

TEN NEW MASTER'S COURSES TO BOOST NORTH WEST'S ECONOMY



address the issue and in the process gain a Master's degree, or by an external student who works with that organisation for the project.

Announcing the ambitious programme, President of IT Sligo, Dr Brendan McCormack said it will enable companies in the region to compete nationally and internationally, through essential upskilling in industries that are changing rapidly:

"This approach to offering Master's degrees has been discussed with a range of employers, and benefits the organisation in that it helps it to address an important issue it is facing. It also helps to either upskill one of its staff or else to get a good look at a potential future employee. For the student it gives them a higher level of experience, knowledge and qualification. For IT Sligo it helps to deliver on its mission of supporting the development of the region."

While IT Sligo has already been producing graduates qualified up to Doctoral level, this new initiative represents a concerted drive to

nearly treble the number of postgraduate students engaged mainly in research. It represents a critical milestone on the Institutes path to becoming part of a Technological University in 2020.

"Innovation is becoming increasingly central in the workplace across all sectors," says Vice President for Research, Innovation & Engagement Dr. Chris O'Malley. "Right now the challenge is a wave of computerisation in manufacturing that everyone needs to get on top of as part of Industry 4.0. But the same need for innovation applies to public services such as health and housing, as it does to community development. Our target here is to further strengthen the region's capacity for innovation, as this is vitally important to our future prosperity and quality of life," says Dr. O'Malley.

Full details of the Master's programme can be found at www.itsligo.ie/postgraduate *For more details please see pages 12-13.*

IT Sligo has announced a new suite of Master's level courses designed to directly support innovation in the workplace. The new initiative was established as a direct response to industry demands and to reduce skills shortages in an array of industries.

The suite of ten new Master's courses will begin in September and are now open for applications. They range in focus from biopharmaceutical processing and data science to leadership, literature and drama. These new programmes will be offered alongside a Master's

by Research qualification.

The Master's courses will focus on a practical research project that will enable an organisation to address a challenge it faces. Examples of such a challenge can include developing new products or services, breaking into new markets, re-designing how the organisation works, responding to new regulations or other changes in the environment, or understanding how effective your current services are and how they might be further enhanced. The projects can be undertaken either by one of the organisation's staff in order to both

Vicky Wins Transport Campaign



Future IT Sligo student, Vicky Matthew has won the first stage in her campaign to deliver wheelchair accessible transport to rural areas around the country. *Continued on Page 15*

Clubs & Societies Annual Awards Night



Major National Award for Prof Suresh



Students still have time to reconsider CAO choices



The Power of Humour in Marketing Conference





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CareerFest Hits IT Sligo



The North West CareerFest took place in IT Sligo on May 9th, attracting a large number of visitors from secondary schools across the region.

Hundreds of students met with exhibitors from the higher education sector, industry, state organisations and the voluntary sector. The event provided a platform locally for students from the region to meet with colleges, training bodies, and local businesses. They also got to

experience visiting a third level institution and had the opportunity to attend brief lectures/talks.

This is a unique opportunity for students in the region to meet with successful employers and find out about career opportunities. This was supported with information provided by a wide selection of third level institutions. The event was organised by the Sligo-Longford Branch of the Institute of Guidance Counsellors.



Farmers Recognise the Need for Safety Improvements at Marts

An increase in claims and rising insurance costs are threatening to close livestock marts throughout

the country. In order to avoid accidents and rising claims marts have little choice but to make

changes in the way they operate. The mixing of people and livestock greatly increases the risk of injury

to mart goes and is forcing marts to consider ways of safely segregating them. Some marts have implemented lockdowns which prohibits access to members of the public from certain areas of the mart, primarily livestock penning areas.

A number of serious accidents in recent years has highlighted the dangers for mart staff and customers. The agricultural sector has been identified by the Health and Safety Authority as a priority sector for their 2019 programme of work and mart inspections will form part of this programme. Marts, because of custom and practice for many years, are struggling to balance the wants of their customers with their legal responsibilities to ensure the health and safety of their employees and members of the public.

It is with this challenge in mind

that IT Sligo final year Occupational Safety and Health students conducted a study on two of Ireland's largest mart cooperatives, one which had implemented the lockdown system and one which hadn't. As part of this study students surveyed drivers and members of the public to assess their perception of safety in the marts.

A key finding from the survey was that farmers recognised the greatest risk of injury to mart goers is from contact with livestock. The good news for mart managers is that farmers also showed a willingness to accept restriction of the public to certain areas of the mart while it is in operation. Mart managers should also be aware that mart drivers were strongly in favour of prohibiting public access to allow them to carry out their jobs safely.



Students still have time to reconsider CAO choices



Leaving Cert students are in the middle of exam preparation but there is still time to remove or re-order your course choice for September 2019. Don't be afraid to have a rethink. In 2018, 50% of Leaving Certificate students used the change-of-mind facility on the CAO. Some caveats apply. There are restrictions on adding courses for which interviews, portfolio submission deadlines or other additional assessment dates have already passed.

If you feel the mocks didn't go so well and you are reconsidering CAO choices, what should you do?

Rosie Gilleece, Marketing Manager at IT Sligo advises students not to panic. "You have plenty of time before the change-of-mind facility closes on July 1st, to reconsider or finalise those CAO choices. You have 20 CAO choices, the important thing is to think strategically about what order are you going to fill them out," she says.

If the mocks went well enough but you are unsure about the course you put down, what should you do?

"The time to act is now, talk to your school's guidance counsellor about any doubts you may have. Their knowledge and experience can help you decide your future career. Do your own research on College/University websites to read up about careers and individual courses". It is helpful to list out on paper your favorite



subjects and list what exams you performed well in, which subjects are you naturally best at and put down any subjects you know you don't enjoy. "Be faithful to the subjects you enjoy – if you like them at second level and are doing well at them, choose an undergraduate programme that contains some or all of these subjects"

List all 20 choices

Filling in all 20 courses on the CAO form gives students a good safety net. If you don't have enough points for your level-eight course, IT Sligo offer level-seven courses which direct progression routes to a Level 8 Honours degree.

Rosie Gilleece, Marketing Manager at IT Sligo advises students to "Complete the form in genuine order of preference and not on points." She advises students to think hard before deciding what to put at the top of the list.

Students also need to consider all those other factors into consideration, distance from home, campus facilities, clubs and societies, graduate employability.

CAO Clinics at IT Sligo in June

Check out our website www.itsligo.ie for news on CAO Clinics on campus in June, for help choosing your final order of courses before the 1st July deadline.

CAO checklist

Double-check entry requirements for your chosen course to make sure if you need a higher-level subject or not. Students should list their course choice by preference

instead of anticipated points scores, or past points requirements. Applicants should always have a couple of "fall-back" options and ensure they thoroughly research every course choice. Filling in all 20 courses on the CAO form gives students a good safety net.S

Alternative Maths Exam

For those Leaving Cert. students who have failed Maths in the Leaving Cert, IT Sligo offers an alternative maths exam on Thursday 20th August. There is no preparation, it is free and you simply need to book and turn up. This is a two hour exam held on campus. When you pass this exam, it automatically means you meet the maths requirement for any of our courses. Bookings can be made to Rooney.Rosaleen@itsligo.ie

Courses with available places in August

Did you know that you also have another option in August through the "available places" facility? Some courses will have places remaining on them even after all CAO offers have been made, this often results in the College or University reducing the CAO points entry requirements for them. It is up to the student to find out and apply for these directly to the College or University.

If you find yourself in August not wanting the course you were offered or without any offer at all, you can still get a college place for September 2019 by applying to individual Colleges through the "available places" facility in August.

Sligo – Your New Home



Sligo is a student gem in the North West. By combining the hustle of a major town with great transport links with a safe and fun nightlife, Sligo has a lot to offer.

Sligo is one of the top choices for students, international student exchanges and young professionals. With a wide choice of live music, nightclubs, coffee bars, alongside a plentiful supply of accommodation, low cost of living, in a stunning backdrop of natural beauty and no traffic – what is there not to love!

The chance to enjoy an outdoor lifestyle mixed with everything a large town has to offer means Sligo is thriving amongst students who have travelled the country to live here.

Sligo is a mecca for those escaping large urban sprawl, and is home to students who have travelled from Cavan, Monaghan, Meath, Mullingar, Kildare, Athlone, Longford, Mayo, North Donegal. IT Sligo Students are from all over Ireland, Europe and the World.



GET HERE

Transport Routes to Sligo

Sligo is accessible from all part of Ireland
Get to Sligo on Public Transport

Barrett Coaches: Belmullet – Crossmolina – Ballina - Dromore West - Sligo
John Staunton Coach Travel: Castlebar, Ballyvary, Bohola and Swinford via Charlestown
McGovern Transport (Cavan): Glenfarne – Blacklion – Swanlinbar – Ballyconnel - Belturbet

McGowan's Bus: Collooney – Drumfin – Castlebaldwin – Ballinacree – Boyle – Ardarn – Carrick on Shanno - Leitrim - Drumshanbo
Corduff Travel: Sligo Town – Tubbercurry – Charlestown – Swinford – Castlebar - Westport
Feda O' Donnell: Grange – Bundoran – Ballyshannon - Donegal Town - Ballybofey – Letterkenny – Kilmacrennan – Creeslough – Dunfanaghy – Falcarragh – Gortahork – Gweedore - Crolly

Kelly's Eye Service: Roscommon - Sligo
West Link Coaches: Drumshanbo – Leitrim – Carrick – Ardarn – Boyle – Ballinacree – Castlebaldwin - Drumfin

Bus Eireann Route 458: Ballina – Easkey – Screen – Sligo – Manorhamilton – Blacklion – Belcoo - Enniskillen

Eireann Route 462: Monaghan – Sligo
Irish Rail: Mullingar - Sligo

Student Accommodation Options in Sligo

Living in student accommodation is a great way to make new friends and settle in quickly to college life. Sligo has a plentiful supply of accommodation in the town and six student residences for undergraduate students within walking distance of our main campus.

Digs Accommodation

This option can be popular amongst first year College students moving away from home for the first time. The student lives with a local family in their family home.

Price: This can range between €70 - €100 per week (€280 - €400 per month)

How to Book: The IT Sligo Students Union (ITSSU) website www.itssu.ie/rent/digs/ has a listing of current landlords offering Digs Accommodation.

House Share

Current IT Sligo Students who have taken on the lease of a property and have a spare room to rent advertise to other students. It is important to establish what (if any) bills (TV License, Utilities) are included.

Price: This can range between €40 - €75 per week (€150 - €300 per month)

How to Book: The IT Sligo Students Union (ITSSU) website www.itssu.ie/rent/house-share/

Privately rented accommodation

The local area surrounding the Institute has a good selection of private rented accommodation from private landlords. The properties are furnished and bills paid by the occupants. Students usually rent as a group and sign a lease agreement and pay a deposit

Price: This can range between €60 - €80 per week (€200 - €300 per month) per student. A 3-bed house close to the college can rent for up to €750 per month. Apartments in Sligo Town tend to be more expensive.

How to Book: The viewings and bookings are done by the student directly with the landlord. Landlords advertise on

www.itssu.ie/rent/self-catering and www.daft.ie

Mullberry Park is a housing estate close to the college popular with students. Bus Eireann S1 and S2 services operate through the campus for easy access to/from Sligo Town, Strandhill and Rosses Point

Purpose Built Student Accommodation

There are six purpose built student accommodation villages at IT Sligo, all self-catering and a short walk from the campus.



The Grove Student Village

All apartments have 3 ensuite bedrooms. Less than 8 minutes walk from the IT Sligo campus. Shop on site. Free parking and Bicycle Shed. **Price:** Total cost for one academic year: €5070

Contact: The Grove, Block 8, Clarion Road, Co.Sligo
info@thegrovesligo.ie / 071 - 9144858 / www.thegrovesligo.ie

The Clarion Student Village

2, 3 and 4 bed apartments (some en-suite). Short Term lets available e.g. Apprenticeship 11 Week placement. **Price:** Total cost for one academic year: €820 (Twin) - €994 (Single en suite)

Contact: The Village Clarion Road, Clarion Road, Ballytivnan, Sligo
Email: info@thevillageclarion.com /
Phone: 071 9129002
www.thevillageclarion.com

The Yeats Student Village

6 bedroomed houses and 3 bedroomed apartments are offered. 2 Minutes' walk from IT Sligo. **Price:** Total cost for one academic year: €3870 (Twin) - €5070 (Single en-suite)

Contact: Yeats Village Sligo, Ballinde, Co Sligo. Tel: 071-9138551
E-mail: info@yeatsvillage.net
www.yeatsvillage.net

Milligan Court Apartments and Townhouses

Located in Sligo Town and a 15 minute walk to campus. Choose from a selection of 1, 2 and 3 bedroom self catering apartments or townhouses. **Price:** Rent €300

Contact: Milligan Court, Connaughton Road, Sligo Tel: 071-9146754
E-mail: info@milligancourt.ie
www.milligancourt.ie

Gateway Apartments

These 2-bed apartments are the closest to the college, only 2 minutes walk. Available only for full academic year, not term by term. **Price:** €3,100 for the academic year. Now fully booked for September 2019. www.gatewayapartments.ie

Ard Nua Village - www.ardnua.com

The Village is made up of College Court Apartments and College Mews Townhouses.

