

TUS



Student Resource Centre

An overview of the range of supports and resources available to help you be successful at TUS and plan for your future.

Your Resources, Your Choice

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Attending college can be some of the best years of your life however it is not always smooth sailing. TUS prides itself on the care and attention we give to helping you be successful in college and especially in helping you navigate through difficult times and challenges that you may meet along the way. We put you first and strive to be friendly and welcoming. Our resources and expertise are available to you and we encourage you to make the choice to seek help and support throughout your time with us.

Your First Year

TUS has devised a whole range of supports to help you get off to a flying start and help you in your transition to third level education. New Student Induction forms part of a series of events and activities that marks the start of your first year.

TUS Connect & Engage

Induction is followed by the seven week TUS Connect & Engage programme which is designed with your needs in mind to help get you settled in and find your feet. Your fellow students from more advanced years know the ropes and will be available to answer your questions throughout this process. These Student Leaders also run social media channels which will keep you informed about what's happening and who will answer any questions and point you to supports you may need in your first 7 weeks in TUS. They also run fun competitions and events throughout the themed weeks of Connect & Engage so be sure to check them out!

Ready, Steady, Connect

In advance of classes commencing, HEAR and DARE applicants will be invited to attend TUS for an information session called "Ready, Steady, Connect". You will have the opportunity to meet with fellow students, key support staff from Disability and Access and receive vital information regarding your finances and the supports available to you.

HEAR and DARE

TUS participate in the HEAR and DARE programmes which offer students additional support in accessing and making the most out of third level.

HEAR | HIGHER
EDUCATION
ACCESS
ROUTE

DARE | DISABILITY
ACCESS
ROUTE TO
EDUCATION



Sarah La Cumbre
Student Resource Centre Manager

"You'll always find friendly faces in the Student Resource Centre. If you are stuck or need help we'll help you get back on track. Check out the Student Resource Centre on Moodle and the TUS website. Like us on TUS Student Resource Centre and follow us on Facebook for notices, events and activities related to making the most out of your time in college."

Your Health and Wellbeing

Your Health & Wellbeing Team



Treasa Fox

Psychologist, Head of TUS Midlands
Student Counselling Service
Email: counselling.midlands@tus.ie



Deirdre Hanamy

Counsellor/ Psychotherapist
Email: counselling.midlands@tus.ie



Olivia Feehan

Counsellor/ Psychotherapist
Email: counselling.midlands@tus.ie



Kathy Heavey

Counsellor/ Psychotherapist
Email: counselling.midlands@tus.ie



Laura Tully

Clinical Nurse Manager, Sexual Health
Nurse & Health Adviser
Email: sexualhealth.midlands@tus.ie
Tel: 090 646 8063



Katie Sherlock

Student Health Nurse
Email: studenthealth.midlands@tus.ie

Your health and well-being are very important. To ensure you function at your best, we have developed a range of services and supports for you to avail of during your time as a student in TUS.

Student Health Service

A professional and confidential nurse-led health service is available to full-time registered students and apprentices from Monday to Friday during the academic year. This includes the provision of a full range of sexual health and contraception services.

- Telephone 090 64 68063
- Nurse consultations: € FREE
- Doctor consultations: € 15.00 contribution
- Nurse Emergency: 087 9977437
- If you are ill outside of our opening hours, you can contact MIDOC 1850 302 702 (6pm-8am) *full fees applicable*

Healthy Campus

You will hear about fun activities and health promotion events during your time in TUS. We aim to build awareness and support you in making healthy choices throughout your time in TUS and beyond.

Counselling Service

TUS Midlands Student Counselling Service provides free, confidential counselling to all registered students. The counselling team is comprised of professionally qualified counsellors/psychotherapists and a psychologist, who provide a safe, supportive and confidential environment for students to discuss any emotional or psychological difficulties they are experiencing. Services are provided in-person, by telehealth video or by telephone. For appointment email: counselling.midlands@tus.ie, or telephone the Counselling Service administrator at: 090 6468063. If you believe your situation is urgent, please indicate this in your email or in your call. We are also a partner with the 24/7 text support service 50808: Text TUS to 50808 for text support with a trained volunteer, who provide everything from a calming chat to support in a crisis.

Your Welfare

Your Welfare Team



Roisin Kelly
Learning Support Tutor
Email: Roisin.Kelly@tus.ie



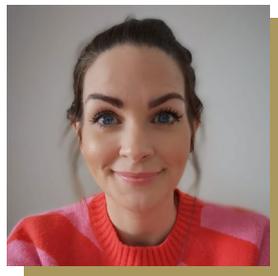
Lisa Hanlon
Disability Officer
Email: lisa.hanlon@tus.ie
Tel: 090 64 68142



Elaine Kelly
Assistive Technology Tutor/Alt Formatting
Email: elaine.kelly@tus.ie



Jenny Burke
Access Officer
Email: jenny.burke@tus.ie
Tel: 090 64 68123



Carmel Hennessy
Project Access Officer
Email: carmel.hennessy@tus.ie



Mary Treacy
Traveller Student Support
Email: mary.treacy@tus.ie

Often it is the personal aspects of coming to college that proves challenging for students. The Student Resource Centre is your 'go to' place for all aspects of welfare. You don't need to worry about knowing where to go, no matter which office you go into or who you ask for help, we'll get you to the right person.

