



# TUS Midlands Student Counselling Service Newsletter

## Newsletter Content

- Meet the Counselling Team
- Being Well This Academic Year



@tusstudentcounselling



@TUS\_SCS



@tusmidlandsstudentcounselling

**Welcome new students and  
welcome back returning students.**

## Meet the Student Counselling team



Treasa Fox



Mick McGann



Deirdre Hanamy



Olivia Feehan



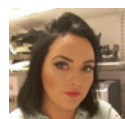
Kathy Heavey



Eileen Hannon



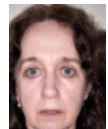
Mike Ward



Mairead Devaney



Pauline Walsh



Patricia Lally

This counselling service is provided free of charge by qualified and experienced professional counsellors and psychologists.

Counselling provides a safe, supportive and confidential environment in which students can discuss any emotional or psychological difficulties they may be experiencing. The counsellor will use their training and expertise to help you clarify what issues are impacting on you and your life, and then facilitate exploration of how you can find better or different ways to live and different perspectives.

### How to get in contact

- Call the Student Counselling Service Administrator on +353 (0)90 646 8063
- Email [counsellor@ait.ie](mailto:counsellor@ait.ie)

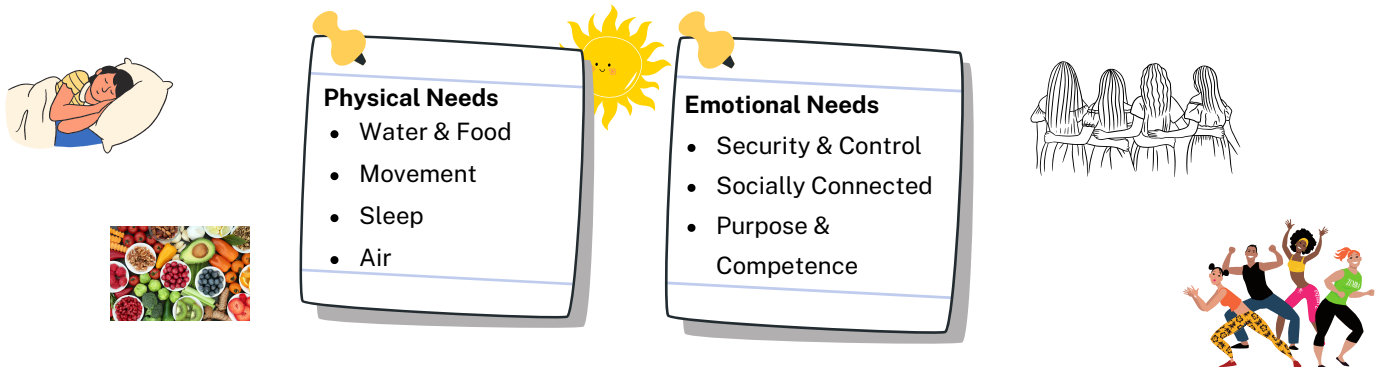
### Daily Walk-in

Use our walk-in service between 2pm – 3pm daily - No appointment needed

The Student Counselling Service is located in the John Count McCormack Centre on the 1st Floor.

# Being Well This Academic Year

Your wellbeing during your time at university has an influence on your overall student experience. The research suggests poor student wellbeing has impacts on your learning, performance, connection, enjoyment, retention and your overall experience at university. To ensure that you give yourself the best chance to be well, start with the basics: physical and emotional needs. These are the foundation to your wellbeing,



## Awareness brings choice

When we become aware of what needs are/ are not being met, we then can make choices to support ourselves. This is a skill and like all skills can be improved with practice.

E.g. It's early afternoon, after a day of lectures you notice you are tired, sluggish and your energy is low. Check in with your needs: have I had enough water? did I get outside for fresh air? have I eaten breakfast and lunch?

Yes, the answer is often as simple as eating food or going outside for fresh air to shift our mood. Being at university means you are in charge of your learning and wellbeing.



## Connecting

Social connections fuel your body just as eating nutritious foods and taking deep breaths do.

(Nagoski & Nagoski, 2019)

We need emotional connection to be well. University provides us many opportunities to develop meaningful relationships - class mates, house mates, friends of friends, societies, clubs etc.

## Tips for creating meaningful connections and friendships.

- Sit beside someone you haven't spoken to yet in a lecture.
- Challenge yourself to speak to a new person daily.
- Ask common ground questions (course content/ interests/ college events).
- Try to build connection, even if it is just on social media to start.
- Join a society or sports activity you are interested in.
- Keep connected with the friends you already have.