For Prices, how to pay, terms and conditions: Please contact the Ard Nua Village Manager directly

Contact: Ard Nua has two separate management companies taking bookings for its accommodation.

Management Company 1

Tel: 071-9300500 / 085 88 88 181
E-mail: info@ardnua.ie

Management Company 2

Tel: 071-9199888 E-mail: info@ardnua.com
www.ardnua.com

Handling Stress At Exam Time for Leaving Cert Students



IT Sligo has a dedicated Student Services building where students can avail of a range of support from academic support, pastoral care, counselling and health services. We really care about the whole student experience and not just the academic aspect of being a student. With that said, its natural that exam season can bring on levels of stress and burnout. Our students also suffer from the pressure. But with these handy tips, it is possible to manage it and get through exam season.

Take regular breaks and schedule in fun things to look forward to

Football – Baking – Cinema – eat ice cream. Do whatever you like doing in your spare time that will take your mind off exams. Your brain needs time away from learning to process and reflect on what you have taken in. A bit of time away from the books will leave you feeling refreshed and relaxed for the next time you revise. Just take regular 20 minute breaks during your revision day or longer activities that you can look forward to.

Set a Goal

What are you going to achieve today to get you closer to a successful leaving cert. Make a list.

Exercise and get outdoors

An oldie but a goodie. This is practical advice and it works. Go out for a walk, or a run, go to the gym or swimming pool. As well as keeping you healthy, exercise will boost your mood and make you more productive while revising.

Don't (always) listen to others

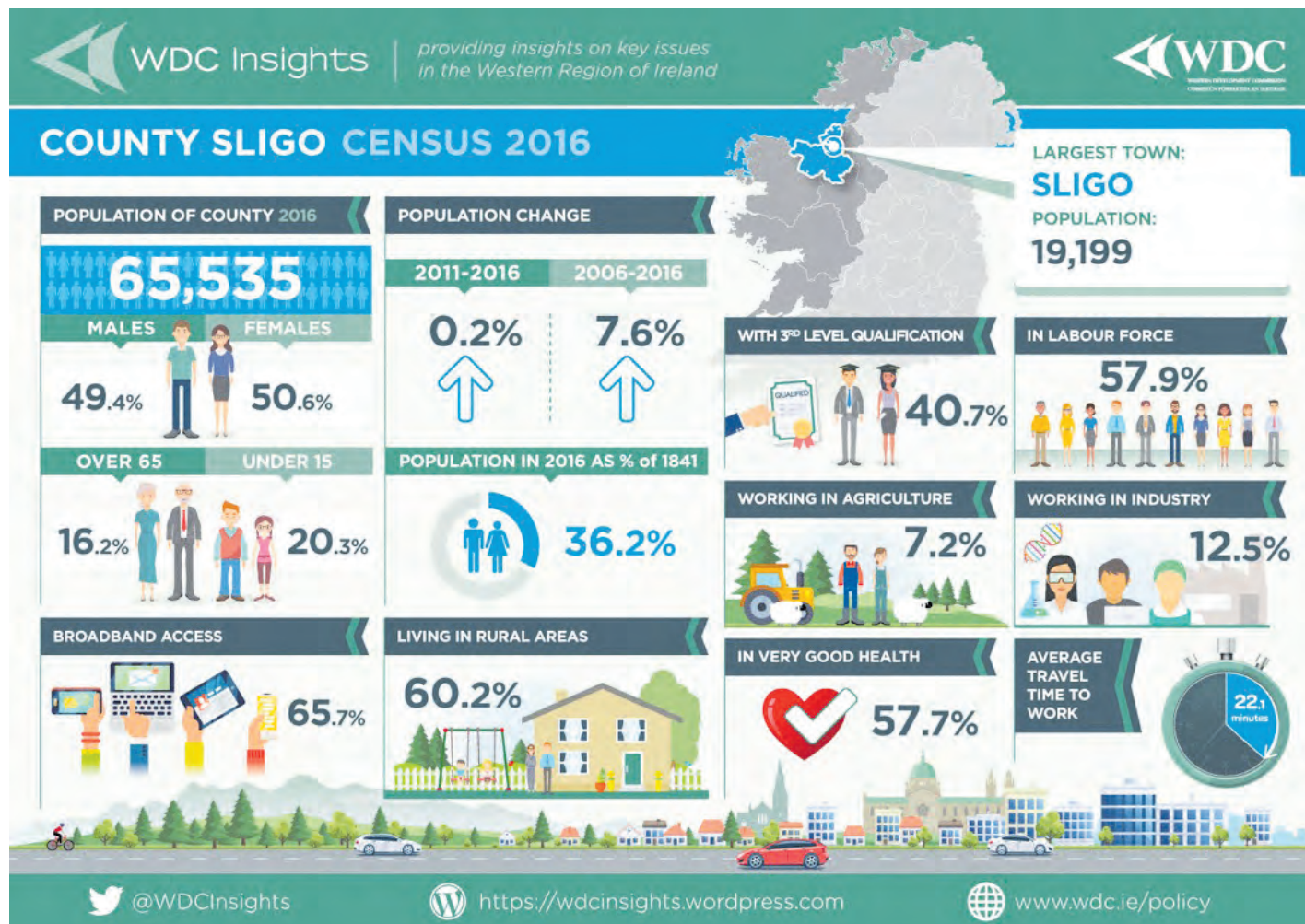
Did you ever hear the saying "comparison is the thief of joy". DO NOT compare other peoples' revision to your own. Chances are you're doing just fine, and listening to other people talk about what they've learnt will only stress you out and may make you feel like you aren't progressing as well as them.

Speak to someone

Sometimes an aunt, uncle or older sibling or cousin can give you a little perspective especially if you start to panic. Talking helps to release the pressure you may be under.

And finally.....Breathe

When anxious we tend to take shallow breaths. Your blood needs oxygen to be carried around your body and to your brain. Stop to take some breaths, take a long deep breath in through your nose, hold this breath for a count to four. Exhale slowly through the mouth, while you relax the muscles in your face, jaw, shoulders, and stomach. Repeat a few times. This is a good ritual at the beginning of an exam and remember you can do this!



IT Sligo Student Wins National Carpentry Title at Ireland Skills

A student of IT Sligo studying Advanced Wood and Sustainable Building program has won the national title for carpentry at the Ireland Skills event in Dublin recently. Liam Meehan from Cavan was one of 125 students and apprentices to compete in the three-day event at the RDS.

Ireland Skills Live showcased the most talented new talent in 25 different disciplines from aircraft maintenance, electrical, construction, hospitality & catering and computing. In a 3 day 18 hour competition the best young talents in Ireland were stretched to the absolute limits in their chosen disciplines in a highly pressurised environment with expert judges and over 18,000 visitors looking over their shoulders, among them President Michael D Higgins.

Under this intense spotlight, IT Sligo's Liam Meehan displayed nerves of steel as he tackled a very complex Carpentry project which entailed the construction of a complex framework and roof. Liam is the first graduate from the Advanced Wood and Sustainable Building course to win the National

title and now has a chance to represent Ireland in the 45th WorldSkills finals in Kazan, Russia in August.

Ireland Skills Live hopes to promote skills in apprenticeship, traineeship and graduate courses through competition linked to WorldSkills International standards. This year was the first time the finals were held in the RDS which brought extra prestige and pressure to the candidates.

Other IT Sligo students Mark Donelon, Coffeys Construction from Galway and Scott Ennis from Co. Dublin came close in the Joinery final and could be in a playoff for the Worldskills 2019 final in Kazan Russia. In the Carpentry final there were two other students from IT Sligo: Jason Slevin, Tipperary, and Gary Kavanagh from Ballina, Co Mayo.

Speaking at a reception for the finalists at IT Sligo yesterday, Lecturer in Carpentry & Joinery at IT Sligo and Ireland Skills Joinery Chief Examiner, John Joe O Reilly, praised all the students who took part:

"I am very proud of all our finalists and delighted for Liam as I have



President of IT Sligo, Dr Brendan McCormack, Liam Meehan (Ireland Skills National Carpentry Winner), David Treacey (Training Manager for Main Sponsors, John Sisks & Sons Ltd.), with IT Sligo Lecturer and Ireland Skills Chief Examiner John Joe O Reilly.

worked with him since 2016 when he expressed interest in the competition and he has put in a lot of effort to win a really challenging IrelandSkills National final project. I must also pay tribute to all the Lecturers on the Advanced Wood and Sustainable

building program in I.T. Sligo where Liam also honed his practical skills and geometrical knowledge.

Many thanks to our Technical Staff; Peter Gillespie, Colin Harte and Liam McCaffrey, without their technical support, drive and input we

would not have had success." The competition also needed a lot of machinery for the final in the RDS and The President of I.T. Sligo thanked Sligo Haulage for their sponsorship of the transport of equipment.

Over 600 Visitors at Open Day

Swiss Student Makes 3,600KM Round Trip to IT Sligo Open Day

Over 600 visitors from near and far came to the latest Open Day at IT Sligo on Saturday 13th April, including a young woman from Switzerland.

Swiss student, Gwendoline Cross searched for courses in sport management from her home and after some research found IT

Sligo's course offers everything she was looking for. Gwendoline said making the 3,600km round trip was worth it as she found the Open Day really helpful:

"It seems like a really dynamic town and I'm really glad I came all the way from Switzerland. It was a really good Open Day and I

had all my questions answered and got to meet some of the lecturers."

Potential students were offered tours, workshops, and lectures and had the opportunity to ask current students what college life is really like on campus.

As well as this, Guidance Counsellors, students and lifelong

learners received advice on grants & fees and accommodation.

Marketing & Student Recruitment Manager, Rosie Gillece thanked all who visited: "We had students from Killarney, Wexford and Dublin as well as students from all across the west, northwest and midlands.

Open Days are a great opportunity for students and parents to meet with lecturers and support staff to get a real sense of the course they are interested in. It also gives students a chance to have a taste of student life on campus."



Swiss student, Gwendoline Cross



Clubs & Societies Annual Awards Night 2019



Bill Crowe presented award at Clubs and Societies night for 25 years in Sub Aqua Club

IT Sligo said:

“I believe that the clubs and societies are a very important part of institute life, building friendships which hopefully sustain students through college and endure as lifelong friendships. Being part of a club or society is also helpful in developing the very important practical organising skills which are so valued by industry. I would like to thank all the clubs and societies for their excellent contribution to life on and off campus.”

The president went on to thank staff and officers of the student’s union and President of IT Sligo’s Student Union, Vanessa Molloy, in one of her last public events as president.

Dr McCormack also thanked the Club and Society’s officer Ella Ovie for her contribution towards clubs and societies at IT Sligo.

The evening was also an opportunity to recognise the institute staff in the student services function, in particular Marian Hargadon who retired earlier this year. Lecturer, Bill Crowe was presented with a special award for his outstanding contribution over 25 years in the Sub Aqua Club.

Entertainment for the evening was provided by the Traditional music society, Dance society and IT Sligo Choir.

IT Sligo celebrated the diversity and achievement of over 70 clubs and societies at its annual award ceremony on the 9th of April. IT Sligo has the most Clubs and Societies of all Institutes in Ireland and is keen to keep growing to keep students active and engaged in fun and inclusive activities.

Over the past year many of the

students have had sporting successes nationally and internationally both in individual and team sports notably the men’s Basketball club in reaching the All-Ireland Final and the women’s Soccer Team in winning the Futsal Cup. Both won awards on the night for Best Club and Best Team respectively. The two sports clubs

also celebrated Highest Achieving Sports Persons of the Year with Zachary Yonda from the US winning for achievements in Basketball and Amy Boyle Carr for her outstanding achievements in soccer for IT Sligo and Ireland. The IT Sligo Junior GAA Team secured a win in the All Ireland Higher Education Junior Final against DCU.

The Basketball club won a hat-trick of awards when coach Aaron Clarke won male Personality of the Year for his dedication to the club both on and off the court.

The Dance Society took home a double, winning awards for Best Society for the group and Secretary, Alannah McGrory achieving Personality of the Year for her enthusiasm and dedication.

This year has also been a great year for IT Sligo societies which enhances the cultural side of college

life. These societies are important especially for students who have left home for the first time and need social networks to develop new friendships and interests.

