. The building is also award winning, voted Ireland's favourite new building in the Public Choice Awards at RIAI Irish Architecture Awards 2012.

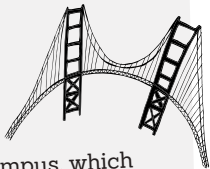
Interested? Want to read more, go to - www.nuigalway.ie/new-engineering-building/



Michael O'Shaughnessy Bridge



The O'Shaughnessy Bridge on the NUI Galway campus was named after Michael O'Shaughnessy, who graduated from Civil Engineering at NUI Galway in 1884. In 1912, he was appointed City Engineer of San Francisco where he undertook the design and construction of many amazing structures after the disastrous earthquakes and fire of 1906. His projects included the tramway, the water and electricity supply, the Twin Peaks Tunnel, and the iconic Golden Gate Bridge.



The design of the O'Shaughnessy Bridge on campus, which is a suspension bridge over the Eglington Canal connecting NUI Galway to Galway City, is a nod to his design of the Golden Gate Bridge.

"WHEN I WAS YOUNG, I WAS INTERESTED IN SPORT AND I KNEW I WANTED TO STUDY THINGS TO DO WITH THE BODY, BUT I DIDN'T WANT TO TREAT ANY PATIENTS. I LIKED MATHS AND PHYSICS AND SO, EVEN THOUGH I WASN'T TOO INTERESTED IN CARS, BRIDGES OR PLANES, I STUDIED ENGINEERING, NOT MEDICINE OR PHYSIOTHERAPY ... LUCKILY ENOUGH FOR ME, I FOUND MY WAY INTO BIOMEDICAL ENGINEERING, WHICH IS A PERFECT MIX OF BOTH!. SO IF YOU EXPLORE ALL OPTIONS, YOU WILL FIND THAT THERE ARE CAREERS OUT THERE THAT YOU DIDN'T KNOW ABOUT BUT WILL SUIT YOUR INTERESTS."

Prof. Laoise McNamara,
Professor of Biomedical Engineering,
NUI Galway

Student Engineering Project:

Meet the Geec team!

The Galway Energy Efficient Car (Geec) is one of the world's most energy efficient cars built by a team of 24 Mechanical, Electrical and Electronic, and Energy Systems Engineering students at NUI Galway alongside their Academic Mentors.

Each year, the team works to design, build, test, and manage the next generation car to compete in the Shell Eco Marathon Europe Race where the winner is the car that uses the least energy or fuel. The NUI Galway team won the Technical Innovation Award in 2018 at the event!

The Geec is the first and only Irish team in the world's top ultra-efficiency competition, and the team has designed the most energy-efficient car ever built in Ireland.

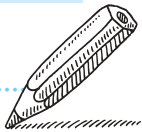
The current Geec does 10,500 miles per gallon and is made of carbon fibre composite aerodynamic body over an aluminum chassis. Power comes from a lithium polymer battery, and the Drivetrain Team Leader for 2019 shown here is Laura Drudy.

Are you interested in joining the team and working on the next Geec? Visit www.thegeec.ie



What Engineering degrees could you be interested in at NUI Galway?

THE DEGREE:	THE BASICS:	I'M INTERESTED:
Engineering (Undenominated)	Learning about all areas of engineering, giving you time to choose your specialty later.	<input type="checkbox"/>
Biomedical Engineering	Designing and developing medical devices and technologies to improve healthcare.	<input type="checkbox"/>
Civil Engineering	Planning, designing, constructing and maintaining buildings, motorways, railways, and facilities.	<input type="checkbox"/>
Computer Science and Information Technology	Utilizing core computer science concepts through software engineering	<input type="checkbox"/>
Electrical and Electronic Engineering	Studying all aspects of the design of electronic systems and devices.	<input type="checkbox"/>
Electronic and Computer Engineering	Designing software and hardware for the global electronics industry.	<input type="checkbox"/>
Energy Systems Engineering	Designing and building energy systems that change the way we use, store, and produce energy.	<input type="checkbox"/>
Mechanical Engineering	Designing and making devices and machines.	<input type="checkbox"/>
Project and Construction Management	Crafting engineering, business, and management skills to be able to manage construction projects.	<input type="checkbox"/>



Geologist
Meteorologist
Mathematician
Zoologist
Research Scientist
Fish farm manager
Nutritionist
Teacher
Forensic scientist
Toxicologist
Astronomer
Lab technician
Biomedical scientist
Marine scientist
Farm manager
Nature conservation officer
Physicist
Journalist
Environmental scientist
Geneticist
Biotechnologist
Healthcare scientist
Marine biologist
Environmental consultant

What is Science?

So, you want to be a scientist? Or, maybe, you're not sure? Let's think about why you might study Science.

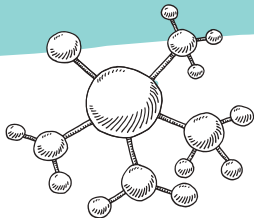
The first thing to consider is that not all scientists wear white coats and work in laboratories! Some do, but many other scientists work in lots of surprising places including in the production of foods, drinks, medicines, electronics, cars, aeroplanes, and much more! They also predict the weather, find cures for diseases, and find solutions for climate change.

How we live our lives is changing at a remarkable speed, and scientists are needed now more than ever to help solve new problems and develop new ideas for the changing world. For example, scientists have invented the phones and computers we use all-day, every-day and the "smart" technologies we use to make our lives easier, including getting taxis, take-away food, and online shopping. Scientists now and in the future will continue to develop more ways to adapt to and enhance in a fast-paced world!

Without Science, we wouldn't understand how nature and the world work. We also wouldn't be able to design new solutions to problems or to evaluate how our systems are working. Though we might not always appreciate it, without science, our modern lives would be very, very different!



'Cell Explorers' is an NUI Galway initiative where University students reach out to primary schools to teach pupils about molecular and cell biology.

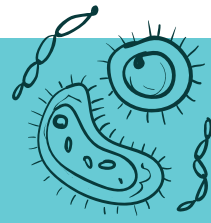


No matter which area of science you might be considering, most scientists rely on a core set of skills.

