#PG Freshers

September 2025

Welcome to Trinity College Dublin

Today's session

- Student Supports and Services
- Campus Life
- Being a postgrad student

#PG Freshers

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Student Supports & Services

Student Supports & Services

- Administrative support
- Academic Support
- Health and Wellbeing Support
- Student Life

#PG Freshers

NAVIGATING TCD ADMIN

1. Register ASAP and pick up your ID card
2. Read the handbook!
3. Always include your 8-digit student number, use your @tcd email address
4. Familiarise yourself with the Postgraduate Advisory Service
5. Make sure your address/phone number are correct in my.tcd.ie
6. Give us feedback!

ADMINISTRATIVE SUPPORT

POSTGRADUATE ADVISORY SERVICE

Frontline, confidential, and free

What do we do?

- Information & connection: PAS Newsletter & Instagram
- Initial support, advice, & advocacy
- How things work: regulations, services, supervisor queries
- Training, workshops & 5 ECT PhD skills module
- 8-week PG Support Group
- Financial Assistance

Who are we?

- Two Postgraduate Student Support Officers -
  Martin McAndrew & **Nonie Gaynor**

How does it work?

- Email your query, or
- Request an appointment

postgrad.support@tcd.ie

@TCDPGAdvisory

ADMINISTRATIVE SUPPORT

ACADEMIC REGISTRY

ask.tcd.ie enquiry portal

01 896 4500

Documents Issued by AR

- ✓ ISD Registration Letters
- ✓ Proof of Registration
- ✓ Proof of Address

Documents take 2 working days to issue
(Or up to 4 working days at busiest periods)

Documents accepted by AR

- ✓ FRS 2 Forms (prior 3rd level education)
- ✓ Social Welfare Forms
- ✓ Garda Vetting (except Nursing and Midwifery)
- ✓ Graduation Applications
- ✓ Research Theses (for PGR only)

TIPS FOR ACADEMIC SUCCESS

1. Get to know the Library – and your Subject Librarian
2. Get organised: key dates, deadlines, materials
3. Set realistic goals and manage your time
4. Understand what is expected of you, academically; ask your lecturers/ supervisor
5. Find out what training/ support you need
6. Register for Exam Accommodations (if necessary) ASAP and no later than the last Friday in October

ACADEMIC SUPPORT

ACADEMIC SUPPORT

THE LIBRARY

- Legal Deposit Library
- Online Training & Support
- Subject Librarians
- 1937 Reading Room (PG-only)

tcd.ie/library @TCDLibrary

STUDENT LEARNING DEVELOPMENT

- Free workshops & 5 ECT PhD module
- Online Resources
- One-to-one consultations
- Academic Writing Centre

tcd.ie/sld/your-student-journey/postgraduate-students/

CAREERS ADVISORY SERVICE

- Workshops
- CV and Interview Clinics
- Opportunities on MyCareer
- PhD Employability modules

tcd.ie/careers @tcdcareers

DISABILITY SERVICE

- Needs assessment and ongoing support
- Assistive Technology
- Exam Accommodations
- Apply on my.tcd.ie

tcd.ie/disability @tcdability

TIPS FOR WELLBEING

1. Get some daily exercise (30 mins/day)
2. Eat well (a balanced diet and hydration)
3. Keep to a sleep routine
4. Keep an eye on your mental health
5. Look after your spiritual side
6. Look after yourself when you are sick

HEALTH & WELLBEING SUPPORT

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COLLEGE HEALTH CENTRE

- Free for students
- Doctors, nurses
- Physiotherapy
- Sexual Health Clinics

tcd.ie/collegehealth @tcdhealthP

STUDENT COUNSELLING SERVICES

- Individual counselling
- Online programmes
- Support groups & wellbeing workshops
- 8-week PG support group

tcd.ie/student_counselling @tcd_headspace

SPORT CENTRE

- Full gym (including swimming pool and climbing wall)
- Fitness classes
- Trinity Sport App

tcd.ie/sport @tcdsports

CHAPLAINCY

- 5 Chaplains – Roman Catholic, Anglican, Presbyterian, Methodist
- Links to other faith groups
- Chapel, Prayer rooms, multi-faith room
- Free lunch on Tuesdays

tcd.ie/chaplaincy @tcdchaplains

TIPS FOR GETTING INVOLVED

1. Become a class / school rep
2. Join some clubs and societies, publications
3. Try something new!
4. Volunteer for a cause that interests you
5. Look for campus jobs
6. Get involved in some of the Student Union campaigns

STUDENTS' UNION

- Represent you to College
- Provide support to students
- Organise social events
- Regular email updates

Tcdsu.org @tcdsu

GLOBAL ROOM

- International Student Support Hub
- Meet Global Student Ambassadors
- Celebrate International-themed events

