

Winter Newsletter 2025



Welcome

Season's greetings! Welcome to the latest edition of the All Ireland Scholars Newsletter.

The weather outside might be frightful, but our updates for you this winter will hopefully prove delightful!

Grab a festive beverage, get cosy, and read on for news of activities past, and events future, including the return of our mentorship programme and annual creative writing competition, a look back on our mini-socials this year, and a look ahead to this year's Christmas party in the wonderful Shelbourne hotel.

As always, be sure to follow our socials to keep up to date in real-time and remember that we are endlessly keen to hear your stories of striving and success, so don't be shy to drop us a line or tag us in your posts!

All Ireland Scholars Christmas Party



The All Ireland Scholarship Christmas Party is one of the most anticipated AIS events of the year. It is a night of festive celebrations and gathering, shared by past and current scholars. The Shelbourne, with its stunning interiors, always add an extra touch of magic to the night. Accompanied by an open bar and live music, the Christmas party is the perfect opportunity to socialise, network, or to simply unwind and dance!

Personally, I have met so many amazing friends through the Christmas party last year, not to mention the fun, laughs and unforgettable dance floor moments! I would genuinely recommend it to anyone thinking of going, you are guaranteed a great night with even more fabulous people!

**Mary Yining Doyle, 2023 Scholar & Committee Member
Creative Writing Competition**



Our annual All Ireland Scholars Creative Writing Competition is back this year and we are currently accepting entries.

This year, we are focusing on the shortest forms of writing with **2 competition categories:** flash prose or short poetry. The maximum limit for flash prose pieces will be **600 words** and the maximum for short poetry will be **20 lines**.

All information on this year's competition is available on our new All Ireland Scholars website, linked [HERE](#).

University Chapter Event – Trinity College Dublin

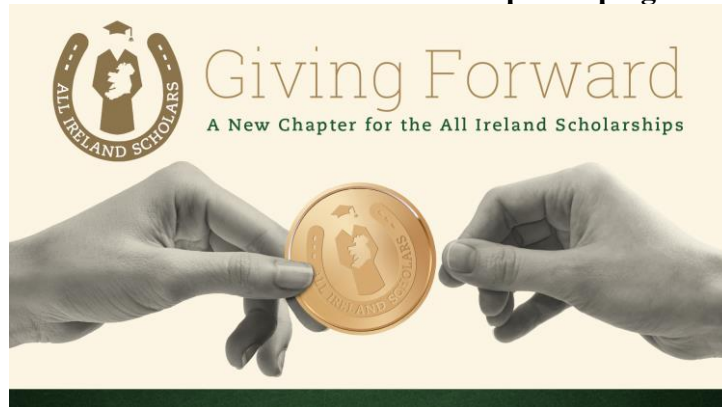


We were honoured that the Provost of Trinity College Dublin, Dr Linda Doyle, hosted a reception for our All Ireland Scholarship winners currently attending TCD in November. The event was an opportunity for All Ireland Scholars to meet other AIS winners on their own university campus.

We were delighted to also be joined by AIS Trustees Patrick Dowling and Diana McCabe and Chair of the Alumni Association, Colette Scariff-Lalor and Treasurer Paddy Falvey.

We hope that our guests enjoyed the evening, and we hope to host similar events in future.

All Ireland Scholars Membership Campaign



As the festive season approaches, we hope that All Ireland Scholarship recipients will take a moment to reflect on their academic journey and consider giving forward to the All Ireland Scholars Fund.

By signing up, your membership fee will go directly towards the funding of an additional All Ireland Scholarship. Sign up to become a member [HERE](#). We are also accepting donations on our new website, allirelandscholars.ie.

Please help us share the magic of Christmas by giving back to the organisation that played such a meaningful role in your educational journey and support another scholar.

AIS Mentorship Programme – Watch this Space!



It's with great excitement that we tell you to “watch this space!” as we prepare to launch the second phase of our AIS Mentorship Programme.

Following the success of our pilot run last spring, we will once again be seeking expressions of interest from scholars who are eager to learn and share in this invaluable opportunity.

Last year we received a fantastic volume of applications spanning a range of sectors and stages of education. Chosen participants praised the experience for the quality of the matching process, the sense of fulfilment it brought them, and the boost it gave to their confidence.

In the words of one of this year's participants, "before this programme, I had a lot of fear starting my career after college. Now, I have more confidence and even dreams of what I'd like to achieve. I would highly recommend this programme."

So for those mulling over resolutions to set for the incoming New Year, keep an eye on your inbox next January...

Engagement Group, All Ireland Scholars Committee

Exam Season Tips & Tricks

Christmas may be around the corner, but for many of us exams still stand in the way of the food, family and festivities to come.

Here are our top tips on how to survive this upcoming exam season.

1. Practise past exam papers: The volume of material covered in college can often make us feel like we're being dragged by a bicycle to the bottom of the Liffey. Focusing on past exam paper questions (and keeping your answers to look back on!) will help you cut through the waffle so you can revise what is more likely to appear.

2. Look back over assignments: When professors give you assignments it's often to help you study for the module's final exam, where you are likely to see very similar concepts reappear. For this reason, understanding your answers is great preparation.

3. Don't rely too heavily on AI: While a very useful tool, and one we should be taking advantage of when appropriate, generating past exam paper solutions with AI and learning them off won't set you up as well as you might think. College is all about learning to think critically, and to truly excel you must be solving and answering questions yourself.

4. Look after yourself: While it's tempting to spend all night in the library, you need rest in order to succeed. We've heard it all before but prioritising sleep, good food, time with friends, and lots of study breaks with movement will help to boost cognition as well as morale.

Finally, remember you're not alone! Everyone finds university difficult, even All Ireland Scholars. Stay in touch with friends and family and take advantage of your university's counselling services if you need to. It may feel overwhelming but, like everything in life, it's not the be-all and end-all.

Best of luck and happy Christmas!

Sarah Kelly, 2021 Scholar & Committee Member