Core skills for scientists	I am good at this	I want to work on getting better at this:
Understanding problems and asking the right questions	<input type="checkbox"/>	<input type="checkbox"/>
Gathering evidence – usually from experiments	<input type="checkbox"/>	<input type="checkbox"/>
Analysing the evidence	<input type="checkbox"/>	<input type="checkbox"/>
Making decisions based on the evidence	<input type="checkbox"/>	<input type="checkbox"/>
Communication – and explaining the evidence to others	<input type="checkbox"/>	<input type="checkbox"/>



Very commonly, scientists study at university for a 'Bachelor of Science' (B.Sc.) degree to develop those core skills through lectures, laboratory classes, and even field trips. This training prepares new scientists for a huge range of exciting careers.



FACT

38,000 people in Ireland are employed in the medtech sector, and Ireland is the second largest employer of medtech professionals in Europe.

[Source: Irish Medtech Association]

Top Five Reasons to study Science at NUI Galway.

1 Unique Subjects: We offer unique degree courses, such as our B.Sc. in Marine Science which is the only marine science degree in Ireland letting students focus on the study of the oceans. Our B.Sc. in Biopharmaceutical Chemistry is unique in its approach combining biology, chemistry and pharmacology.

2 Unique Location: We're surrounded by the Atlantic Ocean to the west, Connemara to the north, the Burren to the south, and the River Shannon to the east. We even have Ireland's two national research ships docked in the city centre! Especially for scientists interested in marine science, environmental science, geology, ecology, botany, zoology, conservation, microbiology, oceanography, climate and atmospheric science, hydrology, and soil science, Galway's location for outdoor labs cannot be beaten and its importance cannot be overstated.

3 Top Scientists: Some of the world's top scientists work at NUI Galway, and they're eager to share their passion for science by teaching students.

4 Employability: Our students are highly sought after by employers. As a student at NUI Galway, you may also be able to work hands-on with some of these future employers during your time of study.

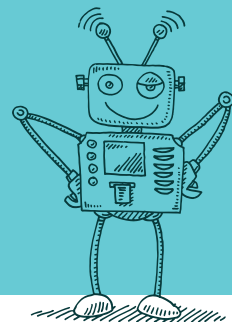
5 Study Abroad: We offer our students the chance to study in the USA, across Europe, and in Hong Kong.

It is possible to specialise in any one of 30 different areas of Science at NUI Galway, so there's bound to be something for you with us!

BRAIN BREAK

WHICH OF THE FOLLOWING COURSES IN NUI GALWAY ARE INVOLVED IN THE STUDY OR DEVELOPMENT OF MEDICAL DEVICES?

- A. BIOMEDICAL ENGINEERING
- B. BIOMEDICAL SCIENCE
- C. BIOTECHNOLOGY
- D. MEDICINE
- E. MECHANICAL ENGINEERING
- F. PHYSICS



"From when I was only a kid, I always wanted to be a scientist, and through going to university, I had the chance to realise that dream. In my primary school, we seemed to learn more about religion or English and Irish grammar than we did about science and the world around us!

In secondary school I had a better opportunity to learn about science, but everything we learned was for the sake of doing exams and not for the actual love of learning (which does exist by the way).

When I got to university, I was given the opportunity to focus on one subject for four years. In university I learned more about science in my first year than I did in the previous 14 years of primary and secondary school!

Now I am a scientist wearing a white lab coat and carrying out experiments, just how I imagined I would be when I was young."



BRAIN BREAK

HOW MANY PRIMARY SCHOOL STUDENTS HAVE THE CELL EXPLORERS VOLUNTEERS REACHED SINCE IT WAS FOUNDED IN 2012:

- A. 1,100
- B. 5,500
- C. 6,600



What is Medicine, Nursing and Health Sciences?

Nurse
Pharmacologist
Medical sales rep
Sports Physician
Clinical researcher
Podiatrist
Public health nurse
Surgeon
Exercise physiologist
Paediatrician
Cardiologist
Mental health nurse
Pathologist
Midwife
ER doctor
Radiologist



Speech and language therapist
Clinical trials technician
Immunologist
Health play specialist
Occupational Therapist
Paramedic
Children's nurse
Psychologist

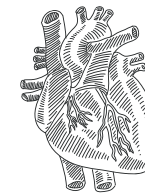
MEDICINE AT NUI GALWAY

Studying Medicine, and becoming a doctor, can be one of the most rewarding career paths there is, especially for those who love combining care for others with scientific knowledge of the body.

Medicine has been taught at NUI Galway since the foundation of the University- that's almost 175 years of experience in teaching and learning- giving it a reputation for excellence in preparing students for a challenging and ever-changing healthcare career. As well as the exceptional standard of teaching, there is an emphasis on training students to be outstanding communicators, which is essential to becoming excellent doctors.

The Medicine degree at NUI Galway combines theory learning with practice-based learning in state of the art facilities. In addition to the core curriculum there is a range of Special Study Modules including:

- ★ Paramedic Medicine
- ★ Exercise Physiology
- ★ High Altitude Medicine
- ★ Homelessness Project
- ★ Medical Electronics
- ★ Basic Surgical Skills
- ★ Asylum and Refugee Healthcare
- ★ Sign Language
- ★ Teenage Mental Health Promotion and many more options.



"Looking back on my formative years as an adolescent, I think of my late sister, Breda. She was 17, just 3 years older than me, when she took her own life. From this terrible trauma I grew to understand human suffering and to be more mature and empathetic towards others. I also learned how to nurture curious young minds so that they might achieve their full potential, and this has led me into a career in higher education. Life is precious, and we should try to make the most of the opportunities and talents we are given. My advice to the teenagers of today would be to work hard towards achieving your personal goals, to respect yourself and others, and to be resilient and stoic in the face of inevitable setbacks in life. Give back to society by developing your knowledge and skills so that you can help others on their own journey. Develop healthy habits now, and they will serve you for a lifetime."

Professor Gerard Flaherty, Professor of Medical Education, NUI Galway



TEDDY BEAR HOSPITAL



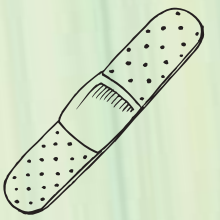
Each year hundreds of primary school children bring their sick teddy bears to the Teddy Bear Hospital at NUI Galway where they get assessed, x-rayed and treated by NUI Galway medical students. This is a wonderful way to breakdown the fear children may have about going to hospital or being treated by a doctor.

