

## First year transition session

### Q4 What is the main thing you took from today's session?

Answered: 538 Skipped: 96

#	Responses	Date
1	take control	11/11/2014 7:30 AM
2	that there are many supports if you're having trouble	11/11/2014 7:30 AM
3	recognise that there are learning supports in the college	11/11/2014 7:29 AM
4	to start to study & manage my time	11/11/2014 7:29 AM
5	there is lots of support for students	11/11/2014 7:29 AM
6	study hard, gain big	11/11/2014 7:29 AM
7	manage time	11/11/2014 7:28 AM
8	keep on top of work	11/11/2014 7:28 AM
9	maths online	11/11/2014 7:28 AM
10	time to get in control & start studying	11/11/2014 7:27 AM
11	you can struggle but people will help you	11/11/2014 7:27 AM
12	dont be hesitant when asking motivating myself lots of help	11/11/2014 7:27 AM
13	be confident	11/11/2014 7:26 AM
14	Maths	11/11/2014 7:26 AM
15	its up to me to do the work	11/11/2014 7:26 AM
16	i must work hard now before the work begins to pile on	11/11/2014 7:25 AM
17	there is help within dit	11/11/2014 7:24 AM
18	start thinking about the future	11/11/2014 7:24 AM
19	a positive attitude towards college life	11/11/2014 7:23 AM
20	dont be hesitant to ask for help if you are struggling	11/11/2014 7:23 AM
21	college can be fun & not feel like constant pressure	11/11/2014 7:21 AM
22	that there is a lot of support centres and if you're falling behind you can catch up with the right help	11/11/2014 7:21 AM
23	i need to start studying	11/11/2014 7:20 AM
24	get my act together & balance academic and social life equally	11/11/2014 7:20 AM
25	that I have to make time to study & leave other things	11/11/2014 7:19 AM
26	there is a lot of support out there	11/11/2014 7:19 AM
27	everyone is feeling the same about their learning	11/11/2014 7:19 AM
28	get involved	11/11/2014 7:18 AM
29	make me think about my career	11/11/2014 7:18 AM
30	positive energy	11/11/2014 7:17 AM
31	to take full responsibility & ownership of my life	11/11/2014 7:17 AM
32	motivation	11/11/2014 7:17 AM

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33	failure is not to be feared	11/11/2014 7:16 AM
34	puts things into perspective & understand how much you can control things	11/11/2014 7:16 AM
35	its okay to struggle & fail sometimes	11/11/2014 7:15 AM
36	its possible to minimize what effects us	11/11/2014 7:15 AM
37	not to be so hard on myself if I dont reach expectations	11/11/2014 7:15 AM
38	focus on setting goals for myself for the academic side of college	11/11/2014 7:13 AM
39	that i need to get more involved in activities & be organised with my study	11/11/2014 7:13 AM
40	love you Dave	11/11/2014 7:13 AM
41	keep on top of your world before you fall too far behind	11/11/2014 7:12 AM
42	I realised that \i have to take control of my life in college	11/11/2014 7:12 AM
43	im not the only one who finds it difficult	11/11/2014 7:11 AM
44	self-improvement	11/11/2014 7:11 AM
45	learn to be independent	11/11/2014 7:11 AM
46	get proactive & manage my time	11/11/2014 7:11 AM
47	motivated me to be more proactive	11/11/2014 7:10 AM
48	its okay to be overwhelmed	11/11/2014 7:10 AM
49	not to leave the work until the last minute	11/11/2014 7:10 AM
50	its okay to feel overwhelmed	11/11/2014 7:09 AM
51	to take action myself, no one is going to do it for me - its all up to me	11/11/2014 7:09 AM
52	to take some form of action to get what you want	11/11/2014 7:09 AM
53	don't panic!	11/11/2014 7:08 AM
54	you need to be proactive & take action in your life	11/11/2014 7:08 AM
55	time management is vital	11/11/2014 7:08 AM
56	everyone is in the same boat	11/11/2014 7:07 AM
57	that everyone is struggling in some way or another and that we all feel like the workloads is very different to what we experienced in second level	11/11/2014 7:07 AM
58	how to be in control	11/11/2014 7:06 AM
59	info about learning support	11/11/2014 7:06 AM
60	dont be afraid to ask questions	11/11/2014 7:06 AM
61	get more organised & start studying	11/11/2014 7:06 AM
62	i need to try balance social & academic	11/11/2014 7:05 AM
63	the dead line, other people are struggling	11/11/2014 7:05 AM
64	it made me realise its time to start studying	11/11/2014 7:05 AM
65	to not be afraid to tell the lecturer if you're lost	11/11/2014 7:04 AM
66	take control	11/11/2014 7:04 AM
67	get ontop of the work load but try balance it with social life	11/11/2014 7:04 AM
68	I have to put more effort into my studies and be more committed and organised	11/11/2014 7:03 AM
69	cant win, don't try. put your hand up	11/11/2014 7:03 AM

