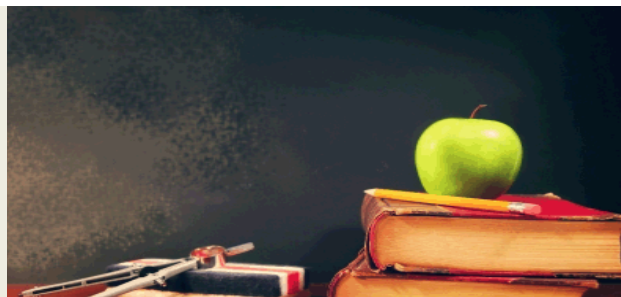


- IN THIS ISSUE >>
- Helping Academic Staff with research
 - Study Life Balance
 - An update on eSource
 - Book Review
 - Services for Students with disabilities
 - Recipes, events and more!



Edited by Amye Quigley
Original Design by Fiona Cashell

September/October 2013



Library News

Dublin Business School Library Newsletter

Augmented Reality in DBS Library

DBS Library is looking into using Augmented Reality (AR) and we would like you to tell us what you think!

So what is augmented reality? Augmented reality (AR) allows the real world to be digitally enhanced, adding layers of digital information to items in the world around us. Using a smartphone or a tablet, AR users can discover more in the Library.

It is very simple, just download the free Layar (Augmented Reality) App here:
<https://www.layar.com/products/app/>

Then, ask us to show you where the dedicated posters are in the Library, and in less than a minute you can check what it's all about!

If you'd like to take part in our trial and earn yourself some **free printer credit** talk to a member of the library staff today!



HELLO EVERYBODY, AND WELCOME!

>>> By Emilie Jost, Head of Reader Services

So this is it, the academic year 2013/2014 has just started and you are about to embark on a new learning path. All of us in the Library look forward to assisting you along the way, and we have many resources and services available to you.

For more details on everything we have on offer just come and visit our Aungier Street or Dame Street Library, check out our website at library.dbs.ie/Home.htm, and check our brief online introduction to DBS Library, available at: goo.gl/YUCsYo.

Also, remember that as usual we will be open for the entire academic year until 10pm Monday to Thursday, until 9pm



on Friday, and until 5pm on Saturday. We will be open Sundays and Bank Holidays closer to exam times. Check our full opening hours on the Library website under the 'About the Library' tab (library.dbs.ie/AboutLibrary.htm)

The very best with your studies at DBS this year... and see you soon!



How can DBS Library help Academics with their Research needs?

>>> By Marie O'Neill, Head of Library & Information Services



Undertaking a PHD, writing a paper or keeping abreast of the latest literature in a subject field to inform teaching can be a challenging task for busy academics with a heavy teaching load. The Library provides a range of services to assist you with this process.

Subject Alerts: The latest peer reviewed research on subject areas of your choice can be emailed directly from pertinent databases to your email account at a frequency of your choosing (weekly, monthly, etc.). If you would like to set up a subject alert please contact Colin O' Keeffe on Ext 572 or email colin.okeeffe@dbs.ie. Our full list of databases is here: <http://library.dbs.ie/Electronic-Resources/E-Library.htm>



Discovery Tool: The Library has purchased a tool called Discovery which allows you to search all of our electronic databases simultaneously in seconds via a single Google like search box located on the Library Website. To try out our Discovery tool go to: <http://library.dbs.ie/> and search all electronic resources.

Research Librarian: The Library has a dedicated Research Librarian, Alex Kouker, who provides information on software to manage your references, literature searching, open access publishing, copyright and E-Source our institutional Repository. Alex can also assist with measuring the impact of your work. Alex can be contacted on Ext 612 or email alexander.kouker@dbs.ie

If you are encountering any difficulties with your research needs please feel free to ring us or drop into us for assistance anytime.

"Every man who knows how to read has it in his power to magnify himself; to multiply the ways in which he exists, to make his life full, significant and interesting."

Aldous Huxley

Suggested by Angelika Haaf,
Library Assistant

Libraries in the News



Open House Dublin 2013 takes place between October 4th and 6th. There will be tours in a number of Dublin Libraries.

