

***School of Health & Science***

# ***Student Ambassador Profile 2025***





# ***Bachelor of Science in Pharmaceutical Science***

***2nd Year***

***Sophia***

***Martins***

## **Why did you choose your programme of study?**

I chose my programme of study at DkIT because I wanted a course that was both practical and challenging, and I knew DkIT focuses a lot on hands-on learning. I've always been interested in understanding how things work in real life, not just in theory, so having access to labs and practical experience really appealed to me. Another big reason I chose this programme is because of the strong connections DkIT has with the pharmaceutical industry. I knew this would give me a great chance to gain real-world experience and prepare for future job opportunities. I also really liked that the course offers a good balance between independent learning and support from lecturers, so I can build my skills and confidence while always knowing there's help if I need it.

## **What do you enjoy most about Student Life in DkIT:**

What I enjoy most about student life at DkIT is the friendly and welcoming atmosphere. It really feels like a close-knit community where everyone supports each other, and I don't feel like just another number. I also love the smaller class sizes because they make it easier to get to know the lecturers and get help when I need it.

## **What are your plans for the future when you have completed your programme?**

I'd like to continue learning, maybe do further training or specialise in a certain area that I find exciting. I think it's important to keep challenging myself and growing, both personally and professionally.

## **What three pieces of advice would you give to students coming to do your programme?**

If I could give three pieces of advice to new students starting Pharmaceutical Science at DkIT, here's what I'd say:

First, don't be afraid to ask questions, seriously! The lecturers are so supportive and really want to help you succeed. Whether you're stuck on a lab technique or confused about a topic in class, speaking up makes a huge difference and helps you feel more confident.

Second, make sure to build good relationships with your classmates. Having a strong group of friends in your course helps so much, especially when things get challenging. Study together, share notes, and support each other. It also makes the whole experience so much more fun and memorable.

Lastly, try to stay organised from the start and look after yourself. It's easy to get overwhelmed, but keeping a balance really helps you enjoy your time at DkIT!



## ***Bachelor of Science in Pharmaceutical Science***

***3rd Year***

***Laiba***

***Wajahat***

### **Why did you choose your programme of study?**

Ever since I was a kid, my love for science has driven my curiosity and passion for understanding the world around me. This fascination naturally led me to choose a program in pharmaceuticals. The programme contains equal balance of theory and practicals, which is amazing.

### **Describe a typical day at college:**

I wake up around 8am rush out my door because I literally live 5 minutes away from college. We usually have a lab in the morning. After the lab, my friends and I head over to the canteen for lunch. After lunch, I attend my lectures and tutorial. We try to squeeze in a sweet treat walk between lectures, And then I go home around 4 or 5 pm.

### **What Sports / Clubs and Societies do you belong to:**

I belong to the Desi society as known as the South Asian society. I work as the president of the society. As well as the Biology society.

### **What do you enjoy most about Student Life in DkIT:**

The friendships I've made in DkIT have been incredibly rewarding and enriching from sharing experiences and tackling challenges together within my course. We have fostered strong bonds, creating a supportive and inspiring community. These relationships have added joy and depth to my college experience, making it truly memorable.

### **What are your plans for the future when you have completed your programme?**

After degree, I am planning on advancing my studies and pursuing a Master's degree in a similar field.





# ***Bachelor of Science in Pharmaceutical Science***

***2nd Year***

***Sara***

***Marza***

## **Why did you choose your programme of study?**

I chose to study Pharmaceutical Science because I've always had a strong interest in science, especially in understanding how things work at a chemical and biological level. I previously completed one year of Biomedical and Pharmaceutical Science at OFI, and I absolutely loved it, it confirmed for me that this is the right path. The combination of practical lab work and theoretical knowledge really appealed to me, and I enjoy learning how medicines are developed and how they affect the human body. I see this field as a way to make a real impact in people's lives, and I'm excited to keep building my knowledge and skills in this area at DkIT.

## **Describe a typical day at college:**

A typical day in college usually starts with me arriving around 8:30 a.m. to get settled before my first lecture begins at 9:00 a.m. From

there, I move from lecture to lecture each class usually lasts an hour and covers different subjects related to my course. Sometimes there are gaps between lectures, and I use that time to go to the library to study or catch up on assignments. I also make sure to take breaks throughout the day to relax and grab something to eat, often with friends. It's a good balance between focused study time and socialising, which helps keep the day productive and enjoyable.

## **What Sports / Clubs and Societies do you belong to:**

None

## **What do you enjoy most about Student Life in DkIT:**

What I enjoy most about student life at DkIT is the strong sense of community and support.

From the very beginning, I felt welcomed and encouraged, both by fellow students and staff. The friendly atmosphere on campus makes it easy to connect with others, whether it's through classes, clubs, or college events. I also appreciate the wide range of opportunities available from academic support to extracurricular activities that help students grow personally and professionally. Being part of such an inclusive and engaging environment has made my time at DkIT both meaningful and memorable.

**What are your plans for the future when you have completed your programme?**

After completing my course in Pharmaceutical Science, my main goal is to find a job in the industry where I can apply the skills and knowledge I've gained. I'm especially interested in roles related to pharmaceutical production, quality control, or research. At the same time, I'm also open to continuing my studies and possibly pursuing a degree to further deepen my expertise. I want to keep growing professionally, whether that's through hands-on experience in the workplace or through further education, depending on the opportunities available to me at the time.

**What three pieces of advice would you give to students coming to do your programme?**

My first piece of advice is to stay organised from the very beginning. The Pharmaceutical Science program includes both theory and practical lab work, so it's important to manage your time well and keep track of assignments, notes, and deadlines. Staying organised will make your studies much more manageable.