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70	dont fall behind in college work	11/11/2014 7:03 AM
71	get help if college becomes difficult	11/11/2014 7:03 AM
72	that there is always help out there. Dave is a very approachable man	11/11/2014 7:01 AM
73	first year is the new final year	11/11/2014 7:01 AM
74	I need to get involved & start studying	11/11/2014 7:01 AM
75	study more & manage my time	11/11/2014 7:00 AM
76	dont hesitate to ask for help	11/11/2014 7:00 AM
77	a lot of students feel the same pressure	11/11/2014 7:00 AM
78	where i am in regards to college life	11/11/2014 6:59 AM
79	you can always ask for help	11/11/2014 6:59 AM
80	lots of people can be struggling	11/11/2014 6:59 AM
81	not doing enough study wise but i can still get my act together	11/11/2014 6:58 AM
82	think carefully about if the course if really for me or not	11/11/2014 6:58 AM
83	first year is the new final year	11/11/2014 6:58 AM
84	i can talk about my course choice	11/11/2014 6:57 AM
85	so many free services in dit	11/11/2014 6:57 AM
86	keep in control/on top of things	11/11/2014 6:57 AM
87	get organised, its easier than i thought	11/11/2014 6:57 AM
88	i need to study	11/11/2014 6:56 AM
89	get ontop of my study & get organised	11/11/2014 6:56 AM
90	i need to get ontop of my study & talk to someone if I need help	11/11/2014 6:56 AM
91	services available to students	11/11/2014 6:56 AM
92	how to balance college & friends	11/11/2014 6:55 AM
93	how to balance college & social life	11/11/2014 6:55 AM
94	organise time & study	11/11/2014 6:55 AM
95	different perspective on college	11/11/2014 6:54 AM
96	get organised	11/11/2014 6:54 AM
97	maths weblinks is useful	11/11/2014 6:54 AM
98	made me learn new things & improve what i already know	11/11/2014 6:53 AM
99	fun	11/11/2014 6:53 AM
100	highlighted the help services available in dit	11/11/2014 6:53 AM
101	info on where services are & what is available t us	11/11/2014 6:52 AM
102	idea of what to expect inthe future in relation to after college	11/11/2014 6:52 AM
103	learning style	11/11/2014 6:52 AM
104	the struggle in transitioning from 2nd to 3rd level is experienced by many people	11/11/2014 6:51 AM
105	first year is the new final year	11/11/2014 6:51 AM
106	first year is the new final year	11/11/2014 6:51 AM
107	first year is the new final year	11/11/2014 6:51 AM

