



**'Helping AIT 1st years settle in and get off to a flying start'**

### **Week 1 beginning Sept. 10th -**

**Get Started Week.** Classes commence and so does your AIT Connect programme of activities which are geared towards helping you get off to a flying start at AIT. Most of your focus will be on figuring out your timetable, class locations and learning how to find your way around. We have 60+ clubs and societies on offer in AIT. Clubs Day is on September 13th where you can sign up for teams and learn about the range of sports open to you. You will also be timetabled for your all-important AIT Connect session this week.

### **Week 2 beginning Sept. 17th -**

**Get Connected Week.** The theme of this week is helping students find friends and make connections both with each other and with their department. You can look forward to a fun line up of events as this is also Fresher's Week which includes Societies Day on Sept. 18th hosted by the Students' Union over in the SU hub. Your faculty will also be running team building activities this week too. There will be something for everyone!

### **Week 3 beginning Sept. 24th -**

**Your Welfare & Check In Week.** You will be hearing about all aspects of health and welfare this week. The Irish Heart Foundation will be on campus this week, there will be information about finance and grants, and there will be plenty of Students' Union and Healthy Campus activities going on. Students will also have the opportunity to check in with their academic department who want to hear how things are going and offer help as needed.

### **Week 4 beginning Oct. 1st -**

**Your Learning Support Week.** You will hear more about the learning supports available in AIT with Tutors popping in to your class to meet you, and drop-in learning support clinics running this week and throughout your time in your first year.

### **Week 5 beginning Oct. 8th -**

**Get it Together Week.** This is the week to focus on your time management, getting organised and settling into a routine of good study habits to help you get ready for end of semester exams or assessments along the way. Assistance is available from your learning support tutors and through Learning and Development for Higher Education/ Communications module.

### **Week 6 beginning Oct. 15th -**

**Mind Yourself week.** We are big on wellness and mental wellbeing at AIT and this week we will be promoting awareness around mental health with counselling and Student Resource Centre drop in clinics.

### **Week 7 beginning Oct. 22nd -**

**Inspiration Week.** You will have the opportunity to meet and hear from students at a more advanced stage of their studies who will share their real life experience of college and of your course.



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