@tcdglobalroom

SPORTS CLUBS

- Over 50 clubs
- Aikido to Windsurfing
- Training, competition and casual

tcd.ie/sport/student-sport @tcdsports

STUDENT SOCIETIES

- Over 120 societies
- Afro-Caribbean to Zoological
- Social events

trinitysocieties.ie @trinityCSC

STUDENT LIFE

GETTING STARTED WITH IT

IT Services Student Orientation webpage
"Getting Started" 7-step video

1. Getting Your Computer Account and Email
2. Connecting to the Student Wi-Fi
3. Accessing Your Coursework
4. Finding Lectures and Locations
5. Getting Software
6. Purchasing Laptops
7. Getting Help from IT Services

www.tcd.ie/itservices/students/orientation

IT SERVICES

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Campus Life

STUDENT LIFE

Joining societies
https://trinitysocietieshub.com/

Joining Clubs
https://www.tcd.ie/Sport/student-sport/orientation/

FRESHERS' FAIR

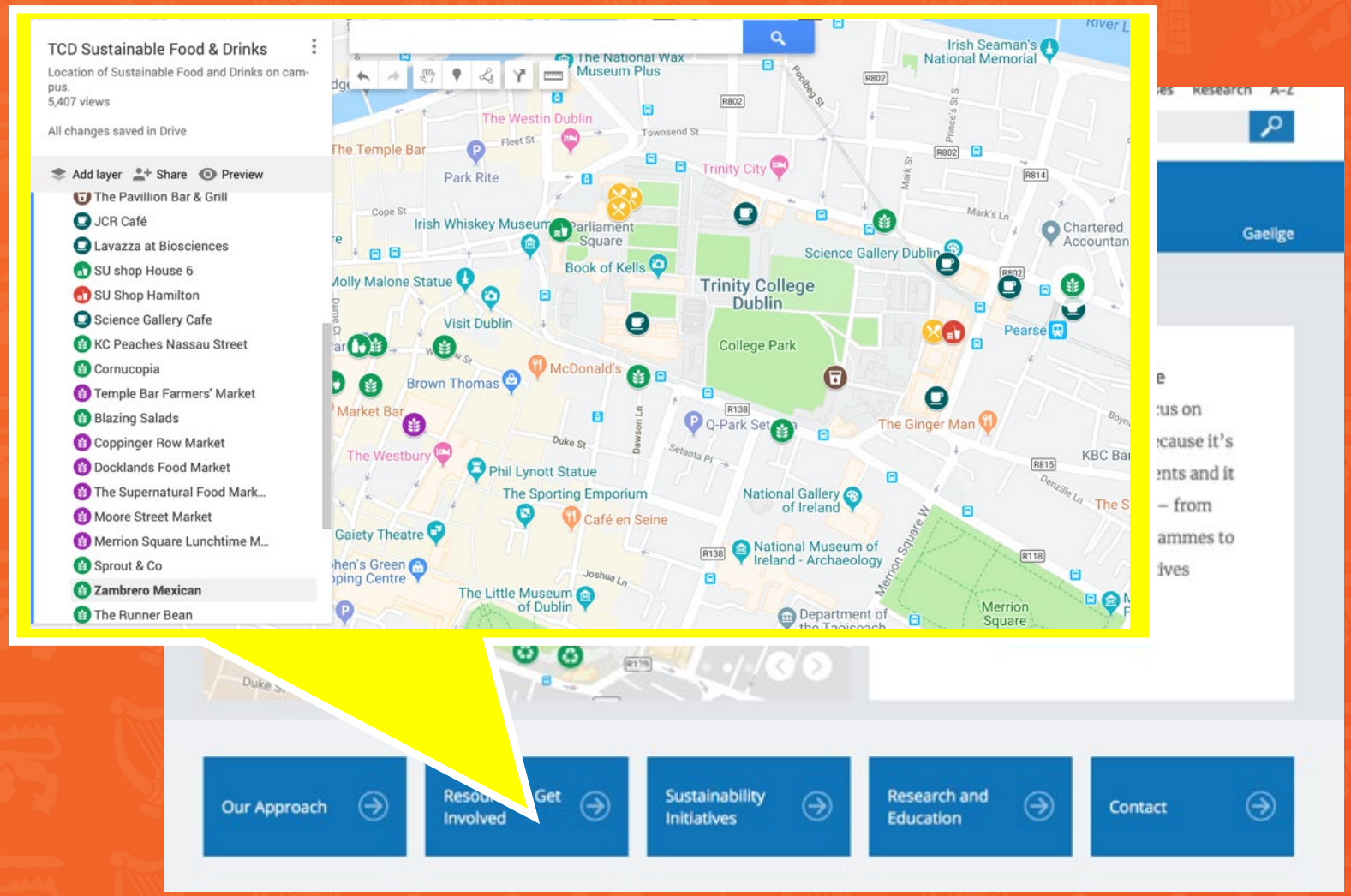
16, 17, 19 SEPT

Dining Hall
Buttery
Aras an Phiarsaigh Cafe
SU Shop
The Forum
SU Cafe
SU Shop
The Perch
The Pav

WHERE TO EAT

WHERE TO HANG OUT/ZÓN MAC LÉINN

THE TRINITY GREEN PAGES



Maps, guides, water stations, toilets, and much much more

tcd.ie/sustainability/

KEEPING A SUSTAINABLE CAMPUS

Unplug

Unplug appliances when not in use

Plug them into power strips and turn off at the wall

Turn off lights when not in use

Reuse

Cup washing stations

2Go Cups

Water bottle filling stations

Recycling

Sort your rubbish and recycle appropriately

A requirement on campus

Reverse vending machines

YOUR T-CARD

Your student ID card

Cashless payment system on campus

Shop and save with student discounts!

Your print and copy account

TCARD.TCD.IE

- The Buttery
- The Dining Hall
- SU Shop
- Aras an Phiarsaigh
- The Perch
- Academic Registry
- Sport Centre
- Students' Union
- St James' Hospital
- Tallaght Hospital

ORIENTATION HUB

Collect your student card

Talk to services

- Academic Registry
- IT Services
- Trinity Global
- DisAbility Service
- Student Counselling Services
- SafeZone
- Lockers
- Sport

Win daily prizes!!!