## First year transition session

108	first year is equally as important as final year	11/11/2014 6:50 AM
109	first year is the new final year	11/11/2014 6:50 AM
110	first year is the new final year	11/11/2014 6:50 AM
111	there are people there to support	11/11/2014 6:50 AM
112	first year is just as important as final year	11/11/2014 6:49 AM
113	first year is the new final year	11/11/2014 6:49 AM
114	i now know where to go if I need help	11/11/2014 6:46 AM
115	personal skills	11/11/2014 6:46 AM
116	i now know where to go if i need to talk	11/11/2014 6:45 AM
117	first year is the new final year	11/11/2014 6:45 AM
118	getting help off eachother	11/11/2014 6:44 AM
119	dit is very open & helpful	11/11/2014 6:44 AM
120	you need to be happy in your career	11/11/2014 6:44 AM
121	meet new people	11/11/2014 6:43 AM
122	told about the facilities in college	11/11/2014 6:43 AM
123	there is support there for us if we need help	11/11/2014 6:43 AM
124	getting to know about college life and how to fit in	11/11/2014 6:31 AM
125	i got information about internships	11/11/2014 6:30 AM
126	dit is very helpful when it comes to helping first year students settle in	11/11/2014 6:30 AM
127	motivation	11/11/2014 6:29 AM
128	think I want to do an internship this summer	11/11/2014 6:29 AM
129	the different services available	11/11/2014 6:29 AM
130	thinking about all the support around me to help	11/11/2014 6:28 AM
131	a greater understanding of supports in college	11/11/2014 6:28 AM
132	i will seek help with difficult subjects such as maths & mechanics class	11/11/2014 6:27 AM
133	networking info	11/11/2014 6:27 AM
134	ask questions stay focused	11/11/2014 6:27 AM
135	helped into improving my social how to make new friends	11/11/2014 6:26 AM
136	there are many things set up in dit to help with any problems	11/11/2014 6:25 AM
137	lots of support opinions available	11/11/2014 6:25 AM
138	talk to new people	11/11/2014 6:25 AM
139	i need to introduce myself to more people	11/11/2014 6:24 AM
140	need to get to know more people in my course	11/11/2014 6:24 AM
141	ask questions + there is a lot of support there if we need it	11/11/2014 6:23 AM
142	meet new people	11/11/2014 6:23 AM
143	there are more online supports than I thought	11/11/2014 6:22 AM
144	meet new people in your class	11/11/2014 6:22 AM
145	get more involved in Socs	11/11/2014 6:21 AM

## First year transition session

146	college is a place where you can discover what you really are.	11/11/2014 6:21 AM
147	how to achieve success in college	11/11/2014 6:20 AM
148	you're not alone if you're struggling	11/11/2014 6:11 AM
149	dont get caught up with problems that arise	11/11/2014 6:10 AM
150	got to know classmates	11/11/2014 6:10 AM
151	to understand you're all in the same boat	11/11/2014 6:09 AM
152	to be more confident and meet new people	11/11/2014 6:08 AM
153	got info about college	11/11/2014 6:08 AM
154	the importance of not letting myself get isolated	11/11/2014 6:08 AM
155	meet new people	11/11/2014 6:07 AM
156	ask questions - find out about everything	11/11/2014 6:07 AM
157	there are different aspects to college life to consider	11/11/2014 6:06 AM
158	to important things in college and be more out going	11/11/2014 6:06 AM
159	interact with everyone easily	11/11/2014 6:06 AM
160	how to go about getting more involved	11/11/2014 6:05 AM
161	its not all study	11/11/2014 6:05 AM
162	friendship is important	11/11/2014 6:05 AM
163	friends	11/11/2014 6:01 AM
164	meeting new friends	11/11/2014 6:01 AM
165	not to be so scared to talk to people	11/11/2014 6:01 AM
166	learn about stuff	11/11/2014 6:00 AM
167	that a lot of other people are suffering from the same problems	11/11/2014 6:00 AM
168	to get involved + interact	11/11/2014 5:59 AM
169	integrate	11/11/2014 5:59 AM
170	be confident always	11/11/2014 5:59 AM
171	there is a lot of help available	11/11/2014 5:58 AM
172	it was just an overall helpful experience	11/11/2014 5:53 AM
173	the action that you have to take to be better	11/11/2014 5:53 AM
174	there is help out there! Look for help	11/11/2014 5:52 AM
175	have an action plan & impliment	11/11/2014 5:52 AM
176	be comfortable be confident	11/11/2014 5:51 AM
177	communication with classmates	11/11/2014 5:51 AM
178	improve myself	11/11/2014 5:51 AM
179	make friends with girls	11/11/2014 5:50 AM
180	speak about problems	11/11/2014 5:50 AM
181	i am not alone	11/11/2014 5:50 AM
182	be confident talk to people	11/11/2014 5:48 AM
183	good advice	11/11/2014 5:48 AM

