

KEY MESSAGES FOR 1ST YEAR GROUPS

FROM ANSEO – STUDENT ENGAGEMENT OFFICE.



You are welcome, you've earned your place – congratulations! We're delighted you're here.

CIT is a great place to study, we have opportunities from Level 7 to PhD. CIT is known for its academic and technical excellence so take advantage of this and soak it all up. No matter what your past experience of education has been, this is a new opportunity and a fresh start. Remember to make a conscious effort to make a good start – it's ½ the work!

What we expect of you:

- CIT will **make demands of you**. We expect you to expect a lot of yourself. Adapting to third level and getting used to your course may be challenging at times but you are surrounded by people who want the best for you.
- Allow yourself time to **get used being in a new place** and go easy on yourself. Settling in takes time...you owe it yourself to give yourself the best chance you can at doing well here.
- Starting college is an invitation for you to step up **and take hold of a really great opportunity**. We can't do your degree for you but we are committed to supporting you to making a success of this. We know you can do it.

6 key points you need to know about college:

- **Make a fresh start**
 - Whatever your academic history, whatever points you got in the Leaving Cert, CIT is a new beginning. Be ambitious for yourself, learn from your past experiences but make a fresh start. It's also important that you realise the CAO points for this course do not reflect the difficulty of the course so be prepared to work hard and reach the standard.
- **You are in charge of yourself:**
 - You need to make sure you get to class, submit your work and meet your deadlines. You are expected to keep on top of your work outside of class. There are plenty of supports available but you must take the 1st step and take charge of your own learning.
- **Learning at third level is different**
 - Lecturers can cover large amounts of material in 1 lecture or 1 week and it is up to you to keep on top of it and follow up on study outside of class. You'll have to learn note-taking skills (resources available on the student engagement website (studentengagement.cit.ie)). Make use of the gaps in your timetable; there for you to catch up on extra note-taking, study and project work.
- **Use technology**
 - Your myCIT.ie email account is how the college will communicate with you so you need to check it regularly and set up notifications. You should also communicate with your lecturers if you're absent for any reason and provide sick notes for missed weeks. You'll also find extra learning resources and lecture notes for some classes on Blackboard. A word of

warning, don't depend on Blackboard as the source of your notes. You won't be able to make sense of them if you don't go to class.

- **Learn to actively manage your time**

- It can take a good few weeks to adjust to the rhythm of college and before you know it, Semester 1 will be over. It's only 13 weeks in length with assessments usually happening from week 5-7. Learn to plan your week. You are a full time student on a full time course so you should be allocating 40 hours per week to lectures, labs and extra study. Part-time work and socialising are important but should not interfere with college work so be careful and plan your time carefully.

- **Engage in college life**

- There are plenty of clubs and societies to get involved in and extra academic programmes available for you so take advantage. College is as much about your personal development as it is about academic work. Start populating your CV now with extra-curricular activities so that you'll stand out from other graduates to future employers.

Got Questions/concerns:

Talk to any of the below who are all happy to help you.

- Your lecturer
- Your class coordinator
- Academic Success Coach (studentengagement.cit.ie)
- Good Start Ambassadors on Just Ask desks (all current CIT students)