- Rathmines Library: The Carnegie public library, in the heart of Rathmines village, is celebrating its 100th birthday this year. Free guided tours on Saturday (10am to 2pm).
- Ballyroan Library, Orchardstown Villas, Rathfarnham: named best public building in the 2013 Irish Architecture Awards. Architect Gary Mongey will give tours on Sunday (noon to 5pm).
- Inchicore Library, Emmet Road: 1930s art deco-style library. Tours run Saturday (10am to 5pm).
- Marsh's Library, St Patrick's Close: Tours of Dublin's oldest public library from 10am to 5pm on Saturday.
- Trinity College Dublin: The Berkeley, Lecky and Ussher libraries are open from 1pm to 5pm on Saturday. The Long Room Hub is open from noon to 3pm on Sunday.
- The National Library of Ireland, Kildare Street: This repository of national records and references is open for tours from 1pm to 5pm on Saturday.

See www.openhousedublin.com for more details.

DBS Library Locations

13/14 Aungier St, Dublin 2.
Ph: 01- 4177572

19/22 Dame St, Dublin 2.
Ph: 01 - 4178745

Library Services for Students with Disabilities

>>> By Jane Buggle, Deputy Librarian

The Library is committed to providing high quality services to all students with disabilities. Maria Rogers, the Information Skills Librarian, runs a weekly drop in session on Wednesdays at lunch-time in Castle House.

Areas covered include:

- Academic writing
- Referencing
- Using electronic resources
- Literature research

The following assistive technologies are available in the Library:

- **EBSCO Text to Speech** - EBSCOHost can read HTML aloud to you from any EBSCO database when you switch on the Text-to-Speech feature.
- **Read Out Loud** - Read Out Loud is free text-to-speech software available on every PDF document that you open.
- **Read Out Loud for Dawsonera** - Dawsonera books are downloaded in PDF and can be read using the Read Out Loud software.
- **Read Please** – Read Please will read any text on your screen be it on your web browser, email, word document, excel spreadsheet or any other programme.
- **Virtual Magnifying Glass** - A screen magnification tool designed for the visually impaired and others who need to magnify any part of the screen.
- **WebAnywhere** – WebAnywhere is an online webpage reader that enables you to access the web from any PC that has a soundcard.



- **Freemind** - A mind mapping tool useful for those with learning difficulties such as dyslexia as well as those who like to visualise their thoughts.
- **Lunar Software Magnification Screen Reader** - This software provides a more complete solution for partially sighted people who might like to have the flexibility of both screen reading and magnification.

Many books in the library's collection are also available as an eBook. Once downloaded the eBooks can be played as audio books, text can be enlarged and they can be used with screen readers such as JAWS and Read & Write Gold.

We are very happy to provide annotated reading lists on request. If you would like to make use of this service or to request any other service, please email Jane.Buggle@dbs.ie.

Presentation? Group work?

Use one of our projectors! If you and your group need to work on presentations and would like to prepare for it using a projector, book one of the four study rooms in the Library (2 in AS and 2 in DS) and borrow one of our four projectors to hook up to your laptop.

It's a great way to get ready.

*Just remember the study rooms aren't soundproof so you'll need to keep the volume down a little!



Life Study Balance >>> By Linda Ryan, qualified psychotherapist & alumna of DBS.

It's a new term and you're raring to go!! Well done for getting through another tough year and welcome if you are a freshman!! This article will discuss a little about the college life balance, some discussion around the college/work/life balance for more mature students and how to manage it all while enjoying the experience and getting time for yourself and those close to you.

Freshers - Our college years can be amazing, while you learn everything that will help equip for your future careers or the next chapter in your life. Full-time college can be a big adjustment. When we experience a transition like this it can cause pressure and stress. For first years it can be a challenge fending for one self and growing up without family around.

Apart from the lectures, the reports and assignments to get through some are trying to deal with living out of home for the first time or indeed some are working while taking on this challenge so stress techniques and being aware of how these changes impact are important.