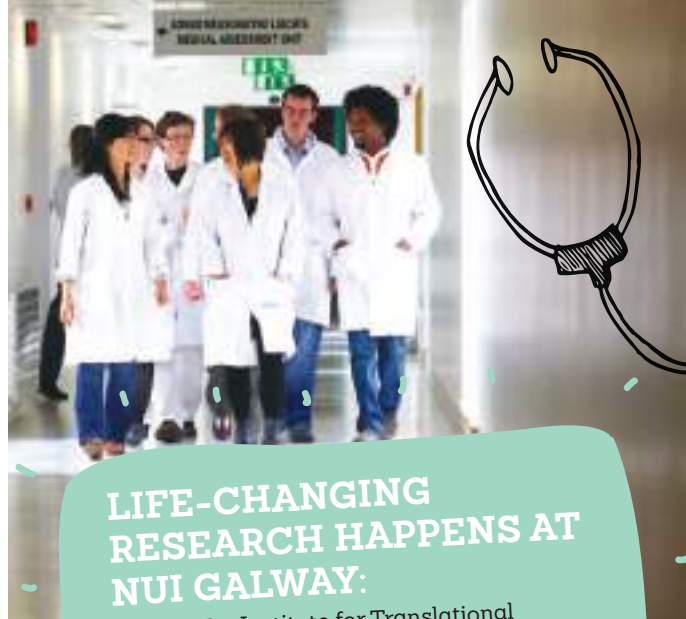
"I THINK GOALS SHOULD NEVER BE EASY. THEY SHOULD FORCE YOU TO WORK, EVEN IF THEY ARE UNCOMFORTABLE AT THE TIME."

Michael Phelps

"NUI GALWAY PRODUCES SAFE DOCTORS, KIND DOCTORS."

Professor Peter Dockery, Professor of Anatomy, NUI Galway.





LIFE-CHANGING RESEARCH HAPPENS AT NUI GALWAY:

The Lambe Institute for Translational Research and The Health Research Board Clinical Research Facility, based on the Galway University Hospital grounds, are both part of the NUI Galway medical research facilities.

Amazing things happen when the lab bench meets the hospital bed, and these state-of-the-art facilities allow scientists and clinicians to work together on the latest cancer and medical technologies.

WHAT DO NURSES DO?

Nurses play a significant role in hospitals and practices and make up the biggest percentage of health care workers. They work in teams to provide in preventative, curative, rehabilitative, and supportive nursing care to individuals, families or groups. Nurses and midwives also play an important role in promoting good health.

At NUI Galway, studying Nursing is a four-year degree course that qualifies you to become a nurse.

The first three years take place in the University in a new purpose-building. The degree is a mix of classes, theory-based learning and clinical practice. From January to September of fourth year, students work for and are paid by the Health Services Executive (HSE). Over the course of the degree, nurses spend over 560 hours in work placement.

DID YOU KNOW THAT THE SCHOOL OF NURSING AT NUI GALWAY IS RANKED IN THE TOP 100 NURSING SCHOOLS IN THE WORLD?



WHAT DOES A SPEECH AND LANGUAGE THERAPIST DO?

Speech and Language Therapists work with a range of patients or clients, young and old, who cannot communicate through normal means or those who have swallowing disorders. They work closely with their patients to develop a specific treatment programmes to improve their communication. The Speech and Language degree at NUI Galway takes four years and is both theory and practice driven. Students spend at least 450 hours in practice- 300 or more of which will be with a speech and language therapist.

Speech and language therapists work with a whole range of clientele:

- ★ With children who have speech disorders
- ★ With people who have stammers
- ★ With people who have had injuries (such as brain trauma or stroke) resulting in a speech or language disorder
- ★ With people who have eating, drinking, or swallowing problems



WHAT IS PODIATRIC MEDICINE?

Podiatric Medicine is the medical study and treatment of the foot, ankle, and lower limb. A podiatrist will treat patients of all ages and stages of life with a range of different problems including sports injuries, wound care, and management of diseases affecting the foot such as diabetes and vascular disease. Podiatrists can also perform minor surgical procedures.

DID YOU KNOW THAT NUI GALWAY IS THE ONLY UNIVERSITY IN THE REPUBLIC OF IRELAND WHERE YOU CAN STUDY PODIATRY/PODIATRIC MEDICINE?



Could you be an exceptional doctor?

Characteristics of exceptional doctors:

This describes me:

Compassionate

☐

Strong Work Ethic

☐

Professional

☐

Confident

☐

Humble

☐

Passionate

☐

Good Communication Skills

☐

[Adopted from: 7 Essential Qualities of a Physician-
<https://www.auamed.org/blog/7-essential-qualities-physician-2/>]

WHAT DO MIDWIVES DO?

Despite the name, midwives can be of any gender and are health professionals who help women during pregnancy, labour, delivery and after the birth of their babies. Training to become a midwife takes four years. NUI Galway's School of Nursing and Midwifery has a specific building with labs and wards so that students can learn the skills necessary for their future professions in a state-of-the-art simulated hospital environment.



WHAT IS AN OCCUPATIONAL THERAPIST AND WHOM DO THEY HELP?

Occupational therapists help people (children and adults) do the everyday tasks that they struggle to do because of illness, injury, disability, or other challenging life events. Occupational therapists may help people who have had a stroke, spinal cord injury, mental health problem, or conditions such as cerebral palsy. The aim of an Occupational Therapist is to help people live as independently as possible.

Occupational therapists work in places such as:

- ★ Hospitals
- ★ Voluntary organisations
- ★ Mental health organisations
- ★ Child and adolescent services
- ★ Physical and sensory services
- ★ Disability services
- ★ Community rehabilitation services

Occupational therapists differ from Physio therapists in that OT focuses on improving a client's ability to perform activities of daily living and PT improves the ability to perform movement of the human body.

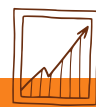


DID YOU KNOW: OCCUPATIONAL THERAPISTS USE THE TERM 'OCCUPATION' TO DESCRIBE ALL THE THINGS WE DO TO: TAKE CARE OF OURSELVES AND OTHERS, SOCIALISE AND HAVE FUN, AND WORK AND CONTRIBUTE TO SOCIETY.

What is Business, Law and Human Rights?