#PG Freshers

Being a postgrad student

Being a postgrad student

- Culture
- Challenges of being a postgrad
- Using the Library

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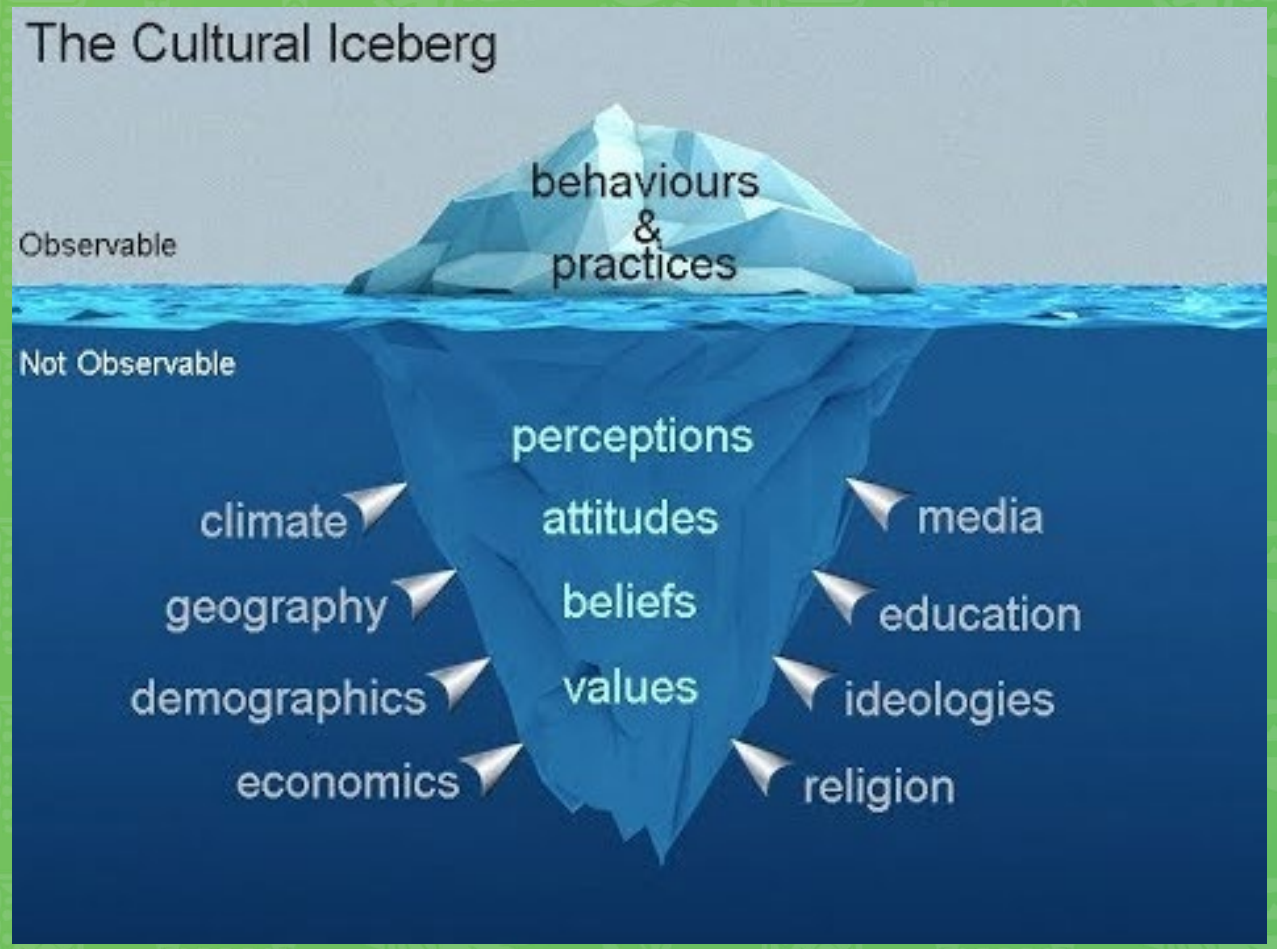
WHAT IS CULTURE?

- Culture is the various beliefs, behaviours, languages, practices and expressions considered unique to members of a specific ethnicity, race or national origin
- Making connections with people from a wide range of diverse cultural and language backgrounds will help you make the most of your time in Trinity
- Culture clash can arise when you find yourself in a situation where your home culture and host culture are in conflict



EVERYDAY CULTURAL DIFFERENCES

- Greetings
- Small talk
- Punctuality
- Socialising and alcohol
- Humour
- Formality vs informality
- Personal space
- Slang
- Direct vs indirect communication

CHALLENGES OF BEING A POSTGRAD STUDENT

ISOLATION

- Foster a network of other postgraduate students
- Don’t neglect your other relationships

TIME MANAGEMENT

- Organise your research and your schedule and stick to your schedule
- Don’t overcommit yourself

WORK/LIFE BALANCE

- Unchain yourself from your desk
- Maintain your hobbies and interests
- Make time for family and friends

MOTIVATION

- Be prepared to be frustrated or dissatisfied at times
- Take a break and come back refreshed

"SURVIVING YOUR POSTGRAD EXPERIENCE"

8-week PG Support Group

Facilitated by Student Counselling and Postgraduate Advisory Services.