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184	dont isolate anyone	11/11/2014 5:48 AM
185	get to know new people	11/11/2014 5:47 AM
186	future thinking	11/11/2014 5:46 AM
187	everyone struggles at the start	11/11/2014 5:46 AM
188	be more social	11/11/2014 5:45 AM
189	be social	11/11/2014 5:45 AM
190	everyone has one struggle at college	11/11/2014 5:45 AM
191	confidence	11/11/2014 5:45 AM
192	be happy	11/11/2014 5:44 AM
193	other peoples thoughts	11/11/2014 5:43 AM
194	its good to make friends	11/11/2014 5:43 AM
195	learned about facilities if you're in need	11/11/2014 5:43 AM
196	responsibility	11/11/2014 5:42 AM
197	get out of comfort zone	11/11/2014 5:41 AM
198	get involved	11/11/2014 5:40 AM
199	gets everyone involved	11/11/2014 5:40 AM
200	the social decisions and academic	11/11/2014 5:39 AM
201	dont be too much stress on your list year	11/11/2014 5:39 AM
202	dont be too much stress on your list year	11/11/2014 5:39 AM
203	just learned more about not only college life but also personal life & how to deal with any problems	11/11/2014 5:38 AM
204	that everyone is finding it hard	11/11/2014 5:38 AM
205	help someone	11/11/2014 5:38 AM
206	be organised	11/11/2014 5:37 AM
207	integrate more	11/11/2014 5:37 AM
208	balancing time in & out of college	11/11/2014 5:36 AM
209	dont be shy to talk to people who may be capable of helping you	11/11/2014 5:35 AM
210	everyone has difficulties	11/11/2014 5:34 AM
211	the elephant photo	11/11/2014 5:34 AM
212	help there and many value of your life	11/11/2014 5:33 AM
213	important not to let college take over your life in order to succeed	11/11/2014 5:33 AM
214	get involved	11/11/2014 5:31 AM
215	Services	11/11/2014 5:31 AM
216	improve time management	11/11/2014 5:31 AM
217	that there is help out there if I ever need any for support	11/11/2014 5:29 AM
218	dit has many services to help people	11/11/2014 5:28 AM
219	dont be afraid to ask for help	11/11/2014 5:28 AM
220	dit has many services to help stressed or troubled students	11/11/2014 5:28 AM
221	realising how important academic, vocational, social & personal can be	11/11/2014 3:24 AM

## First year transition session

222	get involved	11/11/2014 3:24 AM
223	confidence & decisiveness are key	11/11/2014 3:23 AM
224	join something	11/11/2014 3:23 AM
225	that a mobile phone triggers the same part as the brain as love <3	11/11/2014 3:22 AM
226	personal points	11/11/2014 3:22 AM
227	try to talk to different people in the class	11/11/2014 3:19 AM
228	we got chatty with each other	11/11/2014 3:19 AM
229	meet new people	11/11/2014 3:18 AM
230	interact with more people	11/11/2014 3:15 AM
231	Always have the craic in college	11/11/2014 3:14 AM
232	people skills communication	11/11/2014 3:14 AM
233	getting to know my class	11/11/2014 3:14 AM
234	getting to know new people making an effort	11/11/2014 3:12 AM
235	everybody shares similar fears	11/11/2014 3:12 AM
236	study	11/11/2014 3:11 AM
237	meet new people	11/11/2014 3:11 AM
238	motivating myself	11/11/2014 3:11 AM
239	the same thing is said in every college	11/11/2014 3:06 AM
240	to get involved	11/11/2014 3:04 AM
241	realised there was help for everything & it was all just there	11/11/2014 3:04 AM
242	get involved & be more social	11/11/2014 3:03 AM
243	get involved	11/11/2014 3:03 AM
244	keep evaluating your situation	11/11/2014 3:03 AM
245	ask questions meet new people	11/11/2014 3:03 AM
246	no physics	11/11/2014 3:02 AM
247	organising my stuff	11/11/2014 3:02 AM
248	work hard	11/11/2014 3:01 AM
249	how important it is	11/11/2014 3:00 AM
250	get talking to people around me	11/11/2014 3:00 AM
251	talk to more people	11/11/2014 2:59 AM
252	i need to create a study plan & start doing work to get the job I want	11/11/2014 2:58 AM
253	meeting people, introduction to support services	11/11/2014 2:56 AM
254	to make the most of my time in college	11/11/2014 2:55 AM
255	get involved	11/11/2014 2:52 AM
256	key concepts to make my college career successful	11/11/2014 2:50 AM
257	be organised	11/11/2014 2:49 AM
258	to look out for whats best for me	11/11/2014 2:48 AM
259	talking to girls	11/11/2014 2:43 AM