Statistician



Business analyst

Financial trader



*

Economic

Analyst

Public finance

accountant

Human Rights

lawyer

Guard

Event manager

Banking

Youth worker

Prison officer

Stockbroker

Accountant

Detective

Marketing manager

Barrister

Business development manager

Tax advisor

Judge

Financial risk analyst

Human Resources Manager

International aid worker

Accountant

Detective

Data analyst

Prison officer

Stockbroker

Business at NUI Galway

There are several ways to study Business at NUI Galway- all of which mean you will be qualified to work in various sectors of the business world. Graduates of NUI Galway's business degrees are highly sought after by the world's largest industries.

- ★ **Bachelor of Commerce (BComm)** – a three-year business degree where you specialize in your final year in one area, for example finance, business law, or international business among others.
- ★ **BComm with French, German, Spanish or Gaelige** – a four-year programme where you can study a language along with your commerce degree.
- ★ **BComm Global Experience** – a four-year programme including guaranteed work placement and/or study abroad (through English) in year three. Most work placements are paid placements.
- ★ **BComm Accounting** – a three-year degree which combines a broad business degree with the study of accounting.
- ★ **BBS/BComm International Hotel Management** – a programme is offered through Shannon College, an NUI Galway school, lasting four years and nine months. Students focus on business and hotel management and work for 21 months of the programme to gain invaluable experience in the industry.
- ★ **Business Information Systems** – a four-year business and technology programme where you can learn how to create the technology that underpins business in the modern world.



The J.E. Cairns School of Business and Economics at NUI Galway won 'Business College of the Year' at the Education Awards 2019.

Deloitte, a leading global auditing, consulting, risk management, advisory, and financial firm have partnered with NUI Galway to provide funding to BComm Global Experience students to support them while on their year abroad as part of their degree.



Top reasons to study business:

This appeals
to me

Skills you learn through studying business can be easily transferred to lots of careers and industries. These are called transferable skills.

☐

The salaries of business graduates can be very attractive. The possibility to have a good salary from your degree is called high earnings potential.

☐

A business degree means you can use your skills and knowledge in areas such as accountancy, finance, marketing, human resources and economics to broaden your horizons and work in almost any industry you have a passion for.

☐

Business students are strongly encouraged to work or study abroad as part of their degree. This gives them a really good understanding of how the world works. This is called gaining a global perspective.

☐

There is a high demand for business graduates. Many companies are hiring graduates of business degrees which means there is great variety in the jobs available locally, across Ireland, and even internationally.

☐

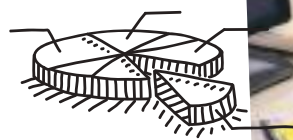
Students who like a challenge, who are logical thinkers, and who are interested in how companies make money often choose a business degree to prepare them for a career as a manager, business professional, or entrepreneur.

☐

Do you want to be your own boss? A business degree is a great place to start as you learn how to manage money, write business plans, and prioritize your future customers.

☐

Adapted from 11 Awesome Reasons Why You Should Study Business (www.businessstudent.com)



DID YOU KNOW THAT NUI GALWAY SCHOOL OF LAW WON THE TITLE 'IRISH LAW SCHOOL OF THE YEAR' IN 2019?



LAW at NUI Galway

At NUI Galway we have been teaching law since 1849, and the School of Law at has a variety of modern law degrees that provide paths to traditional professional law careers and many other careers too:

- ★ Law
- ★ Law and Business
- ★ Law and Human Rights
- ★ Law and Taxation
- ★ Law, Criminology and Criminal Justice
- ★ Law with Arts

We have many famous law graduates who are shaping the legal world. Studying history is a good subject to help prepare you to study law.



Law degrees at NUI Galway have an international focus and students are offered the opportunity to study abroad with partner universities across Europe, in Canada, China, and the USA.

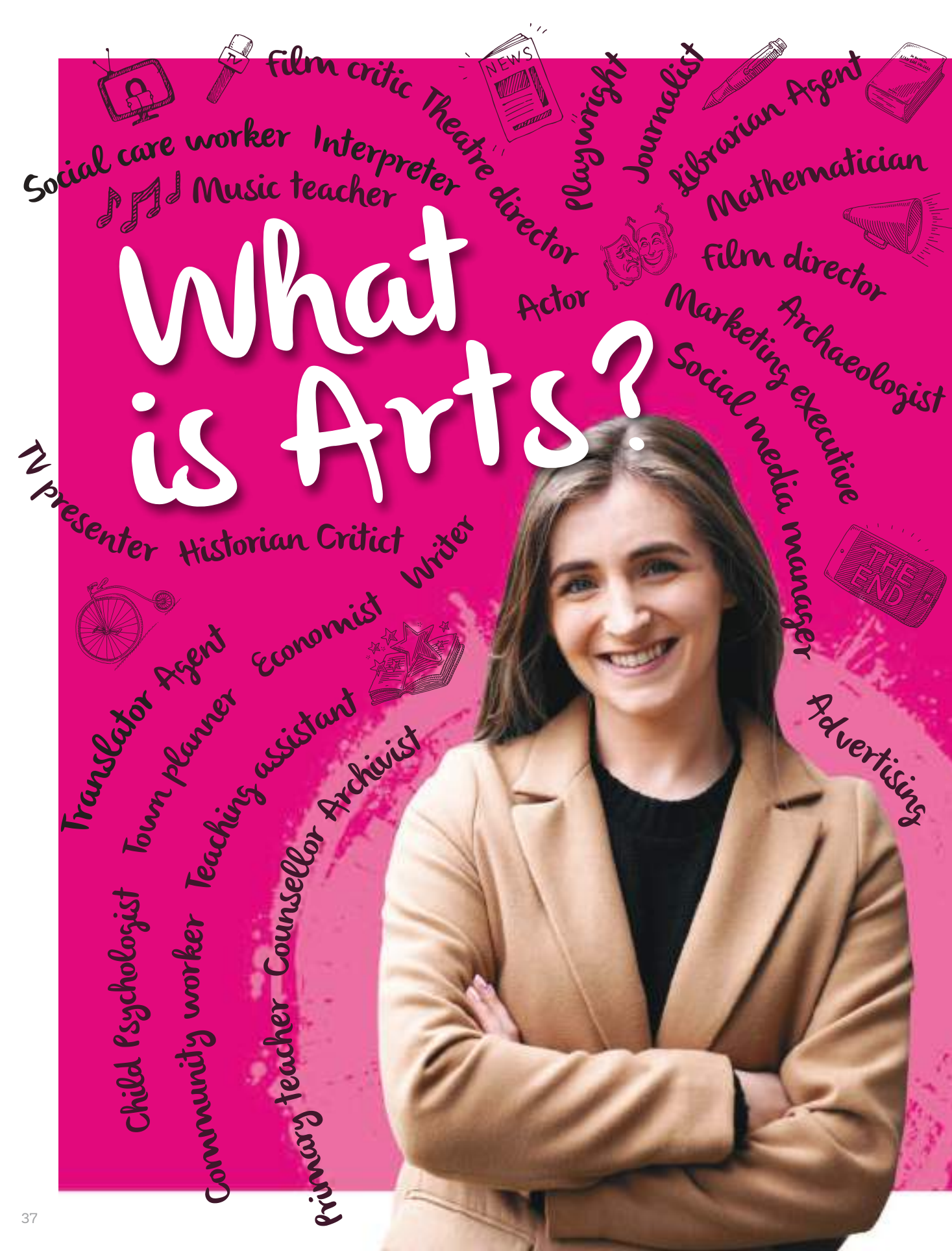
Students also get the opportunity to apply for internships in various prestigious locations in Ireland and the United States.

