

UNSW COLLEGE

The Appreciation Edition

February 2025

In The Know



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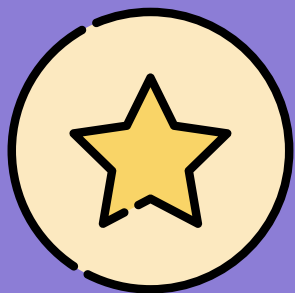
Editor's Note

Lectures and tutorials are officially back in session, as any where you look on campus, there are students milling around! February is known to be the month of love, but I think we can also segue into the theme of "appreciation".

With the term starting after a long break for most of you, it can be a time of running around getting used to the rhythm of things again. I hope that through reading this magazine you also take some time to love through appreciation the smaller, less noticeable aspects of life. It may be as simple as appreciation for a dry sunny day or towards the barista who makes your favourite coffee, but being aware of these moments can make us value every day a bit more.

Yours truly,

Vivian He
In the Know Editor
UNSW College



Highlighted events

Queer Screen's Mardi Gras Film Festival

Celebrate diversity, storytelling, and the power of film at the 32nd Queer Screen Mardi Gras Film Festival! Running from February 15 to 29, this vibrant event showcases a spectacular lineup of LGBTQIA+ films from around the world, spanning genres from heartfelt dramas and powerful documentaries to lighthearted comedies and thrilling narratives. Held across multiple venues in Sydney, the festival is more than just a cinematic experience – it is a celebration of queer voices, creativity, and representation.

Expect filmmaker Q&As, panel discussions, and special events that bring the community together in a shared love of storytelling. Whether you are a film buff, an advocate for inclusivity, or simply looking for an engaging cultural experience, this festival is not to be missed.



O|PERA AUSTRALIA

CINDERELLA

(CENDRILLON)

at Sydney Opera House



Opera Australia's 2025 Season: Cinderella

Experience the enchanting world of Cinderella as Opera Australia brings Massenet's classic opera to life at the Sydney Opera House from Thursday 2 January to Friday 28 March. This whimsical production features enchanting music, playful choreography, and extravagant costumes, creating a magical experience for audiences of all ages. The set design resembles a pop-up storybook, complete with fold-out balconies and paper-cut carriages, transporting viewers into a fairy-tale realm.

Whether you're a seasoned opera enthusiast or new to the genre, this performance promises to captivate and delight.

Mark your calendars and immerse yourself in these unforgettable experiences that Sydney has to offer this February!

WHO'S HUNGRY?

BRINGING YOU
THE BEST EATS IN
SYDNEY

NOTEWORTHY EATERIES



Bubble Nini Cafe

10 Ebsworth St, Zetland NSW 2017

You haven't had bubble tea until you come to the Bubble Nini Cafe in Zetland. Locals and tourists alike know this cafe to have *the* perfect instagrammable bookshelf where you can enjoy not just a beverage but also desserts like cake and bingsu. Whether you're meeting friends, having a study session or want to satisfy your sweet tooth, we recommend making Bubble Nini Cafe your next stop.

Image credit: Bubble Nini Cafe | Instagram

Chubby Cubby Cafe

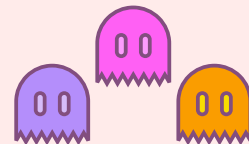
810 George St, Haymarket NSW 2000

Matcha is taking the world by storm so much, there's been talk of a matcha shortage! Fingers crossed that doesn't happen, because we are obsessed with the matcha-centered drink offerings at Chubby Cubby Cafe.

Walk by even during the early morning, and you'll see a line of people waiting to get their green caffeine fix. Don't think that this cafe is just limited to matcha, because they also have biscoff lattes, latte einspanners, and coconut cloud lattes (which is coconut water and coffee cream, who would've thunk it?!).