## First year transition session

260	making new friends	11/11/2014 2:43 AM
261	my future	11/11/2014 2:43 AM
262	talk if I have any problems	11/11/2014 2:41 AM
263	get to know more people	11/11/2014 2:41 AM
264	evaluate & think about my future	11/11/2014 2:41 AM
265	get involved in college	11/11/2014 2:40 AM
266	getting to know others	11/11/2014 2:40 AM
267	get involved	11/11/2014 2:40 AM
268	delegating	11/11/2014 2:39 AM
269	get organised	11/11/2014 2:39 AM
270	get invovled	11/11/2014 2:38 AM
271	get involved	11/11/2014 2:38 AM
272	importance of planning	11/11/2014 2:37 AM
273	support available to me	11/11/2014 2:35 AM
274	study	11/11/2014 2:35 AM
275	focus & enjoy	11/11/2014 2:35 AM
276	importance of planning	11/11/2014 2:35 AM
277	important info	11/11/2014 2:35 AM
278	support services available	11/11/2014 2:34 AM
279	i got motivated	11/11/2014 2:34 AM
280	to be more social	11/11/2014 2:34 AM
281	get involved more	11/11/2014 2:33 AM
282	get involved with the different aspects of college	11/11/2014 2:32 AM
283	branch out more	11/11/2014 2:24 AM
284	to be organised	11/11/2014 2:23 AM
285	organised your life	11/11/2014 2:23 AM
286	the resources available	11/11/2014 2:23 AM
287	very positive	11/11/2014 2:22 AM
288	need to act quick	11/11/2014 2:22 AM
289	social	11/11/2014 2:22 AM
290	think about academic year	11/11/2014 2:21 AM
291	get more involved, stay focused	11/11/2014 2:21 AM
292	vocational	11/11/2014 2:21 AM
293	social	11/11/2014 2:20 AM
294	academic	11/11/2014 2:20 AM
295	take care of all different aspects	11/11/2014 2:20 AM
296	socialising with others, being friendly & open minded	11/11/2014 2:18 AM
297	be organised	11/11/2014 2:18 AM



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298	take care of all different aspects	11/11/2014 2:16 AM
299	i did kow some new ideas about what we have to be successful in dit	11/11/2014 2:16 AM
300	contribute more to personal	11/11/2014 2:15 AM
301	take part in all aspects of college	11/11/2014 2:15 AM
302	work on all aspects of college life	11/11/2014 2:15 AM
303	help available	11/11/2014 2:15 AM
304	study	11/11/2014 2:14 AM
305	not be scared	11/11/2014 2:14 AM
306	ask questions	11/11/2014 2:14 AM
307	make friendships with other students	11/11/2014 2:13 AM
308	academic	11/11/2014 2:13 AM
309	too early for it	11/11/2014 2:13 AM
310	a should get a good balance	11/11/2014 2:13 AM
311	get involved	11/11/2014 2:12 AM
312	important to try & balance everything	11/11/2014 2:11 AM
313	introduced me to new people	11/11/2014 2:10 AM
314	have to get out of comfort zone	11/11/2014 2:09 AM
315	think about what I want from career	11/11/2014 2:08 AM
316	have to try everything	11/11/2014 2:08 AM
317	dit.ie/fyi	11/11/2014 2:07 AM
318	its okay to rethink your course	11/11/2014 2:07 AM
319	there is support from dit	11/11/2014 2:07 AM
320	work on social life	11/11/2014 2:07 AM
321	knowing new students and talking in english	11/11/2014 2:06 AM
322	im not alone with my worries	11/11/2014 2:06 AM
323	if you are unsure of something, contact the counselors	11/11/2014 2:06 AM
324	make new friends	11/11/2014 2:05 AM
325	keep it real	11/11/2014 2:05 AM
326	get to know new friends	11/11/2014 2:05 AM
327	participate in all aspects of college	11/11/2014 2:04 AM
328	study	11/11/2014 2:04 AM
329	have a balance between study & social	11/11/2014 2:04 AM
330	dont let work build up	11/11/2014 2:03 AM
331	don't let the work build up	11/11/2014 2:02 AM
332	everyone struggles	11/11/2014 2:02 AM
333	think about vocation	11/11/2014 2:02 AM
334	everyone is feeling the same you are not alone	11/11/2014 2:01 AM
335	be more aware of my vocational wants, everyone is in the same boat	11/11/2014 2:01 AM