BRAIN BREAK
THE IRISH CENTRE FOR HUMAN RIGHTS IS BASED:
A: IN THE PHOENIX PARK
B: IN BELFAST
C: ON THE NUI GALWAY CAMPUS



The study of Human Rights is closely aligned with those of ethics and morality. The Irish Centre for Human Rights, part of the School of Law and based on the NUI Galway's campus, is one of the world's leading academic human rights institutions dedicated to the study and promotion of human rights, international criminal law, and humanitarian law. The Centre attracts high-level Human Rights policy makers, practitioners, lawyers, and experts from all over the world, including Dr. Mary Robinson, former President of Ireland and former UN Commissioner for Human Rights.





What is an Arts degree?

Bachelor of Arts degrees are incredibly diverse and include a wide range of subjects from Archaeology, Children's Studies, History, English, Psychology and Languages to Film and Digital Media, Mathematics, Economics, Geography, Cumarsáide, and Sociology and Political Studies. In fact, there are over 365 different subject combinations with an Arts Degree at NUI Galway, making it one of the country's biggest and most popular degree choices.

What makes Arts degrees from NUI Galway different?

Across our course range, we aim to foster values and skills that will give you the expertise necessary to change society for the better.

Graduates of Arts degrees at NUI Galway learn:

- ★ to develop analytical skills
- ★ to communicate precisely and effectively
- ★ to work well both on their own and in teams
- ★ to assess information critically
- ★ to think innovatively
- ★ to act independently
- ★ to have confidence in their opinions
- ★ to work to deadlines

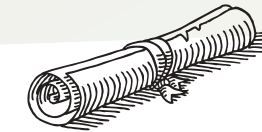
What careers do Arts graduates do?

An Arts degree from NUI Galway will provide you with a broad range of skills relevant to many careers, and many Arts graduates have gone on to specialise in areas including:

- ★ primary or secondary teaching
- ★ media studies
- ★ creative sectors, such as writing, film making or drama
- ★ careers in government or politics
- ★ social work
- ★ translating or interpreting
- ★ historian, archivist or librarian
- ★ psychology
- ★ archaeology and much, much more.

Employers value our Arts graduates for their abilities to think critically and communicate effectively as well as their creativity, versatility, and understanding of people, world issues, and social sciences.

Many students may choose Arts because they want to study a broad range of subjects at the start of their degree and specialise after they have had a chance to discover what they are most passionate about.



"TRY TO KEEP AN OPEN MIND AND MAKE DECISIONS THAT ALLOW YOU HAVE THE MOST OPTIONS IN THE FUTURE. LISTEN TO ADVICE BUT IN THE END ASK YOURSELF WHO YOU ARE AND WHO YOU WANT TO BE IN THE FUTURE, NOT WHAT OTHERS THINK YOU SHOULD BE."

Professor Ray Murphy,
Professor at the Irish Centre for Human Rights

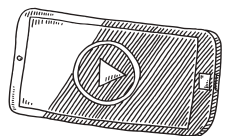
Special Scholarships for Creative Arts!

Do you hold exceptional artistic talent? NUI Galway rewards excellence outside the classroom by giving 40 bonus CAO points for exceptional talent in the areas of:

- ★ Creative Writing
- ★ Digital Arts and Media
- ★ Drama and Theatre
- ★ Music
- ★ Film
- ★ Non-Fiction Writing, including Journalism

Students applying for all university courses (with the exception of GY501, Medicine) are eligible to apply for Creative Arts Performance Points, including those hoping to pursue degrees in areas different from their artistic talent. Find out more!

www.nuigalway.ie/creativeartspointspoints



FIND YOUR ARTS DEGREE

Which of the following best describes why you might think an Arts degree could be right for you?

- A** I love the diversity and freedom to combine different subject areas while leaving open a variety of future career paths. I would particularly like the opportunity to study two or more of my favourite subjects. ☐
- B** I am creative and talented, and I know my passion is to study a creative arts degree. ☐
- C** I'm not 100% sure of my future career. I want to study a broad range of subjects at the start of my degree and then specialize after I have a chance to explore what I am really passionate about. ☐
- D** I love languages, and I would like a career where I can use my language skills. ☐
- E** I think I would enjoy working with children but would like to keep my options open for which career that would lead me to. I could see myself as maybe a teacher, social worker, policy maker, or working in child care generally. ☐
- F** I am a socially conscious person. I want to understand how the world works and how I can make an impact through my work in geography, government, economics, law, human rights or politics. ☐
- G** I am a curious person, and I love learning about people around me and understanding the human condition. ☐
- H** I enjoy English and writing. I'd like a career where I focus on my writing talents. ☐
- I** I love history and exploring human society through the ages. ☐
- J** I have a great interest in the Irish language and would like to incorporate Gaeilge into my studies. ☐

Based on your answer (or answers) to the above, explore possible Arts degrees at NUI Galway that could be suited to your aspirations.

ANSWER A

BA Joint Honours: choose three subjects in first year from a large selection of options (a total of 365 different subject combinations are possible).