Maintaining contact with our family and close friends is vital to keep that level of support in our lives while we deal with this change. As we make new friends and acquaintances it's important to remember that we are ultimately in college to get through our courses and provide a foundation for when we leave, so embrace new experiences while acknowledging there is some purpose to being in college and on this course!!!

As the winter months creep in, it is vital that college and study are balanced with proper exercise and sleeping and eating in order for us to be at our most effective. Educate yourself on the best foods to eat while studying, know what the optimum time is to study for you, we are all different and some work better in the morning while others are most effective in the evenings so knowing these are fundamental.

If you a mature student and find yourself also working while in college then it really can be a tough road for a while. Careful and thoughtful planning will make the journey smoother while also allowing you down time as you factor this in to your schedule. Again the basics around time and planning management along with stress management are vital to this being a positive experience.

It can be hard going being in college a couple of times a week and weekends while dealing with the added stress



of the day job indeed work goes on and some people are dealing with heavy loads and projects that are often more important financially than college and study so it's worth giving time to planning and organizing so that you can schedule breaks and time out as you count down the days to the end of term and indeed end of college.

At such times it is wise to remember what the purpose of this course is, along with trying to maintain somewhat of a normal life which might include socializing, going to the gym, meeting up with family and friends. Knowing what is expected will mean you are armed with everything you know you have to hand in at end of term and there will be no surprises come the last few weeks when you are spending time preparing for exams. Familiarize yourself with your reading lists, with your lecturers, with the lay of the college land. Know your cut off dates. All of this allows you to give vital time over to your assignments which will bring you the mark that will stand to you depending on what is next for you.

Linda is a qualified psychotherapist having trained here at DBS and a qualified executive and personal coach.

As a coach she works with individuals who are looking for clarity and results.

As a therapist she supports those individuals who want to be challenged and helped working on deeper issues.

Linda has lectured at Griffith College and provided stress management training in Dublin.

She has also worked in a private addiction treatment setting in Dundrum.

Please follow Linda on twitter @greatcocoach or check out LRCoaching.com



Wiblingen Abbey Ulm, Germany



The former Benedictine abbey is located south of the city of Ulm in Upper Swabia and was founded in 1093 by the Counts Hartmann and Otto von Kirchberg and dedicated to St Martin. An ambitious renovation and expansion project began in 1714 which turned the abbey into an breath-taking Baroque masterpiece. The plans were drafted by Baroque architect Christian Wiedemann.

Following Wiedemann's design, the library was built in the north wing of the abbey. The monastery library is a stunning example of architecture and art. Its exquisite Rococo interior features an ornamental, winding gallery supported by multiple columns. The numerous statues and sweeping ceiling fresco represent the architect's vision that the library be a place for preserving "treasures of wisdom and science".

References:

Wikipedia (2013) Wiblingen Abbey. Available from: http://en.wikipedia.org/wiki/Wiblingen_Abbey (Accessed 27/09/2013).

Kloster Wiblingen (2013) Home. Available from: <http://www.kloster-wiblingen.de/en/> (Accessed 27/009/2013).

DBS Opening Hours – Academic Year 2013/2014

DBS Aungier Street Building

Monday to Friday: 8:30-22:00
Saturday & Sunday: 8:30-18:00

(Bank Holiday: 9:00-18:00)

AS Reception desk:

Monday to Thursday: 8:30-19:00
Friday: 8:30-17:15

Saturday, Sunday & Bank Holiday: Closed

AS Library:

Monday to Thursday: 9:00-22:00
Friday: 9:00-21:00
Saturday: 9:30-17:00

(NB: Sunday & Bank Holiday opening during exam time – please ask us for details)

DBS Castle House Building

Monday to Friday: 8:30-22:00
Saturday & Sunday: 8:30-18:00

(Closed on bank holiday)

CH Reception desk:

Monday to Thursday: 8:30-19:00
Friday: 8:30-17:15
Saturday: 9:00-14:30

Sunday & Bank Holiday: Closed

DBS Dame Street Building

Monday to Friday: 8:30-22:00
Saturday & Sunday: 8:30-18:00

(Closed on Bank Holiday)

DS Library:

Monday to Thursday: 9:30-22:00
Friday: 9:30-21:00
Saturday: 9:30-17:00

(NB: Sunday & Bank Holiday opening during exam time – please ask us for details)

DBS Balfe Street Building

Monday to Friday: 8:30-22:00
Saturday & Sunday: 8:30-18:00

(Closed on Bank Holiday)



DBS LIBRARY 4TH OPEN DAY FOR STAFF 2013

>>> By Emilie Jost, Head of Reader Services

On Wednesday 11th September we held our 4th annual Open Day for Staff in Aungier Street Library.