## First year transition session

336	use the library more often	11/11/2014 2:01 AM
337	every little thing is going to be alright	11/11/2014 2:01 AM
338	there are services there	11/11/2014 2:00 AM
339	be more organised	11/11/2014 2:00 AM
340	learned what vocation was	11/11/2014 2:00 AM
341	the elephant in the room	11/11/2014 1:59 AM
342	everyone is here to help	11/11/2014 1:59 AM
343	go to class	11/11/2014 1:59 AM
344	need to get ontop of work	11/11/2014 1:59 AM
345	get personal space to work and develop a new support network	11/11/2014 1:58 AM
346	the support services & talking to new people	11/11/2014 1:58 AM
347	vocational - think about my future academic - keep ontop of work	11/11/2014 1:57 AM
348	taking control of your own education, life & opportunities	11/11/2014 1:55 AM
349	how to be successful in third level	11/11/2014 1:54 AM
350	study	11/11/2014 1:54 AM
351	there is a lot of help	11/11/2014 1:54 AM
352	to take time out for myself	11/11/2014 1:53 AM
353	meet people & try to sit beside someone new in each class	11/11/2014 1:53 AM
354	acceptance	11/11/2014 1:53 AM
355	think about & get information about my future career	11/11/2014 1:52 AM
356	think about the future	11/11/2014 1:52 AM
357	where to go for help	11/11/2014 1:52 AM
358	a break	11/11/2014 1:52 AM
359	seek help if you need it	11/11/2014 1:51 AM
360	developed study/exam skills	11/11/2014 1:51 AM
361	"elephant in the room" most people have the same fears as me	11/11/2014 1:51 AM
362	other issues that were on other students minds	11/11/2014 1:49 AM
363	that it is not the end of the world & support is there for you if its needed	11/11/2014 1:49 AM
364	exercise more	11/11/2014 1:49 AM
365	how to join a society how i can plan my time how to behave	11/11/2014 1:48 AM
366	to look after myself & studies	11/11/2014 1:48 AM
367	what is required to enjoy your time in college & succeed what are the main things to take from college	11/11/2014 1:48 AM
368	talk to people to find out more about what I need to know	11/11/2014 1:47 AM
369	it is important to take time to myself every once in a while	11/11/2014 1:47 AM
370	a lot of information	11/11/2014 1:46 AM
371	how I can help someone	11/11/2014 1:46 AM
372	all the various help that is available to help us	11/11/2014 1:46 AM
373	healthy balance of everything works well	11/11/2014 1:45 AM

## First year transition session

374	pieces of into that come up. mindfulness	11/10/2014 9:22 AM
375	be encouraged to engage	11/10/2014 9:21 AM
376	helped me understand college a bit more	11/10/2014 9:21 AM
377	talk to people join clubs	11/10/2014 9:21 AM
378	get on top of everything	11/10/2014 9:20 AM
379	th job i think i'll get may not be the end result	11/10/2014 9:20 AM
380	manage time better	11/10/2014 9:20 AM
381	info about the course	11/10/2014 9:19 AM
382	personal anxiety	11/10/2014 9:19 AM
383	be sure of your course	11/10/2014 9:19 AM
384	dont be afraid to ask for help	11/10/2014 9:18 AM
385	get involved & set a goal for yourself	11/10/2014 9:18 AM
386	that college is hard work but its enjoyable	11/10/2014 8:38 AM
387	theres help there for career guidance/work for summer	11/10/2014 8:38 AM
388	how to look up your career opportunities	11/10/2014 8:38 AM
389	use resources available	11/10/2014 8:37 AM
390	connect	11/10/2014 8:37 AM
391	look into careers on careers portal	11/10/2014 8:37 AM
392	help services	11/10/2014 8:37 AM
393	getting information	11/10/2014 8:36 AM
394	being social	11/10/2014 8:32 AM
395	all the services dit offer	11/10/2014 8:30 AM
396	learned about all the things to help us in our time in dit	11/10/2014 8:27 AM
397	i am better organised	11/10/2014 8:27 AM
398	more aware of the support services	11/10/2014 8:27 AM
399	commit communicate	11/10/2014 8:26 AM
400	make friends	11/10/2014 8:25 AM
401	making plans	11/10/2014 8:24 AM
402	making plans	11/10/2014 8:24 AM
403	plan	11/10/2014 8:24 AM
404	to make sure you are as academic as possible	11/10/2014 8:23 AM
405	advice on personal	11/10/2014 8:23 AM
406	support in class/career	11/10/2014 8:22 AM
407	information on careers service and location	11/10/2014 8:10 AM
408	found out im not alone	11/10/2014 8:09 AM
409	info on the support services	11/10/2014 7:56 AM
410	how to manage your time	11/10/2014 7:56 AM
411	importance of being organised	11/10/2014 7:56 AM