Keep an eye on your email for details

IF YOU NEED TO TALK…

TEXT ‘HELLO’ TO 50808

A free 24/7 text service
SMS or WhatsApp
A calming chat or immediate support
Open to anyone going through a mental health or emotional crisis - big or small

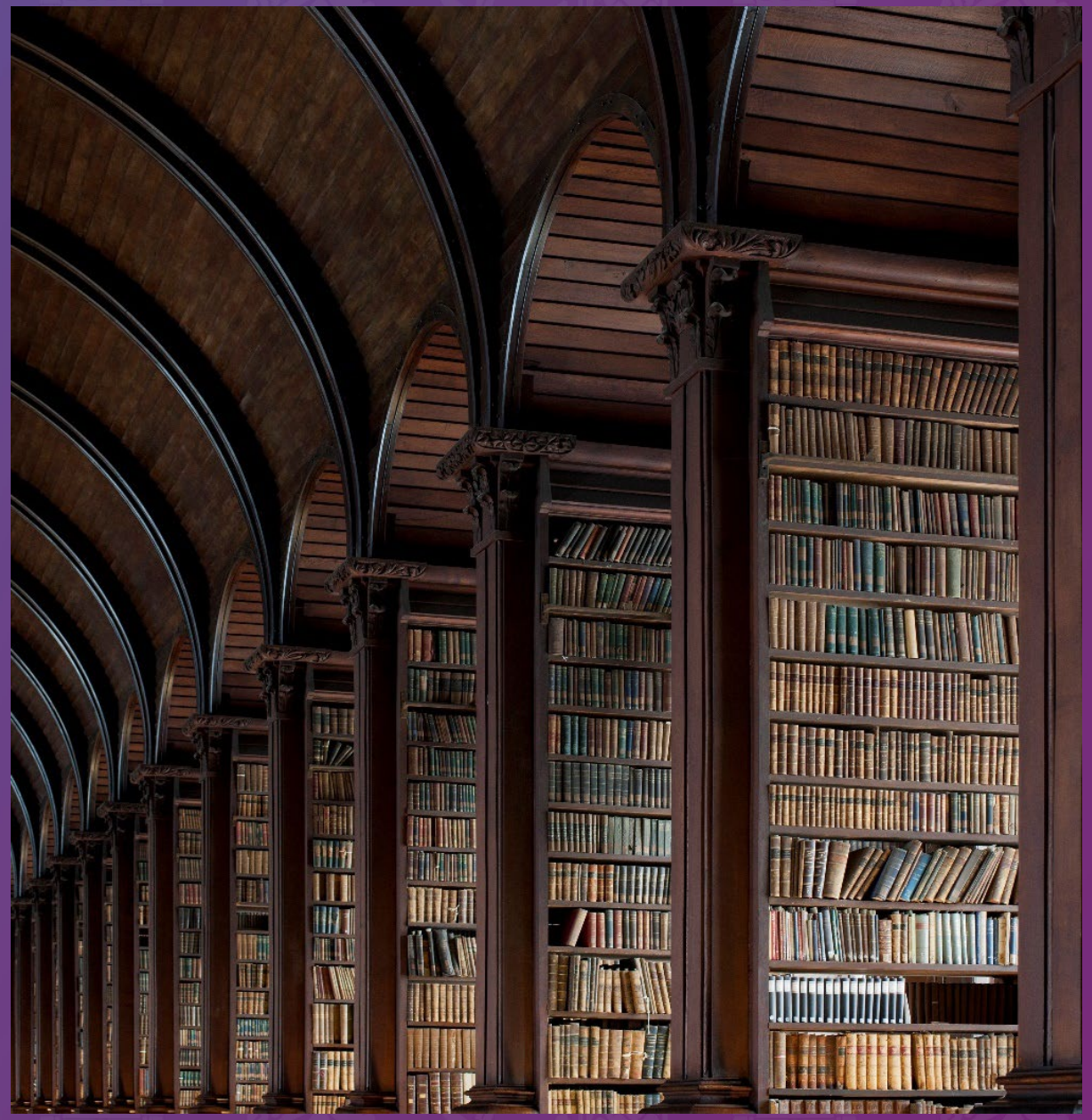
NITELINE

A student-run free, anonymous helpline
9PM – 2.30AM in term time
Talk to other students about any problems you’re having

Phone: 1800 793 793
Instant messaging: niteline.ie

Welcome!

to the largest library in Ireland. We look forward to helping you achieve and succeed



