

# Student News

THE UNIVERSITY OF  
SYDNEY**4 November 2021**[Have news? Share it with us](#)

## How to manage exam stress in a post-lockdown world

This year's exam season feels a little bit different. Clinical Psychologist Dr Erin Kelly from the Matilda Centre [shares her tips to manage exam stress](#) and balance social activities now that lockdown has lifted.



## Sydney takes top honours in the 2021 Prime Minister's Prizes for Science

University of Sydney researchers have been awarded [three awards in the prestigious Prime Minister's Prizes for Science 2021](#) for work on COVID-19, combatting addiction and breakthroughs in healing tissues and organs.



## Get exam ready

Exam time can be tough – especially now. To help you through, the Library has partnered with Student Life, USU, Batyr and the SRC to help you to keep healthy, study effectively, connect with others and ace your exams.

[Check out the full program.](#)



## Notices

- In the lead-up to exams, the [Peter Nicol Russell \(PNR\) learning hub](#) has re-opened. If you need to come to campus, please remember to follow [COVID safety precautions](#) and agree to our [campus conditions of entry](#) on arrival.
- If you're an international student currently located outside of Australia, sign up to attend an Arrivals Plan Information Session to [find out more about arriving in Australia](#). There will be multiple sessions to accommodate different timezones.



## Get involved

### Book a space on campus

- Clubs can now book a place to catch up, hang out and host a meeting or event on campus. Bookings are essential, and all visitors will need to be fully vaccinated or have a valid medical exemption. For more information, [visit the USU website](#).

### Level up with SUSF

- Hit refresh on your workout routine and train with Sydney Uni Sport & Fitness. Discounted memberships are available for USYD students and staff. To ensure SUSF is the right fit for you, you can [sign up for a free 3-day gym trial](#) online or in person.

### Let's talk about health and social life

- Join a fabulous line-up of speakers to explore how health & social life intersect on our changing planet. [Registration closes on 14 November](#).

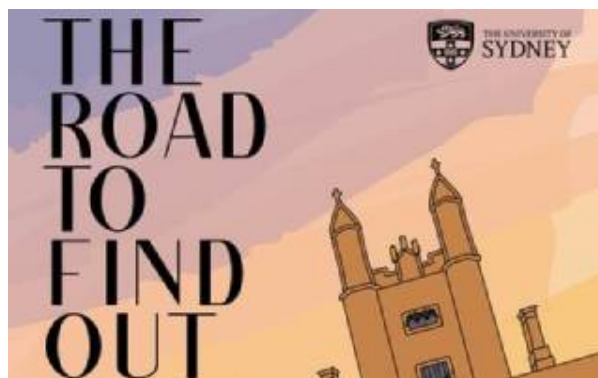
### Webinar with Daniel Kahneman

- [Join Nobel Prize winner Daniel Kahneman on 16 November](#) to discuss his unique contribution to academic thought, business practice, decision making and our understanding of what it is to be human in a complex world.

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## Student Spotlight

The [Road To Find Out podcast](#) is hosted by two undergraduate Arts students, Carla Field and Harry Peters, as they chat to Arts academics about their research, lived experience and any advice they might have for students. Episodes explore everything from Greek philosophy to street libraries.



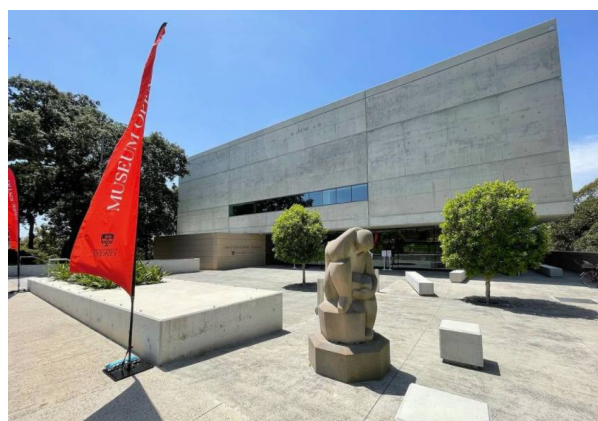
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## Insta of the week

The [Chau Chak Wing Museum](#) has reopened. Why not take a break from study and ease back into post-lockdown life by exploring the many fascinating exhibits, or having a coffee at the cafe?

Photo credit: [@linakerstreet](#)

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