Presenting the awards, Dr Brendan McCormack, President of

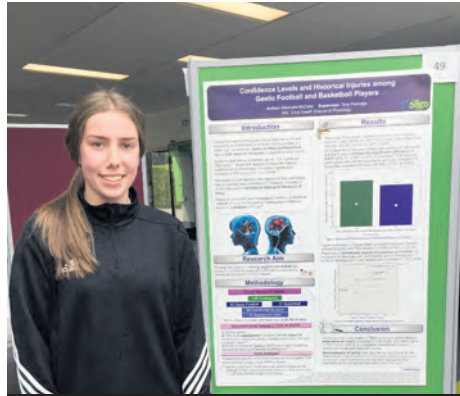


Minister of State for Rural Affairs and Natural Resources visit



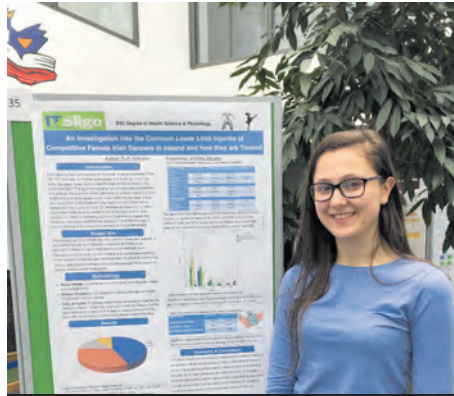
Minister of State for Rural Affairs and Natural Resources Sean Canney TD visited IT Sligo to meet with the Western Development Commission on Campus.

Health Science Year 3 Projects

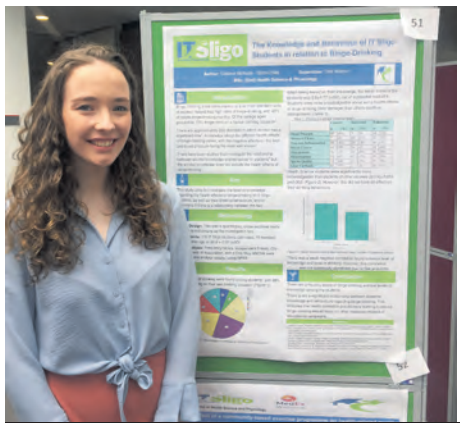


Health Promotion and Public Health: Machailla McCabe, Title: Confidence levels and historical injuries among Gaelic football and Basketball players.

In Health Science year three, students spend 12 weeks researching a project of their choice within the Health Science theme. This work culminates in a Poster Walk in the summer term, where students are asked to prepare a scientific poster for display, discuss their hypothesis and defend any conclusions. The categories include: Exercise Physiology and Physical Activity; Nutrition and Injury related; Health, Health Promotion and Public Health; Health Campus. From limb injuries in Female Irish Dancers to responses to prescribed exercise, the project titles span a wide range of topics close to the student's own interests.



Nutrition and Injury related: Ruth Gillespie, Title: Common Lower Limb Injuries of Competitive Female Irish Dancers in Ireland.



Healthy Campus (prizes sponsored by Healthy Campus Yvonne Roache)1. Grainne McNulty Title: Knowledge and Behaviour of IT Sligo Students in relation to Binge Drinking



Healthy Campus (prizes sponsored by Healthy Campus Yvonne Roache) 2. Shauna Lee Title: Are we a 'Healthy Campus'? IT Sligo Students' Perspectives



Exercise Physiology and Physical Activity: Caera Grady, Title: Affective responses to self-selected and prescribed intensity exercise in college aged students.

Women in Engineering

Saritha Unnikrishnan - Assistant Lecturer, Department of Computing & Electronics



We were two girls for my parents and I am the youngest. As a child I always wanted to be complimented as 'smart and intelligent' rather than the stereotypical girly words such as 'beautiful and pretty'.

In those days, most of the parents preferred their daughters to get married at a very early age, say early 20s. For that reason, the percentage of women getting university education was significantly low.

My dad worked as Deputy Registrar in the Kerala University, one of the top rated universities in India. He understood the real value of education. My mom is also educated. My parents used to say 'the major goal of their life is to empower their girls through education'.

My sister is working as a senior software QA engineer in one of the supply chain software providers in California.

After receiving my honours degree in Electrical & Electronics engineering, I have been working with multinational companies for 7 years. It has been 4 years since I moved to academia as a lecturer in the department of Computing and Electronics. I am a great supporter of lifelong learning and I enjoy pursuing my PhD here in the PEM centre in the area of Machine Vision and Artificial Intelligence.

Finding a work life balance without sacrificing my career was one of the major challenges I have faced in my journey so far. I am the mother of two boys and wife of a busy husband. Taking care of family was one of my top priorities. I took career breaks in between and had to shift counties, countries and even continents. But, the strength of engineering degree is that it travelled with me and aided me to find well paid jobs wherever I went.

Therefore my message to young girls is that, engineering degree is your passport to the future! If you have ever dreamed of making an impact in the society and economy, engineering is the right choice.

There lies a leary island
In pools among the rushes
Where flapping herons wake
That scarce could bathe a star,
The drowsy water rats;
will arise and gesture toward you
There we've hid our faery vats,
small cabin build their state
are in their autumn beauty,
The woodland paths are dry,
n-rows will I have there
for a honey-bee,
r the October sunbeams
in the waters mirrors a still sky;
And live alone in meadows
glide
immigwava
From ferns that drop their tears
with autumn
have some peace
Wills
in the veils of
s more full of
midnight's all
wheeling in great broken rings
Upon their clamorous wings
And evening
Upon these
he world's more full of weeping
d since
t arise and go now
of their wings
ake water
We
stand on the roadway
Weaving
I hear
dis
con
w they
that
eyes
And
Come away, O human child!
To the waters and the wild
To the waters and the wild
With a faery, hand in hand,
With a faery, hand in hand,
the world's more full of weeping than he can understand

Yeats Day Challenge June 13th
#YeatsDaySligo
Send Yeats & Sligo viral
Video yourself, family, friends reading your favourite lines by Yeats
Post it on your Social Media platforms
Don't forget to use #YeatsDaySligo
Tag and Challenge EVERYONE
Like share repost when you see #YeatsDaySligo
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ENGINEERING EXPO 2019



Self-lighting stairs, electric quad bike, and even a robotic bartender were all on show at the 2019 Engineering and Technology Expo at IT Sligo last week in association with AbbVie. Over 1000 people visited the expo which is the largest of its kind in the region, offering an opportunity for students and professionals to see the latest in engineering and technology.

Bernard Murray, Engineering Manager with AbbVie in Ballytivnan, who are supporting the Expo said:

“AbbVie is delighted to support this year’s IT Sligo Engineering and Technology Expo and help play our part in identifying and nurturing the engineers of the future. As a global biopharmaceutical company, which is expanding its footprint in Sligo, AbbVie has to be proactive in its support of STEM in our local communities and showcase the exciting engineering-related career paths available to students in the northwest.”

Fifty-five companies from all over Ireland and the UK, exhibited at the expo from a range of engineering and technology industries. The expo not only gives companies an opportunity to showcase their products to potential

clients, but also the opportunity to view some of the emerging talent from the faculty of Engineering and Design at IT Sligo.

With fifty students demonstrating their projects there was a lot for companies to see. At the entrance to the expo, some of the larger inventions included; a double round bale lifter, a retro fitted electric car and an ingenious device to shake algae off oyster bags whilst protecting the shells.

Inside the expo the hall was filled with innovations in all things Industry 4.0, connecting manufacturing to the “Internet of Things”, robotics and automation. Visitors were greeted by AbbVie’s impressive robotic display made by local firm Ward Automation.

Head of Faculty of Engineering & Design at IT Sligo, Una Parsons has been impressed by the growing standard of students over the last five years of the Expo:

“We are proud that we educate students that satisfy the needs of industry across a broad range of programmes including; civil engineering, mechanical engineering, precision engineering & design, mechatronics, electronic & computer engineering and a broad variety computing



programmes. The industry selected awards for the top student projects is a great highlight at the event each year. Many of our graduates have gone on to leadership positions in some of the top companies in Ireland and around the globe. I want to thank our main sponsors AbbVie and all the companies who exhibited and helped make this Expo such a success. I would also like to congratulate all our students for their brilliant projects and especially praise this years winners.”

Overall there were four awards presented at the Expo to the best projects. The winners were: Mark O’Shea – Carraroe, Sligo who

designed an Augmented Reality experience for presentation skills; Michael Haran – Drumcliffe, Co Sligo for his Automated Capping Machine, Ryszard Kaczor – Grange, Cork, designed an augmented staircase lighting system using piezoelectric sensors.

The group winner was for four students from Mayo, Clare and Cavan for their Seaweed De-watering screw press. This is a tool which speeds up the process of seaweed drying for use in the production of food and beauty products. The winning team were: James Reape – Foxford, Co Mayo, Joey Pigeon – Claremorris, Co Mayo, Allan Mulqueen –

Thomastown, Co Clare, Peter Tierney – Kilaleck, Co Cavan.

The event also hosted a range of talks including How and What to Prepare For Your First Competency Interview, How we will work alongside robots in the future, AbbVie Automation Techniques and How Industry 4.0 is affecting the world we live in.

With a growing demand for engineers across all industries in Ireland and overseas, the Engineering & Technology Expo is a great opportunity for students and companies to shape the future of this exciting industry. If you are interested in a career in Engineering please visit www.itsligo.ie



Yeats Academy
of Arts, Design & Architecture

*creative
showcase*

30th May - 5th June 2019
Launch: Thursday 30th May
Viewing from 5pm Speeches from 6pm
IT Sligo: Concourse to D Block

IT Sligo
An Institute Technological, Sligo

Volunteering Module helping to combat homelessness in the North West



North West Simon Community is a not for profit organisation founded in 2005. They work to prevent and address homelessness in counties Leitrim, Sligo and Donegal. It does this in partnership with voluntary and statutory agencies in the region. As a charity they provide care and supportive services that work to prevent people from becoming homeless and enable people to move to a place they can call home.

Aoife Brady, a marketing and sales student in IT Sligo decided to take on the module of Volunteering as an elective. Volunteering experience with The North West Simon Community, after some research of the work they do, and felt a need

to get involved. As homelessness is such a massive problem in Ireland today 177 individuals have been helped by the NW branch of the Simon Community she wanted to feel like she was doing everything she could to help. "Working with The North West Simon community has been extremely rewarding" Outlined Aoife.

North West Simon Community held a Drop shop in the college on the 26th March and it was a great Success. It was brilliant to see all the students showing interest in the items for sale, as there can be misconceptions of the condition of charity shop clothes. €230 was raised on the day as well as the in-store sales which makes a massive difference in sales in one given

day. Taking into consideration the success of our first drop shop, The North West Simon Community are considering making it a more frequent event on campus. If you are thinking of getting involved in volunteering the North West Simon Community need your help. With lovely staff members they will make your input feel invaluable. To get in contact North West Simon charity shop and office are located on 4 JFK Parade, Sligo. Additionally, you can call them on 071-9147522 or visit their webpage at http://www.northwestsimon.ie/?pagid=contact_us for more information in relation to Donating, Volunteering, Fundraising or if you need support from the North West Simon Community.

Field trip by marketing students to lovely Leitrim



Marketing students of IT Sligo visited two businesses in Leitrim recently and heard about their operational and marketing activities. Students from the BBS in Sales and Marketing, International Marketing and Digital Marketing from years 1 and 3 accompanied by lecturers Lisa Dunne and Clodagh Crowe had a field trip to Kilronan Castle Hotel in Ballyfarnon and Jinny's Bakery and McGuire's Cottages in Drumshanbo at the end of March.

The Sales and Marketing Manager and the Assistant General Manager of

Kilronan Castle gave the students a tour of the impressive hotel and gave the students a great insight into the operational and marketing activities of the hotel. Following the visit to Kilronan Castle, the students were welcomed by Paschal and Sinead Gilliard to the premises of Jinny's Bakery and McGuire's Cottages in Drumshanbo. The couple gave the students a very informative talk about starting both businesses. They highlighted the supports available for new businesses, the importance of adapting to

the market and building customer relationships. The group were treated to samples of a number of the beautiful cakes and breads produced on site at Jinny's Bakery.

The field trip finished with a walk on the Blueway boardwalk in Drumshanbo, which is an important attraction for visitors to the area. Overall the trip gave the students an insight into two very different businesses which are providing employment in the area and growing from strength to strength.

What does leadership today look like?



Today's leaders are looking for a smart mix of internal and external transformation that address both social and digital change in the business environment. The three-year strategic plan of the Irish Central Bank viewed the issues of digital transformation and corporate social responsibility together, when they recognised 'there will be a greater focus on the culture and behaviour of firms and those who run them, as well as dealing with the impact of the move to digital and other technologies in the provision of financial services.

National and global business leaders are challenging the status quo. They are looking at redundant administrative logic whilst harnessing the capabilities that new digital technologies of SMAC IoT (social, mobile, analytics cloud and the internet of things) offers. At the same time market leaders are seeking to carry out their responsibilities in a socially responsible and sustainable way. The public sector and voluntary sectors are equally reviewing their practices and processes to find better ways to meet the needs of their service users and using modern day technologies to support this change in practice.

For those who are leading these organisations it is now more than ever a complex role in a complex environment. Today's leaders must have vision, a clear strategy, embrace organisational culture, manage change, commit to public service, support diversity and inclusion, in be open and transparent manner, whilst simultaneously they are expected to engage with the external society in a multiplicity of ways, including ethical investment, sustainable development, community and workforce engagement, global supply chains, diversity in talent and opportunities, and with modern human rights.

The focus for organisations leaders in the 21st Century is not only to be the best in the world but also the best for the world.