ANSWER B

BA with Creative Writing
BA with Film Studies
BA with Performing Arts
BA (Drama, Theatre and Performance)
BA (Film and Digital Media)
BA (Music)
BA Joint Honours (with subjects such as Modern Irish Culture Studies)

ANSWER C

BA Joint Honours: choose three subjects in first year from a large selection of options (a total of 356 different subject combinations are possible).

ANSWER D

BA (Global Languages)
BA (International)
BA Joint Honours (perhaps choosing language subjects or Classics)

ANSWER E

BA (Mathematics and Education)
BA Education (Computer Science and Mathematical Studies)
BA with Children's Studies
BA (Child, Youth and Family)
BA (Children's Studies)
BA (Applied Social Sciences)
BA Joint Honours (consider choosing teaching subjects)

ANSWER F

BA (History and Globalization)
BA Government (Politics, Economics and Law)
BA with Human Rights
BA (Applied Social Sciences)
BA (Data Science)
BA Joint Honours (you may enjoy subjects such as Economics, Geography, IT, Law, Philosophy, Sociology and Political Studies)

ANSWER G

BA Psychology
BA Joint Honours (choosing subjects such as Psychology or Philosophy)

ANSWER H

BA with Journalism
BA (English and New Media)
BA with Creative Writing
BA Joint Honours (with English as a subject)

ANSWER I

BA (History)
BA (History and Globalisation)
BA Joint Honours (you may consider subjects such as Archaeology or Celtic Civilisation)

ANSWER J

Léann an Aistriúcháin
Léann na Cumarsáide
BA Joint Honours (with Gaeilge as a subject)

ARTS JARGON BUSTER!

'Arts Degrees' is a general way to describe a group of degrees that usually include the study of areas in the humanities, social sciences, or creative arts.

The Arts in general refer to the creative outlets found across human societies and cultures. These encompass literature (including drama and poetry), the performing arts (including dance, music, and theatre), and visual arts (including drawing, painting, filmmaking, architecture, ceramics, sculpting, and photography).

The Humanities study how people process and document the human experience. Since humans have been able, we have used philosophy, literature, religion, art, music, history and language to understand and record our world.

Social Sciences are subjects which examine and explain human beings. NUI Galway subjects considered social sciences include Archaeology, Economics, Geography, History, Law, Politics, Psychology, and Sociology.

The Creative Arts include drama or theater, music, film, creative writing, graphic design, photography and visual arts and which be studied theoretically or through hands-on projects.

Philosophy is the study of general and fundamental questions about existence, knowledge, values, reason, mind, and language. Such questions are often posed as problems to be studied or resolved with an emphasis on logic and critical reasoning.

Psychology is the study of human thought, behaviour, development, personality, emotion, motivation, and more. Gaining a richer and deeper understanding of psychology can help people achieve insights into their own actions as well as a better understanding of others.

Sociology is based on the idea that human behaviour is mostly shaped by the groups to which people belong and by social interactions within those groups. Sociologists focus their study more on groups and their dynamics than on individual people.



MY THOUGHTS 3

Now that you’ve taken the time to think about what interests you and to learn more about what opportunities and courses lie ahead, take a moment to consider what your goals for your next chapter might be in order to set yourself up for success in charting out how to get there.

Some interests I hope to continue to develop are:

Even though I don’t know much about it (yet!), I’d like to learn more about:

Think about a time in the past when you achieved, or saw someone else achieving, an important goal (e.g. getting a good grade on a test, securing a win in a sporting event, acquiring a new skill etc.) What are the factors that helped you/them to achieve this goal?

What do you think you need to improve on in relation to making and working towards goals in the future?

VOLUNTEERING & WORK EXPERIENCE

Your path to university doesn’t just begin with an application, and your career does not only take shape once you graduate from university. Instead, both are things you build upon throughout your life by finding and developing your unique interests, passions, and skill sets.

Even when you haven’t yet reached university, it is important and helpful to start getting involved in areas you are passionate about. In fact, you may be doing some of these steps already without knowing or keeping track of them!

Now is a great time to start exploring your interests as a volunteer or through work experience or shadowing. This could include helping out as an underage coach with your local GAA team, volunteering at a nursing home, working with your grandparents, or pursuing TY work experience. **Use this section to record your volunteering and work experience** – it might help you notice patterns of what you enjoy and will help you to already be building your CV for the future. Here’s an example to get you started!

Date (voluntary, paid, job shadowing)	Nature of Work	Employer	Skills Learnt and Developed	Someone Could be Reference for my Work and Skills
June-July 2019 <div>EXAMPLE</div>	Voluntary coaching at the local GAA club	Athenry GAA	<div>- Leadership (including developing my self confidence to guide others) -Teamwork - Communication skills (including speaking to groups and listening to input and advice) - Organisation skills (such as time management and planning ahead)</div>	Ms. Josephine Bloggs

Keep in mind that if you are passionate about wherever you work or volunteer and whatever it is you choose to do, it can be a lot of fun too!

Role Models & Game Changers

"DREAM BIG! THE SKY IS THE LIMIT — REMEMBER EVERY ADULT WAS ONCE YOUR AGE, AND THEY ONLY KNEW WHAT YOU KNOW. LIFE WILL HAVE YOU READY FOR ALL THE OPPORTUNITIES, SO ENJOY THE TRIP."

Mr. Mike Heskin,
Director of Sport, NUI Galway

Who inspires you?

Good role models can show you how to live with integrity, empathy, optimism, hope, determination, ambition, compassion, and so much more. Your role models may include friends, parents, sports coaches, entrepreneurs, family members, politicians, activists, or even fictional characters that embody traits you admire.

Use this space to think about and list your role models and what traits of theirs you admire and would like to foster within yourself. Think about why they're important to you and what you've learned from them.

MEET EDEL BROWNE...



Around the time Edel Browne was thinking about coming to university, she came up with an idea to help people with Parkinson's disease to walk. Fueled by winning the BT Young Scientist of the Year individual award in 2013, she began developing her own medical device to treat gait freezing for people with Parkinson's disease. She came to NUI Galway in 2015 to study Biotechnology, and with the support of the LaunchPad, NUI Galway's campus-based entrepreneurship programme, she launched her social enterprise – Free Feet Medical – which addresses clinical challenges of treating Parkinson's Disease by using her own innovative design.