Secondly, don't be afraid to ask questions or seek help. The lecturers are very supportive and approachable, and there are great academic resources available at DKIT. If you're struggling to understand something, chances are others are too so speak up and take advantage of the support around you.

Lastly, get involved and connect with your classmates. Building friendships and joining class groups or societies can really enhance your college experience. It makes studying more enjoyable, and having people to share the journey with makes a big difference, especially during exam times.



# ***Bachelor of Science in Pharmaceutical Science***

***4th Year***

***Shakirat***

***Olawale***

## **Why did you choose your programme of study?**

I chose Pharmaceutical Science as my programme of study at DkIT due to its strong sciences skills for hands-on, practical learning and industry-relevant coursework. My programme's modules offered aligned closely with my career goals and interest, especially the focus on data analysis, validation, calibration, upstream and downstream bioprocessing, preparing slides, flame sterilization, electrophoresis, etc.. I was specifically drawn to the opportunity to engage with real-world projects and learn from experienced lectures, senior students and passed year students from DkIT, they bring professional insights into the lectures room and how to overcome challenges. Moreover, DkIT's links with local and international industries promise valuable placement opportunities and network potential. The small group and small class also

contribute positive impact for better interaction and support, which enhances learning networks. Overall, DkIT offered the perfect atmosphere for academic rigor and career preparation.

## **Describe a typical day at college:**

A typical day at college usually starts with a morning lecture or lab session which depends on timetable. I usually arrive a bit early to review notes or chat with course mates. Lectures are engaging and interactive, and practicals give us a chance to apply what we've learned. In between classes, I often grab a drink or cup of tea or lunch at the canteen and catch up on reports and study for continuous assessment (CA) or exam in the DkIT library. Some afternoons are reserved for tutorial or lectures for group projects, and I sometimes attended workshops, society meetings after classes or free classes [no



lecture]. It's a good balance of learning, collaboration, and campus life.

**What Sports / Clubs and Societies do you belong to:**

Cell explorer, African and BioSoc.

**What do you enjoy most about Student Life in DkIT:**

The most enjoyable about student life at DkIT is the strong sense of group work and lecturer support during the academic reports. The small group and campus sizes, it is easy to build respectful and meaningful relationships with course mates and lecturers, and there's always events in the campus such as societies, workshops, or career fairs. The balance between social life and academic support assists to create an enjoyable experience and well-rounded.

**What are your plans for the future when you have completed your programme?**

After completing my course, I plan to pursue a career in drug design, validation analysis, and biotechnology, etc. My first goal is to apply the practical skills and knowledge gained at DkIT in a professional setting, ideally starting with a graduate programme or internship. I also aim to continue learning, possibly through postgraduate studies or professional certificates to stay competitive in the field. Long term, I hope to work on impactful projects that contribute to innovation and problem-solving within my industry. In the future, I'm also open to exploring opportunities abroad to gain international experience and broaden my perspective.

**What three pieces of advice would you give to students coming to do your programme?**

Always stay organized and focus, keep track of deadlines and manage your time well, especially during project-heavy weeks and submission of reports.

Never be afraid to ask questions, lecturers are approachable and willing to help if you're struggling and good news is that they're reachable by email.

Get involved from the start, join societies or study groups to build connections and make the most of student experience.



# ***Bachelor of Science in Pharmaceutical Science***

***2nd Year***

***Wiktor***

***Siejka***

## **Why did you choose your programme of study?**

The college is close to where I live so that was a big reason for me joining DkIT. The programme pharmaceutical science looked useful for me since I learned about how the Pharmaceutical industry in Ireland has been growing strong for a long time which meant that completing this programme would open up a lot of new opportunities. Before attending the programme I was working in a pharmaceuticals factory in Dundalk and really enjoyed my time there and found the production process to be fitting for me and my style of work, which includes sticking to a set of given rules and doing things by the book.

## **Describe a typical day at college:**

Arrive early in the morning to meet up with friends before class, discuss how their weekends were etc. probably grab a coffee

since I'm not a morning person. Usually I would be in class at the right time but if I was 5 minutes late it was no problem. Sometimes I forgot to check my email and realise class was cancelled only like a half hour of waiting in the room :). In most Lectures I would write down some basic notes while mostly trying to listen to the lecturer. Lecturers would often pause many times to make sure everyone is following and to give a chance for any questions. I usually asked a lot of questions and tried not to worry about whether I thought the question was stupid or not, since it is just me who is gonna sit my exams, so I tried to make sure I understood everything well.

Labs were always fun and interesting. I would try to read a bit about the lab I would be doing the next day the night before, just to be prepared. In labs there was always someone

who was good at one thing, and not so much at something else, so helping each other was very common. I made it a point to make sure I attended all of the Tutorial classes as they were a good way to re-hash on the information I learned throughout the week. Although there was some peer pressure to just go and skip the tutorial, I still recommend going to them, especially before any quizzes since the revision would go on at the tutorial and not the lecture.

At the end of the day, some days I would go to the library and complete some assignments, study for exams or sometimes the library was really helpful for meeting up with people that you're doing group assignments with so you could work together on some parts or discuss things you may not be happy about. Most of the time people were happy to stay a little bit extra to do so. If I had free time, I would ask a friend if they wanted to hang out or anything and just see what's up with people.

#### **What Sports / Clubs and Societies do you belong to:**

I attended a few weeks of the music society at the start of the year but didn't continue past the first semester to focus on my studies.

#### **What do you enjoy most about Student Life in DkIT:**

At the start of the year when everyone was new, it was easy to approach people and make new friends. Since most people are in a similar age group to each other it is always easy to find time to spend time with friends outside of college. Being treated as an adult in an education environment was also eye-opening and made it much easier to approach any lecturers with questions since you generally get treated similar to as a colleague at a job rather than a pupil. There is still a

level of respect expected from both sides but I always had a strong feeling that lecturers were happy to help me out with any subject related problems or questions, and most had no problem spending a few minutes after a lecture for a chat.