Image credit: Chubby Cubby Cafe | Facebook



Astro's Arcade Bar

24 King St, Newtown NSW 2042

This spot has multiple levels, including a cool upper area, packed with a mix of classic and modern games. Immerse yourself in a retro gaming paradise, featuring an epic range of pinball machines and arcade video games. Plus, if you're a board game lover, there's a whole shelf dedicated to all-time favourites. Make sure to snag a seat at one of the tables with N64 and challenge your mates to some classic gaming. With machines taking \$1 coins (available at the bar), most games will only set you back \$1, while pinball costs \$2 (just pop in two \$1 coins).

Image credit: Astro's Arcade Bar | Eat Club Website

B. Lucky & Sons

207/122 Lang Rd, Sydney NSW 2021

Step back in time with a modern twist at B. Lucky & Sons, where the 80s arcade magic is back and better than ever! Conveniently located in Moore Park (the perfect place to relax after your tutorials), this retro-inspired bar and arcade fusion is for the ultimate kid-ult. Get ready to relive the glory days with classic arcade games like Mario Kart, Space Invaders, and Nintendo, alongside newer favourites like Dance Dance Revolution and NBA Hoops.



Image credit: B. Lucky & Sons



Archie Brothers Cirque Electriq

75 O'Riordan St, Alexandria NSW 2015

Welcome to the most electrifying of arcades, where your eyes will be taken for a ride with all the kaleidoscopic colours bouncing off the walls. This high-energy haven is packed with bowling lanes, dodgem cars, arcade fun, laser tag, and a mind-blowing 3D interactive theatre ride! When hunger strikes, Dazzler's Diner is ready to feed the whole crew with tasty options.

Image credit: Archie Brothers Cirque Electriq

Double Kill Games

Level 1/203 Thomas St, Haymarket NSW 2000

This laid-back yet exciting venue boasts a huge variety of games, from classic board games to competitive card and tabletop options. Plus, there's a whole bunch of mahjong tables! Located right in the heart of Chinatown, Double Kill is super easy to get to. There are also private rooms available for larger groups so you can get rowdy in peace. Feeling hungry or thirsty? They've got you covered with snacks, drinks, and more, so you can fuel up while you battle it out.



Image credit: Double Kill Games | Google



Image credit: Z Ball Amusements / Beercade

Beercade

113-115 Regent St, Redfern NSW 2016

Just a two minute walk from Redfern Station, swing by Beercade and be entertained with an incredible collection of classic Bally/Williams pinball machines, all fitted with colour DMDs and in tip-top condition. Plus, they've got some of the latest and greatest modern Stern pinballs, many of them exclusive Limited Editions, including the legendary #13! Pinball, arcade games, darts, or pool, Beercade has something for every kind of gamer and they also deliver a killer selection of drinks (in case you didn't infer that from their name!).

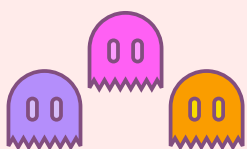
The Greens

50 Ridge St, North Sydney NSW 2060

Gaming doesn't just have to be confined to electronics that make awesome sound effects, you can scratch your gaming itch with lawn bowls too! Lawn bowls is a popular outdoor sport in Australia, and it involves players rolling slightly curved bowls towards a smaller target ball, known as the "jack." The objective is to get your bowls as close as possible to the jack, either by directly rolling them or strategically positioning them.



Image credit: The Greens



it's all fun and games

DIVERSITY OF ENGLISH

WRITTEN BY:
CARMEL WALSH



The English language is one of the most widely spoken and diverse languages in the world. However, its rich complexity often goes underappreciated. While many might be familiar with its global reach, the true extent of its diversity may surprise you.

English, one of the youngest major languages, began as a primarily spoken language. Remarkably, it did not fully replace Latin and French as Britain's dominant written and administrative language until the late 15th century.



Today, English dominates the global stage, serving as an official or widely used language in over 50 countries and functioning as a second language in many others. It is also the primary working language of major organizations like the United Nations and the European Union. English is the most widely used language on the internet and is often required for publishing in international academic journals.

BUT WHAT MAKES ENGLISH SO UNIQUE?

We Speak English!