Access Team

The Access team is dedicated to encouraging participation and creating equal access to under-represented groups in higher education and delivers a range of pre entry and post entry activities. During your time at TUS, eligible students can link in with access for Financial Support, including Student Assistance Fund (SAF) and 1916 Bursary; HEAR Student Transition Support; and Traveller and Roma Student support.

Disability Support Service (DSS)

TUS Disability Support Service is committed to ensuring all our students are given opportunity and support for engaging with learning and completing their studies successfully. We have a range of supports including assistive technology, learning support, alternative formatting, examination supports and more.

There is a team of dedicated staff to support students with disabilities and/or specific learning difficulties. In order to avail of supports, students must register with our service, so you are encouraged to make contact to chat about your needs. For more information, contact the DSS team, disability.midlands@tus.ie or Disability Officer, Lisa Hanlon lisa.hanlon@tus.ie

Students' Union (SU)

The SU are another key point of contact for any students experiencing difficulties. The SU provides support, advice and information on a wide variety of issues including welfare and accommodation, and represents our students throughout TUS. The SU operates out of our student hub in the John McCormack building.

Pastoral Care

Led by Fr Shay Casey, this team is made up of students and staff who work together to help create an atmosphere where personal growth is facilitated. The team deals with emergencies of all kinds at any hour.

Your Learning Supports

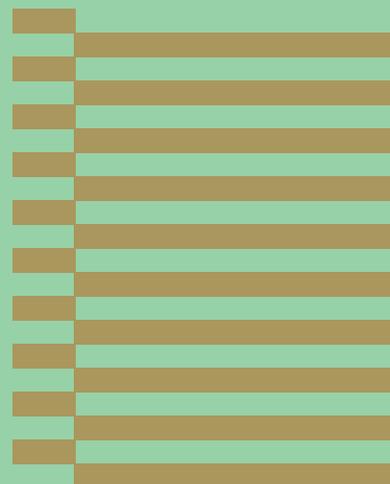


Emer Coughlan
Maths Tutor
Email: emer.coughlan@tus.ie



Iain Murray
Science Tutor
Email: sciencetutor@tus.ie

Your Tutors



Emer Connolly
Writing Skills Tutor
Email: academicwriting.midlands@tus.ie



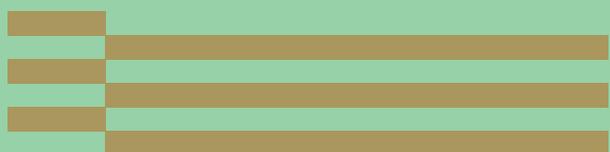
Brian Kelly
Business Tutor
Email: brianp.kelly@tus.ie

Tutors

If you are experiencing difficulties with coursework we encourage you to reach out for help earlier rather than later. Talk to your lecturers, they want you to succeed! A team of tutors are available free of charge, all year round for maths, business and science. We also have a fabulous Academic Writing Centre available during term time.

Academic Writing Centre

Students often face challenges with researching and writing. You may have always struggled with writing or perhaps you want to improve your writing skills for the level of writing required at third level. Extensive writing skills resources are available on Moodle and individual and group tutoring – face-to-face and online – is also provided. To set up an appointment, email: academicwriting.midlands@tus.ie



Your Career and Work Readiness

Careers Office

The Careers Office is here to help you put your best foot forward and build your personal brand through how you present yourself in your CV, on application forms, at interviews and on social media. We provide a vital link to industry with weekly updated job opportunities on the main TUS website, employer presentations and an annual Career and Postgraduate Study Expo. Students are also offered ample opportunity to fine tune your job hunting skills with career boot camps, workshops, in-class presentations, one-to-one career advice and further study guidance for students. Register with us through Target Connect on the Careers Section of the main website or through this link: <https://careers.midlands.tus.ie/> (access through Chrome) to access a wealth of supports or arrange an appointment.

Your Social Life

We celebrate the rich cultural diversity in the TUS community and in campus life. Coming to university is not all about study and exams; your social life and wider engagement are important parts of your development. With that in mind the SU organises a full calendar of social events catering to wide ranging student interests. The SU hub is a great space to meet friends, hang out and of course meet your SU! We have chill out areas, pool and table tennis tables, and we often run events in this space. We look forward to seeing you there.

Clubs and Societies

Throughout each academic year, the SU and Sports Office and Societies Office run Clubs and Socs activities. With over 60 different Clubs and Societies these are a great way to explore an existing or new hobby and meet new friends, there is something for everyone!

Meet the TUS Societies Officer Treacy McIntyre in her office on the D Corridor, check out Societies notice boards or contact Treacy if you have any questions about societies at: socsofficer@tus.ie.



**Denise Dolan,
Careers Officer**

Email: careers.midlands@tus.ie
Tel: 090 64 68138



**Treacy McIntyre,
Societies Officer**

Email: treacy.McIntyre@tus.ie
Tel: +353 86 012 3568



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Ireland's European Structural and
Investment Funds Programmes
2014-2020
Co-funded by the Irish Government
and the European Union



Có-mhaoinithe ag an
Aontas Eorpach
Co-funded by the
European Union

HEA | HIGHER EDUCATION AUTHORITY
AN EUIDARÁS UILE ARÉ-OIDEACHAIS