



**UNIVERSITY OF LIMERICK**  
OLLSCOIL LUIMNIGH

# SUCCESSING & SURVIVING

## IN YOUR 1<sup>ST</sup> YEAR AT UL

Starting university is a big life event and challenges will arise.

Know your options

Know where to go

UL is here to support you

## DO YOU NEED HELP WITH...

### ACADEMIC ISSUES?

Do you think you are on the wrong course?

#### CONTACT:

**First Year Support Coordinator**  
[deirdre.m.murphy@ul.ie](mailto:deirdre.m.murphy@ul.ie)  
M 086-2559510  
P 061-202613  
Room# CM-047

#### Your Course Leader

**Your Academic Advisor**  
Your Academic Advisor's name is available through your student portal; log-in at: [si.ul.ie](http://si.ul.ie)

**Careers Service**  
**Careers Service** is located in Block E, Level 0, in Room 19 (EO-019)

**Vice-President Academic, Student Life**  
Alison Fitzgerald (2020/21)  
[studentacademic@ul.ie](mailto:studentacademic@ul.ie)  
Office in Student Life Building

Are you struggling academically?

#### CONSIDER ASSISTANCE FROM:

**First Year Librarian & First Year Experience Libguide**  
[jesse.waters@ul.ie](mailto:jesse.waters@ul.ie)

**Maths Learning Centre**  
> [mlc.ul.ie](http://mlc.ul.ie)

**Science Learning Centre**  
> [ulsites.ul.ie/slc](http://ulsites.ul.ie/slc)

**Regional Writing Centre**  
> [ulsites.ul.ie/rwc](http://ulsites.ul.ie/rwc)

**ICT Learning Centre**  
> [ictlc.ul.ie](http://ictlc.ul.ie)

**Peer Supported Learning Centre**  
> [pslc.ul.ie](http://pslc.ul.ie)

Your Course Leader  
OR  
Your Academic Advisor

Are you falling behind?

#### TALK TO:

Your lecturers;  
Course Leader;  
Academic Advisor;  
First Year Support Coordinator;  
First Year Librarian;  
Vice-President Academic; StudentLife

#### CHECK OUT:

- **Maths Learning Centre**
- **Science Learning Centre**
- **Regional Writing Centre**
- **ICT Learning Centre**
- **Peer Supported Learning Centre**

#### ATTEND:

**Library Sessions on;**  
- Citing & Referencing  
- Smart Searching for your assignment

### FINANCIAL ISSUES?

#### TALK TO:

**Student Fees Office**  
[student.fees.office@ul.ie](mailto:student.fees.office@ul.ie)  
Room# EO-01A

OR

**Vice-President Welfare, Student Life**  
Peadar Collins (2020/21)  
[studentwelfare@ul.ie](mailto:studentwelfare@ul.ie)  
Office in Student Life Building

**Student Information & Support Coordinator, Student Life**  
[jenny.blake@ul.ie](mailto:jenny.blake@ul.ie)  
T 061-234268  
Office in Student Life Building

OR

**Bank of Ireland, UL Branch**  
(Student Courtyard)  
[pamela.barry@boi.com](mailto:pamela.barry@boi.com)

### PERSONAL/SOCIAL ISSUES?

#### TALK TO:

**Student Counselling Service**  
Consult web page for daily drop-in times.  
Room# CM-073

**Chaplaincy Service Teach Fáilte, Student Courtyard**  
[john.campion@ul.ie](mailto:john.campion@ul.ie)  
[sarah.orourke@ul.ie](mailto:sarah.orourke@ul.ie)

**Student Health Centre**  
Room# CM-061  
T 061-202534

**Vice-President Communities, Student Life**  
Chelsea Joyce (2020/21)  
[studentcommunities@ul.ie](mailto:studentcommunities@ul.ie)

**First Year Support Coordinator**  
[deirdre.m.murphy@ul.ie](mailto:deirdre.m.murphy@ul.ie)  
M 086-2559510  
P 061-202613  
Room# CM-047

**Student Information & Support Coordinator, Student Life**  
[jenny.blake@ul.ie](mailto:jenny.blake@ul.ie)  
T 061-234268  
Office in Student Life Building

## AS A STUDENT IN UL YOU ARE EXPECTED TO...

Attend all of your lectures, tutorials and/or labs.

Develop a study plan to help you succeed.

Take responsibility for managing your time e.g. plan for submission deadlines.

Manage your finances.

Plan your weekly spend around your budget to avoid financial stresses.

Talk to your classmates and get involved in all UL has to offer you socially and personally.

These are the types of questions so many first year students have when starting UL.

There are a range of supports and services available to help you cope with the demands of university.

**THERE ARE ALWAYS OPTIONS NO MATTER WHAT THE ISSUE!**



### Remember...

- Transitioning into university is an exciting journey and brings a range of emotions. Feeling like you belong may take some time and that's to be expected.
- When issues occur, there is a range of options and help available to you. Please be sure to avail of the supports such as those listed on the other side.
- There are dedicated first year supports in place in UL.
- You may be eligible for an internal transfer within UL.
- Investigate alternative courses and/or careers with the Careers Service.

### If you decide to leave UL, you need to...

- Complete an Exit Form which can be downloaded from the web or you can pick up a copy at Student Academic Administration (SAA).
- If you are a 1st Year student, your Exit Form needs to be signed by Deirdre Murphy, the First Year Support Coordinator (details on the other side).
- If you are in receipt of SUSI or social welfare assistance you should alert them to your withdrawal because of financial implications.

#### PLEASE NOTE:

There can be significant financial implications if you do not complete the correct paperwork if you are withdrawing from UL.



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