This change has led to a shift in societies understanding of what a leader within an organisation should and must be, concluding that regardless of the sector they work in leaders must be professional in their role. Professional leadership moves beyond more traditional leadership and management ideas to acknowledge that change is needed. Leaders must be authentic, ethical, financially aware, strategic, innovative, creative and agile.

They must understand how to lead teams and negotiate in this rapidly changing environment. Leadership is a professional role, and leadership excellence should be an ambition of all professional leaders. The knowledge, skills and attributes of professional leadership will reap the benefits for the both the organisation and also the individual person.

The past and its mistakes and success has informed the present, it is now time to look forward to our future.

Dr. Leonard Taylor, Lecturer in Corporate Social Responsibility, Masters in Professional Leadership.
Valerie McTaggart, Lecturer in Digital Transformations, Masters in Professional Leadership.

SciFest Returns to IT Sligo

Of the over 300 students exhibited at SciFest@ITSligo 2019, the top prize on the day, the SFI Best Project Award, went to St. Mary's Secondary School students; Lauren Tuffey and Leah Hannon for their project, "To Develop a Better Adaptation Solution to Sea Level Rise". The students will go on to participate in the SciFest National Final where they will compete for the opportunity to represent Ireland at the International Science and

Engineering Fair (ISEF) in Anaheim, California in May 2020.

SciFest@ITSligo co-ordinator Dr. Bill Crowe said:

"Every year I am so impressed by the high standard of research that goes into the entries; this year is no different. The quality of the research being done by the second-level students from across the region highlights the passion the students have for science, technology, engineering and maths. We are so proud to take part in SciFest, that not

only encourages the students to learn more about STEM but is all inclusive."

SciFest is an all-inclusive, all-island science initiative which fosters active, collaborative and inquiry-based learning among second-level students. SciFest is funded primarily by Science Foundation Ireland, Intel, Boston Scientific and Specsavers.

Commenting on the SciFest@ITSligo regional STEM fair Sheila Porter, SciFest Founder

and CEO said:

"As we mark the 12th anniversary of SciFest, more than 65,000 students have participated in the programme to date and we are sure that 2019 will be another stellar year for projects in science, technology, engineering and maths. SciFest gives students an excellent opportunity to develop their interest in STEM and inquiry-based approaches to learning, while developing their creative and problem-solving skills and learning to work in a team."

Winning student, Lauren Tuffey said; "We are delighted to have won this award and we look forward to representing the region in the national finals. Co-winner, Leah Hannon explained why they chose to enter SciFest@ITSligo: "We wish to investigate and solve the problem of coastal erosion due to sea level rise by providing better adaptation designs. We also set out to ensure our barrier designs provide a better habitat for inter tidal species and to use natural seashells as part of the construction."



IT Sligo Green Campus



IT Sligo made its commitment to become a Green Campus on April 10th at an event in the Aurivo Hall. The Green Flag is not an automatic right and will require a huge amount of commitment from all students and staff to achieve the status and is estimated to take at least 18 months.

Green Campus primarily aims to ensure that all members of a campus community can engage in a meaningful way to enhance sustainability on campus. The programme encourages a partnership approach to environmental education, management and action in third level institutions. Waste and energy will be the first focus areas of IT Sligo's Green Campus.

If you are interested in being part of the Green Campus please email lucy.frances@itsligo.ie



NEW MASTER'S COURSES @ITSLIGO

MSc Sports & Exercise Nutrition

Around the world athletes and coaches recognise that nutrition plays a major role in achieving success in sport. This course will help graduates to pursue a career in the area of sports nutrition. They will be well placed to work in elite and professional sport, for national and international sports teams and organisations. Numerous private gyms, consultancies and other sport and exercise organisations also demand the expertise of specialist performance nutritionists, and there is significant space to work as a self-employed nutritional consultant.

The objectives of this programme include:

To develop knowledge and practice in the planning and delivery of evidence based sports and exercise nutrition advice and interventions.

To develop specific sports nutrition competencies and be able to apply these to different sports and sporting situations as appropriate.

To develop self-reflective skills as a sports and exercise nutritionist.

To develop professional practice skills to work autonomously.

To develop competencies in research practice that will contribute to sports nutrition research.

To produce a significant sports nutrition research project.

This is the only online programme at postgraduate level in Ireland in the field of sport and exercise nutrition. The research project represents the major focus for the learning, and will give the participant the opportunity to see how general learning can apply in a specific area.

This programme will be relevant to graduates from



a broad range of health and sports-related fields. Learning based on experience can also be considered for entry to the programme.

Master of Arts Applied Practice

This degree is focused on Writing and the Performing Arts. Students can pursue this qualification under one of the following headings:

- Theatre Design
- Writing
- English & Literary Practice
- Performance & Directing
- Drama & Performance

This programme is designed to nurture professionals in the Creative Industries and in its format is unique in Ireland. The graduate will, depending on the specialism chosen, be equipped to work in related industries in film, media, theatre, publishing, creative arts, teaching, arts

administration or marketing.

It offers writers and creative professionals an opportunity to study and practice different styles and to develop their strengths in detail. It is based predominantly on practice, one third of the assessment being based on relevant taught courses, and two thirds on a practice-based research project, enabling the student to explore new approaches and receive expert feedback on them. Taught courses supporting the exploration of practice will include: Research Methods in Creative Practice; Interdisciplinary Craft and Technique; Place, Culture & History; and specialist courses in Scenography, Directing, Writing and Literature.

There will be opportunities to link with partners where IT Sligo either has formal agreements or staff have professional links, such as the Abbey Theatre Dublin, the Hawkswell and Blue Raincoat Theatres in Sligo, the Yeats Society in Sligo, the Dock and Iron Mountain Festivals in Carrick on Shannon, the Glens Centre in Manorhamilton, the Allingham Festival in Ballyshannon, Cairde Arts and Tread Softly Festivals in Sligo, and the Barracks in Belfast.



MSc Public Health Nutrition

This Masters course will provide professionals in the field of Public Health Nutrition with the research specific skills needed in the field of Public Health Nutrition. Public health Nutrition focuses on the promotion of good health through nutrition and the primary prevention of nutrition related illness in the population. This is achieved primarily by researching population data and determining patterns and trends that can be used to implement policies or behaviour changes to improve population health. This programme is unique in Ireland in having this focus.

Two thirds of the assessment of this programme will be based on a major research project which can be carried out on an issue of direct interest to an employer. This will give the participant to test his or her knowledge and skills and to receive expert feedback on the methodology pursued and results achieved as the project progresses.

This is a full-time programme which is delivered in a mix of online and face to face format. It is planned to recruit the first cohort in September 2019.

This programme is suitable for individuals wishing to pursue a career in public health nutrition. The programme has been designed around a range of specialist modules to

develop core knowledge and applied skills in the area of public health nutrition. They will be well placed to work in for national and international public health organisations. There is significant space to work as a self-employed nutritional consultant

MA Professional Leadership

Overview

Professional leadership moves beyond more traditional leadership and management ideas to acknowledge that leaders today, more than ever, must be authentic, ethical, financially aware, strategic and visionary. All of which has been considered within IT Sligo's new online Masters in Professional Leadership.

Course content*

The Masters in Professional Leadership covers both core and elective learning. Learners are given the opportunity to gather core knowledge, skills and competencies in Leadership; Organisational Psychology; Strategy; Financial Management and Research Methods. The learner can also choose one elective each term. Electives that may be offered include Corporate Governance, Corporate Social Responsibility; Digital Transformation and Entrepreneurship. The award will cumulate in a Research Project where students are given the opportunity, under supervision, to explore and examine ways to implement their learning within a real-life context.

Course structure

This award is fully online and part-time over two years. In year one live learning occurs weekly. In year two students work with their supervisor to complete their Research Project. Students are also invited to the campus once per term to meet colleagues and engage in some onsite activities. This is not compulsory and these sessions, as appropriate, will be broadcast live (and recorded) for students that cannot make it to Sligo.

Who might be interested?

Due to its structure and the diversity of subject matter, it is anticipated that this programme will have wide appeal. The Masters in Professional Leadership will be relevant to those whose professional life already involves making and executing decisions, as well as those who are striving to enhance their career options.

Course fees*

The full award is €8,000.

For more details

Dr Breda McTaggart

Head of Department of Social Sciences Institute of Technology Sligo
mctaggart.breda@itsligo.ie

*Subject to final approval

NEW MASTER'S COURSES @ITSLIGO

MSc BioPharmaceutical Processing

Overview

It is the overall aim of this postgraduate course to deliver training which is customised to meet the exact needs of the clients in the biopharma sector. This is achieved through completing online modules that have been designed in conjunction with the biopharma industry with whom NIBRT and IT Sligo are closely aligned. This programme shall address the recognised research and development needs of the Biopharmaceutical industry and has the capacity to develop graduates who will contribute to the Biopharmaceutical industry internationally, nationally and regionally.

This programme is particularly suited to those in employment in the biopharma industry. It is anticipated that the research project conducted as part fulfilment for the award of Master of Science will be an integral part of their normal working role. It is therefore likely that the participants will be either working in R & D or technology transfer roles. This programme constitutes 60 credits thesis on an applied biopharma work based project and 30 credits taught modules.

Course content

This programme constitutes 60 credits thesis on an applied biopharma work based project and 30 credits taught modules. Students must choose 1 elective module per semester (either the Upstream Processing Lab. module which requires a 2 day block attendance at the NIBRT facility or Bioprocess scale up and tech transfer module during the first semester OR either the Downstream processing lab or Formulation and Delivery module during their 2nd semester). Students are required to complete a total of 30 credits taught modules alongside a 60 credits thesis for the full award.

Course structure

This award is fully online and part-time over two years. In year one, live learning occurs weekly. In year two students work with their supervisor to complete their Research Project. Students are also invited to attend practical electives in NIBRT once per semester in year 1 to meet colleagues and engage in some onsite activities. This is not compulsory and alternative theory only elective modules are also available.

Who might be interested?

This programme is particularly suited to those in employment in the biopharma industry. It is anticipated that the research project conducted as part fulfillment for the award of Master of Science will be an integral part of their normal working role. It is therefore likely that the participants will be either working in R & D or technology transfer roles.

Course fees

The full award is €12,000.

Eligible students may apply for an IT Sligo Masters Scholarship which could cover the full EU fee value of the programme for two years.

Masters by Research



If you are interested in a more substantial piece of research, typically taking twelve months to carry out, you have the option of pursuing a full Masters by Research degree. The research project can be in any subject area where the Institute has expertise to offer. There are taught modules which typically represent the equivalent of four months of full-time study which accompany this. In some cases a candidate may be able to demonstrate previously acquired knowledge at the appropriate level in some of the areas concerned, which can reduce the number of taught courses required. This degree path also leaves open the option for the student to progress to a full Doctorate.

Examples of Projects Relevant to your Organisation

Just some examples of projects which might be undertaken for a project could include:

- Design of a new service or product;
- Research to analyse new market possibilities or social need;
- Development of a plan to incorporate new technology into an organisation (whether in manufacturing or service delivery);
- Development of the organisation, whether people, structures, processes, premises or finance;
- Evaluation of the impact on a specific organisation of new regulations or technological developments;
- Research designed to inform government policy in an area of interest to the organisation.

For more details on this option please go to (URL on Research website)

MSc Health Promotion Practice

This course will provide health promotion professionals working to deliver on the ambitions of the Healthy Ireland framework with the skills to plan and deliver multi-disciplinary health promotion projects with professional competence. The programme combines the development of expertise in Health Promotion, including skills in research, analysis and communication specific to that field, with skills in the planning and execution of complex initiatives in this field.

The programme includes taught online courses in three areas of specific relevance, namely:

- Concepts and Competencies for Health Promotion
- Health Project Planning and Design
- Public Health Research

These modules will all support a practice-based research project, which will give the participant the opportunity to use a major work-based project as the focus for learning and reflection while supporting the achievement of the employer's objectives.

This programme is planned to be available for recruitment in January 2020.



MSc Geotechnical & Structural Engineering

The aim of this course is to provide advanced knowledge and research skills within the core civil engineering areas of geotechnical and structural engineering. The emphasis of the programme will be on the interaction of these two areas, in particular on soil – structure interaction, which industry experts have identified as an area where a deficit in knowledge exists.

This is a technically and educationally advanced Level 9 programme with learning outcomes that are relevant to the needs of the Irish construction industry and will facilitate progression towards chartered engineer membership of an engineering professional body. The dominant focus on the research element of the proposed programme will allow learners to both learn while undertaking a project of relevance to their employer while simultaneously

developing key research skills and deepening their knowledge of areas relevant to their career path.

This programme will be of interest to those who wish to:

- Progress in their career and become Chartered Engineers,
- Upskill in the core areas of geotechnical and structural engineering,
- Conduct a major research project which is relevant to their employer and/or themselves while still in full-time employment.

The proposed programme will be eligible for accreditation by Engineers Ireland. This is particularly relevant to Level 8 civil engineering graduates already in employment who wish to become Chartered Engineers.

The proposed programme is unique in so far as:

1. It is the only Structured MEng in Geotechnical and Structural Engineering of its type in the country,
2. It is part-time and delivered online and therefore attractive to engineers in full-time employment,
3. It has a major research component (60ECTS) which will enable learning while undertaking a project of direct interest to employers/clients.

