



27 May 2024

STUVAC, Semester 1

Can you believe it's STUVAC, Chloe? While catching up on study this week is important, it's even more important to look after yourself. Make sure you stay active and connected with friends and take regular breaks outdoors. In today's edition, we share tips to help you prepare for your upcoming exams, from study techniques to managing stress, along with the best spaces to study on campus after hours.

Get ready for Semester 1 exams



5 ways to manage stress during exams

Exam season can be stressful, but there are some simple strategies you can apply to manage your stress and anxiety during this time. Here are [five ways to de-stress during exams](#) and help you finish Semester 1 on a high note.



Start your day off right with the Breakfast Club

Grab a [free breakfast on campus in the Quarter kitchen](#) on Tuesday 28 May from 9–10 am. There will be a variety of cereal and toast on offer, and library staff will also be available to have a chat and share their study tips. Registrations are essential.



Free food during STUVAC and exams

Check out more daily freebies up for grabs from the [USU Food Truck](#), which you'll find outside Fisher Library from Monday to Thursday, 27 May to 13 June.

Join us in celebrating Mabo Day 2024

The Indigenous Employment and Engagement Team (Diversity and Inclusion) warmly invite you to celebrate [Mabo Day 2024](#) on Monday 3 June from 10:30 am to 12 pm in the Abercrombie Building. Hear a keynote address from artist Toby Cedar, a proud Torres Strait Island man, with lunch and a free film screening of 'Mabo' to follow.

Need to know

- It's STUVAC this week, which means most students will have no classes.
- Scams are on the rise globally. Anybody can be scammed, and most people will be targeted at some point in their lives. Knowing [what to look for and what to do if you've been scammed](#) can help you stay safe and reduce the impact of a scam.
- Coming into the cooler months, it's important to know where you can access [University Health Services](#) on campus if you are sick or feeling unwell. All students can [book and access standard medical consultations](#) for free. The University's medical centre is located on Level 3 of the Wentworth Building on the Camperdown/Darlington Campus, and is open 8:30 am to 5 pm, Monday to Friday, except during the University's closedown period from 23 December 2024 to 7 January 2025.
- If you're sick and cannot sit your scheduled exam or exceptional circumstances are impacting your ability to complete your assessments by the due date, you may be able to apply for [special consideration and arrangements](#).

How do you think your student fees should be spent?

We want your feedback on how the Student Services and Amenities Fee (SSAF) should be spent, so we can continue to support you while you study with us. Have your say and complete [a](#)

[survey on how you think the SSAF can be best used](#) to improve your experience at university. The survey should take approximately 5–10 minutes to complete.



Exam ready events

Check out the [Library's Exam Ready program](#) for practical advice on how to prepare for your exams as well as a range of activities to help you pause, reset and refocus.

Amplify your study sessions

Explore the [Pomodoro technique](#), one of the most effective methods for structuring your study sessions and proven to increase productivity, with our Peer Learning Advisors on Wednesday 29 May from 1–2 pm at Fisher Library.

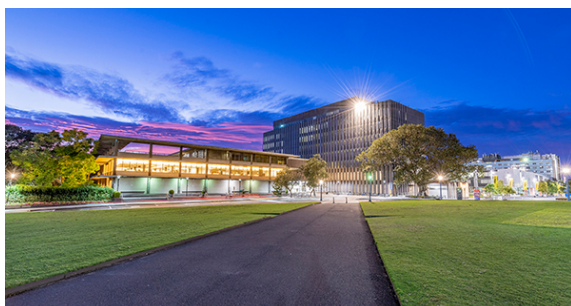
Koori Kinnections weaving workshop

Chat and learn about the cultural [practice of weaving](#) from 10:30 am, Thursday 30 May, in the new Aboriginal and Torres Strait Islander Student Space. Following traditional protocols, you'll weave a bracelet or rope. All are welcome.