#### **What are your plans for the future when you have completed your programme?**

I plan on continuing my studies at DkIT after completing the course and doing the level 8 course since after completing my course, I will be given easier access to the level 8 Pharmaceutical Science course in DkIT. Having access to a level 8 course straight away will further open up more opportunities to me in the industry and could open up the door to doing a Masters degree somewhere down the line. After my education I would like to start a career in the pharmaceuticals industry in Ireland but I am also thinking about searching abroad to see how things are in other places.

#### **What three pieces of advice would you give to students coming to do your programme?**

1: Making friends early on made it easy for me to grow trust in the people in my group which helped me approach my fellow students to ask for help with assignments, group work or lab work. Working in groups was a big part of the course so since I tried to make friends early on helped promote a friendly environment which made doing the work that much easier.

2: Getting to know your lecturers helped me navigate how to approach them when asking for help. A lot of lecturers were straight to the point in answering your questions but others had different ways of guiding you which depended on if the subject was practical or more theory-based. Showing respect was one

thing but also treating the lecturers as friends was not always a bad idea as it made the atmosphere more stress-free especially around the times before exams, when stress was starting to kick in.

3: Group work can be stressful a lot of the time. Sometimes it feels like other group members are not doing their part. In these situations I found that it was best to try my best anyway, and if you showed that you knew what you were talking about, the lecturer would always give credit to you where credit was due. So my advice is: instead of worrying about other people not doing their parts, just focus on your own work and you will be rewarded with the mark that reflects the effort you put in.



## ***Bachelor of Science in Veterinary Nursing***

***3rd Year***

***Emily***

***Brady***

### **Why did you choose your programme of study?**

I chose to study veterinary nursing to advocate for animals health and welfare and to support their owners. The hands on learning experience provided is what drew me to DkIT. The use of practical classes and placement allows for a different style of learning which I feel helps to cement theory learnt. The small numbers of students practical classes was also something that appealed to me as asking questions and performing tasks on front of a large number of people was not something that I would have felt comfortable doing.

### **Describe a typical day at college:**

Normally the college day starts at 9am and ends at 4 or 5pm in the evening. Typically there is one lunch break for an hour in which my friends and I typically go to the canteen.

Lectures can be anywhere from one hour to three hours long and practical's are either two or three hours so trips to the vending machines or the Coffee Dock are a must for the majority of us.

### **What do you enjoy most about Student Life in DkIT:**

The people whether its staff or students. Staff are always there to greet you with a smile and the people you will meet in your course and in other courses will make your experience. DkIT fosters a welcoming and inclusive environment where everyone is encouraged to get involve with activities and events such as freshers week, clubs and societies, rag week, etc.



**What are your plans for the future when you have completed your programme?**

Once I have completed my course I hope to travel and use my degree in other countries to gain different experiences. I am interested in dental care for patients so this is an area I would like to gain further knowledge and experience in. Educating owners is another area I enjoy so I hope to be able to partake in nurse led clinics.

**What three pieces of advice would you give to students coming to do your programme?**

1. Immerse yourself in every opportunity whether it be on placement or in college and don't let fear hold you back. Remembering that everyone is there to learn and no one is perfect. Every nurse has to start their journey somewhere.
2. Don't be afraid to ask questions. The chances are if one person is wondering about it there is at least one other person wondering the same thing.
3. Don't put off studying until the end of the semester because there are a lot of quizzes and bell ringers during the semester which all add up to contribute to your final grade.



# ***Bachelor of Science in Veterinary Nursing***

***3rd Year***

***Róisín***

***Heaney***

## **Why did you choose your programme of study?**

I chose this course for the practical element. The placement opportunities are great in the course and it allows you to use the theory you learn in the classroom in real world scenarios.

## **Describe a typical day at college:**

I usually arrive at around 9am and head straight to lectures. Most days we have mixture of lectures and practical classes. We usually go for lunch in the canteen. Classes usually finish between 3pm and 5pm most days.

## **What are your plans for the future when you have completed your programme?**

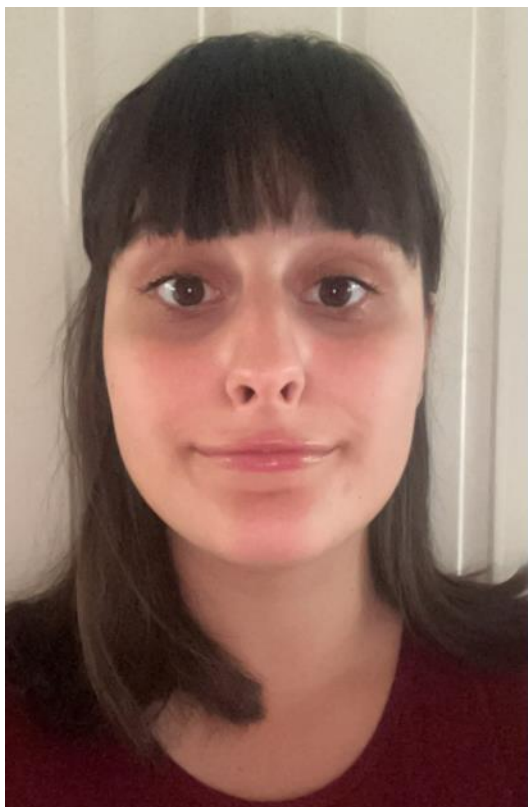
I hope to qualify as a veterinary nurse and start working in a mixed animal practice where I can gain lots of hands on experience.

## **What three pieces of advice would you give to students coming to do your programme?**

Make the most of practical classes.

Keep up to date with assignments as you get them.