**Its origins lie in its ability
to absorb and adapt.**

With roots in Germanic, Scandinavian, and Latin languages, English has borrowed heavily from cultures worldwide. This blend has created a language rich in vocabulary, one of the largest and fastest-growing lexicons of any language. Each year, thousands of new words are added, reflecting evolving trends and technology

Additionally, English is not uniform. Regional accents, pronunciation, and idiomatic expressions vary widely. From Irish slang to American phrasing or Australian intonation, local cultures shape how English is spoken, making it both fascinating and challenging to understand.

Unlike some languages, English lacks an official regulatory body, constantly adapting to cultural shifts.

For example, my children have started saying they have a lot of 'rizz' which is slang for charisma. This shows how English keeps evolving, even with younger generations leading the charge.



**YOU WON'T GET BETTER ADVICE
THAN STRAIGHT FROM THE
STAFF AT UNSW COLLEGE**

Through the Lens

presented by the Photography Club



Photos by Hao (Wendy) Wang



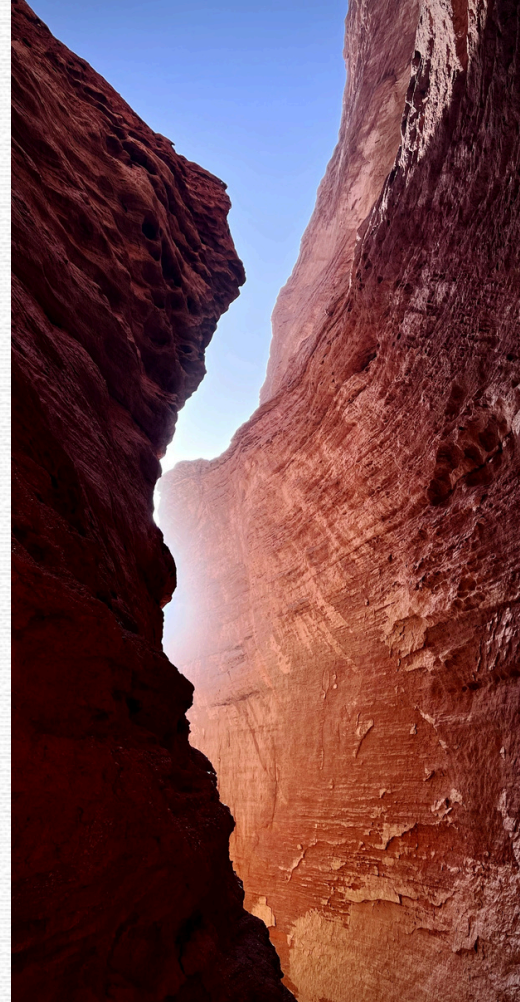
Photos by Jewel (Jingwen) Xu



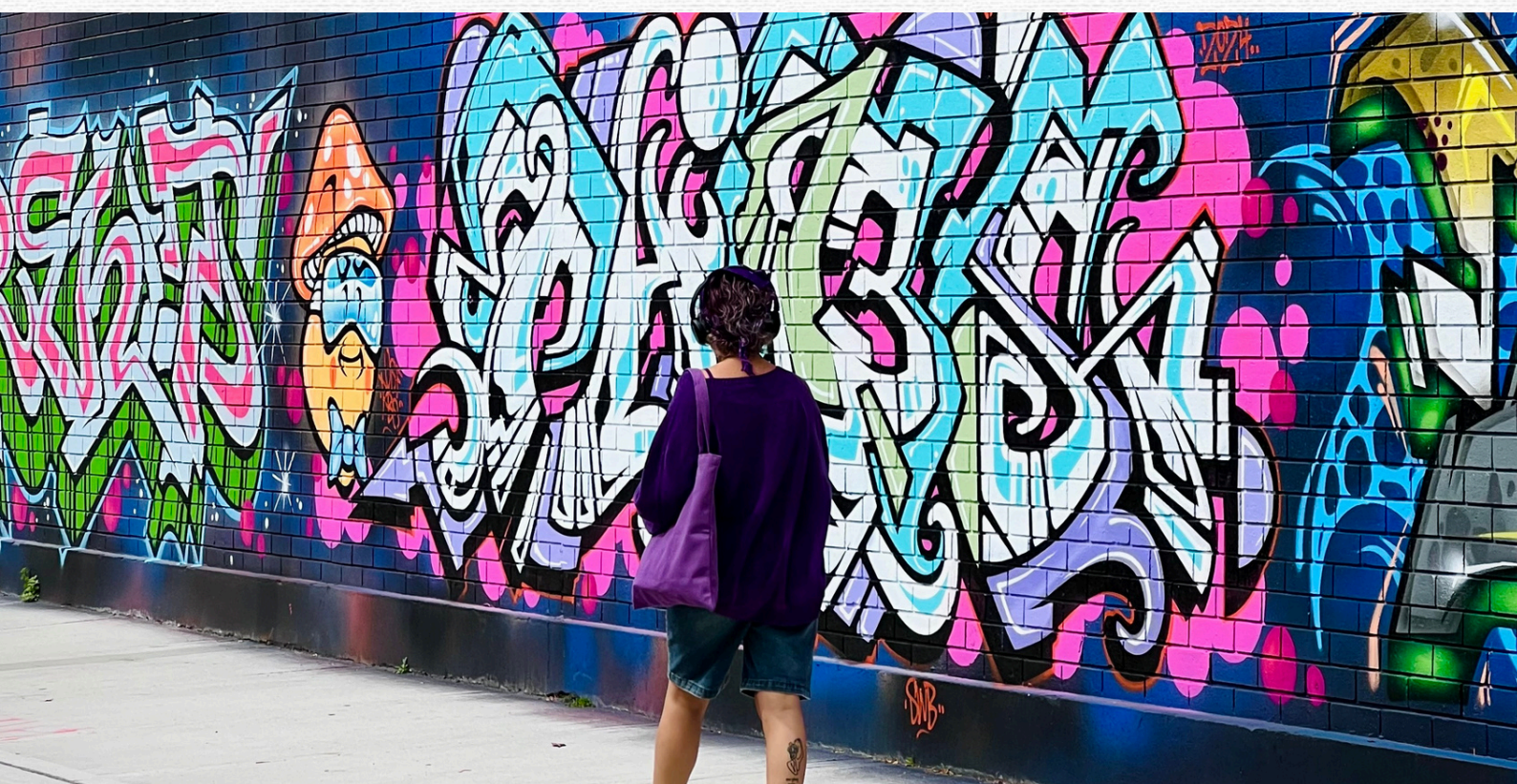
Photos by Fengming (Wolfe) Zhang



Photos by Fengming (Wolfe) Zhang



Photos by Ruonan Li



Photos by Ruonan Li



Photos by Chenwei (Wayne) Qin

Appreciating the little things

and why slowing down matters in our fast-paced society

Life's busy. We're all running around, chasing after goals, ticking things off the to-do list, beating deadlines and working our butts off to turn our big dreams into reality. While ambition is important, it's also crucial to take a moment to stop, breathe, and appreciate the little things that make life so special. After all, some famous person in some famous inspirational movie must've said "sometimes it's about the journey". And they would be right. It's important we recognise the small moments, and the little daily happinesses that often go unnoticed in the hustle and bustle.



The pursuit of dreams – but at what cost?

We've all got dreams. Some want to make it big in the corporate world, some want a big house next to the beach and some might want to be TikTok famous. But in the race to achieve them, it's easy to forget how much we already have that we should be grateful for. In Australia, we're known for our laid-back attitude, and there's wisdom in that. When we focus too much on the future, it's easy to miss out on the beauty of the present moment.

