

# Student News



29 April 2020

Have news? Share it with us

## Tips to eat healthy at home on a student budget

Registered dietitians and PhD candidates Virginia Chan and Helen Yumeng Shi show you their [top tips for cooking healthy food at home](#).



Want to take your cooking skills to the next level? Register for a [free pasta making class](#) hosted by Pietro, a Pasta Maestro from Italy, on Wednesday 6 May. Plus, thanks to the USU, you can order a [grocery box](#) with all of the ingredients you'll need for your handmade pasta.

## Dive into our USYD online community

Looking for online study help? Fresh ideas to stay in touch with friends? Not sure how to set up your study from home desk? From Zoom tips to cooking classes, our [new USYD online hub](#) has everything you need to stay connected.



## Conversation with CAPS

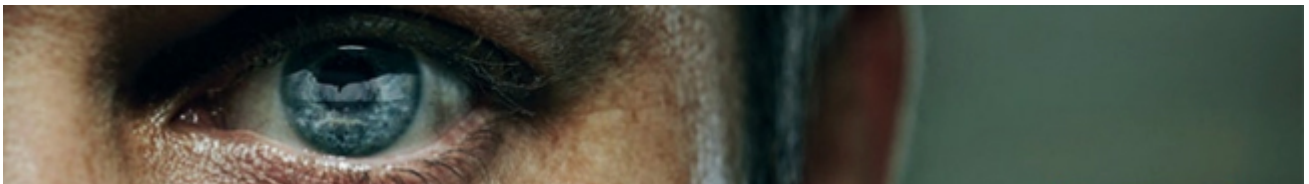
Social distancing is tough and it's understandable to feel anxious or stressed but looking after your mental health is vital. Student Avish Sharma spoke to Counselling and Psychological Services (CAPS) about how they can help you [get support during this difficult time](#).



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## Notices

- Exam timetables will be released on Monday 4 May. Keep an eye on your student inbox and visit the [Student website](#) for more information.
- [The Sydney Uni app](#) has been updated – it's now fully accessible, connects you with resources for staying at home support, and access to your exam timetable from 4 May.
- Be aware of [phone scams](#) attempting to illegally extort money or access your personal details. They may pretend to be from the Australian Government, Chinese Embassy or other reputable organisations. Remember, embassies and consulates will not call individuals about suspected crimes or ask for bank account details. Never provide personal information over the phone to strangers.



## Stay connected

### Postgraduate Information Evening

- Looking for a competitive edge in the job market or want to enhance your career prospects? Attend our online [Postgraduate Information Evening](#) on Thursday 14 May to find out more about our postgraduate course options.

### PeerConnect

- In these strange times, it's important that we all stay connected. From Wednesday 29 April, you can drop-in for [PeerConnect](#), a video chat with one of the Library's friendly Peer Learning Advisors. Have a chat, vent, ask for advice and connect with people who can help you.

### Student life survey

- This semester has been challenging and different for students, and our student services have had to adapt rapidly to provide meaningful support. The University has sent out a short survey to a sample of students to gain valuable feedback on Semester 1, 2020 and the online learning experience. Check your inbox to see if you have received a link, and if you have, please fill it out and let us know how online University life has been for you.

## OUT for Now

- [Join OUT for Now](#), an online community for LGBTIQ students and their allies run by LGBTIQ Student Support Liaison Officers from the Pride Network.

## SUSF online workouts

- Sydney Uni Sport & Fitness have three livestream classes per week to help you stay active and connected with SUSF from home. Jump on over to [their Facebook page](#) every Monday, Wednesday and Saturday.

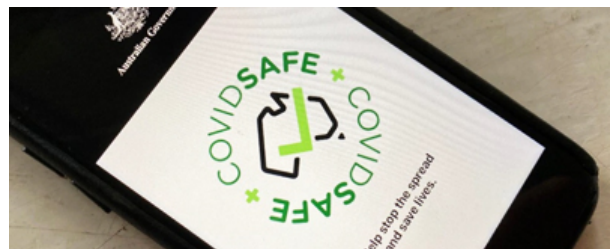
## Weekly Aussie trivia

- Quaranteams trivia runs every Thursday night! Test your general knowledge with an Aussie twist from the comfort of your own home. This week's topic is Australian entertainment and arts. [Register now](#).

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## Discover our COVID-19 research and expertise

[Browse the latest research and analysis](#) about COVID-19 by our Sydney Uni experts.



### This week's highlights:

- [Our experts examine COVIDSafe](#), the COVID-19 tracing app – should you be concerned about privacy?
- As lockdown lingers on, our experts discuss how we can ensure people stick to the rules to [avoid a second wave](#).

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## Best of #usydonline

Monty is a very good boy, helping his owner [@littlemissninja](#) with her PhD writing.

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