## First year transition session

412	there is so much more to college than academic achievements	11/10/2014 7:55 AM
413	there is support if we need it	11/10/2014 7:55 AM
414	different outcomes of this + job opportunities	11/10/2014 7:55 AM
415	college isnt just about academic its about getting involved via clubs & socs	11/10/2014 7:54 AM
416	get to know more info about career	11/10/2014 7:54 AM
417	be with open mind, be aware of all possibilities	11/10/2014 7:53 AM
418	enjoy the learning	11/10/2014 7:53 AM
419	i feel more time given would be useful	11/10/2014 7:52 AM
420	become involved	11/10/2014 7:52 AM
421	learned about the support groups available	11/10/2014 7:52 AM
422	i feel more time given would be useful	11/10/2014 7:00 AM
423	there are many supports in dit	11/10/2014 6:59 AM
424	That my class are here to support me	11/10/2014 6:59 AM
425	access service for help	11/10/2014 6:59 AM
426	support & different services in college	11/10/2014 6:57 AM
427	lots of support services	11/10/2014 6:56 AM
428	lots of support available in college	11/10/2014 6:56 AM
429	knowing the importance of DIT Supports campus life + support for students	11/10/2014 6:55 AM
430	Academic is just as important as Social and personal	11/10/2014 6:55 AM
431	attend college & get involved	11/10/2014 6:54 AM
432	the different services available to DIT students	11/10/2014 6:53 AM
433	getting to know people I never spoke to before	11/10/2014 6:53 AM
434	got to learn more about people in the course	11/10/2014 6:52 AM
435	talking to peers about class	11/10/2014 6:52 AM
436	organise yourself + time management	11/10/2014 6:15 AM
437	getting to talk to new people we haven't before	11/10/2014 6:14 AM
438	making an effort to get to know people is very important as you will make lifelong friends	11/10/2014 6:14 AM
439	support - having a laugh with the lads	11/10/2014 6:09 AM
440	maths in the Aungier street library	11/10/2014 6:09 AM
441	friends	11/10/2014 6:08 AM
442	i really should appreciate who i am	11/10/2014 6:08 AM
443	google drive	11/10/2014 6:08 AM
444	there are plenty of websites and people who offer help	11/10/2014 6:07 AM
445	should be always working om their vocation	11/10/2014 6:07 AM
446	helped me access my student email & webcourses	11/10/2014 6:06 AM
447	vocational advancement	11/10/2014 6:06 AM
448	to be more social with my peers	11/10/2014 6:05 AM
449	pizza	11/10/2014 6:05 AM

## First year transition session

450	learning to deal with change	11/10/2014 6:05 AM
451	helpful websites	11/10/2014 6:05 AM
452	a butterfly counts not months but moments yet has time enough	11/10/2014 6:00 AM
453	many resources where I can look into my future career	11/10/2014 6:00 AM
454	google drive	11/10/2014 5:59 AM
455	career development centre	11/10/2014 5:58 AM
456	learned about helpful websites	11/10/2014 5:56 AM
457	become more aware and open minded to whats available to us as students	11/10/2014 5:54 AM
458	study is important	11/10/2014 5:53 AM
459	about the service	11/10/2014 5:53 AM
460	i learned about the services available to me	11/10/2014 5:53 AM
461	organise summer work	11/10/2014 5:52 AM
462	look forward to the future	11/10/2014 5:52 AM
463	learned about the careers website available through DIT	11/10/2014 5:52 AM
464	get involved	11/10/2014 5:52 AM
465	personal development would have been better	11/10/2014 5:51 AM
466	found out what we can actually do	11/10/2014 5:51 AM
467	meet up with future employers	11/10/2014 5:50 AM
468	interainment	11/10/2014 5:48 AM
469	communication is the best way to communicate	11/10/2014 5:44 AM
470	to get involved	11/10/2014 5:38 AM
471	learning to communicate with people	11/10/2014 5:38 AM
472	there are lots of resources available	11/10/2014 5:37 AM
473	useful info about the future opportunities	11/10/2014 5:36 AM
474	i have a good opportunity and should appreciate it	11/10/2014 5:36 AM
475	all the help I can get	11/10/2014 5:35 AM
476	getting to know each other	11/10/2014 5:33 AM
477	talking to new people in the class	11/10/2014 5:30 AM
478	different aspects of college life	11/10/2014 5:29 AM
479	organisation is key routine is important make the most of your time at college	11/10/2014 5:28 AM
480	iema	11/10/2014 5:27 AM
481	iema	11/10/2014 5:27 AM
482	trying to balance all the hours in a week and spread them out to an equal measure so I get the best of everything	11/10/2014 5:18 AM
483	how to make college a better experience	11/10/2014 5:18 AM
484	we can get assistance with finding course related work that looks helpful on our cv	11/10/2014 5:17 AM
485	about how to look at what college life is like	11/10/2014 5:16 AM
486	the careers link & scheme	11/10/2014 5:15 AM
487	be friendly	11/10/2014 5:15 AM