The joys of pressing pause

Slowing down isn't about abandoning your ambitions or letting go of your dreams. It's about learning to appreciate the little things along the way and finding balance in celebrating both the big and small wins. Take a moment to think about it: How often do you really savour your morning coffee? Or notice how the cool breeze feels on your face during a lunchtime walk? These are the moments that make up the fabric of life, and when we slow down and appreciate them, they can bring a sense of peace and contentment that can fuel us in the pursuit of our larger goals.



How to start appreciating the little things

It's actually simpler than you might think

Take time to pause

Throughout the day, take a few moments to stop what you're doing and be present. When you're waiting for your coffee to brew, sitting on a bus or waiting for your class to start, that's your chance to clear your mind and remember something that you're grateful for (it might even be as simple as being blessed by lots of green traffic lights).



Start a gratitude journal

Take a minute each day to jot down three things you're grateful for. They don't have to be big or lofty, but being able to put it into words makes it easier to realise that life can be pretty sweet.

Unplug

It's easy to doom scroll, but try setting aside time to disconnect and focus on the world around you. Step outside, breathe in the fresh air, and enjoy the beauty of nature.



Be mindful

Mindfulness doesn't have to be a complicated practice. Just focus on the present moment, be engaged and relieve yourself of any intrusive thoughts, even for just a minute.

So the next time you might be feeling on edge that something didn't go your way or you're having a less than stellar day, rather than choosing to be stuck in the gloom, try to break out of it by remembering the little things that make life beautiful. By themselves, the small things can seem insignificant but it's the culmination of many small things that make life so amazing. Slowing down and appreciating what's around us doesn't diminish our ambition, it enriches it.

Study Club is back for 2025!

Come join us at the Student Hub on Level 1 of the UNSW College L5 Building for sessions led by Peer Leaders who aced their subjects

Drop in during any of the below times:

- Mondays 11am – 2pm
- Tuesdays, Wednesdays, and Thursdays: 5pm – 8pm



THROUGH THE STUDENT LENS:

GRADUATE NARRATIVES

Superb work,
Ngoc Phuong Anh
(Audree) Chau

2025 UEEC GRADUATE

Good afternoon everyone.

My name is Ngoc Phuong Anh Chau, Audree in English. I come from a very popular Southeast Asian country – Vietnam.

Starting a new life in Sydney was a massive step for me, filled with excitement, curiosity, and of course nervousness. But looking back now, I realise this journey has been one of the most rewarding experiences of my life.

I have had the privilege of studying the Tertiary Orientation Program at UNSW College, and today, I am incredibly honoured to stand here and share this moment with all of you.

It feels surreal standing here today because it feels like just yesterday we were stepping into UNSW College, unsure of what to expect, navigating new challenges, and trying to find our place in a whole new world. And here we are, we made it!



Studying at UNSW College has been an unforgettable experience.

From excursions that allowed us to explore Sydney to challenging position papers and the nerve-wracking yet exciting presentations we delivered, every moment has shaped us in one way or another. I remember feeling so nervous about speaking in front of a crowd, but here I am, standing here giving a speech. I realise how much more confident I have become.

I especially want to thank Ms. Diana and Ms. Tania, who have been so friendly, encouraging, and always willing to guide me through this journey. Their support truly made a difference.

What I loved most about this program was the friendships I made. Meeting scholars from all over the world and connecting with teachers who genuinely cared about us made this experience even more special.

As for my next steps, I am excited to continue my studies at the UNSW main campus, pursuing a degree with students from all over the globe.

To my fellow classmates, congratulations to everyone — this is just the beginning. No matter where life takes us, let's continue striving for success and making the most of every opportunity. "Embrace progress over perfection and give yourself permission to make mistakes along the way."

As long as you take actions and aim for the better, regardless of failures, you'll step closer to success.

Thank you!



Three cheers for you, Shuangna (Shanna) Tang

2025 OUEEC GRADUATE



Hi everyone, I'm Shanna. I'm so excited that we've finished all our exams and are here to celebrate our graduation from UEEC. 5 weeks is such a short time, I still remember what happened on our first day. We all joined Julia's class, and then switched to a different meeting link, and that's when we met Sharon.