All the Library staff wishes to thank all the lecturing and admin staff of DBS who attended this successful event (not least for the great baking talent of the Library team) and who provided feedback as well.

All staff present received useful information on all the new and ever-improving services available to them and their students, including:

- Introduction to the new Koha Library catalogue and management system;
- Introduction to the new and very powerful Discovery search tool;
- Introduction to LAYAR and the applications of augmented reality in the Library (see more on

this in this newsletter);

- Presentation of Moodle 2 by Bernadette Higgins;
- Presentation of our eBook collection and reading list submission process;
- Presentation of eSource, DBS Institutional Repository;
- Presentation of our Information/Research Skills services.
- Presentation of Athens authentication system;
- Presentation of our various databases: law; MINTEL; Westlaw IE and UK; Passport;

So we really hope that thanks to this event, all of you, staff and students, will benefit from the day in your teaching and studying during the academic year, and we already look forward to our 5th Open Day for Staff!



LONG LIVE THE NOISE-METER

Whether or not you like David Bowie might simply be a question of measurement. If, for example, you measure him in the way that most people would measure an Irish summer, weighing up the good days with the bad and concluding, by way of establishing a rough mean, that it was every bit as bad as it seemed (present summer excluded!), you may conclude that Bowie is really rather rubbish. If, on the other hand, like me, you choose to ignore the poor acting, the slightly embarrassing attempts at mime and the eighties musical gaffes (including an album that he named, without a trace of irony, "Never Let me Down") you may take a different view.

Those who choose to measure him in this way - the way that a noise meter measures decibels, forgetting all but the highest peaks - will remember the shiver inducing rendition of "Heroes" at Live Aid, the compositional perfection of "Life on Mars" and the ingenious melding of abstract lyric and melody that is "Quicksand", and



conclude that he is, in fact, not too shabby.

If I presented a musician who has never achieved the musical heights reached by Bowie but whose average output clearly beats Bowie's, would we consider him to be a better artist than Bowie? I suspect not. If, however, we did the same experiment with two politicians, one of whom had achieved great things in patches while blundering his way through the rest of his career, and the other who had done nothing spectacular but whose mean performance was similar to the first, I strongly suspect that this rule would not apply, and that most people would vote for the steady but not brilliant, "safe pair of hands" option.

It seems then, that when it comes to creativity we are willing to take greater risks. We forgive its failures and give it space allowing it to flourish in its own time, and perhaps this is because we know implicitly that this is how creativity works best. There are plenty of bad albums out there that were produced under record company duress and there are many journalists who will cringe at what they wrote as the publication deadline approached. Yes, pressure can forge diamonds but perhaps more often, in the creative fields at least, gems need space in which to form and light in which to shine.

If one of the goals of education is to encourage creativity, or to help people realise their potential, then, when we measure students, we must consider the "noise-meter" method of measurement as well as the averaging method. If our education system aims to foster the creative peaks then it must allow creativity the space and time in which to grow, and this is best done by way of essays and projects rather than by way of exams and multiple choice questionnaires.

Simply because their period of accessibility is spread out over several weeks as opposed to ninety minutes, essays and projects allow for creative peaks to occur, for thoughtful composition to be explored and for considered presentation to be executed. The exam environment, on the other hand - a bit like putting a gun to Bob Dylan's head and giving him 15 minutes to produce his best ever work - is about as likely to bring out the true nature of the student as a globe of water is likely to bring out the true nature of a goldfish.

In my subject psychology, creativity is especially important. Like them or loath them, the best known





names in psychology include the most independent and creative thinkers in their field.

