

10 September 2020

Have news? Share it with us COVID-19 updates: safety on campus

The University launches new low-cost, life-saving ventilator

Our students and academics have been working rapidly to develop the emergency ventilator since March, using their education to solve an urgent public health issue. Find out how the innovative CoVida project will help save lives.



What is mindfulness and how can it help me?

Dr Marianna Szabó from the School of Psychology shares how practising mindfulness can help calm the mind, reduce stress and help you focus your attention on your studies.



Interested to learn more? Sign up for Beginner's Mind, a free weekly online guided meditation and mindfulness course, which will introduce you to simple mindfulness practice shown to reduce stress and improve general well-being in everyday life.

Congratulations USYD Class of 2020!

Watch 2020 Graduate Nicolette Preketes-Tardiani deliver a strong and inspiring message to the graduating class of 2020. While in-person graduation ceremonies might be on hold due to COVID-19, we couldn't let the class of 2020 graduate without celebrating their incredible achievements.

Last week the University hosted its first ever virtual graduation celebration, hosted by Eddie Woo and featuring a star-studded guest speaker line-up and a live performance from the Jezabels. You can watch the full recording on our website.



Cooking on a budget

Join current PhD candidates in nutrition
Virginia and Helen on Thursday 17
September and learn how to cook easy, quick
and nutritious meals that will give you the
energy you need to power through semester.
Register now.

Notices

- We're keen to hear your feedback on our Semester 2 Welcome Week program. If you attended any of our online orientation activities, please <u>complete the survey</u>.
- Nominations are now open for student positions on the Senate, Academic Board, Faculty/School and Faculty Board/School Board. Nominations close on Monday 21 September.
- Expressions of interest are open for students to join the Student Appeals Panel. <u>Find out more and apply</u>.

Our 3 Minute Thesis and Visualise Your Thesis winners

Could you explain how to synthetically make spider venom to create a life-changing drug in three minutes? These two competitions challenge research students to communicate the essence of their research as clearly and succinctly as possible. Meet our 2020 winners.





Get involved

R U OK? Day

Today is R U OK? Day, an opportunity to check in with yourself and others and ask "R U OK?". The University is hosting a program of events, including:

- Tips to look after yourself and others workshop
- Ther-E-paws for R U OK? Day
- USU Wellness Week activities

Check out the full program.

Become a uni 2 beyond mentor

uni 2 beyond is an innovative and award-winning initiative that supports adults with
intellectual disability to experience university life. uni 2 beyond are looking for committed
peer mentors to support students both in class and socially. Want to get involved? Find out
more about the program and how to become a mentor.

Should I do a graduate certificate or a diploma?

 There has never been a better time to add value to your undergraduate degree with further postgraduate study. <u>Find out more about the value of a graduate certificate or diploma</u>.

Pros, cons and tips for accessible online study

Join our staff and two student representatives for this <u>Disability Inclusion Week panel</u>
 event on Thursday 24 September as they discuss their pros, cons and tips for the future of
 online teaching and learning, and how to ensure online classrooms are inclusive and

accessible.

What's new at the Library?

- The <u>Rare Books & Special Collections</u> reading room is open again, from 11am to 3pm Monday to Friday. You'll need to <u>book through Library Search</u> at least two days in advance, and bring your own stationery.
- Librarians are now available for <u>online</u> and <u>in-person</u> research consultations. They can help you find and manage information for your assignments and research.

More upcoming events

- Thursday 10 September: Quaranteams Trivia
- Thursday 10 September: International Student Drop-In Session
- Friday 11 September: Singapore's GE2020: The real watershed election?
- Monday 14 September: Mindful Moments drop-in session
- 21 25 September: Further Studies Week



Insta of the week

Learn to dance like the pros! Jump into the Movement & Dance Society's Zoom classes.

Credit: @USYDMadSoc

Use **#usydonline**, or tag <u>@sydney_uni</u> for your chance to be featured.

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