At first, I was really nervous about taking a class entirely in English and was too scared to speak up. But whenever we made mistakes, Sharon would say things like "ok," "good job," and "well done," which really encouraged us.

I want to share a funny story from our class with you. Sharon always told us not to speak Chinese in class, but during breakout room discussions, we sometimes used Chinese. I know you guys did it too! One time, we were having a lively discussion in Chinese, and one of us said, "卧槽这个作业我忘记了." Then, out of nowhere, we heard Sharon's voice say, "Oh really?" It was so scary because we didn't realize she had joined us. It felt like we got caught red-handed! But it's a fun memory now. Over time, we got better at using English, even though we still slipped in some Chinese words sometimes. Overall, we've all improved a lot.

I remember the night before our presentation, I stayed up until 3 AM working on my PPT. I'm sure many of you have pulled all-nighters too, whether it was for a presentation or a task due the next day. But one good thing about online learning is that you don't have to commute. After a late night, you can just roll out of bed in your pajamas and log into Zoom. It's perfect for night owls like me. I hope everyone gets good grades!

So, congratulations again to everyone on graduating from online UEEC! Thank you, Sharon, thank you, Julia, and thanks to all the teachers and IT support staff. I hope to see you all on campus soon!



You shine so bright, Jiayi (Zoey) Zhao

2025 UEEC GRADUATE

Good afternoon, everyone.

My name is Zoey, and I am honoured to be here today as a representative of the UEEC students to deliver the graduation speech.

Firstly, I would like to extend my heartfelt congratulations to all of our students for completing their exams and courses! We did it! It wasn't easy to complete them and everyone should be proud of their achievements.

This moment is not only an important milestone in our academic journey, but also a testament to the incredible progress we have made together.

When I first joined the program, I was filled with excitement and nervousness about moving to a new country, adapting to a new culture, and meeting new friends and teachers in an unfamiliar language – English.

I still remember the first day, the class was silent, everyone was silent, and my mind was in chaos. I was stressed: How do I say it in English? What about my grammar mistakes? There were so many words and phrases I didn't know! I really wanted to speak Chinese!

OMG! So awkward! What can I do?!

However, luckily for me, my teachers were gentle and patient, and they created a safe environment where I could practice without fear of judgement!

Through this course, we have not only improved our English skills but also learned valuable lessons about communication and collaboration.

The interactive classes, group discussions, and countless writing assignments have taught us to think critically, express ourselves clearly, and listen actively. These skills extend beyond the classroom and will stay with us for life.



Studying at UEEC has been a wonderful journey. One of the best parts of this journey has been the friendships we have made. We have all come from different places with different cultures and perspectives. But in our shared experiences such as preparing for a group discussion or having dinner together, we have developed deep friendships that have made this journey meaningful. These friendships have been a source of strength and joy, and I am deeply grateful to every one of you.

In addition, I would like to give special thanks to Tracy, Victoria and Elina for their dedication and encouragement.

Looking ahead, I am excited about the future. I plan to continue my studies at the main campus of the University of New South Wales, where I will be doing a master's degree in public relations and advertising. I hope to use the skills and knowledge I have gained here to make a positive impact on the world in the future.

Finally, I would like to thank all the teachers, staff and everyone at UEEC who has supported us throughout our journey. You have made a significant difference in our lives, and we are deeply grateful.

I would also like to say to the graduates: this is not the end, but the beginning of a new chapter. Let's embrace the future with courage and confidence. Thank you and congratulations again!



Looking back on my time in the UNSW University English Entry Course (UEEC), I feel incredibly grateful for the experience and the people I met along the way. It was a journey of growth, challenges, and unforgettable memories.

When I first joined the program, I wasn't very confident in my English skills. Communicating fluently felt like a daunting task, and academic writing seemed overwhelming.

However, from the very beginning, I was welcomed into a warm and supportive learning environment. My teachers were incredibly patient and encouraging. They not only taught us language skills but also helped us build confidence in using English in academic and everyday settings. Their kindness and dedication made the learning process enjoyable and motivating.