How to practice mindful eating

Learn [how to eat mindfully](#) by focusing on your body-related sensations, eating experiences, and feelings and thoughts about food on Thursday 30 May from 12 pm in Fisher Library. Snacks are provided during the session.

The best spaces to study on campus after hours



Last week, most of you told us that you're spending STUVAC catching up on study. If you're looking for a quiet space to study throughout the day and into the evening on campus, we've got you covered with the following study spaces and learning hubs open 24/7 for students.

Camperdown/Darlington[Fisher Library](#)[Law Library](#)[Abercrombie Learning Hub](#)[Brennan MacCallum Learning Hub](#)[Carslaw Learning Hub](#)[PNR Learning Hub](#)[The Quarter \(postgraduate students only\)](#)**Camden**[Camden Commons](#)

For a list of all study spaces, visit the [Library website](#).

Don't forget you'll need your student card to swipe in for access after hours.

University news**University of Sydney water polo trio off to Paris**

Sydney University Water Polo Club members Keesja Gofers, Matilda 'Tilly' Kearns and Sienna Green have been selected in the [Australian women's water polo team](#) to compete at the 2024 Olympic Games in Paris. Congratulations Keesja, Tilly and Sienna!

Interested in study or research in the U.S. in 2025?

[Fulbright Scholarships](#) create life-changing opportunities for students and researchers, offering an unparalleled experience of academic and cultural exchange built upon a 75-year foundation of bilateral collaboration, knowledge transfer, and diplomacy.

Find out about the [Fulbright Scholarship opportunities](#) available at any U.S. institution and in any field during 2025/26 at an information webinar on Friday 31 May from 11 am–12 pm. By registering, you will also receive access to a recording of the session.

What's happening at Sydney



Learn how to publish with integrity

Tackle common questions and challenges related to authorship in publications, including defining authorship, negotiating author roles, managing conflicts of interest, and using generative AI tools in research at a [research integrity webinar](#), held via Zoom at 1 pm on Wednesday 29 May.



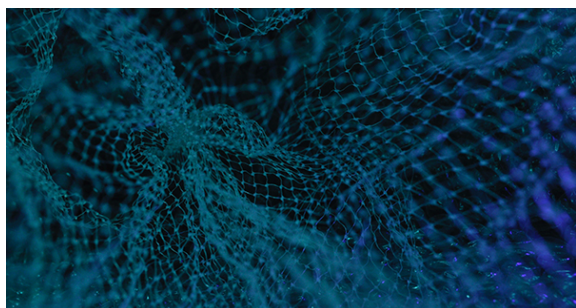
Enjoy wine, cheese and chats with your fellow HDR students

What better way to meet friends than over a glass of wine and a delicious meal? Come alone to [Wine and Cheese Night](#) on Friday 7 June from 5 pm – it's a great chance to relax, meet fellow HDRs, and enjoy a selection of fine wines along with a variety of cheese platters and gourmet pizzas.



Get creative at the Humanitarian Innovation Hackathon

Running from 19–21 July, the [Humanitarian Innovation Hackathon](#) is a weekend-long program that offers you the opportunity to work on practical solutions for real international humanitarian issues, with team prizes of up to \$5,000.



Showcase your data analysis skills and win cash prizes

The Sydney Precision Data Science Centre's annual [Data Analysis Challenge](#) is on from 22–24 July 2024. The challenge gives you the opportunity to showcase your skills and creativity in analysing complex data, with cash prizes of up to \$500.

Thinking of studying a PhD?

The [Research Scholarship in Literature Reviews in Molecular Cancer Research](#) is a postgraduate research scholarship offering up to \$127,320 for a PhD student to investigate problematic literature reviews in molecular cancer research. Applications close 13 June 2024.

Student resources

[Student website](#) | [Canvas](#) | [Student Portal](#) | [Sydney Student](#) | [Key dates](#) | [Student life, wellbeing and support](#) | [Scams support](#)

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