## First year transition session

488	love life	11/10/2014 5:15 AM
489	student resource	11/10/2014 5:15 AM
490	try my best	11/10/2014 5:14 AM
491	what the college life is like	11/10/2014 5:14 AM
492	financial support	11/10/2014 5:13 AM
493	try my best	11/10/2014 5:13 AM
494	information about next year	11/10/2014 5:12 AM
495	focus on work	11/10/2014 5:12 AM
496	found out new things about the lads	11/10/2014 5:11 AM
497	hungry	11/10/2014 5:10 AM
498	im not the only one struggling with assignments	11/10/2014 5:08 AM
499	time management	11/10/2014 5:08 AM
500	that its common to find adjusting difficult	11/10/2014 4:59 AM
501	student finance support	11/10/2014 4:58 AM
502	keeping positive about college life	11/10/2014 4:57 AM
503	i need to get my head down & work	11/10/2014 4:57 AM
504	there is always someone to talk to if you need help	11/10/2014 4:54 AM
505	keep positive, don't stress	11/10/2014 4:54 AM
506	time management is key	11/10/2014 4:53 AM
507	its okay to feel worried. you're not the only one feeling that way	11/10/2014 4:40 AM
508	visit every room, make lots of friends	11/10/2014 4:29 AM
509	life balance is important	11/10/2014 4:29 AM
510	ask for help	11/10/2014 4:29 AM
511	different peoples views	11/10/2014 4:28 AM
512	get help when its needed before it gets out of hand	11/10/2014 4:28 AM
513	pay attention to the academic side	11/10/2014 4:27 AM
514	talk to people on the first day	11/10/2014 4:27 AM
515	advice on how to manage all aspects of college life	11/10/2014 4:27 AM
516	everyone else is in the same boat	11/10/2014 4:26 AM
517	to talk to more people in the class	11/10/2014 4:25 AM
518	that I have to find a balance between academic work & social life	11/10/2014 4:24 AM
519	get involved and meet new people	11/10/2014 4:24 AM
520	check out all rooms	11/10/2014 4:24 AM
521	not to panic if you feel that you are falling behind in some classes	11/10/2014 4:22 AM
522	Challenging myself is beneficial and can work to refine me,	11/10/2014 4:19 AM
523	start to study the lecture notes	11/10/2014 4:18 AM
524	examine correct options	11/10/2014 4:18 AM
525	plenty of resources available for any issues that may arise	11/10/2014 4:17 AM

## First year transition session

526	get help early	11/10/2014 4:16 AM
527	visit some of the extra sites on the DIT Website including the maths learning centre	11/10/2014 4:15 AM
528	all areas are key + essential to go to every room	11/10/2014 4:14 AM
529	everyone is experiencing similar problems	11/10/2014 4:10 AM
530	balance	11/10/2014 4:07 AM
531	study more	11/10/2014 4:07 AM
532	organise myself better	11/10/2014 4:01 AM
533	other people have the same worries/concerns as me.	11/10/2014 4:01 AM
534	get more involved	11/10/2014 4:01 AM
535	think about the course and why im here	11/10/2014 3:58 AM
536	there is support available to every room	11/10/2014 3:57 AM
537	go to every room in the house	11/10/2014 3:57 AM
538	feel at home in college	11/10/2014 3:54 AM