

Student News



6 May

Have news? Share it with us

What is mindfulness and how can it help me?

Dr Marianna Szabó, experienced Clinical Psychologist and Senior Lecturer, [shares how practising mindfulness](#) can help calm the mind, reduce stress and focus your attention on your studies.



Meet our 2021 Alumni Award winners

Want to know what's possible once you've finished your degree? From advocating for Indigenous rights to finding new ways to fight cancer, former Sydney students are changing the world. [Meet the winners of our 2021 Alumni Awards](#).



University of Sydney stands with our Indian community

Vice-Chancellor and Principal, Professor Stephen Garton, [has reached out to affected students](#) in regards to the COVID-19 situation in India.

Students in Australia can talk with one of the University counsellors from [Counselling and Psychological Services \(CAPS\)](#). Support is also available for our students in India and more information is available on the [Student website](#).

Notices

- Exam timetables will be released on Monday 10 May. [Find out how to access your timetable](#), and what to do if you have a clash.
- The University has advised that students and staff who attend the planned [Climate Strike](#) on 21 May will not be penalised for missing classes or work to attend. Teaching staff have been advised to ensure that any students attending the strike are not negatively impacted. The University will remain open for the duration of the strike.
- [USU Elections are coming up](#) – if you would like to vote and have your say in how the USU is run, you must be a USU member. [Join by Friday 14 May](#) to have your say.



Get involved

Vegan curries on a budget

- Learn how to cook delicious and nutritious plant-based meals to feed your hunger and fuel your studies. [Attend in person or via Zoom this Friday 7 May](#).

Study a language with a virtual exchange

- Immerse yourself in a new language with our overseas partners this July. Gain 6 credit points to your degree as you experience the Arab world, China, Germany, Indonesia, Italy, Korea and the Spanish-speaking world. Applications for most programs close Wednesday 12 May – [apply now](#).

Free outdoor workout on campus

- Start your day with a satisfying outdoor workout on University Oval 1. Join Sydney Uni Sport & Fitness on Tuesday 25 May at 7.45am for a 45-minute cardio session. Free for everyone, just bring a towel, a water bottle and [be sure to register](#).

Let's talk about sex

- If you're looking for trustworthy and confidential advice about sexual health, the [International Student Health Hub](#) can provide information and reliable referral links on safe sex, STIs, HIV, contraception, pregnancy, the Australian healthcare system, overseas student health cover, confidentiality and more.

The field of videogame production in Australia

- Find out about the cultural, political and social factors that affect video game production in this [free webinar event](#) on Wednesday 12 May from 4pm.



Upcoming USU events

- Science Revue will present a screening of their [2019 revue "CSI: Rogue Operation"](#) at 5pm on Friday 7 May. Tickets are \$6 and will go towards funds for the 2021 revue.
- USYD PhotoSoc and Sydney University Car Club present [an afternoon of chill automotive photography](#) and new friendships on Sunday 9 May.
- Join Falun Dafa for a [Sunday morning meditation](#) on Cadigal green at 8am. Bring your own yoga mat!



Insta of the week

The [@uni2beyond](#) crew enjoying Funch in Sydney's lovely autumn weather. Great to see so many more in person events!

Tag [@sydney_uni](#) or #usyd for your chance to be featured.

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