Throw yourself into all aspects of the course.



## ***Bachelor of Science in Veterinary Nursing***

***2nd Year***

***Dijana***

***Markovic***

### **Why did you choose your programme of study?**

My mam liked animals and I was surrounded by animals growing up so it made it easier to like being around animals. I picked this course because I liked animals and always wanted to be helpful and help animals and people that is my strong suit I believe.

### **Describe a typical day at college:**

A typical day of college would be arriving early to get a parking space. Going into lectures for 2 hours then a break of an hour or two then another 3 hours of lectures. Then trying to relax and fit in some studying.

### **What Sports / Clubs and Societies do you belong to:**

I don't belong in any sports/societies or clubs.

### **What do you enjoy most about Student Life in DkIT:**

I love the difference inbetween everyone and the awareness the college brings to different causes. There are clubs or societies that allow students to join and make new friends, I like the thought that there is something for students to join or go to even if they don't sign up for it. The lectures and students are nice so it makes college life much nicer and easier to enjoy than not liking going to college. I like being able to talk and have a few laughs during lunch and relaxing.

### **What are your plans for the future when you have completed your programme?**

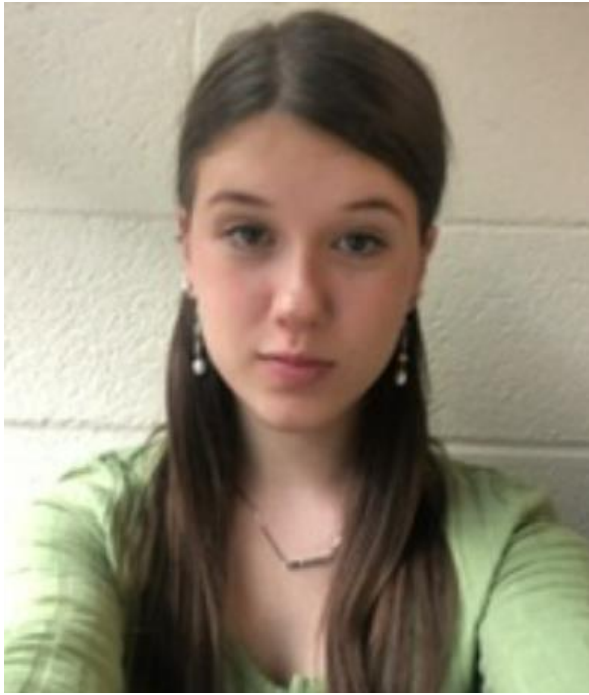
After completing my course I plan to complete a level 8 in veterinary nursing then progress into doing a masters in teaching.

**What three pieces of advice would you give to students coming to do your programme?**

Don't be afraid of making new friends and talking to people even when you are nervous because other people in your course or around you are feeling the same way.

Try to get out of your comfort zone and join different societies or clubs but if you don't want to that's ok too, you can be around your friends and hang around.

There's no rush in trying to be the best in everything because at the end of the day everyone will have the same degree at the end of the course whether you were great or barely passing the course. However make sure that you give it your best in anything you do so when you get your exam results or at the end of every week you don't feel regretful.



## ***Bachelor of Science in Veterinary Nursing***

***3rd Year***

***Sarah***

***O'Keefe***

### **Why did you choose your programme of study?**

I have always had a strong passion for animals so I knew Veterinary Nursing was the right profession for me. I chose DkIT to study it because the course is very practical based. I learn by doing, and this course is very hands-on so I felt that it would suit me best! The placement, so early on in first year drew me to the course because I felt there is no better way to learn than going out into the profession. I liked the idea of the class sizes being smaller as it is an IT so I could get to know all my lectures and classmates on a more personal level which I feel really benefits both my academics and the social aspect of college.

### **Describe a typical day at college:**

I like to meet with my friends before class to have a chat and grab a coffee to start the morning! Most days are 9am-4/5pm and will

are a combination of lectures, tutorials and Labs/practicals. The days that have labs and practicals are my favourite! I always meet my friends again for lunch to take a much needed break throughout the day. After college, I like to go to the library to revise what I did in class that day. This helps me in the long term as I'll have notes already made when exam season comes around. I also go to the gym a couple of nights a week as this helps me take my mind off of college and to unwind after a long day :)

### **What do you enjoy most about Student Life in DkIT:**

I love the community feeling! Everyone on campus is so welcoming and approachable and that makes settling in and finding your people a lot less daunting!



**What are your plans for the future when you have completed your programme?**

I plan on working for a couple of years in a mixed practice to gain lots of experience and build my confidence as a new grad RVN. I would love to work with wildlife and it's always been a dream of mine to volunteer with wildlife over seas so this has always been a goal for my future!

**What three pieces of advice would you give to students coming to do your programme?**

- It might sound cliché but put yourself out there! Talk to as many people over the induction days as possible. You will make best friends without even realising it!
- Find balance between academics and things you enjoy. It is important to put work into your study but it's just as vital to make time for things you enjoy such as meeting your friends, the gym etc. Looking after yourself is just as important as wanting to do well on a test :)
- Don't be afraid to ask for help. The course can be daunting and full on especially if you're coming straight from school so don't be afraid to ask your lectures for guidance and advice to help you adjust to college.



## ***Bachelor of Science (Hons) in General Nursing***

***2nd Year***

***Nathan***

***Farrelly***

### **Why did you choose your programme of study?**

I had the chance to work with DkIT nursing students while they were on placement, they spoke very highly of the college as a whole and how the nursing department is run. Nursing has always been my dream career since I was very young.

### **Describe a typical day at college:**

Get up at 6am to get the bus to Dundalk for 9am classes. Classes from 9am to 11am or 12noon depending on the timetable for that day. Get some lunch on our one hour break and then head to afternoon classes until 4/5 pm. Depending on the timetable, we could be in practical's for the afternoon. Bus back home.