The minimum entry requirements are second class honours (2.2) in an Honours degree (Level 8) in Civil Engineering or a related discipline or equivalent. Other suitable applicants may be accepted on completion of an RPL (Recognition of Prior Learning) process. The standard fee for the course is €9,000, or €4,500 per year if completed in two years. Waivers will apply in specific cases.

Major National Award for Prof Suresh



Prof. Suresh C. Pillai Precision Engineering & Manufacturing, Principal Investigator at IT Sligo, received The Boyle Higgins Gold Medal Award in Dublin recently at the Royal College of Surgeons in Ireland. The award is for outstanding and internationally recognised scientists for their research work carried out in chemical sciences by Institute of Chemistry Ireland.

The Boyle Higgins Gold Medal and Lecture Award Instituted in 1985, the award is for research work carried out in chemistry under the headings: (a) Pure Chemistry, (b) Applied and Industrial Chemistry or (c) Chemical Education. The award is made for an outstanding and internationally recognised research contribution to the advancement of chemistry by a chemist of any nationality working in Ireland or by an Irish chemist working overseas.

IT Sligo Contract Research Unit hosts event at the SEAI Energy Show

The Contract Research Unit (CRU) in collaboration with Plan Energy held a regional event for Dublin based Sustainable Energy Communities (SEC) at SEAI's Energy Show 2019 in the RDS Dublin. The CRU mentors 32 Dublin SECs and helps

them to engage their community on energy, complete Energy Master Plans, develop energy projects across their community and obtain grant funding from a range of sources. The event provided advice, support and case studies of well-developed SECs

and information about community owned renewable energy schemes. The speakers on the day included Mel Gavin (IT Sligo), Ruth Buggie and Gillian Gannon (SEAI), Enda Gallagher Department of Communications, Climate Action and Environ-

ment, Edward Edge (Knocklyon SEC) and Paul O'Sullivan (Clann Credo Community Loan Finance). Listed below are the current Dublin SECs:

Dublin SEC update SEAI Sustainable Energy Communities (32 to Date)
 Huntstown Community Centre, Swords Tidy Towns, Cluid Housing Association, St. Fintan's SEC, D21 Sustainable Nation Ireland, University College Dublin, Terenure Energy Group, Collinstown Park Community College, Tallaght Renewable Energy Co-op St. John Bosco Youth Centre, Knocklyon Network St. Mark's GAA, Scouting Ireland, Housing Association for Integrated Living, Shankill Action for Green Energy South Dublin Energy Alliance, Jesuit Centre for Faith & Justice, Howth Sustainable Energy Group, Dublin Airport Authority, Energy Action CLG, Clann Credo Balrothery Tidy Village, Oaklee Housing, Dundrum 2030, Phibsboro Tidy Towns, Irish New Citizens Initiative, Dublin City University, Dalkey Tidy Towns, Respond Housing, Stephen's Green SEC, Ringsend Irishtown and SSE Airtricity Ltd



Watch the Video on our YouTube Channel @ITSligo or Scan the QR Code



From L to R: Paul McNama (CRU), Mel Gavin(CRU), Darragh Hollman (Off Grid), Ethan Dodd (Off Grid) Duncan Stewart (Stephen's Green SEC & Eco Eye - RTE) and Stevie Donnelly (CRU)

FESTIVIBES



Festivibes was hosted by the BB in Tourism & Event Management students at IT Sligo and included contributions from Daniel Browne who is the man behind the Sea Sessions festival and Brendan Tierney of Fox Events & Marketing. Josh McClorey former member of The Stypes who has played massive festivals such as Sziget, Benicassim and Glastonbury shared his experience of festivals as a musician. Finally, Sandra Lord, who is someone who has grown up in the family responsible for bringing us Glastonbury festival, gave her insight of running one of the largest festivals in the world.

Autonomous Car Stops off @IT Sligo



UK company, Streetdrone made a stop of at IT sligo with their autonomous vehicle. The specially adapted car allows researchers to test software for self-driving cars. If you are interested in studying one of the many engineering courses at IT Sligo, please visit; www.itsligo.ie

IrelandSkills National Electrical Installations Final



Pictured above, with lecturers and examiners, are electrical apprentices' Joshua Morrow and Sandu Zemu, who recently represented IT Sligo in the IrelandSkills National Electrical Installations Final which took place recently in the RDS from 21st to 23 March. Well done to both students and lecturers.

Picturer from left: Peter Gilgan (IT Sligo Lecturer) Declan Healy (IT Sligo Lecturer) Joshua Morrow, John Finnegan (Examiner) Sandu Zemu, Paul Marah (IrelandSkills Chief Electrical Installations Examiner)

Free Maths Grinds a Hit over Easter for Leaving Cert



IT Sligo Maths Tutor, Kevin Bohan with Leaving Cert student Jessica Cuffe from St Tiernan's College, Crossmolina, Co Mayo (left), with leaving cert students from Sligo, Mayo and Donegal who availed of free Maths Grinds at IT Sligo over the Easter Holiday.

Leaving Cert students from across the Northwest came to IT Sligo over the Easter break to avail of two free days of maths grinds. The initiative by IT Sligo was established to help students with one of the more intimidating subjects for many people. Thirty students from across the region were given grinds by maths lecturer at IT Sligo,

Kevin Bohan. Among the students attending included 18 year old Jessica Cuffe from St Tiernan's College, Crossmolina, Co Mayo: "I saw on IT Sligo Facebook page they were offering free maths grinds and I thought it would be great preparation for my leaving cert. The grinds were really

helpful and I learned a lot of maths in detail and I also found out that people have different abilities in maths. It was really informative and I would definitely recommend it."

The CAO late application deadline is Wednesday 1st May. For further information please see www.itsligo.ie

The 4th Annual IT Sligo/ Chartered Institute of Personnel & Development (CIPD) conference

The 4th Annual IT Sligo/ Chartered Institute of Personnel & Development (CIPD) conference took place on Thursday, 4th April in the Aurivo Theatre. The keynote speakers included Caroline Currid, Performance Psychologist and Gary McCabe, HR Director, Kuehne + Nagel Ireland.

Approximately 100 people attended this conference. Both speakers were very well received. Caroline outlined the six key factors that need to be in place to get the

most out of any team in the workplace. Gary followed this by detailing his teams success in establishing Kuehne + Nagel on Ireland's Best Workplace List, where they have been ranked in the top 10 for the past 7 years. The conference finished with a very lively question and answer session on the two topics. A conference evaluation form was returned by most participants, feedback was very positive and attendees already looking forward to next years event.

Speaker Bio's

Caroline is one of Ireland's leading Performance Psychologists who has over 12 years experience working with corporate and sports clients in Ireland and abroad. Caroline has been involved in the backroom teams of four All-Ireland winners – Tyrone Footballers (2008), Tipperary Hurlers (2010), Dublin Footballers (2011) and Limerick Hurlers (2018). She has worked with world-class athletes including Lions' captain Paul O'Connell and Kenya's 800m Olympic champion, David Rudisha. Caroline has worked in many different cultures including Ireland, UK, USA and Australia with multi national companies who are striving to achieve high performance.

Garry Mc Cabe is a strategically focused human resource professional with over 20 years' experience in human resources and industrial relations. He has an extremely strong commercial orientation which allows him focus his HR team to deliver a real and tangible return on investment to Kuehne + Nagel Ireland. Garry has broad experience, having worked with the world's most respected logistics group and two of Ireland's renowned brands. His professional passion is developing sustainable and meaningful performance management structures, which deliver true value to his organisation.



Marketing students working with start up companies from the Innovation Centre



Some of the MSc in Marketing students who worked with the Innovation Centre companies. Sixteen students took part in total.

Students of the MSc in Marketing worked with four companies recently from the Innovation Centre at IT Sligo. The companies from four different industries posed a marketing issue to the students which they were looking for assistance with. The students, working in pairs, had 30 minutes to come up with a marketing recommendation for each company. The students then had to pitch their recommendation to the companies. This was a beneficial experience for the students where the theory of the programme modules was put into practice. It was also a very positive experience for the companies to tap into the knowledge base of the MSc in Marketing students. This is a great example of the Innovation Centre and the School of Business and Social Sciences working together for mutual benefit. The event which was called The Marketing Challenge is part of the module Professional Seminar Series. Lecturers Lisa Dunne and Catherine McGuinn facilitated the event.

Vicky Wins Transport Campaign

Continued from front page

Ballyshannon woman, Vicky, recently received confirmation from Bus Eireann that the Route 480 bus from Derry to Sligo will be the first of a new fleet of low entry buses rolled out nationwide. Having achieved success on her own route, Vicky continued her campaign demanding accessible transport across Ireland. Her persistence is paying off with The National Transport Authority announcing 40 new wheelchair accessible buses are to be introduced to the Bus Eireann network. The vehicles are to be delivered by August, in time for students to avail of from the start of next semester.

She isn't finished yet and won't back down until all public transport is accessible to everyone. Vicky has gathered over 10,000 signatures in her petition and will continue to tackle issues around accessibility and equality: "In total 40 of these buses will be allocated to routes nationwide. This is fantastic but these new buses are not enough to cover all routes nationwide. Equality in being able to access and use public buses is a basic human right. I am asking everyone to support this campaign, to recognise that the families of children with disabilities and people with disabilities matter, that of all these children and people need to be included in our society, that it is the barriers of our environment, the attitudes, the lack of school places, the lack of accessible transport that are responsible for children and people with disabilities not being included. Remove the barriers by working together, this should be a non political, non organization campaign on Equality and needs to be supported by everyone. Please raise your voices with mine, for accessible public buses on all routes nationwide." Vicky will be continuing her campaigning after she starts at IT Sligo in Sport & Business. The petition is available to sign online at www.change.org

IT Sligo students offer high praise for blended-learning Social Care and Social Justice Master's Programme



First-year students in the IT Sligo MA in Social Care and Social Justice Programme.

A new IT Sligo blended-learning Social Care and Social Justice Master's programme is receiving high praise from students gaining valuable post-graduate accreditation in a rapidly growing field while at the same time living and working in their own villages, towns, and cities all over Ireland.

The two-year programme consists of interactive online lectures that students attend once a week in their own time plus two two-day residential per semester during which they participate in stimulating guest lectures and group discussions at IT Sligo.

Subject matter that is immensely pertinent to life in the modern world, teaching by highly qualified academics and practitioners in the field, and convenient access to lectures and IT Sligo resources at all hours of the day are just some aspects of the programme that students have commended.

They include second-year MA student Caitríona Hanmore, a speech and language therapist who lives in Sligo.

"I've really enjoyed the topics of advocacy, activism, and encouraging social participation...for me that's been very relevant," Caitríona said. "And with the course being delivered via blended learning, you can study from the comfort of your own home and then come in to access the vibrancy of the IT, which makes balancing studying and working life easier. What's also really appealing is the scope and experience of the lecturers, and the students that attend this Master's programme bring their own wealth of experience. It's been a really positive experience in IT Sligo and I highly recommend it to others."

The eight modules in the programme include Introduction to Social Justice Theory; Social Transformation; Human Rights Policy and Law; Management and Leadership in Social Care; Care Work and Social Justice; Social Locations – An Intersectional Approach; Social Inclusion and Diversity; and Research Design and Development.

"The programme provides the theoretical background and practical techniques needed to promote social care

and social justice in meaningful, effective, and transformative ways," said Dr. Karin White, a social anthropologist at IT Sligo who lectures in the programme. "Students learn about current issues in social care, gaining new understanding and insights into how best to advance the interests and well-being of the individuals and groups they work with. They also gain the tools to develop and implement socially just and inclusive policies, projects, and procedures that are effective in a wide range of settings, including businesses, non-profit organisations, schools, and communities."

Dr. White added that the academic excellence which IT Sligo is known for and the department's standing as a leader in the field of blended learning contribute to the value of both the Social Care and Social Justice Master's degree and an 18-month

diploma which is also available from the programme.

"Lecturers in the interdisciplinary programme include academics with top-notch qualifications and expertise in their fields, including the Social Sciences, Communications, and the Arts," Dr. White said. "The programme is also proud to provide students with access to guest lecturers who have developed outstanding social care and social justice initiatives in response to a variety of situations throughout the world."

The richness afforded to the programme by the guest lecturers was highlighted by first-year MA student Billy Banda, a community worker who lives in Donegal. "I really enjoyed hearing textile artist Deborah Stockdale talk about creating a quilt with a group of women from different ethnic backgrounds and hearing Palestinian Fadl Mustapha and Israeli Idan Meir discuss the awareness-raising they've done together through drama," Billy said. "Those are lived experiences that I really liked and learned a lot from. What drew me initially to the programme was the justice part of it, due to my own background growing up in apartheid South Africa and seeing some of the things that happened then happening in reverse there now. As someone who would like to promote human rights through social work, looking at the specific ways that social care and social justice can connect through policies and practise has been an especially valuable aspect of the programme for me."

More information about the Master's in Social Care and Social Justice and other blended-learning opportunities at IT Sligo is available on the IT Sligo website at itsligo.ie.



