

Things to do in St. Munchin's before you graduate

- *Get an A grade in at least one subject - for many students this will be a minimum but we ask every student to set demanding targets. For those who score A's easily, focus on attaining an A in one of your weaker subjects.*
- *Play for a team - the College encourages and welcomes all students to participate in all of the following; rugby, Gaelic football, hurling, golf and basketball. In first year in particular, if you train you play.*
- *Participate in an athletics event – St. Munchin's has a long tradition of involvement in athletics. We promote not only running (track and cross country) but also the throwing and jumping disciplines.*
- *Take ownership of your diet - throughout your time in St. Munchin's you will be asked to address your nutrition choices.*
- *Pursue a fitness program - the College has an excellent PE department, a state of the art gymnasium, a weights room and 33 acres of pitches and grounds. Make use of them.*
- *Engage with your spiritual side - St. Munchin's has a beautiful chapel and meditation room. Mass is celebrated throughout the year and students go on a number of retreats. Tom Conneely is the school's full time chaplain.*
- *Enter at least one school competition - St. Munchin's enters national and local competitions in science, art, creative writing, IT, business, film making, debating and social innovation.*
- *Deliver a speech - there are in-house public speaking competitions. TY's participate in a number of public speaking competitions.*
- *Keep a diary - 1st years do this as part of their 'time capsule' project which is returned to them when they graduate.*
- *Write your own computer programme - you will have the opportunity to do this in the Junior Cycle Coding Programme and in TY. Within the past year the school has radically overhauled and upgraded its IT infrastructure.*
- *Make your own video and upload it to the school website and youtube page - the school has its own recording facilities. This can be done in TY or as part of an after school activity.*

- *Learn to play a musical instrument . The school has its own sound and vision room with instruments and recording facilities.*
- *Perform on the stage - St Munchin's runs a whole school talent show in May. There is a full musical performed with TY's in conjunction with Ardscoil Mhuire. This takes place around Christmas time each year.*
- *Be creative and publish something - the College welcomes creative and original work. Students have submitted poetry, songs, stories, drama and photography. Apart from our website there are 2 other avenues for students to publish: The SMC Express (the Colleges newsletter) and The Torch (the College end of year magazine).*
- *Develop your interpersonal skills – you will spend over a third of your waking day in St. Munchin's. Be happy there and learn to get on with those around you. We believe our College is a free and welcoming place. The environment in 1st year encourages you to make new friends. There is a fully qualified school guidance counsellor on the staff to assist with any problems.*
- *Talk to the teachers - the staff of St. Munchin's are sociable and approachable. Talk to them during breaks when they are supervising the yard and corridors. See how many you can have a meaningful conversation with. They don't bite!*
- *Go on a school tour - we are aware of the economic pressures and tours are flagged well in advance to allow people to budget. 1st years go to Killaloe in September and then to an outdoor education centre for an overnight stay around Easter. 2nd years go to different European locations at Easter. There are a number of other tours related to TY as well as Junior and Senior Cup tours.*
- *Do a random act of kindness for another student - we like to think of St. Munchin's as a happy place where the students lookout for each other. In keeping with the strong Christian principles at the heart of our school's mission we encourage all students to do their bit to enhance the atmosphere for everyone. "Pay It Forward" is an example of how the school encourages this.*
- *Learn from your failures - there will be times when things don't work out. On at least one of these occasions use the failure to drive you on to do better next time.*
- *Explore your career options. St Munchin's is fortunate to have a career guidance teacher. He and other staff will assist you in your choice of Leaving Cert subjects and in helping you to make up your mind as to what life will entail after St. Munchin's.*
- *Develop your intra personal intelligence - know who you are. Know your strengths and accentuate them. Accommodate your weaknesses if you can't eliminate them. Focus on the positive in life. Leave St. Munchin's with no regrets.*