www.tcd.ie/library

IRELAND'S LARGEST RESEARCH LIBRARY

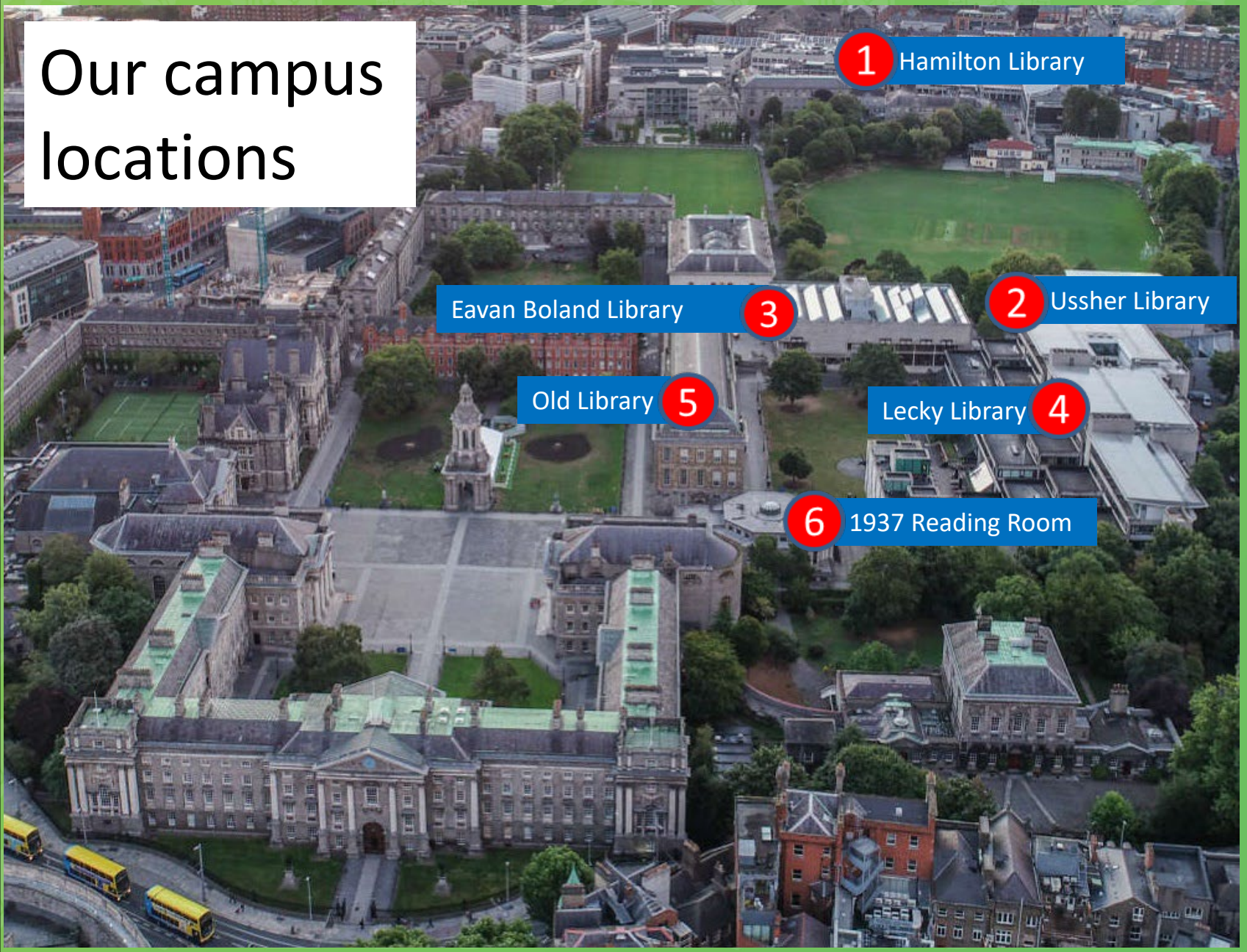
7 million physical items

1,300,000 e-books

150,000 e-journals

3000+ study spaces including dedicated sensory spaces

Our campus locations



1 Hamilton Library

Computer Science
Engineering
Health Sciences
Mathematics
Natural Sciences
Statistics

2 Ussher Library

Ancient History
Drama & Film Studies
English
History of Art
Languages
Map Library
Music
Religion
Philosophy

Research Collections – Manuscripts & Archives; Early Printed Books

3 Eavan Boland Library

History
Law
Nursing & Midwifery
Official Publications (IE)
Psychology

4 Lecky Library

Business Studies
Geography
Geology
Economics
Education
Politics
Social Studies

5 Old Library

The Old Library – well worth a visit!

6 1937 Reading Room

24-hours Postgraduate Study Space

Off Campus: Santry Book Repository

Offsite Storage - request items via *Click and Collect*

Off Campus: John Stearne Medical Library, St James's Hospital

CURRENT 24-HOUR STUDY SPACES

1937 READING ROOM

- Available for PG study
- Computer Lab
- Kitchenette
- Conversation Room
- Lockers

KINSELLA HALL

- Open 7 days a week to all students
- Enter via Eavan Boland Library when Library complex is open
- Enter via external door when Library complex is closed