IT Sligo MA in Social Care and Social Justice students Caitríona Hanmore and Linda McGloin (foreground, left to right) shown with programme lecturers Dr. Karin White and Dr. Tamsin Cavaliero (background, left to right).



IT Sligo MA in Social Care and Social Justice student Caitríona Hanmore.

Department of Business, Year 1 Away Day



As part of the Teamwork and Creativity Module, all first year students from the Department of Business were invited to participate in an away day on Tuesday, April 30th 2019.

The students were joined by their Head of Department, Administration, Lecturing and Student Support Staff from Institute and all enjoyed a glorious morning of sunshine at Carrowmore megalithic tombs Sligo, one of the oldest heritage sites in the world. The group, which included many international students, was given a guided tour of the historic site with valuable insights about the ancient traditions of Irish ancestry.

Afterwards, everyone basked in the sunshine for refreshments. Ms. Patricia Henry, Student Retention Officer, spoke with the students about the mentoring programme in place at IT Sligo and many present signed up to volunteer as mentors for the new first year students expected to join the Institute in September 2019. The practice of experienced students acting as mentors has proven to be a valuable asset in helping those new to third level education settle in quickly to their exciting new life at IT Sligo.

Ms. Geraldine Gilroy, Student Counsellor took the opportunity to help the students consider how best to promote their physical and mental health as they approach the end of semester final exams. Valuable tips were shared for successfully meeting the challenges of an educational environment.

Overall, it was a very positive end to the academic year as the team of staff and students wished each other well for the exam season. The students also got to meet some of the academic staff that will engage with their programmes of study in September 2019.

Happy retirement to our colleague Peter Kennoy



IT Sligo would like to wish the best of luck and happy retirement to our colleague Peter Kennoy. Peter has worked in Estates for 25 years and will be missed on campus. Colleagues and friends held a retirement party for Peter recently in the Riverside hotel.

End of Term for SU President

The President of IT Sligo's Student Union, Vanessa Molloy ends her term this July. Before she steps down we popped a few questions to Vanessa. In this interview she shares her dreams to be a Lecturer, the highlights of her term as President and why you should do the things you are most afraid of!

Why did you go for election of President? What drove you?

The Students' Union has always been of interest to me since I started college in 2013. I felt I never had the confidence to run for a position in the SU so I removed myself from any involvement in it during my time in college. As the years went by during my course in Sports with Business, I began to build confidence and speaking in front of people became easier. What drove me to run for President is I saw the potential to make change for the students, I thrive off helping others and this role was also an opportunity for personal growth.

What are the key issues you wanted/want to address as President?

On a national level, I wanted to continue the fight for publicly funded education and the housing crisis that face students today. On a local level I wanted to fight for many things but non-identified marking and the exams before Christmas were my main two along with supporting students wherever possible. I also wanted to create an additional platform where students could reach out to the SU and find out what the SU were doing on a

weekly basis. This in turn will make their roles become more transparent. Setting up a moodle page would do just this and will be ready to launch in September.

What were the highlights of your term as President?

I have had many highlights as President. Three of which are: Presenting to over 1,200 students at the beginning of the year and presenting to a room full of academic staff for the CUA as public speaking would have been my biggest weakness. Leading IT Sligo students through the streets of Dublin fighting for affordable homes for students, leading the fight for publicly funded education on campus and getting a result that the loans scheme is off the table. My biggest one, getting the exams changed to before the Christmas

What was your experience as president of IT Sligo?

My experience as president of IT Sligo Students' Union has been a very positive one. I have loved helping students as best I could, represented them to the best of my ability and have made a lot of friends along the way. I have enjoyed working with staff of the SU, lecturers and staff of the college and creating a great working relationship between the IT and the Students' Union. On a personal level, I have developed many skills such as management skills, organisational skills and leadership skills to name a few. Public speaking without a doubt is my proudest personal achievement.



How was your time as a student at IT Sligo?

IT Sligo has changed me for the better. I came to Sligo as a mature student having dropped out of college twice previously in GMT. I found a course I thoroughly enjoyed (third time lucky) and made incredible lifelong friends. Not only that but IT Sligo has a great community feel about it. We didn't just make friends with people in our class but we built relationships with our lecturers. Any problems we faced, our lecturers were there to help. When I dropped out of college for the second time in GMT, I swore I'd never go back to college. My time here as a student was so positive that I now want to spend the rest of my

life in a college environment as a lecturer. Studying in IT Sligo has made me realise, finally, "what I want to be when I grow up".

Politics has changed over the past few years. Have you seen any changes in voter's opinion on campus?

Over my two years of working in the SU, I have found that unless something is going to directly affect the students, there is not much interest. Local elections for example is not something that is talked about much compared to the abortion referendum or marriage equality.

What are your plans for the future?

I have dreams of becoming a

lecturer. I am already currently working on getting my Masters off the ground and hopefully converting it into a PhD down the line. This was always the path I was going to take after college and the Students' Union.

The two things I believe solely on; firstly, you learn more by putting yourself out of your comfort zone. Things you are afraid of, do it! It makes you a better person. The second thing I focus on is believing in yourself and don't let others influence you on what you want to do. I listened to a lot of people when I was younger that led me to believe I wouldn't be capable of following my dreams as a teacher/lecturer. I am now pursuing a dream of becoming a lecturer!

Certificate in Introductory Counselling Skills

Interview with Anna Fewer-Hamilton, Programme Chair, Certificate in Introductory Counselling Skills.

Describe the course:

The Certificate in Introductory Counselling Skills is a QQI Level 6 foundation course in counselling that has been running in the

Department of Social Sciences since 2017. It's designed for people who currently have a role or occupation in which they support others, and who would like to learn some practical skills and ideas from psychology and counselling that they can use to enhance their practice. It's also great for people that might be

thinking about following a career in counselling or psychotherapy and want to see if they are suited to it. It would be a great addition if you were applying for a place on a professional training programme for instance, and you had completed the Certificate.

What is different about it?

Well it's very flexible and accessible as it's part time over 2 years and delivered through a mixture of face to face and online classes. All our learners have other occupations and responsibilities and they really appreciate the flexibility of a blended delivery. It's quite unique to offer an online component on a counselling course and the feedback from students has been great. They like that they can come onsite for experiential workshop days every couple of weeks and link in with classmates and lecturers, go to the library, enjoy the college atmosphere, and they also like being able to study the online material at their own

pace in their own homes. Research in this area suggests that online counselling skills courses actually promote counsellor self efficacy, and that's probably to do with the motivation and active engagement that online learners bring to their studies. We've also designed it to be well rounded and self-contained so you get a nice mix of theory, skills training and personal development across a variety of topics like mental health, personality, communication and mindfulness.

Is there a typical student?

Not really. Our students are quite mixed. They come from a broad range of work and life experience, so they might work in something like nursing, education, An Garda Síochána, or social care, or perhaps volunteer with say The Samaritans, and we have also had people with business, hospitality and retail backgrounds too. What they all share is a deep interest in human nature and in learning more about

helping people in the real world. **What do your graduates do next?** Well, some have progressed onto professional programmes like Counselling and Social Work. We're delighted to have a cooperation agreement in place with the Institute of Integrative Counselling and Psychotherapy in Dublin that has opened a potential RPL (recognition of prior learning) pathway for our graduates into the second year of their part time professional degree. So some of our graduates are now completing that degree. Overall, it's been wonderful to hear how our students have been bringing what they have learned back into their own lives, say in volunteering work, or into schools and hospitals. The interesting thing is that everyone has their own reasons for doing the course and they really make the learning their own. At the end of the day, people want to make a difference in other people's lives, and this course is helping them to do that.



Food, Heritage and Community: 2nd Global Conference (9th-10th March, Prague)



The second meeting of this inclusive interdisciplinary project sought to explore the ways in which food is perceived, constructed, celebrated and resisted as cultural heritage at various levels and from a variety of perspectives. Heritage, in this sense, is the accumulation of tangible and intangible goods that a society inherits from the past to interpret, and makes in the presence to pass on for the future. The conference was designed to address many aspects, meanings and possibilities for food, drink and heritage.

Speakers and countries represented included; Kolleen M. Guy, University of Texas at San Antonio, USA; Dr. Peter Naccarato,

Marymount Manhattan College, USA; Nora Rubel, University of Rochester, USA; Celia Huang, University of Waterloo, Canada; Ya-Chen Lee, Leiden University, Netherlands; Stefano Luconi, University of Genoa, Italy; Robert Nelson, University of Windsor, Canada; Osman Cakiroghu, Life Program, Turkey; Feliz Hosukoglu, Life Program, Turkey; Dr Estelle Fourat, IRIS-EHESS, Paris; Marianne O'Kane Boal, Institute of Technology, Sligo; Pamela Runestad, Allegheny College, USA; Lesley Doyal, University of Bristol, UK; Michael Gill, Syracuse University, USA; Marie Louise Stig-Sorensen, University of Cambridge, UK; Rebecca

Haboucha, University of Cambridge, UK; Paul Lane, University of Cambridge, UK; Shailaja Fennell, University of Cambridge, UK; Lilana Janik, University of Cambridge, UK; Richard Fitch, Historic Royal Palaces, UK; Angela Gog, Moholy Nagy University of Art and Design, Budapest, Hungary; Katalin Deme, Arhus Business Academy, Denmark; Ruchira Datta, Christ University, Bangalore, India; Nina Namaste, Elon University, USA and Rie Makita, Gakushuin University, Japan; among others.

The presentations and topics of discussion were diverse and included; 'taste as heritage: perspectives of first and second generation Chinese immigrants'; 'eating heritage: foodways and ethnic identity in Italian American's writing'; 'livelihoods innovation through food entrepreneurship – Turkey'; 'meanings and practices of eating for asylum seekers in France'; 'food heritage as appropriation vs. appreciation in international heritage discourse'; 'culinary memoirs: performing heritage or performing gender'; and 'competition between global food movements: can we support all?'. Representing the Institute of Technology, Sligo, and the only Irish representative, I presented as a

president's bursary researcher on my current study; 'children, food and friendship – why are the links largely unexplored'. This study centres on my research question; 'what is the significance of food practices in the conduct and experience of peer relationships of children aged 4-7 in contemporary Irish society?'. The research was divided into two broad categories of investigation; examination of the triangular relationship between children, food and friendship alongside an appraisal of discourses surrounding food and childhood in children's literature. This research interest was explored through qualitative research conducted over twelve weeks in two primary schools, which documented the experience of children in terms of eating, sharing and friendship practices. Alongside the presentation, I issued an invitation to the audience to interact on the research theme, to allow consideration of their personal childhood experiences of food and friendship. They were invited to each write down their favourite food, a description of an early childhood food memory, the importance of friends in childhood and the attributes of a good friend. I wrote up the contributions of all the conference delegates and was

invited to share aspects of this appraisal the following day as a means of closing the conference. There were fifteen nationalities represented in the audience responses; American, English, Turkish, Italian, Slovakian, Irish, French, Danish, Indian, Japanese, Chinese, Taiwanese, Hungarian, Canadian and Norwegian.

There was a remarkable breadth of information and experience represented at the conference. As an annual event, it was clear that the Sligo Institute of Technology's participation could be further built upon at future conferences.

Marianne O'Kane Boal MA - Researcher, IT Sligo



Business Students Visit to Engineering



As part of the teaching of Management and the influence of technology on management practice, first year students from the BBS Ab Initio (level 8) programme visited the Engineering Department at IT Sligo in March 2019.

Arranged by lecturer Cathy O'Kelly, Department of Business and facilitated by Lecturer Mr. Stephen Reid, Department of Engineering, the students were given a lecture on manufacturing processes followed by a guided tour of the facilities at the Institute. For students who never had an opportunity to visit a manufacturing facility, this was a great introduction to such an environment. As IT Sligo currently has an enviable array of world class manufacturing equipment, students were delighted to learn about and

receive displays of robotic and Computer Integrated Manufacturing (CIM) techniques and practices.

IT Sligo benefits from lecturing staff in the Department of Business and the Department of Engineering who have worked in international, world class manufacturing and procurement environments. This was a great opportunity to bring students from the lecture theatre to a 'learning by doing' environment and embed the knowledge provided by the study of management theory. As part of the IT Sligo policy to promote Universal Design for Learning, the students were exposed to a variety of opportunities to promote their learning at the Institute and the feedback from the student cohort about their experience was very positive.

Lightboard – The online Lecturers blackboard



Online learning is incredibly popular and IT Sligo is the largest online Institute in the country and makes up nearly half of its students. While online learning is very interactive and uses all the modern techniques lecturers and students love, there was one very old and basic tool which both parties missed, the humble blackboard. The ability to explain a process in writing was difficult to get across online, until now. IT Sligo's Barron Cawley and Brian Mulligan have just completed the construction of a Lightboard that can be used for live teaching or recording educational videos.

So what is a "lightboard"? Barron Cawley of our IT Services team explained: "A lightboard is a large pane of glass, flooded with light on which you can write or draw with fluorescent markers and which shows up very clearly on video."

