

# Connect & Engage 2025

## Week 1: Welcome Back and 1st Year On Campus Orientation

8th - 12th Sept

In our first week of term, we will welcome back returning students, new students joining us in advanced years of study and of course our new first years!

For returning students: it's a great time for re- engaging with the TUS community of friends, faculty and support services staff. Student support services are on hand and students are encouraged to reach out for support to help them click back into gear following their summer break. Repeat exam results are on the horizon and students will be provided with information regarding supports and options for moving forward with their studies.

For 1st Years: details of local campus orientation activities will be provided along with registration information to ensure our new students know where to go. Students are encouraged to follow TUS social media channels in advance of their arrival on campus and connect with services as appropriate.

## Week 2: Get Connected

15th - 19th Sept

During "Get Connected" week there will be a variety of workshops to help students get off to a flying start at TUS. This week is all about settling in and engaging with fellow classmates, as well as connecting with the academic and professional services staff who are here to help students throughout their time at TUS.

Student Leaders will be onsite every day to ensure our new students know where to go on their first day and help our Freshers in their first week on campus. Student Leaders are 'in the know', they are TUS graduates and will be based on every campus throughout the remaining 5 weeks of the Connect and Engage programme to answer queries, guide students to services and classrooms, engage with students on social media and encourage students to get involved with college life at TUS.

The Students' Union will be hosting a fun line- up of events and Clubs and Societies activities will also kick off, providing a great way to meet new friends and develop new interests.

## Week 3: Financial Fitness

22nd - 26th Sept

This week is all about getting in ship shape, financially speaking! Students will be offered information and advice relating to third level financial supports and will be able to pick and choose from a variety of offerings ranging from information sessions on managing finances to how to budget for college life. Workshops and drop-in clinics will be held throughout the week to facilitate students' financial queries and advise on available supports.

## Week 4: Mind Your Health

29th Sept - 3rd Oct

Health and Wellbeing are of vital importance and Mind Your Health week will focus on promoting our comprehensive health and wellness resources. From fitness and eating well, to managing illness and sexual health, we are committed to fostering a healthy and balanced lifestyle and encourage students to participate in events and opportunities to look after all aspects of their health while they study at TUS. During this week, Student Health will deliver awareness campaigns across each campus. If students have a pre-existing condition or if they have any health concerns, they are encouraged to register with the Student Health Unit on a confidential basis.

## Week 5: Mental Health Matters

6th - 10th Oct

World Mental Health Day takes place this week on October 10th. Our Counselling Service will deliver activities and workshops to promote student engagement in proactively managing their mental health throughout this week and their time at TUS. Walk-in clinics are offered with no appointment necessary for students who might benefit from help and support.

Students are encouraged to register for free mental health support with Togetherall, a safe online peer support community for all students which is moderated by mental health professionals and which can be accessed 24/7. Please Register on the Togetherall Website

## Week 6: Boosting Academic Success

13th - 17th Oct

Week 6 is all about learning and boosting our students' academic success. Students will be invited to engage with the Library through drop-in clinics and workshops to learn about all the wonderful resources and supports which benefit all students throughout their academic journey.

TUS will provide information on Academic Integrity to ensure that assignments and projects follow the correct guidelines for using academic sources, referencing and avoiding plagiarism. This will be new information for many, so this week will include lots of opportunity for engagement, classes and resources to help optimise learning for students.

This week students will also learn about tutoring supports and there will be information sessions on time management, getting organised and settling into a routine of good study habits. Our learning support tutors will provide students with the necessary tools and strategies to excel academically and navigate the academic landscape to achieve their full potential. Students will be reminded that classes & supports will be available throughout the year too!

## Careers EXPO

Speaking of success, the Annual TUS Careers Expo will take place during Academic Success week. The Expo will give students the chance to explore career opportunities available to them during and after their studies. TUS Midwest Careers Expo is scheduled to take place on Monday 13th and Tuesday 14th October, with TUS Midlands Career Expo taking place on the 15th of October. We will have exciting workshops on offer in the run up to these events to help fine tune CV's and social media profiles. This is an excellent opportunity for students to meet with over 100 key local, national and international employers and find out about life after college. Details of how to register for these events will be sent to students by email.

## Week 7: Community and Culture

20th - 24th Oct

For our final week of Connect and Engage we switch the focus from surviving to thriving. Community and Culture week is all about unlocking students' full potential personally, academically and professionally. We take a holistic approach, acknowledging that student growth and development also happens outside the classroom. This week students can engage with a tapestry of opportunities to help them thrive and engage with their own development. We promote an array of community oriented and cultural opportunities including food, music, clubs and societies and the arts.

This is a great time to explore volunteering and take the opportunity to celebrate each other and the wonderful diverse community and culture at TUS. By engaging beyond a disciplinary focus, students will broaden their horizons and begin to build their own narrative and personal brand. We believe that a well-rounded university experience and fostering wider holistic development will enhance the student experience and will contribute positively to graduate attributes.

## Continue to Engage and Connect!

Throughout the seven weeks of Connect and Engage returning students have been supported in returning to college and our new joiners have been helped to get off to a flying start across all aspects of student support. This support does not end here, rather it is a beginning and will continue to be provided throughout students' time in TUS. This sense of community and support will continue beyond this programme, as we aim to foster a network of connections and open students to new experiences that will enhance their time at TUS and beyond. We will continue to remind students to reach out and seek assistance from the extensive supports designed to help students to thrive both personally and academically throughout their time at TUS.

Follow our social channels to hear from your Student Leaders and ask any question....