Fast-forward a few years, and Edel's career has sky-rocketed. In 2019, she was named on the prestigious Forbes '30 Under 30' European list, which aims to find Europe's most revolutionary entrepreneurs, innovators, and trailblazers across many sectors who are putting their own spin on their industries and shaping the future of their fields. At 21 years old, Edel was the youngest honouree in the Science and Healthcare category.

Edel has recently graduated from NUI Galway with a Bachelor of Science in Biotechnology and is currently an EY Scholar pursuing an MSc in Technology Innovation and Entrepreneurship Development (TechInnovation) at the University.

She has also participated in the Washington Ireland Program and has been heavily involved in student entrepreneurship at NUI Galway as Student Entrepreneur in Residence at the LaunchPad for the past three years. During her time in that position, Edel has been supported to develop her own business while she also encourages other budding entrepreneurs on campus.

Being named in the Forbes '30 Under 30' is not her only accolade; Edel is also a Nissan Generation Next Ambassador, a global youth ambassador for America's Amazing Teens, one of U Magazine's '30 under 30', in the Sunday Business Post's '30 under 30', a member of the Digital Youth Council of Ireland, and a participant on the STEMette Outbox Incubator in London! She's met the President of Ireland and has even been to Downing Street to participate in "Founders of the Future"!

Did we mention that Edel is still only 22 years old.

DID YOU KNOW THAT OTHERS NAMED TO THE '30 UNDER 30' LIST HAVE INCLUDED ACTOR DANIEL RADCLIFFE, MUSICIAN GEORGE EZRA, AND IRISH RUGBY PLAYER PETER O'MAHONY!



University Taster Days

Much like clothes shopping, the issue with choosing something online is that you can't try it on for yourself! When it comes to selecting the right university for you, don't just look at information online – take advantage of the opportunity to come and try on a day to get a feel for the university, courses, the location, and everything else living and studying there might have to offer!

At NUI Galway, we have a programme for students in Transition Year or in their fifth year of secondary school to try a sample day of university life. We call them Taster Days, and the feedback we've gotten from students who've participated is that they really do get a feel for a course once they have tried it out.

New

New for 2019 we will be introducing Science and Business Taster Days. Those attending will have an opportunity to visit lecture theatres and labs and to meet with lecturers and students from many of the different degrees NUI Galway.

Interested? Your Guidance Counsellor or Transition Year Co-ordinator can tell you more, or you can email visit@nuigalway.ie for more information!

Open Days are the perfect opportunity for you and your family to get a real feel not only for classes and programmes but also for the entire campus. Remember, you are not just choosing a course—you're choosing your new community! Take the time to also explore the campus, facilities, accommodation, and location.

NUI Galway hosts Open Days in October and again in the Spring. We welcome visitors of all ages – so it's never too early or too late to begin your exploration!

"BEING A YOUNG ADULT CAN BE CHALLENGING AT TIMES, BUT IT'S ALSO THE TIME WHERE YOU'RE ABLE TO GROW. TRY OUT NEW THINGS AND LEARN A LOT MORE ABOUT YOURSELF AND EMBRACE THE PERSON YOU ARE BECOMING. USE THIS TIME TO START THINKING AHEAD ABOUT WHAT YOU'RE INTERESTED IN AND WHAT YOU'RE HOPING TO STUDY. YOU HAVE LOTS OF TIME TO EXPLORE DIFFERENT OPTIONS, SOME OF WHICH YOU MIGHT NOT EVEN BE AWARE OF YET! IDENTIFY YOUR INTERESTS AND TRY TO GAIN AS MUCH INFORMATION AS YOU CAN ON WHAT'S AVAILABLE TO YOU. NOW'S THE TIME TO IDENTIFY AND REACH FOR YOUR GOALS AND TO ALWAYS REMEMBER: YOU ARE IMPORTANT; YOU HAVE SO MUCH VALUE, AND YOU CAN DO ANYTHING."

Clare Austick,
NUI Galway SU President 2019-20.

Arts

During our Taster Days for Arts, you get to create your own timetable from a sampling of up to ten different lectures per hour. You can attend up to 6 different lectures in all, giving you the chance to experience first-hand what different subjects might be like.

Engineering

Our Engineering Taster Days are aimed at honours maths students and are designed to give you a full day sample of all the different types of Engineering. It's an intensive day, but nothing can beat getting a full sample lecture about the exciting developments in the world of engineering at NUI Galway to provide both information and a real feel for the programmes available.

TOP TIPS WHEN CHOOSING YOUR SUBJECTS

It's good to know early (before you enter senior cycle) that choosing your subjects for your Leaving Cert can have an impact on what opportunities are open to you in NUI Galway.

All students wishing to enter an undergraduate degree course at NUI Galway must meet the requirements of the University.

REMEMBER

When calculating your CAO Leaving Cert points you can only count your six best subjects.

"SELECTING THE RIGHT SUBJECTS FOR THE LEAVING CERT, AND THE LEVEL AT WHICH TO TAKE THEM, IS A CRITICAL TASK FACED BY 60,000 SECOND-LEVEL STUDENTS EVERY YEAR. THE WRONG CHOICE HERE CAN HAVE UNINTENDED CONSEQUENCES IN TWO YEARS' TIME, WHEN STUDENTS FIND PATHS INTO COLLEGE ARE BLOCKED BY UNFORTUNATE SUBJECT GAPS."

Brian Mooney, Irish Times.
www.irishtimes.com/news/education/the-essential-guide-to-choosing-your-leaving-cert-subjects-1.560657

Six Leaving Cert subjects, with at least two H5 and four O6/H7 Grades

Certain courses have additional requirements. Some degrees have specific Maths requirements while others may have a specific requirement for a third language – that is a modern European language other than Irish or English.

As you begin to explore courses in depth, you will be able to identify their specific entry requirements which this will help you in the decision making process around subject choices for the Leaving Certificate. Note, these are the current requirements. It would be important to check the specific requirements in the year that you are applying to NUI Galway.



PATHWAYS TO UNIVERSITY - INCLUDING ALTERNATIVE ROUTES

The most direct route to university is by applying through the CAO during your Leaving Cert year, but there are other entry routes too.