Jean Piaget's views were completely opposed to the overwhelmingly dominant behaviourist thinking of his time and he designed imaginative and elegant experiments to support his theories. Ultimately his ideas contributed greatly to the decline of the behaviourist movement.

William James, often referred to as the father of American psychology (and suggested by some to be a better writer than his famous brother Henry) was a highly creative individual who originally wanted to be a painter.

Freud's creativity too is evident, not least in his fantastic view of psycho-sexual development, and I could go on to highlight the creative achievements of Carl Jung, B.F. Skinner and many others great names of the field.

In spite of the obvious importance of creativity in psychology, seven of the eight modules in my first year relied more on exams and multiple choice

questionnaires (MCQs) than on essays and projects, ranging from 60% to 100% in favour of tests. Over those seven subjects, measurement by tests averaged 78.6% as opposed to 21.4% for projects and essays.

This is not intended as a criticism of DBS, rather as a criticism of the system within which it operates. DBS is a private college and must offer a service that competes with national universities and while continuous assessment (CA) is becoming more common in universities, with some modules now even offering the student a choice in how they are assessed (see [UCD's A Practitioner's Guide to Choice of Assessments within a Module](#) and [TCD's Occupational Therapy testimonial on offering a choice of assessment](#).) much of this CA still comes in exam type format and tests still seem to be the preferred method of assessment.

One subject in my course however was different. Dr. Katriona O'Sullivan's research design was 100% noise-meter, and while quiet learning is undoubtedly important, sometimes it is good to make some noise. Of the two research design continuous assessments, one gave students the opportunity to design and present by way of Powerpoint presentation and written submission their own research idea. The other was an essay on the seemingly boring topic of ethics in psychological research which for me, turned out not to be so boring.

It's not David Bowie (it's not even "Never Let me Down"), but it is something that I would never have been able to produce in an exam situation and it is something that I am grateful to have the opportunity to share with readers here.

Dave Egan is a DBS student studying the Higher Diploma in Psychology. To read Dave's Ethics Essay on eSource please click [here](#).

PCs available in the College

There are 10 computer labs in the college:

9 in Castle House:

- on the 2nd floor: CH2.1 / CH2.2 / CH2.9
- on the 3rd floor: CH3.1 / CH3.2 / CH3.3 / CH3.4
- on the 4th floor: CH4.5 / CH4.6

1 in Aungier Street 1st floor:

- AS 1.4

You can check outside the doors of these labs to see if a class is scheduled or not. You can also check availability of these labs via the DBS timetable page on the student intranet: www.dbs-students.com

Printers available in the College:

- Balfe Street Block A:
1 printer on the 2nd floor
- Castle House:
3 printers (on the 2nd, 3rd and 4th floors)
- Dame Street Library:
2 printers
- Aungier Street Library:
4 printers



An Update on eSource

DBS eSource (esource.dbs.ie) is our openly accessible repository documenting the academic and other creative activity of Dublin Business School faculty and students. DBS eSource affords all individuals at Dublin Business School and beyond the opportunity to discover, explore and share deposited works to evolve the ideas, experience, and enquiry fundamental to liberal education.

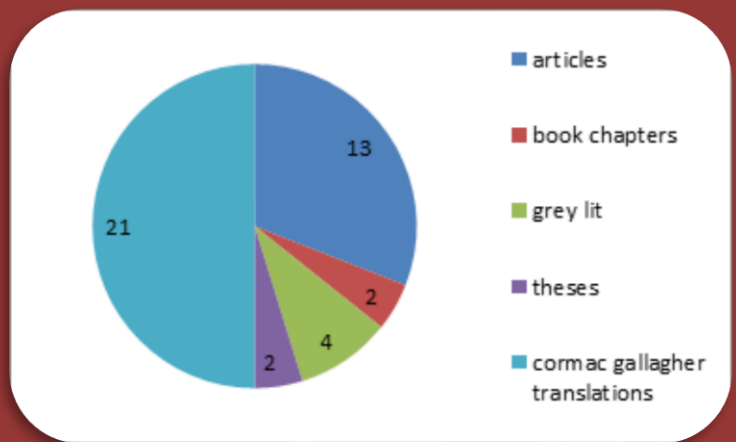
In the last few weeks we have received over 80 works by members of academic staff. They are currently being processed by library staff for addition to the repository. We are very grateful to these academic staff members for their interest and contribution.