### **What Sports / Clubs and Societies do you belong to:**

None at the minute.

### **What do you enjoy most about Student Life in DkIT:**

Getting to make new friends and meet like minded people.

### **What are your plans for the future when you have completed your programme?**

Progress further through the nursing field and become an ANP.

### **What three pieces of advice would you give to students coming to do your programme?**

Breathe! the first few days and weeks can be overwhelming getting used to your new surroundings, but once you get settled and find your feet you will be fine!

Don't be afraid to ask questions! Starting out can be very daunting and if you have any questions, don't be afraid to ask the ambassadors, your lecturers or your 1st year convener.

Enjoy it!



# ***Bachelor of Science (Hons) in General Nursing***

***2nd Year***

***Aoife***

***Greene***

## **Why did you choose your programme of study?**

It was the best course description I could find out of all the other institutes. It is extremely similar to what's advertised on the website and I have heard nothing but positive things about the lectures and other staff members. It's a very well kept campus and funding is brilliant the skills labs are exactly like the hospital wards bar the dummy's.

## **Describe a typical day at college:**

Lectures from 9am to 5pm with 2-3 breaks throughout. Skill labs are available to book whenever needed, but are provided throughout the week. Our labs were on Mondays from 3-5pm. The library and restaurant are close by too, for study or lunch.

## **What do you enjoy most about Student Life in DkIT:**

I enjoy meeting new people and the amazing events that are planned by the student union. They also ask for feedback on the events and we definitely have a say in what gets changed or done.

## **What are your plans for the future when you have completed your programme?**

Work as a full time nurse in a hospital hopefully go on to specialise in theatre or surgical nursing. I'd like to be a nurse practitioner too and be able to prescribe meds. I'd also love to advocate for students for as long as possible.

**What three pieces of advice would you give to students coming to do your programme?**

It's ok to be overwhelmed. It's ok to not feel like you belong but trust me you do. The work load and assessments can be daunting but there's so much support from various departments.





# ***Bachelor of Science (Hons) in Intellectual Disability Nursing***

***3rd Year***

***Lindsey***

***Adie***

## **Why did you choose your programme of study?**

I completed a PLC in pre-university nursing after my leaving certificate as I always wanted to study nursing but was unsure what speciality was for me. I went to numerous open days across the country and chose DkIT because of its good reputation and how well organised the open day was. I got the opportunity to speak to lectures and felt extremely happy. I also really love the small class sizes as you do get that 1:1 tuition!

## **Describe a typical day at college:**

9am-1pm lectures, 1-2pm lunch, 2-4pm lectures. Some days you will finish at 1pm and some days you may be off.

## **What do you enjoy most about Student Life in DkIT:**

I enjoy the events that the student union organise throughout the year. Sometimes as a student nurse it can be a little bit difficult to fully engage in "student life" activities as we are working full time on placements throughout the year.

## **What are your plans for the future when you have completed your programme?**

I plan to get my post graduate diploma in children's nursing. From there I hope to do a masters. I currently would like to specialise in palliative care and then go on to become an advanced nurse practitioner.

**What three pieces of advice would you give to students coming to do your programme?**

Be yourself. Never pretend to be someone you are not.

When you get given an assignment start it!!  
It's very easy to slip and leave it to last minute  
this will just give you added unnecessary stress.

Make the most of every minute because when it passes you will miss it.



## ***Bachelor of Science (Hons) in Intellectual Disability Nursing***

***2nd Year***

***Darren***

***Kirk***

### **Why did you choose your programme of study?**

I have worked as a healthcare assistant the last few years and really enjoyed supporting people with intellectual disabilities. This led me to an interest in becoming a nurse. DkIT is the local college.

### **Describe a typical day at college:**

It's great!!! morning cuppa and chat before the first class of the day. Then short breaks in between class throughout the day as they can be busy and most days are full days.

### **What do you enjoy most about Student Life in DkIT:**

I have met amazing people since I started here in DkIT and have had a great laugh and nights out with classmates.

### **What are your plans for the future when you have completed your programme?**

I would like to work as a nurse first and then possibly further my studies.

### **What three pieces of advice would you give to students coming to do your programme?**

Go to class as much as you can, it really helps as you absorb so much in class.

When you have an assignment or exam start it/study early as you can as it leaves less stress when the due date or exam comes around.

The tutors are very helpful and are very supportive if you need any help.



# ***Bachelor of Science (Hons) in Intellectual Disability Nursing***

***2nd Year***

***Edel***

***McCabe***

## **Why did you choose your programme of study?**

I have been a healthcare assistant for over 20 years and I wanted to become a nurse for many years but was doubting my academic learning abilities. It was the best thing I ever done.

## **Describe a typical day at college:**

Coffee/tea break in nursing building before morning classes starts. In afternoon we go to the main canteen for a hot lunch. In the afternoon we go to classes again.

## **What Sports / Clubs and Societies do you belong to:**

Badminton club.

## **What do you enjoy most about Student Life in DkIT:**

Making long life friends.

## **What are your plans for the future when you have completed your programme?**

I plan to continue working with Cavan and Monaghan disability HSE services.

## **What three pieces of advice would you give to students coming to do your programme?**

Enjoy the experience, making new friendships and enjoy the learning experience that will help you become a nurse.



## ***Bachelor of Arts (Hons) in Early Childhood Studies***

***3rd Year***

***Sophie***

***Gallagher***

### **Why did you choose your programme of study?**

I have always had an interest in working with children since my little sister was born. When looking for courses that offered Early Childhood studies I was most drawn to the one in DkIT as I liked the small class sizes as well as the locality of it. I also found that the course in DkIT was very hands on which suited my style of learning.