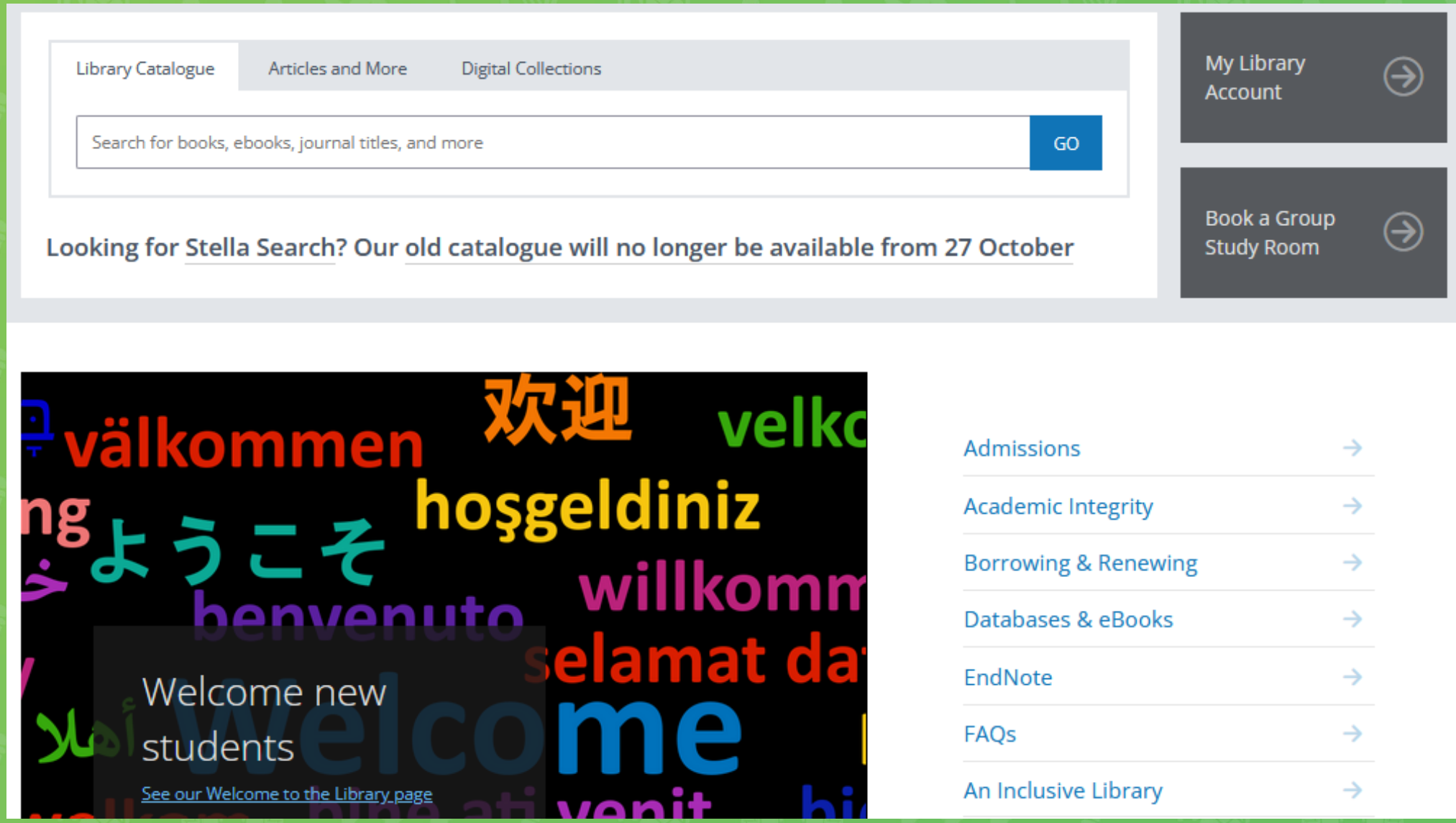
POSTGRADUATE STUDY DESKS

Dedicated study spaces available in the Eavan Boland, Lecky, Ussher, and Hamilton Libraries

Allocated to PhD applicants first

Apply online:
tcd.ie/Library/using-library/carrels.php

VISIT US ONLINE AT TCD.IE/LIBRARY



USING THE LIBRARY

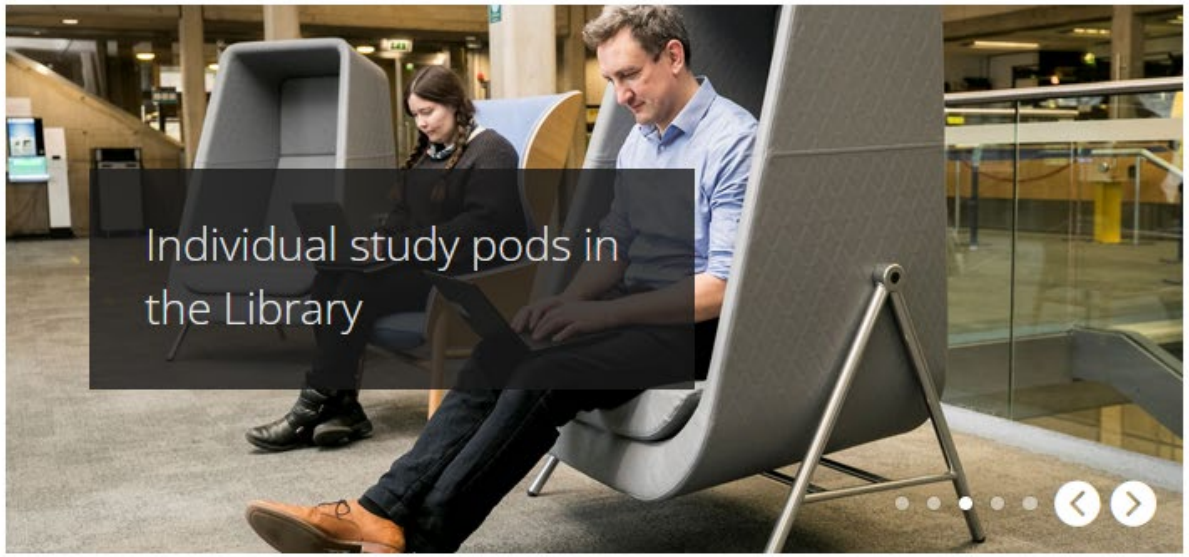
AN INCLUSIVE LIBRARY

Using the Library

- Admissions
- Borrowing & Renewing
- Computers & Wi-Fi
- Copying & Printing
- FAQs
- Fines
- Group Study Rooms
- An Inclusive Library
- Inter-Library Loans
- Laptop Loans Service
- Library 360
- Microfilm, DVDs & CDs
- Off Campus Access
- Old Library Redevelopment Project: Updates for Readers
- Online Payments
- Postgraduate Study Desks
- Requests from Storage
- Reference Queries
- UK Electronic Legal Deposit

An Inclusive Library

The Library is committed to providing an inclusive library environment so that all readers have complete and equitable access to the entire Library service.