The figures below show you where things currently stand at this point in time. It is encouraging to see that those figures are steadily on the increase.

Number of items on eSource:

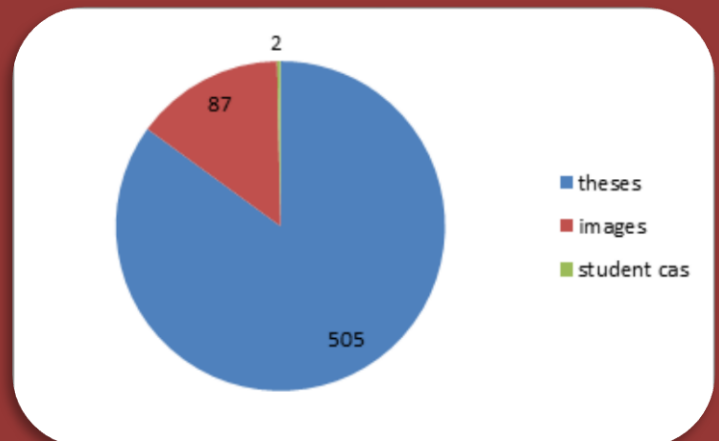
Academic staff

Articles	13
Book Chapters	2
Grey Literature	4
Theses	2
Lacanian Translations	21
	42



Students

Theses	505
Images	87
Student Continuous Assessment Works	2
	594



Total site traffic between 1st January 2013 to present date

Variable	Figure
Visits (the number of total visits)	16,565
Unique visitors (the number of unduplicated (counted only once) visitors)	12,135
Average visit duration	2,58 minutes

Top five visitors by country...

Ireland (7,000), USA (1,749), UK (1,627), India (886), Australia (437)

EVENTS IN & AROUND DUBLIN...

Open House Dublin

The Irish Architecture 'Open House Dublin' sponsored by Dublin City Council is yet again presenting another opportunity for visitors and citizens to explore the beauty of some of Ireland's most beautiful buildings and homes. With special events and tours organised, and 100 buildings to discover this festival should not be missed.

Some of the buildings on view are:

- Marsh's Library, the oldest public Library in Dublin;
- The Islamic Cultural Centre of Ireland in Clonskeagh;
- Royal College of Surgeons, St. Stephen's Green.
- Or perhaps a contemporary built House on a sea cliff in Blackrock, and many more.

Free Event. Booking may be required for some houses. For more information check out www.openhousedublin.com

From this Friday: 4th - 6th October.



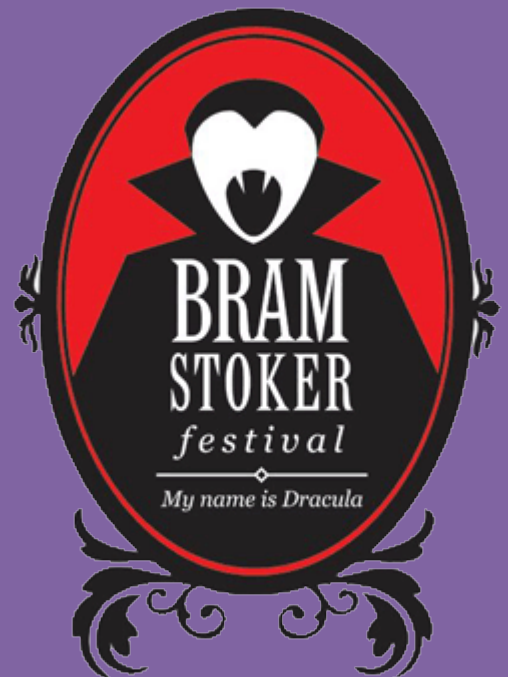
BRAM STOKER FESTIVAL

A celebration of supernatural fun for Halloween! Inspired by the work and legacy of the Irish horror novelist Bram Stoker, get prepared for a host of very scary events to take place on the streets of Dublin City.