### **Describe a typical day at college:**

A bus commute into college where the day begins with meeting up with friend or discussing assignments. Then attending lectures followed by lunch where myself and friends often take a walk around campus. Finishing up the day with more lectures and while I wait for the bus home I like to get a headstart on assignments.

### **What Sports / Clubs and Societies do you belong to:**

None, however I have taken part in charity events supported by the college.

### **What do you enjoy most about Student Life in DkIT:**

I enjoy most the social life I have built with both my peers and lecturers. I have developed a strong friend group within my course. The lecturers are approachable which make it easy to come to them with any questions that I may have.

### **What are your plans for the future when you have completed your programme?**

At the moment, I am not fully sure of the direction I want to take following my completion of the course. However, this course has set me up with countless



opportunities to explore many different areas of the workplace.

**What three pieces of advice would you give to students coming to do your programme?**

Engage in student life, even if not involved with clubs or societies, communicate with people from your course.

Keep a diary of any knowledge you gain from placements, as this will help you in the future.

Put in as much energy as possible to your placements as this is when you get to experience working in the environment you wish to pursue your career in.



## ***Bachelor of Arts (Hons) in Early Childhood Studies***

***3rd Year***

***Aoife***

***McKenna***

### **Why did you choose your programme of study?**

It had smaller class sizes which appealed to me as it meant a closer relationship with lecturers and work would be explained better. I also liked how close it was to home, eliminating excruciating accommodation costs.

### **Describe a typical day at college:**

Get the bus to college. Attend lectures. Take breaks and chat with friends. Go for a coffee, gym, library or shopping if class ends early. Go home.

### **What Sports / Clubs and Societies do you belong to:**

None.

### **What do you enjoy most about Student Life in DkIT:**

The community, relationships between students and lecturers.

### **What are your plans for the future when you have completed your programme?**

A masters in primary teaching, potentially in Liverpool or Dublin. I want to go on to be a special education teacher.

### **What three pieces of advice would you give to students coming to do your programme?**

Don't be afraid to ask questions.

Get stuck in and meet new people.

Have fun!



## ***Bachelor of Science (Hons) in Midwifery***

***3rd Year***

# ***Samantha***

***Stewart***

### **Why did you choose your programme of study?**

I loved the smaller class sizes. Means you are seen as a person in your own right and not a number, the lecturers really get to know you.

### **What are your plans for the future when you have completed your programme?**

After gaining experience clinically, I am aiming to move to Australia with my children.

### **What three pieces of advice would you give to students coming to do your programme?**

1. Don't be afraid to ask questions or for help. Everyone that works here are so approachable.
2. Take any opportunity to gain as much experience as you can on placement.
3. Don't be afraid to get involved/engage. It will really help for tying everything together.



## ***Bachelor of Science (Hons) in Health and Physical Activity***

***4th Year***

***Ciara***

***Coombes***

### **Why did you choose your programme of study?**

I chose the health and physical activity programme because I have always placed an emphasis on health and wellbeing. It is a broad course with many career options as well as further education opportunities. It offers opportunities in health promotion, fitness instruction as well as progressive opportunities into further fields.

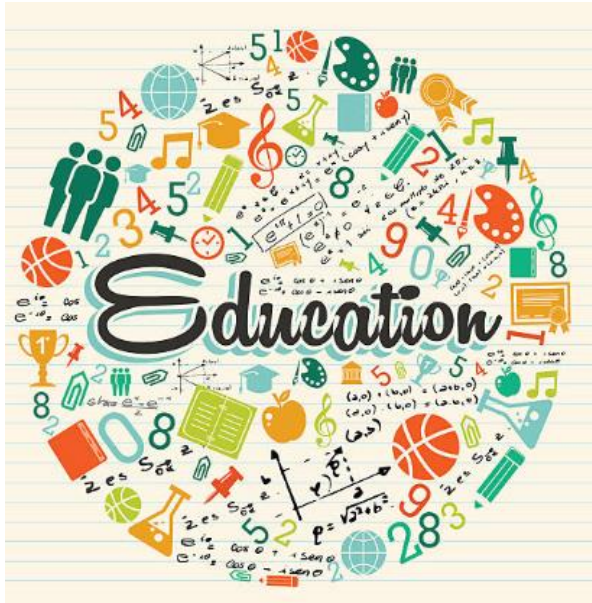
### **What do you enjoy most about Student Life in DkIT:**

I love the sense of community DkIT offers. The campus and class sizes are not too big, so it's very easy to settle and get to know people. There is always a friendly face around campus. The lecturers are super approachable and supportive which makes a big difference when you're trying to balance everything. There are loads of opportunities to involve

yourself, whether it's through clubs, societies or events organised by the Students Union. I love DkIT because it is an ideal environment to excel personally and professionally.

### **What three pieces of advice would you give to students coming to do your programme?**

1. Don't be afraid to ask questions! It could be about anything, there will always be someone who wants to help you out. Everyone has been in your shoes and are happy to help.
2. Get involved with clubs and societies. They are a great way to get to know people and to try something new.
3. Stay on top of your work early on. It decreases stress significantly, and is much better than leaving everything to last minute (trust me).



***Bachelor of Science (Hons) in  
Health and Physical Activity***

### 3rd Year

*Sinéad*

*Gregory*

## Why did you choose your programme of study?

I chose this course as I have always been interested in health, but unsure of what I wanted to do around the area of health. This course offers a broad range of opportunities associated to health and so I felt it was the right course for me.

### What are your plans for the future when you have completed your programme?

I plan to complete a masters in occupational therapy.

### What three pieces of advice would you give to students coming to do your programme?

Don't be afraid to ask questions.

Be yourself and have fun.

Try to stay on top of coursework.