- Library Sensory Spaces
- Building Access
- Do You Struggle with Reading Text?
- Supports for Students with Disabilities within the Library

USING THE LIBRARY

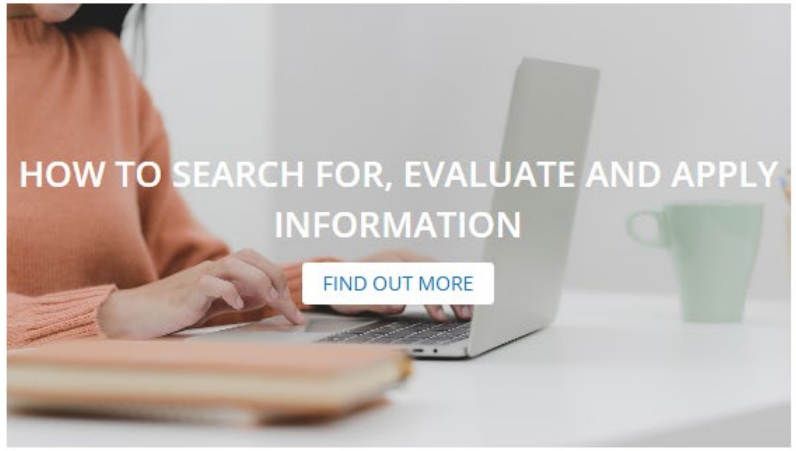
WELCOME TO THE LIBRARY WEBPAGE: tcd.ie/library/new-students

Welcome!

The Library of Trinity College Dublin is the largest library in the country. We look forward to helping you achieve and succeed. Library staff are here to support your studies and continued academic learning, providing you with the skills and tools to make the most of your time here

Top Tips for Undergraduates

Top Tips for Postgraduates



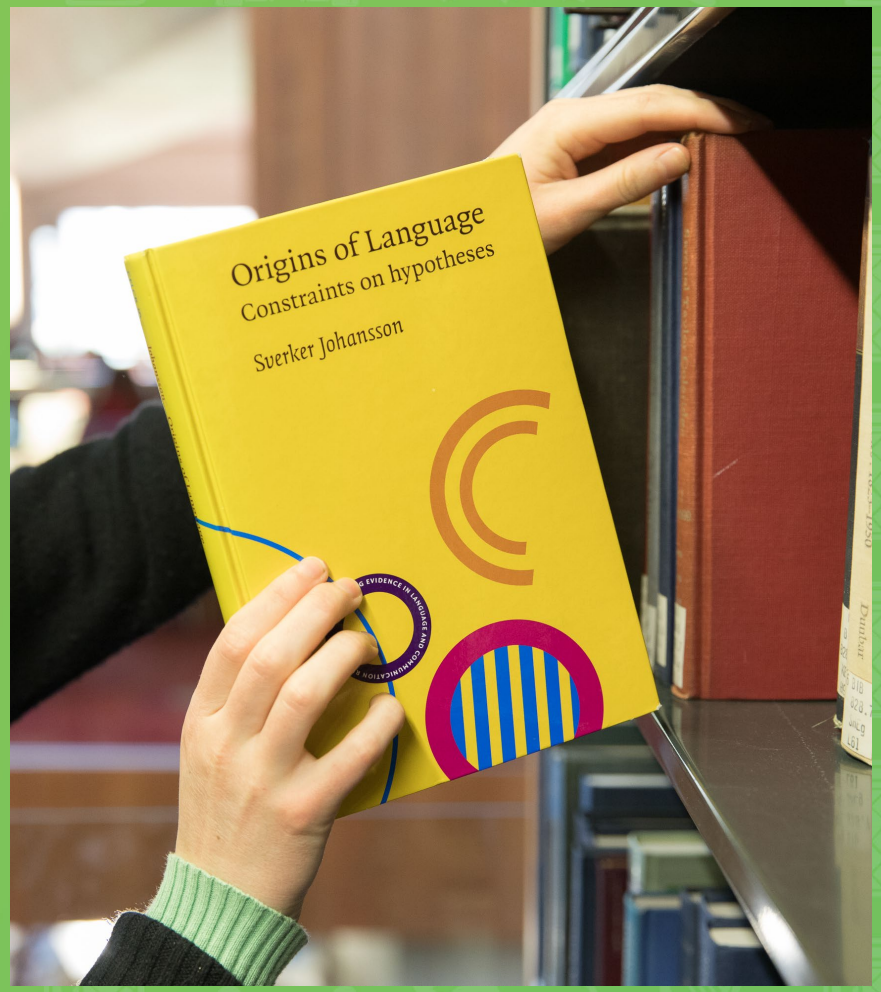
USING THE LIBRARY

POSTGRADUATE BORROWING

Higher Degree
(Research/Taught Masters/PhD)

- You can borrow up to **50 books** at any one time from the General Lending collection, which can include items from our open shelves or from storage.
- Items can be borrowed for 12 weeks and renewed **once for a further 12 weeks,** as long as nobody else has placed a recall on the item