Brian Mulligan, Programme Manager, Online Learning Innovation Centre for Online Learning explains what benefit a board such as this might be to us. "Many topics that we teach such as mathematics are best taught on a board. In addition many lecturers are very experienced at using boards and know how to use a board well. A lightboard allows lecturers to teach live online or make recordings using this method, while constantly facing the camera. If this is used with Panopto, it allows lecturers to very easily create high quality videos. All they have to do is turn on the recorder, specify the class group it is for and present. When finished they click on the Stop button and the video gets automatically published to Moodle. And they look cool too - the videos, I mean, not necessarily the lecturer"

So how can lecturers get access to this to try it out?

If you are a lecturer, just get in touch with Louise Kearins in the Centre for online Learning and she will organise demonstrations.

Major Accountancy Conference Comes to Sligo



Ireland Audit Partner.

Speakers at the event included: Donal O'Byrne, Senior Finance Manager, Microsoft; Stephen Doyle, Senior Manager, Advisory Services, EY; Lorraine Hennessy, Controller Global Manufacturer Abbott Diagnostics; Don Brown, Head of Business Performance, AIB; Clive Webb, ACCA Professional Insights.

John Gaynor, Lecturer in Accounting & Finance said, "It is a privilege for IT Sligo to host such a high profile accounting conference. ACCA is a global professional accounting body with 200,000 members and 500,000 students. IT Sligo is delivering professional accounting programmes since 1974, producing top quality accounting graduates. It is great to see Sligo hosting events like this. It would not happen without local support. Collaboration is key."

What role will robots and Artificial Intelligence have in accountancy in the future? How will innovative technology change how we learn? To answer these questions and more, ACCA Ireland held a major technology and accounting conference hosted and sponsored by the Institute of Technology Sligo.

The national conference gathered some of Ireland's leading experts in finance and business to discuss the many opportunities and obstacles the industry may face in the future. The event was titled "Technology & Accountancy – Thinking Ahead" and addressed some of the trends appearing in the industry and how to tackle them.

The conference was opened by the President of the college, Dr Brendan McCormack, PhD and the MC for the day was Marie O'Connor, former PwC



Enterprise Day trip to the Great Western Greenway

Year 3 Bachelor of Business Level 7 students had an enjoyable day out in Mayo recently. Photos show Dermot Madigan, General manager of The Mulranny Park Hotel with the group and their lecturers Marie Keane and Lorraine Murphy.

Dermot spoke to the group about marketing a hotel in rural Ireland and managing a business.

Travis Zeray from Clew Bay Bike Hire

then spoke to the students about setting up and running an online Bike hire and kayaking business in Mayo, we all then took to bikes and cycled on the Great Western Greenway where we stopped off at Nevins of Tiernaur, a quick lunch and then John Nevin proprietor spoke to the group about running and developing his successful restaurant and bar. On our bikes again and we cycled to Newport where we met our

bus and back to Sligo, tired after cycling 18km from Mulranny to Newport, Mayo.

The trip was organised as part of the Bachelor of Business L7 SG536 course the students are studying in the School of Business, IT Sligo Marie Keane Lecturer of Marketing and Enterprise, Business Dept. Lorraine Murphy, Lecturer of Law, Business Dept.



Cllr Margaret Gormley RIP



It was with deep sadness we heard of the passing of our colleague, Cllr Margaret Gormley on the 5th April 2019.

Margaret was a committed member of the Governing

Body at IT Sligo for many years and was a member of Sligo County Council for almost 40 years.

Following in her father's footsteps as councillor, she was elected for the first time in 1985. Margaret was passionate about her home county of Sligo and a strong supporter of the Institute. She was a dedicated member of the board, providing valuable support and guidance as the Institute developed over the years, and will be sadly missed.

Although she had been battling illness for some time, news of her death came as a shock to all of us on the Board and colleagues in the Institute of Technology Sligo.

Ar Dheis Dé go Raibh Siad.

Alumni Shares Experience with Students



As part of the IT Sligo policy of engagement with the business community, In March 2019, the first year students on the BBS Ab Initio (Level 8) Programme were delighted to be joined in their lectures by a highly successful graduate of their programme. Ms Karen McGarty, who is currently working as Communications and Marketing Manager with Aurivo proved a very popular guest lecturer for the group, as part of their Management studies. Ms. McGarty provided valuable insights into the many challenges facing managers in the current business environment. This facilitated students linking their academic studies with current practice in a highly successful international organisation.

Ms. McGarty took the time to discuss the various exciting opportunities available for business graduates and provided examples of the successful career paths carved out by previous graduates of the BBS Programme at IT Sligo. The benefit of the work placement opportunity in year three of the programme was highlighted and students were encouraged to plan ahead and avail of the opportunities afforded to them through their studies on this programme.

During the visit, Ms McGarty shared valuable tips with students to prepare them for the standards expected of business professionals. In April, Ms. McGarty returned to the Institute to attend the student group presentations and provided valuable feedback to assist the students in the development of their communication skills.

The influence of a positive role model for the students was very motivating and Ms. McGarty was highly complimented by the students who met with her and found her most engaging. The challenge of presenting to a highly respected corporate professional was welcomed by the students, who all performed to a very high standard.

Shaping the Future of the Early Years Conference



Lorraine Farrell, National Aistear Coordinator, NCCA, Fiona Mc Donnell, Tusla, Professor Mathias Urban DCY, Dr Catherine Mc Guinn, IT Sligo Director CRISP, Colette Saunders, Post Graduate Student, Aoife Gallagher Post Graduate Student.

The future of the Early Years sector in Ireland is currently evolving in an exciting, dynamic and at times challenging environment. The overall vision and policy direction for the early childhood system was discussed by key stakeholders in a series of professional conversations at the recent Shaping the Future of the Early Years at IT Sligo. The Department of Social Sciences was delighted to welcome three of the most influential leaders in the Early years, internationally acclaimed Professor Mathias Urban, Desmond Chair of Early Childhood Research, Dublin City University, Bernie Mc Nally, Assistant Secretary General, Early Years Division, Department of Children and Youth Affairs, Fiona Mc Donnell, National Service

Director Children's Services Regulation (Tusla). Sharing their insights with Early Years professionals from the North West, each speaker stimulated discussion on how to provide and deliver the systems necessary to create a nurturing, supportive play based learning experience to develop the unique potential of each child in our community. Fiona McDonnell, stated that she welcomed the opportunity to engage with students, policy makers, third level educators and the early years stakeholders, to discuss the current challenges within early years and to recognise the commitment of all stakeholders in this evolving and dynamic sector. One practitioner commented that it is rare to get the opportunity to hear such nationally acclaimed speakers in the North West and

thanked IT Sligo for creating this event.

The recent launch of the whole-of-Government, whole-of-society First Five strategy calls for a new generation of leaders to emerge from higher education institutions such as IT Sligo, both at undergraduate and postgraduate levels. The BA in Early Childhood Care and Education was established in 2007, the MA in Leadership and Advocacy launched in 2012, and both programmes have successfully contributed to the Early Years workforce in a multiplicity of roles as evidenced by the 12 graduate Early Years guest speakers at the "Shaping Your Future in the Early Years" event on the 21st March. This event showcased the diverse professional graduate pathways successfully undertaken by students of the BA in ECCE and MA in Leadership and Advocacy.

This evolving IT Sligo community of Early Years graduates, based on the principles articulated in First Five of Committed Leadership, Strong Governance and Positive and engaged Collaboration, is tasked with shaping the future for children and families in our society. Roisin Mc Glone Programme Chair, MA in Leadership and Advocacy for the Early Years commented, that all of these key themes were debated throughout the conference and confirmed that as IT Sligo strategically positions itself and its partners to become a Technological University, such events are important for the evolution and formation of a professional, graduate led Early Years profession.

Key announcement to enhance future quality and professionalisation of Early Childhood Graduates



In a joint launch on the 12th April 2019, the Minister for Education and Skills Joe Mc Hugh T.D. and Minister for Children and Youth Affairs Dr. Katherine Zappone T.D. introduced the Professional Award Criteria and Guidelines for Initial Professional Education (Level 7 and Level 8) Degree Programmes for the Early Learning and Care (ELC) Sector in Ireland.

The purpose of these criteria and guidelines is to support the development by higher education institutions of professional awards for early childhood educators, at Level 7 and Level 8 on the national framework of qualifications. The aim is to ensure consistency of approach and quality in provision of education, ensuing graduates are fully prepared to take on the complex challenges of practice in this field.

The Criteria and Guidelines will be used in the development or review of programmes by individual institutions, by awarding bodies, by accreditation bodies or by the Department of Children and Youth Affairs (DCYA).

The criteria and guidelines are inclusive of both academic and professional indicators expected by early childhood educator graduates, and will specifically focus on the professional dimension of practice in the ELC sector which is integral to the professional formation of Level 7 and Level 8 graduates.

An expert working group was established in June 2017 by the Early Years Education Policy Unit (EYEP) to lead the development of professional award criteria and guidelines to inform the development and review of ordinary and honours level degrees (Level 7 and Level 8) programmes for the ELC sector in Ireland. Included in this group were representatives from the Irish Universities Association (IUA) and the Technological Higher Education Authority (THEA), Roisin Mc Glone, Lecturer in Department of Social Sciences was the THEA representative.

IT Sligo Lean Six Sigma MOOC reaches 10,000 registrations



The free IT Lean Six Sigma Massive Open Online Course (MOOC) has now passed the 10,000 registration mark. The Lean Six Sigma Quality MOOC is a free seven-week online course delivered through IT Sligo's online learning platform (Moodle). It is delivered by IT Sligo national teaching expert award winning lecturer's Brian Coll and Dr. John Donovan. Lean Six Sigma has been around for more than two decades and since then it has been embraced by leading global companies in the manufacturing and service industries. It has become the foremost process improvement approach for organisations

that wish to attain world class performance in quality and customer satisfaction. The tools and techniques are now expanding to the healthcare and government sectors where benefits have been achieved in productivity, efficiency and elimination of 'waste' - a term used in Lean Sigma quality which refers to anything that does not add value to the product or service.

As the course is delivered fully online, there is NO requirement to attend IT Sligo. This award winning course has been delivered to over 10,000 participants in 58 countries and is brought to you by Ireland's largest online six sigma course

provider. The course will provide you with videos lectures, discussion forums, quizzes and additional resources on Lean Sigma Quality topics. If you reach a minimum grade of 50%, you will be automatically awarded an electronic certificate of completion that you can display online. Below is a snapshot of the participants on the MOOC

- For 91%, this is their first MOOC.
 - 10,000 participants registered from 58 countries.
 - 62% Ireland
 - 17% UK
 - 11% USA
 - 2% France
 - 1% Germany
 - 1% Malaysia
 - Others: UAE, Australia, Canada, Brazil, Pakistan, Oman, Egypt, Colombia, Trinidad & Tobago, Romania, Nigeria, Japan, India.
 - 48% Male / 52% Female
 - 10% are 18-24 years old, 35% are 25 - 34 years old, 34% are 35- 44 years old and 3% are 55-64 years old.
 - 13% are in secondary/high school, 65% have a third level degree with 3% having a Doctorate degree (PhD)
 - 84% are in full-time employment
 - 31% are undertaking this MOOC to gain specific skills to do their job better and 8% are doing it 'just for fun'.
- Register here for the next running of the MOOC (Oct - Dec 2019) : sligo_leansigma_mooc.eventbrite.ie

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- Photographers
- Writers
- Illustrators
- Graphic Designers
- Web Developer
- Filmmakers

If you would like to be part of IT Sligo News please contact our Communications Manager, Aidan Haughey at haughey.aidan@itsligo.ie

Engineering Fair prize winner



Mavyam Al-Salihy, aged 10, Mercy National School, Sligo presented with IT Sligo's Engineering Fair prize of a lego robot from Lecturer Marion McAfee. Marion congratulated Mavyam on winning her prize: "Mavyam's completed fair day evaluation form was drawn from hundreds of entries on the day and as a result, we are delighted to offer this prize to her. Our first Engineering Fair proved very popular with over 2000 visitors on the day and we want to thank our partners in Abbott, Science Foundation Ireland and Engineers Ireland. We hope this has helped inspire Mavyam and all the other young people who came to the event. This year we had a Women in Engineering event to help inspire young girls to take up a career in Engineering, so we are extra pleased a girl has won the prize" Photo: James Connolly

IT Sligo Researcher Wins at ENVIRON 2019



CERIS postgraduates and lecturers from the Department of Environmental Science travelled to IT Carlow during the Easter break to attend the annual Environ Conference. This year's theme was Engagement for Climate Action.

Frances Lucy, Department of Environmental Science, was also there in her capacity as Chair of the Environmental Sciences Association of Ireland (ESAI). 'Our colleagues at IT Carlow organised a great conference, with the ESAI. There was a wide range of oral presentations and poster presentations from environmental researchers all over the island of Ireland. This year we came home with the overall poster prize, won by Seán O'Connor for his presentation on 'Techno-economics analysis of small-scale anaerobic digestion in an Irish dairy farm context'. This is a great achievement for Seán, as the standard this year was exceptionally high.'

