

28 April Have news? Share it with us

How to talk about mental health

With University Mental Health Day coming up on 4 May, two current students share their experiences with mental health, how we can support each other to get through the rough times, and where to go if you need help but don't know where to turn.



Can music help boost your study session?

Resident mnemonic expert Professor David Alais <u>investigates how your study playlist</u> can improve motivation levels, boost learning and increase memory encoding.



Live on campus in Semester 2

Applications to live on campus for Semester 2 are now open. A vibrant and supportive community awaits you, with resident life events in person and COVID-safe.

Not quite convinced? Read why student accommodation might be right for you.



What's new at the Library?

A brand-new Library space has opened where you can collaborate and relax: the Herbert Smith Freehills Law Library Learning Commons. It has group meeting rooms, comfortable seating, and a student kitchenette. Check it out at the Law Library or <u>learn more on the website</u>.



Get involved

Water safe classes

• Registrations are open to enrol in a free learn to swim program with Sydney Uni Sport & Fitness, for those with limited to no experience in the water. Runs every Tuesday and Thursday, starting Tuesday 4 May.

INCUBATE Demo Day

 Watch the latest leading innovations pitch live from the Great Hall, as they're launched from the award winning INCUBATE startup accelerator program. Wednesday 5 May at 5.30pm – register now.

Join the scavenger hunt

• International Month finishes this week with an Instagram Scavenger Hunt. How does it work? Find the pages, collect the clues and submit them on Friday 30 April for a chance to win a prize.

Apply now for the Millennium Fellowship

As a Millennium Fellow, you'll hone skills, take concrete action towards the United Nations'
Sustainable Development Goals, and earn a certificate of recognition. <u>Find out more and apply by Friday 30 April</u>.

Indonesia Social Science Seminar Series

• Join the Sydney Southeast Asia Centre in the last week of each month on Zoom to hear from the world's best experts on Indonesia. The first webinar is on Friday 30 April.

Call for submissions: 2nd Annual National Aboriginal and Torres Strait Islander Health Research Showcase

 Wherever you are in your career, we encourage you to submit your research engaging with Aboriginal and Torres Strait Islander health research. <u>Abstract submissions</u>



Insta of the week

Do you know where this hidden gem on campus is?

Photo credit: @ellie.jeavons

Tag <u>@sydney uni</u> or #usyd for your chance to be featured.

Connect with us



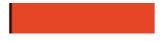
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