## ***Bachelor of Science (Hons) in Health and Physical Activity***

***3rd Year***

# ***Andile Nicolette***

***Ngcobo***

### **Why did you choose your programme of study?**

I chose my programme, because at first I was very confused with what I wanted to do after my leaving cert, but what I did know was that I wanted to work in the health department, so I put together all my interests and hobbies and knew that with my HPA degree there's multiple opportunities to master in giving me time to be sure about what I wanted to do.

### **What are your plans for the future when you have completed your programme?**

When I've completed my course, I'd love to move abroad and master in Physiotherapy and work at a hospital or be one of the physiotherapists at a sports club, because I love sports.

### **What three pieces of advice would you give to students coming to do your programme?**

Advice for new students, well firstly be yourself and don't feel the need to "want to fit in" you'll find your people.

Don't leave everything for the last minute.

Enjoy college :)





# ***Bachelor of Science (Hons) in Agriculture***

***4th Year***

***Katie***

***Cooney***

## **Why did you choose your programme of study?**

I chose to come to DkIT as class sizes were smaller than other colleges and felt there would be more assistance available from lecturers.

## **Describe a typical day at college:**

A typical day in college involves arriving at 8am and going to the library to work on assignments. Then attending lectures with my friends and finally going to the gym to finish the day.

## **What do you enjoy most about Student Life in DkIT:**

I enjoy the opportunities that DkIT offer, with different competitions and placement opportunities to gain a practical knowledge of what you study.

## **What are your plans for the future when you have completed your programme?**

I hope to either go into education or farm advisory. The course has prepared me for any job in the sector, so anything that comes up I feel I will have more than enough knowledge to take on the future.

## **What three pieces of advice would you give to students coming to do your programme?**

Get involved, make friends, and keep on top of assignments.



## ***Bachelor of Science (Hons) in Agriculture***

***4th Year***

***Amy***

***McGerr***

### **Why did you choose your programme of study?**

I chose this programme because it offers a perfect balance of practical experience and academic knowledge. It has a strong focus on hands-on learning, on-farm and industry placement, which I felt would prepare me for my future career. I liked the idea that I would not just be sitting in a class all day learning from lecture notes but actually getting a chance to apply what I learn. This was something I needed to give me the confidence when I start my career. The smaller class sizes at DkIT also appealed to me, as they allow for more interaction and support from lecturers.

### **What do you enjoy most about Student Life in DkIT:**

I enjoy the practical aspects of my course as it gives me hands on experience with different

career routes I could take. I also like that the class sizes are small which means we all know one another. The social aspects are also enjoyable.

### **What are your plans for the future when you have completed your programme?**

When I complete this course, I plan to continue my studies by pursuing a masters in Agricultural Biotechnology at DkIT. I am passionate about deepening my understanding of animal genetics, and this postgraduate programme will allow me to build on the knowledge and skills I have already developed. By gaining more advanced expertise in genetics and biotechnology, I hope to contribute to the agricultural industry, particularly in the area of livestock breeding.

My Long-term goal is to become a Breeding Advisor, working directly with farmers to help improve the genetic quality and productivity of their herds. I am excited about the prospect of applying what I learn to make a difference in farming.

**What three pieces of advice would you give to students coming to do your programme?**

1. Never be afraid to ask for help (the lecturers are there to help you not to make things difficult).
2. Enjoy college.
3. Do not leave your assignment to the last minute.



# ***Bachelor of Science (Hons) in Agriculture***

***2nd Year***

***Doireann***

***Nolan***

## **Why did you choose your programme of study?**

I have a great interest in agriculture and wanted to become more professional in that field.

## **Describe a typical day at college:**

Meet up with some of my friends before lectures start, sit through lectures and try new things during the breaks.

## **What do you enjoy most about Student Life in DkIT:**

The various places to get food and how accessible the town is from the college.

## **What are your plans for the future when you have completed your programme?**

Maybe work with teagasc or go into teaching.

## **What three pieces of advice would you give to students coming to do your programme?**

Keep notes concise and easy to read.

Take notes where possible.

Own a laptop.



## ***Bachelor of Science (Hons) in Science***

***2nd Year***

***Chloe***

***Caul***

### **Why did you choose your programme of study?**

I chose my programme for the number of modules and different opportunities that could come from studying it at DkIT.

### **Describe a typical day at college:**

A typical day in college for me would be heading to my first lecture meeting my friends and then heading to the snackbox for lunchtime, and breaks. Then I go to my afternoon lectures.

### **What do you enjoy most about Student Life in DkIT:**

I enjoy how easy it was to make friends in my course as well as from other courses.

### **What are your plans for the future when you have completed your programme?**

I plan to complete a masters as well as work for a research company.

### **What three pieces of advice would you give to students coming to do your programme?**

I would advise them to try their best to make friends on the first day. Attend all labs and compulsory subjects so you're not worrying about practical marks when exam times come, and to just enjoy learning new things.



## ***Bachelor of Science (Hons) in Science***

***2nd Year***

***Niamh***

***Halpenny***

### **Why did you choose your programme of study?**

I chose to study science in DkIT as I always enjoyed science subjects in secondary school and the small class numbers were very appealing.

### **Describe a typical day at college:**

The morning usually consists of a lab after this there is usually a break followed by a few lectures or tutorials then a longer lunch with a lecture or two after.

### **What are your plans for the future when you have completed your programme?**

I hope to work in a lab setting doing some form of research.

### **What three pieces of advice would you give to students coming to do your programme?**

- 1) Keep on top of things and stay organised.
- 2) Be friendly with everyone in your class.
- 3) Be on time to labs.





## ***Bachelor of Science (Hons) in Science***

***2nd Year***

***Niamh***

***Tennanty***

### **Why did you choose your programme of study?**

I chose this programme because it's an area of interest in my life. Science in secondary school was my favourite and I had a passion for it so I decided to pursue a career in what I enjoy doing.

