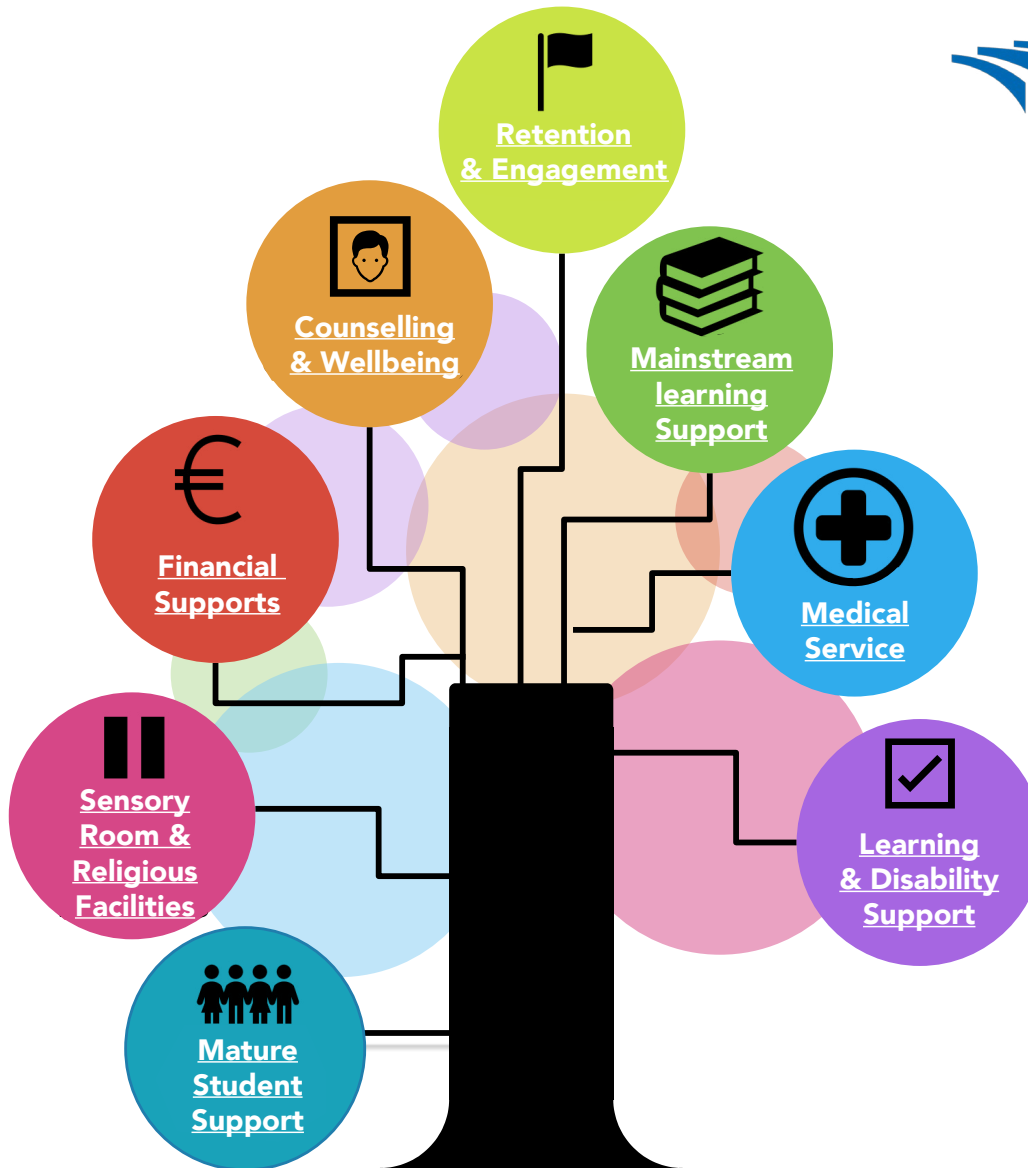


# Student Support

Click the following link to find out about all the supports and enroll on the Student Support Moodle page: [Student Support](#)





### Mainstream Learning Support

- **Getting to Grips** is learning support that runs every week during the semester through the Student Support Moodle page.
- Students can meet with a tutor to discuss any issues or difficulties they are having with their academic work.
- **Drop-in online anytime between : Tues: 4-7pm and Wed: 1-3pm. No appointment necessary**
- Click the following link to access: [Getting to Grips](#)



### Counselling & Wellbeing

- The Counselling Service offer a variety of supports including workshops, online resources as well as one to one counselling sessions.
- To book an appointment email [counselling@ncirl.ie](mailto:counselling@ncirl.ie)
- Check out their Moodle page in the following link for all the details on workshops and events: [Counselling & Wellness](#)
- Students can also access Silvercloud an online CBT (cognitive behavioral therapy) mental health platform. Click the following link to set up an account: [Silvercloud](#)



### Medical Service

- Hanover Medical provide reduced rate access to GP appointments for all Full Time students.
- Hanover Medical also offer the free contraception schemes.
- To find out more or to book and appointment click the following link: [Hanover Medical](#)



**Learning &  
Disability  
Support**

- Any student with a disability, learning difficulty, significant ongoing illness or mental health condition can register with the support service.
- Supports available include: exam supports, assistive technology, occupational therapy, learning support.
- Students can email [LDS@ncirl.ie](mailto:LDS@ncirl.ie) to get registered.



**Retention  
&  
Engagement**

- Students (currently 1<sup>st</sup> year and Postgraduate Students only) are required to record their attendance at all classes.
- Student attendance is monitored to ensure we can reach out to students who may need support and students who have Visa requirements.
- Students should make sure to attend all classes and submit the required assessments to keep on track with your course.
- If you have concerns about your course or you are falling behind, you can contact our Student Support and Retention Officer to discuss your options. You can email her on [helen.walton@ncirl.ie](mailto:helen.walton@ncirl.ie)



**Sensory  
Room  
&  
Religious  
Facilities**

- Students and staff who may need some space away from the busy campus can access the Sensory Room, located in Executive 5 in the Research Building. To gain access to the room students can contact [studentsupport@ncirl.ie](mailto:studentsupport@ncirl.ie)
- There is also a multi-faith prayer room available to all NCI students and staff. It is located in room 2.07 on the second floor.



**Mature Student Support**

- **The Mature Student Officer can offer support to any mature students in the college.**
- **The Mature Student Officer can support students with both the academic and non academic side of college life. Whether it be help with your assignments or getting more involved in the social side of college life.**
- **Students can contact [caoimhe.omalley@ncirl.ie](mailto:caoimhe.omalley@ncirl.ie)**



**Financial Supports**

- **Full- and part-time students who are experiencing financial difficulties may be eligible to apply to the Student Assistance Fund (SAF) for financial support.**
- **Click the following link for information on how to apply and eligibility criteria: [SAF](#)**