FINDING A PRINT BOOK ON THE SHELF



Use the **Library Catalogue** to identify where your book is located

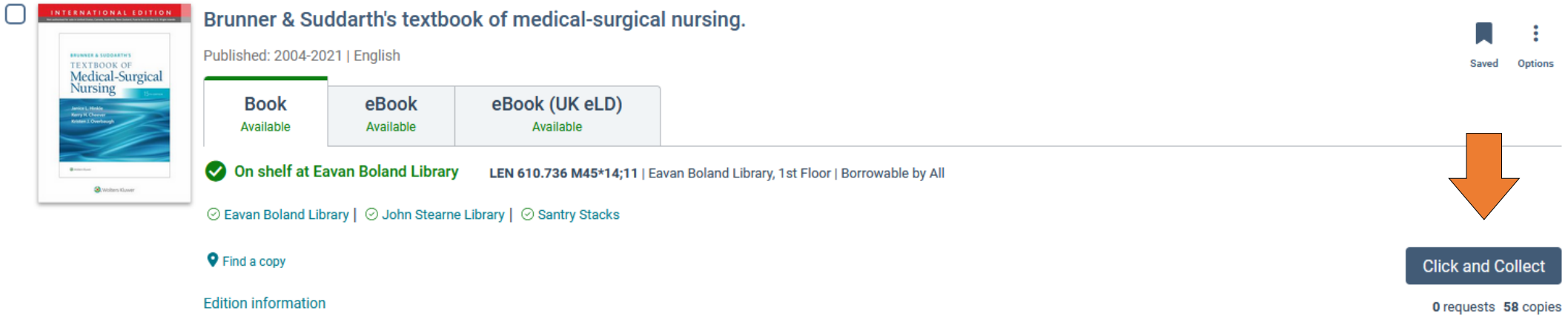
Codes (shelfmarks) are assigned to books to help you locate them on the shelves. The shelfmark is visible on a white shelf mark label attached to the cover of the book

New! You can now request to collect books on the shelves from the Library Service Desk closest to its home – what we call *Click and Collect.* You can still go to the shelf yourself!

90% of our collection is in storage (on and offsite) – you request nearly all of these using Click and Collect

CLICK AND COLLECT

Use the *Click and Collect* button, and select from the list….



- **Normal Library shelves (within 24 hours, often much sooner) NOTE: you can only collect from the Service Desk where the book is located!**
- **Ussher Stacks (within 24 hours, often much sooner) – normally, any Service Desk**
- **Santry and External Storage (generally next weekday) – normally, any Service Desk**
- Other materials must be requested using a call slip (ask at our service desks)
- All material can be requested to the reading room for consultation and most can be borrowed

eBOOKS – UK eLD & REGULAR eBOOKS

UK legislation means that the electronic versions of legal deposit material must be accessed at designated PCs in the Library

You can access the ebooks we purchase (regular ebooks) from anywhere. Most appear in the Library Catalogue - start there! – but some are in Articles and More

ARTS, HUMANITIES & SOCIAL SCIENCES TEAM

Isolde Harpur

- Asian Studies
- English; German
- Linguistics, Speech & Communication Sciences
- Russian & Slavonic Studies

David MacNaughton

- Business; Economics
- Engineering
- Philosophy
- Political Science
- Sociology
- Computer Science
- Mathematics
- Statistics

Helen Bradley

- Drama & Film
- European Studies
- History of Art & Architecture

Caroline Montgomery

- French; Irish; Italian; Spanish
- Near & Middle Eastern Studies
- Religion
- Social Work & Social Policy

ARTS, HUMANITIES & SOCIAL SCIENCES TEAM

Geraldine Fitzgerald

- Education
- Psychology

Terry McDonald

- Law
- Classics

Roy Stanley

Music

Seán Hughes

- History
- Gender & Women's Studies

STEM & HEALTH SCIENCES TEAM

Jessica Eustace-Cook

- Nursing & Midwifery
- Research Ireland Support

David Mockler

- Medicine
- Dental Science
- Pharmacy & Pharmaceutical Sciences

Margaret Rooney

- Biochemistry; Biology
- Botany
- Environmental Science
- Genetics
- Geography; Geology
- Immunology; Microbiology
- Molecular Medicine
- Neuroscience (UG)
- Zoology

Greg Sheaf

- Chemistry
- Physics

LIBRARY HITS

Google 'library hits tcd'

- Library Basics
- Academic Integrity & Avoiding Plagiarism
- Essay Writing
- Reading & Note-Taking
- Reading, Thinking & Writing Critically
- Researching your Literature Review
- Beginners' Guide to EndNote

See videos of previous sessions now and watch out for emails listing new live classes later in the year

USING THE LIBRARY

LIBRARY TOURS

Arts, Humanities, Social Sciences & Nursing disciplines (**Lecky Library entrance, Arts Building**)

Science, Technology, Engineering, Maths & Health disciplines (**Hamilton Library)**

Taking place Monday – Thursday this week

tcd.ie/students/orientation/postgraduates/timetable.php

Medicine: John Stearne Library (St James' Hospital campus)

Organised directly with your Subject Librarian, David Mockler

IF YOU'RE STUCK, JUST ASK:

library@tcd.ie

@tcdlibrary

tcd.ie/library

Use *LibChat* on the Library website
....or visit us in the Library!

TOP TIPS

- ✓ CONTACT your Subject Librarian for expert searching advice
- ✓ ATTEND a Library HITS class and brush up on your research skills
- ✓ SEARCH for books on your reading list or any topic using the Library Catalogue
- ✓ INSTALL Lean Library to find the full text of articles via Google or Google Scholar
- ✓ BORROW up to 50 books at a time
- ✓ REQUEST books from the shelves or storage using the Click and Collect service
- ✓ USE the Self-Service Kiosks to borrow or return books
- ✓ PRINT/COPY/SCAN on any printer (service managed by Datapac). ID code = your student number; PIN e-mailed when you register with TCD
- ✓ ATTEND a Library tour!

MORE QUESTIONS?

"Being a Postgraduate Student at Trinity"
Q&A with Postgraduate Advisory Service

Thursday, 4pm,
Synge Theatre, Arts Building

RECORDINGS FROM THIS WEEK

https://www.tcd.ie/students/orientation/postgraduates/sessions.php

Thank you and good luck!

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