

Student News



27 May 2020

Have news? Share it with us

Study posture: stretching for success

Sore from studying at your desk? Sydney Uni alumna and physiotherapist Trish Pavely [shares her easy steps](#) to loosen your body, improve your posture and stay focused while you study.



[Register for a workshop](#) with Trish to learn some simple stretching exercises that you can do in short breaks. A limited number of 10-minute individual posture [consultation sessions](#) are also available.

How to study while caring for loved ones

Completing a university degree can be demanding, and for some, their reality involves doing this whilst caring for a sick or disabled family member, partner or friend. Dona Sirimanne (Bachelor of Arts/Education) shares [what it's like to study while caring](#).



Are you feeling anxious about exams?

Join CAPS counsellors as they talk through strategies to help you prepare for your online exams, how to cope with the mid-exam panic, deal with problems that crop up, and how to recover.

[Register for a session on 1, 2 or 3 June.](#)

Need a little support and motivation? From study coaches to mindfulness sessions, study planners to puzzles, the [Exam Ready program](#) is here to help you relax, keep healthy, study effectively, connect with others and ace your exams.



National Reconciliation Week 2020

- Join Professor Jaky Troy, defence lawyer Teela Reid and GUR founder Ken Zulumovski for [Sydney Ideas on Friday 29 March](#), as they discuss reconciliation, unfinished business and reckoning.
 - Sydney Uni graduate Gemma Tierney is using the prestigious Fulbright scholarship to further a career in healthcare, with a focus on Indigenous health. [Read her story](#).
 - Why do we value openness and engagement? Hear from University of Sydney experts at this special [Culture Forum on Tuesday 2 June](#) to hear about how we can contribute to reconciliation.
 - [Check out the full list](#) of National Reconciliation Week online events.
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Notices

- Help us improve the online experience at the University of Sydney. Provide some insight on your student experience over a quick video chat and receive a \$50 gift voucher for your time. [Register now](#).
 - An increasing number of COVID-19 related phishing emails and SMS text messages are being reported. If you receive a suspicious email or SMS text message, do not click on any links and immediately delete the message. If you have already done so, please change your password immediately by submitting an [online help form](#).
 - Last chance to [provide your feedback](#) on the qualities that are most important in the appointment of the University's next Vice-Chancellor.
 - If you need a quiet place to study, a number of learning hubs on campus remain open for you to use. Find out more about [study spaces on campus](#).
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Stay connected

Get your CV up to scratch with CV360

- The Careers Centre provides access to [CV360](#), an online tool providing instant feedback on your resume with suggestions based on the technology currently used by many employers and recruiters to screen resumes.

Baking on a budget

- The incredible Cake Boy has teamed up with registered dietitians and PhD candidates Virginia and Helen to bring you the best of baking with a nutritional twist. [Register for the workshop](#) on Friday 29 May.

Creature comforts

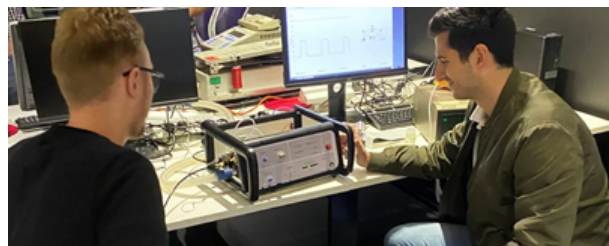
- Soothe your exam nerves with some Aussie furry friends – come 'face to face' with possums, wombats, sugar gliders and other Aussie icons. [Register for one of the sessions](#).

Rebuilding Australia

- [In this Sydney Ideas event](#), join Mark Scott AO from NSW Department of Education, NAB's Cathryn Carver and Vice-Chancellor Dr Michael Spence, as they discuss how we, as a society, rebuild from COVID-19.

Engineering students design COVID-19 ventilator

Hear from [three Engineering students](#) who put their knowledge into practice to help design a low-cost, locally-produced ventilator to help COVID-19 patients.



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

Best of #usydonline



Meet Nikyah Hutchings, a second year Bachelor of Arts student from Wiradjuri country in Wellington, NSW.

"the most important Wiradjuri word to me is: Gulbalanha, which means to be at peace – which I think is really important to keep in mind during this time."

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