Over the October bank holiday weekend Dublin will come alive with spine chilling talks and walks, terrifying theatre, city-wide vampire hunts, strange and spooky things taking place in Churches, Castles and Libraries.

A very special event will also take place in the grounds of Dublin Castle.

From 26th - 28th October. Check out www.bramstokerfestival.com for more information.



Somatics : reawakening the mind's control of movement, flexibility, and health

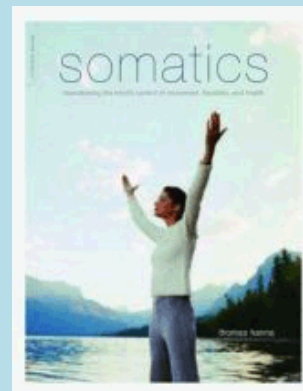
By Thomas Hanna

Dame Street
615.820846 HAN

The subtitle to Thomas Hanna's book 'Somatics' reads "Reawakening the mind's control of movement, flexibility and health". The term "Somatics" was coined by Thomas Hanna and is based on different alternative health approaches that integrate mind and body (e.g. Moshe Feldenkrais or the work of Hans Selye who, according to Hanna, found that physiological problems can be caused by psychological problems, such as stress).

In his book, Hanna explains that our sensory-motor system constantly responds to stress or even trauma with certain reflexes, and that these become ingrained muscular contractions that after time we cannot relax anymore. These contractions become so subconscious, that we don't notice them anymore, however, they start to restrict free movement and lead to muscular problems such as stiffness, soreness, and pain. Hanna calls this state, in which we have "forgotten" how muscle groups feel and how to control them Sensory-Motor Amnesia (SMA), and argues that this event also contributes to our idea of growing older, and thus having muscular or movement problems.

He talks of two main reflexes, the "Green Light Reflex" and the "Red Light Reflex", and also outlines the results of stress and the role of our mental attitude. At the end of the book he outlines a Somatic exercise program, based on the work of Moshe Feldenkrais. He says here, that you will



be exercising not only the body but also the brain, with the ultimate goal of effecting change in the sensory-motor areas of the brain and gain control of the muscle system again.

I found this book very interesting as I have suffered from back pain and movement problems, brought about mostly by computer-related work and long periods sitting, but also due to stress or injuries. For anyone interested in alternative therapies, but also in the connection between our minds and how it influences our movements, or how it causes us to respond to periods of stress or trauma, either consciously or unconsciously, this is a very informative read. Even just to notice yourself how you react to certain stimuli or conditions in your environment, and to make you aware of the tension the average body can hold during a day or longer period.

Recipe Corner by Sharon O'Shea, Reader Services

Oven Baked Bacon & Chorizo Risotto

- 2tbsp olive oil
- 4 slices of smoked bacon chopped
- 125g chorizo chopped.
- 1 onion chopped
- 300g risotto rice
- 150g cherry tomatoes halved
- 50ml white wine
- 700ml hot chicken stock
- 50g parmesan cheese grated
- 2-3 teaspoons lemon juice
- chopped flat parsley



Method:

1. Preheat oven to 200 C, gas mark 6.
2. Fry the bacon and chorizo over a medium heat in an ovenproof casserole dish until cooked. Add the onion and cook until soft.
3. Add the rice and stir for a minute or so until well coated in oil. Add the wine and let it absorb into the rice. Pour over the hot stock and add the tomatoes. Cover with a tight fitting lid.
4. Place in a pre-heated oven for 20 minutes until the stock is absorbed and the rice is just cooked.
5. Stir in half the parmesan with the lemon juice.
6. To serve sprinkle flat parsley on top along with the rest of the parmesan cheese.

Use our **EBSCO**

Leadership & Management
LEARNING CENTER

Database

Available at*:

goo.gl/xg8HPS

**This database is available for trial only
to all DBS students and staff,
on and off campus
until the end of 2013!**

**If you'd like the Library to subscribe to it
permanently,
give us your feedback here: goo.gl/HC8yIA**



*** For off-campus access, please use your login details**

Students: student no. / date of birth (dd/mm/yyyy)

Staff: staff no. / staff no. + 000