Students can now apply to a large number of degree programmes at NUI Galway on the basis of successfully completing a QQI/FET or FETAC Level 5 or 6 award. Students hoping to enter university via this route will be assessed based on their award rather than on Leaving Certificate exams. There are 220 further education places available across. NUI Galway recognises 59 Level 5 and 6 FETAC awards as entry routes to 49 different degree programmes. For more details on this entry route, please see: <https://www.nuigalway.ie/access/qqifetac/>

The Access Centre at NUI Galway supports students from diverse backgrounds and has expertise in supporting and educating HEAR, DARE, early school leavers, and students with physical and learning disabilities.

The Access Course is a one-year course aimed at school leavers to help prepare them personally and academically for a University course. It is aimed at students who are age 22 or younger and have a real desire to go to university but may struggle to do so due to financial or social reasons like low family income, little or no family tradition of progression into higher education, or family stresses. The Access Programmes are also suitable for people with disabilities or long-term illnesses whose educations have been subsequently affected by long-term absenteeism.

"GOING TO COLLEGE IN NUI GALWAY IS AN OPPORTUNITY FOR ONE AND ALL, REGARDLESS OF HOW MUCH YOU OWN, WHERE YOU ARE FROM, AND WHAT YOU BELIEVE IN. I CAME TO UNIVERSITY BY A DIFFERING ROUTE AND YOU CAN TOO!"

Professor Pat Dolan
UNESCO Chair and Director,
UNESCO Child and Family Research Centre

21% of students enter NUI Galway through alternative entry routes including via QQI, FET and FETAC entry and Access entry



In 2019, NUI Galway students launched the first university society for the travelling community in Ireland.

The Mincéir Whiden Society's goals include increasing the number of people from the travelling community participating in higher education and making campus a welcoming space. At the launch of the society, NUI Galway student Owen Ward said it is of "paramount importance" to build positive alliances and relationships between Traveller students and other students and staff at the University as well as with the wider community.

TOP TIPS ON APPLYING TO UNIVERSITY

Not only are there over 40 higher education institutes within Ireland alone, but each of them offer different experiences, subjects, and courses. Though it can seem overwhelming at first, keeping in mind your interests and passions, the ways and environments in which you learn best, and learning how you can gather as much information to make the right choice for you will be key in taking on the challenge of shaping the next chapter of your education and your life.

Here are some top tips to help you narrow your options:

1 Start your online research early

The vast majority of Irish third level courses are on Qualifax (available at www.qualifax.ie) where you can filter them by location and course. Once you've narrowed down which institutions appeal to you, go to the university websites to find more specific information. You can also check out their Facebook, Twitter, Instagram, YouTube or Snapchat pages. The next step is to get a copy of the university prospectus. The prospectus will contain detailed information on all courses available and will give you details on course structure and modules. Take the time to read the prospectus in full; it can be helpful to have parents/guardians also read the prospectus of any institutions you're interested in.

 Consider the course structure

Once you identify courses that interest you, take the time to find out how they will be taught and assessed. Some questions to think about are: Does the course have many exams or will you be marked on written essay assignments? Will you work alone or in groups? Is most of the instruction in a classroom, or lecture setting, or through practical, hands-on experience? Does the course require you to spend time studying overseas, and, if so, where are those study abroad opportunities? Does the course offer a work placement, and, if so, how is this accessed?

3 Attend Open Days

Open Days provide the

Open Days provide the perfect opportunity for you to visit the campus and meet the people who will be teaching you on a course face to face. When you're there, talk to as many people as possible. Be sure to talk to students who are currently completing the course you are considering as they can give you a really valuable insight into the course and the university.

4 Venture off campus

As well as investigating

As well as investigating the courses you also need to take the time to consider the location of the university. Remember you are not just choosing a course - you are choosing where you are going to live for the next three to four years. It's important that you can see yourself living there and being happy. Questions to think about include: Is it in the city centre or located in the suburbs? What are transportation services like? What type of accommodation is available and at what cost? Can I see myself enjoying living here?

5 Ask lots and lots of questions

Remember, there is no such thing as

Remember, there is no such thing as a stupid question, and if you have a question it's possible that someone else has been wondering the same thing! Open Days present the perfect opportunity to ask many questions of current students, those you would be learning from during a course, and people who already know a great deal about the university and its location! During Open Days, NUI Galway host a special information session for parents and guardians which is a valuable forum, for them to get information on student supports, fees, and accommodation.

6 Check out student supports

Every student wants to have an an

Every student wants to have an amazing time at university, but when the going gets tough, it's important to have a strong support network around you. Many universities will offer support services for students who need a little extra help in making a successful transition to university life. These supports can sometimes be the difference between success and failure for students in that vital first year.

Visit NUI Galway's blog to discover tips on applying, information from current students and academics, in-depth information on student life and much more. www.nuigalway.ie/caoblog



Courses to explore

[illegible]

Thank You!

WITH THANKS FOR THE CONTRIBUTIONS FROM

Professor Louise Allock, Head of the School of Zoology, NUI Galway.
Dr. Gerard Flaherty, School of Medicine, NUI Galway.
Dr. Jamie Goggins, Civil Engineering, NUI Galway.
Professor Laoise McNamara, Biomedical Engineering, NUI Galway.
Dr. Niamh Flynn, Educational Psychologist, School of Education, NUI Galway.
Ms. Sarah Gleeson, Career Guidance Counsellor, St. Joseph's Secondary School, Galway.
Mr. Mike Heskin, Director of Sport, NUI Galway.
Professor Raymond Murphy, Irish Centre for Human Rights, NUI Galway.
Ms. Gwen O'Sullivan, Press Officer, NUI Galway.
Mr. Daniel Savery, Access Office, NUI Galway.
Ms. Mary Dempsey, Mechanical Engineering, NUI Galway.
Professor Pat Dolan, UNESCO Chair and Director, UNESCO Child and Family Research Centre, NUI Galway.
Professor Peter Dockery, Head of the School of Anatomy, NUI Galway.

.....

NUI Galway students

Clare Austick, NUI Galway SU President.
Lucy Dockery, Edel Browne, Ryan Guilfoyle, and Conor Fennell.



IMPORTANT:
The information contained in this book is, to the best of our knowledge, true and accurate at the time of publication. The content of this book is for information purposes only and should not be viewed as the basis of a contract between students and the University. NUI Galway reserves the right to amend programmes or withdraw programmes periodically at any time.

Dream Big



National University of Ireland Galway

Ollscoil na hÉireann Gaillimh

t: +353 91 524411

w. www.nuigalway.ie