

4 November Have news? Share it with us

# The why to zzz of getting a good night's sleep

With exams approaching, it can be hard to switch off and get some much-needed shuteye. Our resident sleep expert <u>Dr Yu Sun Bin shares some wise advice</u> to guarantee you'll get a good night's sleep.



For even more advice, <u>register for Dr Yu Sun Bin's wellness webinar</u> about mastering sleep ahead of exams on Wednesday 11 November at 4pm.

# **Book your visit to the Chau Chak Wing Museum**

Our new Chau Chak Wing Museum is opening its doors to the public on Wednesday 18 November. With four levels of gallery spaces, the free museum will showcase art, science and ancient cultures through 18 new exhibitions. Sydney Uni students have priority access – book your visit now.



# NAIDOC Week: USUeats free Indigenous food truck

Next week is NAIDOC Week, and this year's theme is 'Always Was, Always Will Be'. To support our local Indigenous community, <u>USUeats</u> is teaming up with apprentice chefs from Serendib Social to serve up a free all



Indigenous lunch menu on Tuesday 10 November.

## **Notices**

- From Semester 1 2021, we're introducing a brand-new timetabling system, Sydney
  Timetable, which will make it easier for you to plan, schedule and adjust your timetable. At
  this stage you don't need to do anything. Further information and instructions will be
  available in Student News and on our <u>Timetable pages</u> from the start of December.
- The Library will be extending its opening hours from 9 November to 12 December to support staff and students during early-semester STUVAC and the examination period. See the <u>Library's website</u> for details.
- Exams will continue to run online this semester to keep students safe and minimise disruption to studies. If you are enrolled in Semester 2 units of study, you can access your final exam timetable and find out how online exams work on our website. There are some key steps that you need to take to prepare for online tests so make sure you read through all the information carefully. If you have an exam through ProctorU you should also read through the 'Taking online exams' Canvas site to ensure you're prepared and set up to take your online exam.
- The University Archives are developing a new online platform that will make searching for archives easier. To help us design and build this system, we want to hear from you.



### Get involved

## Bag a bargain at the University's Reuse Furniture sale

Items available include office chairs, tables, bookcases, storage cupboards and desks, all
in good condition and at bargain prices. The sale is on Thursday 12 November from 10am
to 2pm at 26 Arundel St, Glebe (back of the Diabetes NSW building).

## Setting yourself up for exams with batyr

 Hear tips and strategies to manage your wellbeing, support peers and the ways to best set yourself up for the exam period ahead at this workshop on Tuesday 24 November.
 Register now.

# **Quantum Research Scholarships**

 Successful applicants will undertake an exciting 6-week project from one of Sydney Quantum Academy's four partner universities, supervised by a leading quantum researcher. <u>Applications close 11.59 pm Monday 23 November</u>.

# Supporting survivors of sexual misconduct

• The University's Safer Communities Office support survivors of sexual misconduct and manage incidents reported to the University. <u>Visit the website</u> for information about accessing support and reporting an incident online. You can also call the confidential helpline service on +61 2 8627 6808 from 8.30am to 5.30pm, Monday to Friday.

#### 15% off at the USYD Store

 The semester is nearly over and to celebrate, USYD Store is throwing an end of semester sale. Enjoy 15% off apparel and merchandise, plus USU Rewards Members can also enjoy an extra 10% off. <a href="Shop now">Shop now</a>.



# Don't miss

# Dr Charles Perkins Oration Watch the livestream on Thursday 12 November at 8pm to celebrate our Indigenous community and learn more about race relations in Australia.

# Insta of the week

It's that time of year – the jacarandas are blooming across campus!

Photo credit: @grace.sui sydney

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



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