





3 October 2023 Week 9, Semester 2

Welcome to Week 9! We hope you're feeling refreshed and ready to tackle the second half of semester. In today's edition, we share tips, resources and events to help you prioritise your wellbeing this Mental Health Month, and an exclusive offer to attend South by Southwest (SXSW) Sydney.

Top stories this week

Observing Mental Health Month this October

Held each year in October, Mental Health Month reminds us of the importance of looking after our wellbeing. Read through our tips and resources to help you take care of yourself and others this month.



Student SMS Survey: what you need to know

Throughout October, the University is conducting an SMS wellbeing survey, asking students how satisfied they are with University life. Find out why we're running the SMS wellbeing survey and how to participate.



University of Sydney Union Creative Awards 2023

<u>The USU Creative Awards exhibition</u> is on display at Verge Gallery from 3–20 October, providing an amazing opportunity for students

to showcase their artistic works to peers, industry professionals and the community.



Lauranne Leunis, Metamorphosis (video still). Winner Art category, 2022.

Exclusive student offer to attend SXSW Sydney 15–22 October 2023

We're thrilled to offer USYD students two exclusive offers to experience South by Southwest (SXSW) Sydney for a series of conferences, festivals, expos and parties that bring together inspired thinkers, creators, and innovators from around the world.

Visit the Tech & Innovation Expo for free

Claim one of 500 free Expo Day Passes, each valued at approximately \$40, and explore the Tech & Innovation Expo from 18–21 October. Use code '1030EduPEx' at checkout.

Receive 50 percent off SXSW Sydney badges

Be one of the first 100 to claim your 50 percent discount on SXSW Sydney badges, and gain access to a suite of SXSW events and exhibitions. Applies to all badges. Use code '5334EduP50' at checkout.

Discount codes are limited so don't miss this exclusive opportunity to learn, discover, and expand your professional network.

Notices

- Early voting services to vote in the Voice to Parliament referendum begin today,
 Tuesday 3 October 2023. Find out <u>eligibility criteria and where you can vote early</u> on the AEC website.
- Exam timetables for Semester 2, 2023 will be released 9 am on Monday 9 October. <u>Visit the exams page</u> on Monday to access your timetable.
- Upgrading your mobile phone? To continue to access your university accounts, keep your
 old phone and transfer OKTA Verify to your new mobile device. If you are trading in your old
 phone, please ensure you unenroll it from Okta Verify first. Refer to the step-by-step
 instructions on how to set up Okta Verify on your new phone.

If you have a disability, medical condition, or carer responsibilities (temporary or ongoing) which may disadvantage you in your formal examinations, you may be eligible for reasonable adjustments. To be approved for adjustments in your Semester 2 formal exams, you will need to book a consultation appointment and be registered with Inclusion and Disability Services (IDS) by Wednesday 4 October. See the IDS webpage for further information about the registration process.

Mental Health Month activities at USYD

Have your wellbeing questions answered

USU is running an 'Ask Me Anything' campaign on their Instagram stories to support students' seeking advice and support. Submit your questions about student wellbeing to USU's Instagram from 3–6 October.

Find a bargain at the Twice Loved Markets

Make new friends, connect with our community, and pick up your next unique thrift find as you wander through fellow students' stalls at the Twice Loved Markets. The markets will run on Eastern Avenue from 10 am to 3 pm, 17 October.

Enjoy free breakfast at the Library

Join the Breakfast Club every Tuesday and Thursday during October from 9 am for free brekkie and a chat. Tuesday's breakfast will be held at The Quarter Library and Thursday's will be held at Fisher.

Free events on and around campus

10–12 October | Talanoa Forum: Moana Rising

Over three days, this program will highlight urgent issues around small island ecologies, climate justice, decolonial museology, diasporic and Pacific alliances. Entry is free – head to the Sydney Environment Institute website to find out more.



17 October | STEM Panel Discussion

Hear from a diverse group of panellists as they discuss career pathways and opportunities for STEM graduates. This free event will be followed by a Q&A session and networking.



Until 30 March 2024 | At the Vanishing Point

Through the lens of merchandise, memorabilia, and souvenirs, this exhibition at Fisher Library prompts conversation and reflection about what objects say about the role of international law in the social and cultural zeitgeist.



Support making transport concessions accessible to all students

The Student Representative Council and Sydney University Postgraduate Representative Association have worked hard to reignite important discussions around equity in student transport concessions. We wholeheartedly support their call for the State Government to extend the transport concession program to all students, including part-time and international students. Sign the ePetition to show your support for making transport concessions available to all students in NSW.

Study and career development opportunities

Speak to an advisor about study-related decisions

Thinking of changing courses or want to reach your academic goals sooner? The Student Advising team can help. <u>Book a 1-on-1 consultation with the Pop-Up Course Transfer Hub</u> to learn about the course change process, where to seek further academic advice and support, and how to get the most out of your degree.

Explore new research on South Asia and its diaspora

Join the Sydney South Asia Society on 13 October and <u>discover new research on the South Asia</u> <u>region</u>, including Afghanistan, Bangladesh, Bhutan, India, The Maldives, Nepal, Pakistan, Sri

Lanka. Supported by a <u>Student Life Grant</u>, this symposium features panel sessions followed by the documentary film, "Ghar ka pata" (Home Address) and a discussion on the theme of diaspora.

Become a member of the Student Appeals Panel

Applications to join the Student Appeals Panel, the pool of students and staff who decide on appeals against academic decisions and misconduct, are open until Friday 13 October. The panel provides an opportunity for students to participate in deciding the appeal outcomes of fellow students. Find out if you're eligible to join the Student Appeals Panel and how to apply.



100+ years of global connections

Celebrate 100+ years of welcoming international students to USYD with two events hosted by the Sydney University Postgraduate Representative Association (SUPRA) and Student Life.

Until early November, visit the global connections art exhibition at the International Student Lounge (Level 4 Wentworth Building) to see a range of creative works by our students. The first round of <u>artists whose works are featured in the exhibition</u> is listed on the SUPRA website.

You're also invited to attend the global connections symposium on 19 October, where you'll gain insight into the diverse range of experiences of our international student community. <u>View the full program and register</u> online.

Social shoutout

Here's to more blue-sky days on campus!

Photo credit: <u>@izzysdigitalmemories</u>

We love to see what you get up to during semester, so tag <u>@sydney_uni</u> or <u>#usyd</u> for your chance to be featured.

Don't forget to join us on <u>Facebook</u>, <u>Instagram</u>, <u>TikTok</u> and <u>WeChat</u> to stay up to date on the latest news and events.



Student resources

Student website | Canvas | myUni | Sydney Student | Key dates | Student life, wellbeing and support

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Please add university.communications@sydney.edu.au to your address book or senders safe list to make sure you continue to see our emails in the future.

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