

Student News



12 October 2022

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Tune in to your mental health this month

In recognition of Mental Health Month, we've compiled a list of different ways you can support your mental health. From events and podcasts to checklists and resources, [here's how to get involved and tune in to your mental wellbeing](#) this October.



How do you get to uni?

Have your say to help inform public transport policy and create more sustainable options to and from campuses by [taking the Travel Choices survey](#), where you'll go in the draw to win 1 of 15 Amazon gift cards upon completion.



How students and staff helped shape the COVID recovery

With mandatory isolation requirements lifting this Friday, it's an [ideal time to reflect](#) on how our University community has been at the forefront of the global response to, and recovery from, COVID-19.



Notices

- You may have received an SMS from the University encouraging you to provide feedback on how you feel about university life. This SMS, developed in consultation with students, is a pilot project by the University to better understand and support the needs of students. [Find out more](#) about the SMS survey and how to participate.
- The Student Centre will be closed for in-person enquiries due to [industrial action on Thursday 13 October and Friday 14 October](#) and will re-open on Monday. You can still contact the Student Centre by phone on 1800 SYD UNI (1800 793 864) or [submit an enquiry online](#).
- If you need to convert a media file to an alternative or more accessible format, [you can use SensusAccess](#) for free.



Event highlights

Someday Soon festival

Only a few days left to get your tickets to the USU's hottest new music festival, Someday Soon, this Saturday 15 October. There'll be three stages stacked with [over 20 incredible Aussie artists](#), multi-level bars and food trucks. [Get your tickets now](#) so you don't miss out!

Machinal at the Cellar Theatre

SUDS is proud to present Machinal at the Cellar Theatre, a play by Sophie Treadwell that explores the journey of a young woman's life. The play runs until Saturday 15 October and tickets are limited, [so get yours now](#).

Cultural Immersion Day

Gain a deeper understanding of the cultural practices of Aboriginal and Torres Strait Islander peoples next Friday 21 October. You'll be welcomed with smoking ceremonies, take part in weaving and enjoy bushtucker. [Register for the free event](#).



Get involved

Sydney Quantum Academy scholarship

Want to learn more about quantum technology? [Apply for Sydney Quantum Academy's \(SQA\) Undergraduate Research Scholarship](#) by Wednesday 19 October for the opportunity to undertake a six-week project at one of SQA's four partner universities. [Learn more](#).

Paid opportunity with the USU

The USU are looking for a Campus Activity Coordinator for 2023. If you have creative ideas for new events to hold across campus and want to get more involved in uni life, this is the perfect opportunity for you! Applications close 10 am 24 October. [Apply now](#).

Climate action possibilities

Join the Sydney Environment Institute on Wednesday 26 October to hear from experts as they unpack how responses to the climate crisis have been organised by business, government and civil society, and what possibilities of transformation lie ahead. [Register for the free event](#).

Complete a survey for the chance to win \$250

The Matilda Centre for Research in Mental Health and Substance Use are calling upon students to [take part in a survey](#) that aims to support young people who have experienced trauma. The online survey will take approximately 15 to 30 minutes to complete, and participants will go in the draw to win one of two \$250 vouchers.

Edified Energiser Grants

Have an idea to improve education in our community? [Apply for an Edified Energiser Grant](#) (EEG) worth \$5000 as an individual or group by Monday 7 November to bring your idea for better education to life.

Get exam ready

To help you sail through exam season, [the Library have prepared a range of activities](#), from study sessions to wellbeing workshops, to help you ace your exams.

Teacher spotlight

Watch part 1 of our USYD: TYSM series where we celebrate our extraordinary educators. Tell us about your teaching hero and they could be featured in part 2!

Image of the week

La Niña isn't dampening the spirit of our graduates. Congratulations class of 2022!

Photo credit: [@lamjyhg](#)

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