

Managing Exam Stress and Student Wellbeing

NUIG Student Mailer

Thu 26/04/2018 14:51

Inbox

To: All Registered Students <AllRegisteredStudents@nuigalway.ie>;

Dear Students

As Semester 2 examinations approach, I want to wish you every success in these. No matter how well prepared you are it is likely that you are experiencing some stress. You will find excellent advice on Managing Exam Stress on the following site <http://www.nuigalway.ie/academic-skills/assignmentsexams/managingexamstress/>. The importance of looking after your health during this period cannot be over emphasised.

As you are also aware, a referendum will be held on 25 May, 2018 regarding a proposal to amend a provision within the Irish constitution. As a university community, we cherish your right to respectfully hold differing opinions –some often deeply-held - and such diversity is a hallmark of our university community. However, at this time we ask you to consider others and to ensure that the campus is a safe space where all students feel valued and supported.

Hope that you will enjoy a well-earned Summer break and come back in September, 2018 full of enthusiasm for your studies.

Yours sincerely,

Pat

Dr. Pat Morgan

Vice President for the Student Experience

NUI Galway

A Mhaca Léinn,

Guím ádh mór oraibh agus sibh ag tabhairt aghaidh ar scrúduithe Sheimeastar 2 anois gan mhoill. Beag beann ar an ullmhúchán atá déanta agaibh, is mór an seans go bhfuil roinnt struis oraibh ina dtaobh. Tá comhairle den scoth maidir le Strus na Scrúduithe a Bhainistiú le fáil ar an suíomh seo a leanas <http://www.nuigalway.ie/academic-skills/assignmentsexams/managingexamstress/>. Tá sé thar bheith tábhachtach aire cheart a thabhairt don tsláinte sa tréimhse seo.

Mar is eol daoibh chomh maith, reáchtálfar reifreann ar an 25 Bealtaine 2018 i dtaobh togra chun foráil de chuid Bhunreacht na hÉireann a leasú. Mar phobal ollscoile, is mór againn an ceart atá agaibh tuairimí éagsúla a bheith agaibh – tuairimí daingne go minic – agus is tréith ar leith den phobal ollscoile anseo an ilchineálacht sin. Mar sin féin, iarraidimid oraibh cuimhneamh ar dhaoine eile sna seachtainí seo romhainn agus deimhin a dhéanamh de gur spás sábháilte é campas na hOllscoile, áit a n-airíonn na mic léinn uile go bhfuil meas orthu agus tacaíocht ann dóibh.

Tá súil agam go mbainfidh sibh an-sásamh as saoire an tsamhraidh agus go bhfillfidh sibh ar an Ollscoil i mí Mheán Fómhair 2018 agus sibh bíogtha chun léinn arís.

Le dea-ghuí,

Pat

An Dr Pat Morgan

An Leas-Uachtarán d'Eispéireas na Mac Léinn

OÉ Gaillimh