### **Describe a typical day at college:**

I come to college on the bus, I attend all my lectures, I get food with my friends in the snackbox and play a game of pool, and then I get the bus home.

### **What do you enjoy most about Student Life in DkIT:**

I like the fact that all the lectures are appropriate and helpful and there when you need. I like the DkIT events, and spending time with my friends in the snackbox.

### **What are your plans for the future when you have completed your programme?**

My plans are to get my degree and get a successful job in a lab and hopefully be able to travel the world with my profession.

### **What three pieces of advice would you give to students coming to do your programme?**

I would advise to stay organised as best as possible, make sure you attend your lectures and labs, be punctual and make sure to be friendly to everyone.



# ***Bachelor of Science (Hons) in Nutrition and Health***

***3rd Year***

***Sarah***

***Gonnelly***

## **Why did you choose your programme of study?**

I chose nutrition in DkIT because I've always had a passion for science and understanding food. The nutrition and wellness industry is always growing, so I'm always learning about the impact of nutrients on the human body. The most appealing part of this course is the variety of industries we get to experience, from clinical and sports nutrition, to lab research and food safety in industry, everyone can find themselves in our modules.

## **Describe a typical day at college:**

My days have an early start and early finish, typically from 9am-3pm. My lectures consist of a combination of theory lectures, tutorials to apply our theory, and lab practicals. I have a break at 12-1 where myself and friends go to the canteen or the snack box for the chats. After college I'll write the essential dates of

assignment deadlines and exams in my diary and go to the gym.

## **What Sports / Clubs and Societies do you belong to:**

Nutrition society.

## **What do you enjoy most about Student Life in DkIT:**

There is a great community spirit around the college, especially with the college being so small. I have a great relationship with my fellow class mates and lectures. It's a great balance between socialising and course work.

## **What are your plans for the future when you have completed your programme?**

I am aiming to finish my course with high enough grades to go into a masters of human dietetics program in college in either UCD or

Ulster University to further apply myself to the profession.

**What three pieces of advice would you give to students coming to do your programme?**

Get to know your classmates and your lecturers. Some of your friends in college will be friends for life. The lecturers are approachable, they will answer any questions you have.

While your academics are so important, so is your mental physical and emotional wellbeing. This is a new start for students it can be overwhelming and we all have something going on behind the scenes. The student services are there to help if you need it, don't be afraid to use them.

Have a balance between socialising and studying, know when to put the books down and enjoy yourself and vice versa. It's a good way of making friends and connections outside of the classroom.



## ***Bachelor of Science (Hons) in Nutrition and Health***

***2nd Year***

# ***Katherine***

***Leer Robinson***

### **Why did you choose your programme of study?**

I chose my program because nutrition has always been of great interest to me. I also found that this course had a great combination of both scientific understanding and clinic application.

### **What Sports / Clubs and Societies do you belong to:**

I take part in the Nutrition Society within DkIT.

### **What do you enjoy most about Student Life in DkIT:**

I enjoy the sense of community we have. Whether its studying in the library or going for a coffee in one of the many coffee shops, you will always find students talking, laughing and sharing valuable moments that benefit them both academically and provides memories to

look back fondly on. The term “Everyone is in the same boat” feels very prominent in DkIT and in my experience, the students and faculty within DkIT work as one unit in order to emphasise certain core priorities such as education, experience and positive social interaction.

### **What are your plans for the future when you have completed your programme?**

#### **What three pieces of advice would you give to students coming to do your programme?**

1. Throw yourself into any opportunity that comes your way. College is a safe space to explore different communities and learn more about yourself.
2. It's okay to be put outside of your comfort zone, as it can give us the opportunity to grow

and better ourselves both academically and socially.

3. Don't be afraid to be the person to speak up, whether that's answering a lecturer's questions or standing up for your fellow course mates. No one will think you are weird or annoying, in fact, most people will appreciate your voice.



## ***Bachelor of Science (Hons) in Nutrition and Health***

***3rd Year***

***Alex***

***Shortt***

### **Describe a typical day at college:**

Wake up, freshen up, have breakfast, head to college, attend class until last class then go to the library to maybe get some work or study done. Finally go home to relax.

### **What are your plans for the future when you have completed your programme?**

Start working full time and to begin helping people out in this field.

### **What three pieces of advice would you give to students coming to do your programme?**

1. Go to class, attendance is mandatory.
2. Listen well and take personal notes. Don't just copy notes from the board.
3. Be kind and friendly (general rule of thumb) to everyone, because later on, you may need to rely on them.





# ***Bachelor of Science (Hons) in Nutrition and Health***

***2nd Year***

***Anna Jayne***

***Goonan Kane***

## **Why did you choose your programme of study?**

I chose DkIT as it is very close to home and so convenient to get to. I have previously taken trips up to the college and the open day and really enjoyed the atmosphere from the students around campus.

## **Describe a typical day at college:**

A typical day for me consists of getting in to college early to get parking! Having my breakfast and meeting my friends for coffee before class. Classes vary from day to day and we always get a break. Some days are denser and later than others but all are enjoyable. In general I leave DkIT around 4-5pm and make my way home.

## **What do you enjoy most about Student Life in DkIT:**

All the activities that go on around campus

## **What are your plans for the future when you have completed your programme?**

After my degree as of now I would like to work within the food industry. Since being introduced to different potential careers I feel the food industry has really appealed to me. I enjoy the labs in my modules and I would love to work in a food lab.

## **What three pieces of advice would you give to students coming to do your programme?**

1. Keep up with assignments don't leave them to last minute. 2. Participate in events around the campus. 3. Don't be afraid to ask lots of questions.