

Week 3:

FINANCIAL *fitness*

- Information Sessions,
- Advice on supports,
- Workshops,
- Drop-in clients,
- Answering all questions & queries!



TUS
Connect &
Engage



Week 3:

FINANCIAL fitness



EVENTS



Financial Readiness
for Life

Free online course:

Financial Readiness for Life

Check out this online course that helps students develop practical financial life skills to support them through college and into future employment.



mabs
Money Advice & Budgeting Service



West-Midlands
CREDIT UNION

Get Sound Financial Advice

Meet Our Access Office Team, MABS & West-Midlands Credit Union

Date: Thur 25th Sept
Time: 10:00am-2:00pm
Location: Main Reception



Sort your finances with

PASS
(Peer Assisted Student Support)

Attend a full session and be entered into a draw to win **CASH PRIZES** all this week!!!

Remember: you'll get a certificate of attendance for attending 5 or more sessions too!!!

Check timetable for PASS Sessions & Follow @TUS_PASS for raffle dates and winners!!!

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SUPPORTS:



Laptop on Loan Scheme :

**Applications for 2025/26
are NOW OPEN!**

For more information/to
apply please visit :

**[https://tus.ie/access-
services/laptop-loan-scheme/](https://tus.ie/access-services/laptop-loan-scheme/)**



1916 Bursary Fund:

**Applications for 2025/26
are NOW OPEN!**

Deadline:

Fri 10th Oct @ 5.00 pm

Keep an eye out for
information on Walk in
Information sessions
Week of 22nd September



Student Assistance Fund:

**Applications for 2025/26
are NOW OPEN!**

Deadline: October 31st 2025

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CONTINUED: SUPPORTS:



MEET OUR Access officers

**Follow us on Insta
@tusathlonesrc
where you will meet our
TUS Access Officers**

NEURODIVERGENT

This group is a safe, nurturing space for students with a formal diagnosis of Autism (ASD) or ADHD, who are self-diagnosed or who are exploring/questioning if they are neurodivergent.

CONNECT AND SUPPORT,
each other through challenges, successes of being neurodivergent and sharing insights into each other's own unique experiences.

8 WEEK PROGRAMME
Different Key Themes covered each week

FOR ALL YEAR GROUPS



Counselling Service:

**Keep an eye out on for the
Counselling Service Introduction
e-mail**

Neurodivergent Peer Group

**This is commencing
24th Sept @ 1pm for First Years
and from the 1st Oct for all other
Years @ 2pm**

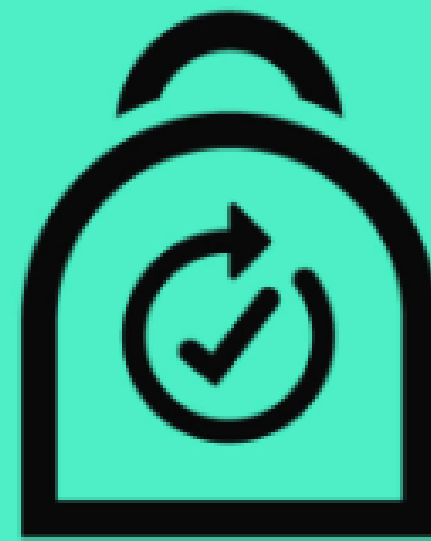
In Class - Workshops

**Deirdre and Olivia will also be
continuing to offer their
'Being Well in University'
psychoeducational 'in class' workshop
(booked by your lecturers)**

*The focus of this workshop (40 minutes) is on
understanding well-being and the impact it
has on academic learning, performance, and
overall student experience. Practical tips are
shared to support and enhance student
wellbeing.*

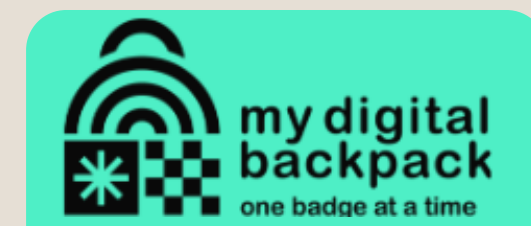
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Financial Readiness for Life

This online course helps students develop practical financial life skills to support them through college and into future employment. The content and activities were created in collaboration with ATU Access & Widening Participation service and MABS – Money Advice and Budgeting Service. Money and money management can be an emotive subject. After this course, we aim to provide you with knowledge and skills that can help you to manage your money now and into the future.



Week 3:

GET SOUND FINANCIAL ADVICE

Financial Fitness



Jenny Burke (*Access Officer*)



**Meet Our Access Office Team,
MABS & West-Midlands Credit Union**

**Date: Thur 25th Sept
Time: 10:00am-2:00pm
Location: Main Reception**



OUR TIPS & tricks:



SIGN UP FOR A LOYALTY CARD TO SAVE ON YOUR GROCERY SHOP



CARPOOL WITH OTHERS TO SAVE ON FUEL



CREATE A BUDGET AND PUT IT IN PLACE TO CONTROL YOUR EXPENSES



INFORM YOURSELF OF ALL AVAILABLE SUPPORTS & RESOURCES ACCESSIBLE TO YOU IN COLLEGE



SIGN UP FOR THE LIKES OF 'UNIDAYS' AND ASK IN STORES DO THEY OFFER STUDENT DISCOUNTS



GET YOURSELF A LEAP CARD TO SAVE MONEY ON TRAVEL EXPENSES