Our other contributors at Environ were Eithne Davis, Darren Garland, Snehamol Mathew, Margaret Savage, Briana Kane and Maria Dermiki. Briana Kane's poster was based on her undergraduate project and was of great interest. The topic was, 'Factors that affect willingness of a segment of the Irish population to try insects'. Fruity protein bars with ground crickets were available at the Environ reception desk and they were all taken over the two day conference!

The ESAI provides an annual award at conferring to the best undergraduate student project on an Environmental theme in each Irish Higher Education Institute. Our 2019 IT Sligo prize winner will be announced in June following the final exam results.

Zenoz Ltd & ATA Air Tools Case Study

ATA Air Tools (ATA) manufactures and distributes pneumatic air tools to over 50 countries for major industries including the Aerospace and Automotive sectors. A previous Innovation Voucher project completed with the PEM Gateway led to two important developments for ATA. The first of these was the optimisation of a turbine design for a new air motor which "proved invaluable in the design" of that tool.

Optimisation was achieved through a review of the existing design; leading to a Computer Aid Design (Computational Fluid Dynamics) analysis of identified modifications and the 3D printing of these components for prototype testing.

The second development was an introduction to the product development company Zenoz Ltd. Resulting from the ATA Innovation Voucher, Zenoz Ltd were tasked with both design projects and as a component manufacturing sub-contractor for ATA. This introduction, and the success of the components manufactured by Zenoz, has developed into a mutually beneficial and longstanding business arrangement for both ATA and Zenoz.

Being familiar with PEM's precision engineering expertise, in 2018 Zenoz applied for an innovation voucher with us to investigate the mechanical properties of a material Zenoz and ATA were considering for a new product and wanted to compare against existing materials used.

PEM undertook a literature review to determine the optimum way to test unique aspects of the materials in question. Following this PEM used IT Sligo's Materials Testing and Analysis Lab to carry out a series of tests, which also included hardness testing.

The results of the tests were presented to Zenoz / ATA with insight given on the suitability of the material ATA hoped to use for their new product. Because of this work, Zenoz and ATA were

confident that the new material would meet their performance criteria and this allowed ATA develop a lighter air tool.

ATA were then able to sell this product into a new market and had the necessary experimental results to reinforce their performance claims for it. In conjunction with the material analysis carried out by PEM, ATA ran their normal in-house and end-user tests to prove the quality of the modified product. The experimental results from PEM will prove invaluable when ATA are introducing their product to a wider market base in the future.

ATA Testimonial

"ATA in conjunction with our manufacturing partner Zenoz Ltd recently used the PEM centre to conduct material and surface hardness analysis of one of our most high precision components. The reason for carrying out this analysis was twofold, firstly to test an alternative material and hardness treatment against our traditional methods and secondly to compare our sample components against similar components already in the market place. The resulting report produced by PEM made comparisons with both and has given us the confidence to move forward with an alternative to our traditional methods. This has the advantage of reducing the overall weight of our assembly as well as reducing the production costs. Without the comparative analysis produced by PEM we would have had to undertake extended end-user test therefore delaying this project considerably."

Zenoz Ltd Testimonial

"It was great to work with the PEM Gateway and utilise their research expertise, capabilities and facilities. Having an independent party verify the approach we took with ATA to develop an alternative production method for their new device allowed us to quickly progress its implementation in their manufacture."

Yeats Academy

of Arts, Design & Architecture

creative
showcase

2019

Architecture \ Creative Design \ Fine Art \ Interior Architecture & Design \ Performing Arts \ Writing and Literature

30th May - 5th June 2019

Launch: Thursday 30th May

IT Sligo Main Campus: Concourse to D Block

Viewing from 5pm

Speeches: 6pm

IT Sligo
An Institute of Technology, Sligo

Mechatronics and Electronic students attend exchange programme with students from Kempten University in Germany



The Mechatronics and Electronic students from IT Sligo recently enjoyed the annual weekly exchange programme with students from

Kempten University in Germany. The value of this educationally is undisputed with industrial visits to GROB and ASML. Additionally students enjoyed first class lectures

from inspiring lecturers on robotics, wind turbine technology, laser calibration, to name but a few. However it was the cultural exchange that ensured that students

developed a broader understanding of mechatronics, electronics and engineering not just in Ireland but throughout Europe. This exchange of ideas has led to lasting friendships and a broadening of horizons that underline the importance of such cross cultural partnership. Students enjoyed a visit to Munich city negotiating the UBAHN on the way to BMW Welt. After visiting the mayor they were also provided with a guided tour of Kempten. Other highlights included a visit to the Zeppelin

museum and rock climbing at which Sligo IT students surpassed themselves and were encouragingly labelled as one of the most impressive groups that had attempted this new skill. There was time for socialising and this enabled the development of relationships between the German and Irish students which has in the past led to enduring friendships between the two groups and a deeper understanding of our place both professionally and culturally within Europe.

A Branding Short Story.....



As part of their Applied Marketing Research project on tourism branding, Year 3 Erasmus / BB International Marketing students recently visited the Connacht Whiskey Distillery in Ballina with their Lecturer Mary O'Keeffe, for a tour of the distillery and a talk on tourism branding.

The group learned not only of the stages of the distilling process but also the origins and meaning behind the distinctive Connacht Whiskey brand which relates to an ancient Irish Dragon (!) featured in Irish mythology. Originally, the image of the Irish Dragon was found amongst emigration papers of the father of one of the company's four Irish-American founders who hail from counties Sligo and Mayo. On further investigation it was established that the Irish Dragon symbol was used by US authorities as an official emigration stamp, when processing documentation of Irish emigrants entering the

United States.

Students also discovered how local traditions and place names influence the branding decisions of product lines such as the Straw Boys Vodka and ConnCullin Gin (named after two local lakes). Other brands imitate hand crafted labelling styles associated with the era of prohibition in the USA, where much of the current product lines from the Ballina distillery are exported. The branding and design considerations of the different glass bottle styles, imported from France and which vary across the range of product offerings, was also explained to students.

As some of the Erasmus students are completing projects for their home universities on topics such as Rural Tourism and the Wild Atlantic Way, the group also visited the WAW Signature Point of Downpatrick Head in North Mayo which ...thankfully due to lovely weather on the day was not too wild to enjoy!

The Power of Humour in Marketing Conference a great success



Mattress Mick and Pamela Finn from PR Pam

How can humour help sell products? A large number of delegates attended IT Sligo's annual marketing conference recently to find out why. A panel of well-known speakers shared their expertise and advice including Mattress Mick and Sligo's own celebrity salesman, Eamonn Cunningham from EJ's Menswear. Colin McLean (Registrar IT Sligo) opened the conference, with his personal insight into humour and branding.

Eamonn Cunningham is twenty-five years in business and shared the story of EJs to date. Eamonn noted that he "needed to devise some clever marketing ideas" and before social media days he "always used humour". Eamonn gave many examples of social media ads from

'EJ Wallace', that got national coverage, to 'Kung Fu EJ', to 'EJ Grand National' that got over 1.1 million views and a reach of 1.7 million.

Ecommerce Manager of EJ's, Gary Dolan said "we really engage with our customers, we really engage with our brand". Gary added "We have a huge focus on customer service and customer satisfaction", this drives the EJ personality forward. Gary also shared the benefits of humour to EJS; "shows our personality, makes our brand more relatable, earns trust, more personal more social, drives traffic and sales".

Eamonn provided some useful tips for example; "don't use copycat tactics, be inspired, use your imagination, don't repeat, always

try to be original, Don't be afraid of making mistakes, learn from them".

Michael Flynn known famously as Mattress Mick, told his story. Mick wanted to be a "character", and spoke about personalising the salesman and said he has to continue to promote business in quirky ways and has said social media has been a great addition to his marketing and sales. Mick's dream is to open stores around Ireland and has "great plans for other videos".

Paul Dunkin, Chief Marketing Officer-Maximum Media, who own Joe.ie and Her.ie websites, advised that businesses should think about the strategy behind a brand, before we even think about humour. Paul spoke extensively about what makes a great brand: clear purpose, consistent at core, well defined and distinguishable character, overcommit to a couple of things and be innovative. When using humour, make sure it delivers on your brand purpose. Paul noted "humour can be an impactful way to get your message across". While speaking about his company's use of podcasts. Paul said "don't be afraid to do funny ads, the most important thing is consistency".

Tom Mughal, Social Media Manager Lidl Ireland, advised: "all channels have a different purpose and different following". He stated "honest, sets us apart from competitors in customer service, is relevant, is personal, is Irish, has a strategy, is on brand", and "is authentic". He gave the audience a key takeaway "social media is about positive associations with your brand".

Local academic and author Dr Susanne Colleary said "humour is local it's very culturally specific... it's an insider knowledge". Suzanne added "humour can laugh at or with people... it can bring people together or divide... it can express



Eamonn Cunningham of EJ Menswear

community...tends to be a shared thing". She finished with "if you are going to use humour, approach with caution".

The final speaker was John Rainford (Business coach and educator, Strawberry Fields). John said "humour allows you to deliver a serious message" and spoke about the need to "think in a creative way". He also is of the view that "if you're in marketing or business, if you are not memorable, what's the point?" For businesses he added "don't assume you know the marketplace, it changes".

The conference MC was Pamela Finn (PR Agency PR Pam) who

invited Áine Doherty, (member of Programme Team M Sc. in Marketing) to close the conference. Áine summed up key conference messages; humour needs to be linked to brand purpose, know your audience and maintain consistency, the importance of leadership in marketing, don't be afraid of humour learn from mistakes, humour is culturally specific and the importance of brand trust.

For more information about the M Sc. in Marketing or marketing degree programmes please contact John Kelleher, Head of Department Marketing, Tourism and Sport, kelleher@john@itsligo.ie



Guest speakers and organisers of Power of Humour in Marketing Conference



IT Sligo Sport

IT Sligo, All Ireland and Connacht Junior GAA Champions 2019



IT Sligo have been crowned All Ireland and Connacht Junior GAA Higher Education Champions 2019. They captured the Connacht title following a 1-7 to 1-6 win over NUI Galway in the final at Connacht GAA Centre in March.

The team progressed to the All Ireland Higher Education Junior football quarter-finals and travelled to TU Dublin Grangegorman where they easily overcame WIT 8-8 to 3-8. In the semi-final on 27th March, hosted by NUI Galway, they defeated IT Tralee 3-9 to 1-2 and then beat DCU in the final 2-6 to 0-4.

The team is managed by 4th year BSc Hons Pharmaceutical Science

student, Mark Finnerty from Killybegs, Co Donegal. Mark worked with the Gaelic Development Officer, Michael Harte to guide the team to the final following wins over Athlone IT, and GMIT.

At a special event to welcome the team back to IT Sligo, President Brendan McCormack said:

"It is a great achievement and we are all very proud of our sport here in IT Sligo.

Your dedication and hard work in training has paid off and hopefully will lead to further success in the future. Of course, all clubs need support from backroom staff and I would like to congratulate Padraig

McGourty Chair of the club and Brian McCann, Secretary for their continued dedication to IT Sligo GAA. Thanks also to the staff of IT Sligo Knocknarea Arena for accommodating the training sessions of the team throughout the year.

I would also like to recognise the Institute staff and Clubs & Societies Finance Committee, Chaired by Michael Barrett, for their support".

The cup was lifted by Captain, Timmy Govorov from Bundoran, who led the team to victory. This was the culmination of a great run with all games away from home against some of the most successful GAA Universities and Institutes.

Athletics and Gymnastics module for Applied Sports Business Programme students



As part of the Applied Sports Business Programme students study a module called Athletics and Gymnastics. At the culmination of the module and in the last week of the term Athletics Ireland Tutors test the students knowledge and skills and if the trainee coaches are successful they then award them the ATHLETICS IRELAND LEVEL ONE COACHING AWARD. The award is based on the learning the students have done in the Athletics and Gymnastics module and the real life coaching practice that the Sports Business students pick up during their studies. Pictured in the photo are 30 new Level one ATHLETICS IRELAND LEVEL ONE COACHES.

IT Sligo Footballer Reaches NI Final



IT Sligo footballer and Business student, Ryan O'Reilly made it to the final of the Northern Irish cup final with Ballinamallard FC. Ryan who once signed with Stoke City for five years when he was sixteen. Unfortunately, Ryan's team, Ballinamallard were beaten in the final by Crusaders FC at Windsor Park.

Basketball News



Congratulations to IT Sligo's, Sports Changes Life Victory Scholar, Zack Yonda who was selected for The Basketball Ireland 2018/19 Div 1 All Star team. The All Stars were voted for by coaches in each division of the National League.

Sligo City Table Tennis League



Congratulations to IT Sligo students on their success in the Sligo City Table Tennis League. Students who recently received their prizes at presentation evening in Clayton Hotel are: Howard Wong, winner of the Premier Division, Joey Chui, runner up fourth Division, Valerie Keng, 3rd fourth Division and Chan Yi Jing, winner fourth Division plate. Sligo City Table Tennis Club have an associate club in IT Sligo and also welcome staff and students to their regular club nights which take place during the term time in Sligo Grammar School sports centre on Tuesday evenings at 8pm.