

Student News



1 October

October is Mental Health Month – find out more

Have news? Share it with us

Mental Health Month

The theme for 2020 is 'Tune In' – focusing on being present in yourself and your community, and breaking down the stigma associated with mental health. [@batyrUSYD](#) will be taking over our [Insta channel](#) to share more about their mental health programs.



Top 5 tips on self-care and caring for others for busy people

Wednesday 21 October, 4pm

When you're busy, it's hard to take a step back and remember to take care of yourself. [This online interactive peer-led workshop](#), informed by psychology and research, will teach you our recommended top five tips for looking after yourself and others.

The future of exchange and study abroad

While international travel might not be possible right now, it's the perfect time to [find out more about overseas study opportunities](#) and start planning an experience of a lifetime.



Tips to help you avoid a mid-semester slump

With assessment deadlines looming, third year Arts student Tiffany shares her [top five](#)

[ways](#) to keep your energy levels high and make the most of your break.



Notices

- Next week is mid-semester break – classes will resume on Monday 12 October. Please note that Daylight Saving Time starts on Sunday 4 October in New South Wales, with clocks moving forward an hour. If you're studying elsewhere in Australia or overseas, your class times will be an hour earlier when you return from the break.
- The University has changed the dates for the Semester 2 replacement exam period. Replacement exams will be held from 11 January to 14 January 2021. If you are approved to sit a [replacement exam](#) for a Semester 2 unit of study, you will need to make sure you are available on these dates.
- Have a question or need help with your ICT services? In-person ICT support is now available at Fisher Library from Monday to Friday.



Get involved

Get beach ready this summer with SUSF

- Learn how to enjoy the water safely with a free 7-week program provided by Sydney Uni Sport & Fitness. [Register now](#) for classes starting from Tuesday 13 October. Suitable for those with little or no experience in the water.

Hungry on campus?

- Check out Footbridge or Fisher to pick up new [USU2U meals](#). Available Tuesday to Friday for \$12.00 or \$10.80 with USU Rewards.

Live on campus in 2021

- Applications are now open for [University accommodation in 2021](#). Check out the variety of on-campus accommodation and residences.

Postgraduate research retreat

- Postgrad students researching Southeast Asia are invited to attend our [annual postgraduate retreat](#) from 2 to 4 December. This year's retreat will again be dedicated to writing, providing you with company and motivation to continue your research in what has been a challenging year.

Upcoming events

- **Tuesday 6 October:** [Ready Study Go](#)
- **Thursday 8 October:** [Coffee in the Cloud](#)
- **Friday 9 October:** [3D Printing 101](#)
- **Wednesday 14 October:** [Wellness Webinar – Should You Really Be Active Every Day?](#)
- **Thursday 15 October:** [Cultured Quaranteams Trivia](#)
- **Monday 19 October:** [Sydney Innovation Festival](#)



Insta of the week

[@sydunihockey](#) has taken out not one but four titles at grand final day! Congratulations to the 1st, 3rd, 4th and 5th grade teams.

Use [#usydonline](#), or tag [@sydney_uni](#) for your chance to be featured.

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