

# Student News



16 April 2020

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## 7 ways to quit procrastinating and make the most of your break

We all know how time flies when you're watching Netflix! To help you stay on track, we've put together some tips on [how to use your time effectively](#), so you can knock-off your responsibilities and still have some much-needed relaxation.



## Jump into virtual workouts with Sydney Uni Sport and Fitness

Did you know all Sydney Uni students now have free access to [Les Mills at home workouts](#)? Get the heart pumping with over 140 workouts available on demand.



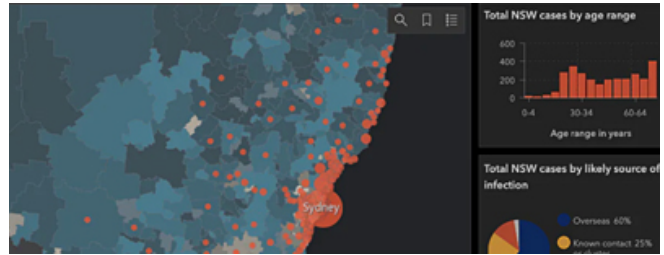
If you're looking for something a little more interactive, Sydney Uni Sport & Fitness is launching free livestreamed workouts three times a week via the [SUSF Facebook page](#), starting this Saturday at 10am.

## Notices

- Be aware of COVID-19 related scams which you may receive via texts, calls, letters and phishing emails. Scams may appear to be from myGov and contain malicious links, malware or blackmail threats. For more information about current scams, visit the government's [Stay Smart Online website](#).

## Sydney researchers develop NSW COVID-19 hotspot database

In collaboration with NSW Health, Sydney Uni researchers have developed a [searchable public database](#) that shows the location of COVID-19 cases in the state.



## Get a piece of the Library's free puzzles

Puzzled about how to spend your free time? Try your hand at one of these [digital jigsaw puzzles](#) from the Library's archive collection.



## Mid-semester Film Festival

Grab some popcorn and comment along on Twitter as the Faculty of Medicine and Health student life team host a watch party for a collection of movie classics all week. [View the schedule](#).

## Stay connected

### Giving back remotely

- Keen to help others during these difficult times? threefourfive is a free, not-for-profit online mentoring service founded by two current Sydney Uni students to help Year 12 students who have been affected by the outbreak of COVID-19. Sign up to [become a mentor](#).

### Online entrepreneurial workshops

Use your time at home to get started on your next big idea! Join the USU for one of their workshop programs:

- INCUBATE are running a [drop-in session on Thursday 23 April](#) where you can discuss your idea, get tips on what to do next, or pitch your startup and get some feedback and tips.
- Bright Ideas workshops are designed to support creative arts projects and careers by building business skills. Register for the [Getting Started workshop](#) on Monday 20 April.

## Wellbeing and COVID-19

- Professor Maree Teesson and Dr Lexine Stapinski will host a live webinar on Tuesday 21 April where they'll share useful tips on how to cope through the time of COVID-19. [Register now.](#)

## Ready, Study, Go

- Join the Library's new [study group via Zoom](#) and connect with other students in a focused online environment using the Pomodoro technique. Get the most out of your study time with the help of a friendly Peer Learning Advisor. Held every Tuesday and Thursday from 1–3pm.

## Politics in Action 2020

- In this online event from 4 to 15 May, experts provide an analysis of the current political situation in Cambodia, Indonesia, Malaysia, Myanmar, the Philippines, and Vietnam, and discuss the broader implications of events in these countries for our region. [View the program.](#)



## Best of #usydonline

Zoomception by [@farh\\_in](#). Keep sending us your #usydonline set-ups!

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