One of the most valuable aspects of the UEEC experience was the friendships I formed with my classmates. Coming from different parts of Asia, including Japan, South Korea, Hong Kong, and Taiwan, we shared similar challenges and aspirations.

Despite our diverse backgrounds, we quickly bonded through group discussions, presentations, and even casual conversations during breaks. There was a strong sense of camaraderie, as we supported and learned from each other.

Over time, I began to see real progress. I went from struggling with complex sentence structures to expressing my ideas more fluently and naturally.

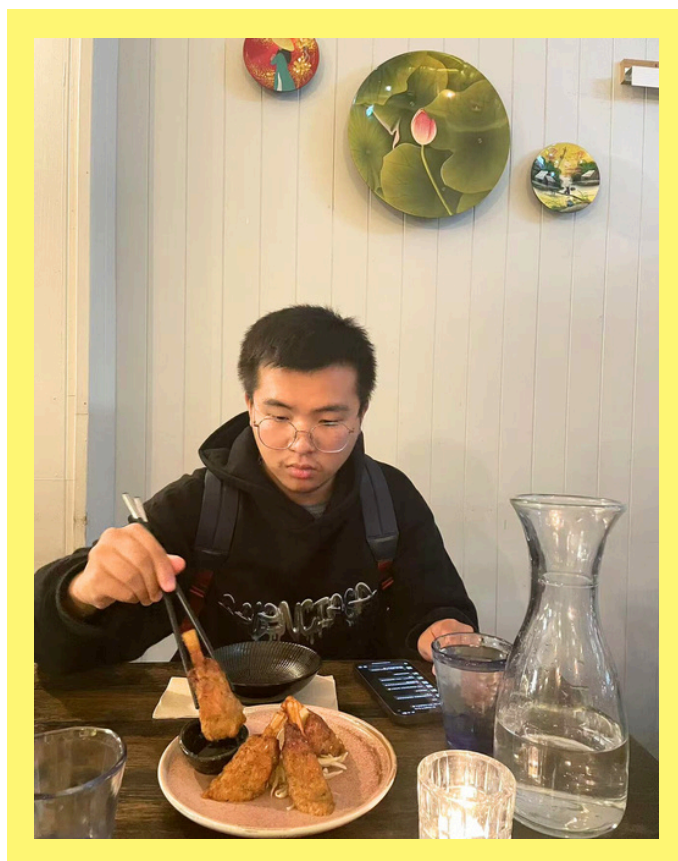


Hooray you did it,
Xujie Tian

2025 UEEC GRADUATE

My listening and speaking skills improved significantly, and I felt more comfortable engaging in discussions. The once-intimidating essays and presentations became opportunities for me to showcase my growth. This transformation was not just about language proficiency but also about gaining the confidence to communicate effectively in an international environment.

Looking back, the UNSW UEEC program was more than just an English course—it was a transformative experience that prepared me for future academic challenges and helped me connect with amazing people from different cultures. I will always cherish the memories and the lessons I learned, both in and out of the classroom.



Congratulations!

to all our wonderful graduates!



HOW MINIMALISM CAN TEACH US TO APPRECIATE WHAT WE HAVE



In a world where consumerism is at an all-time high, the idea of living with less may seem like an out-dated and irrelevant concept. After all, wasn't the point of evolution so we could have more new things and not live like how they did in the olden days? Marketing from big companies are also encouraging us to have more: more stuff, more experiences, more phones. But what if having less could actually make us feel more content, more grateful, and more fulfilled?

Enter minimalism: a lifestyle that encourages us to focus on what truly matters by stripping away the excess and appreciating what we already have. Mind you, minimalism isn't about deprivation or sacrificing joy for the sake of simplicity and living like The Flintstones. Rather, it's about creating space in our lives –space for gratitude, clarity, and a deeper connection to the things that bring us genuine happiness.

Can you tell me more about minimalism?

At its core, minimalism is about intentional living. It's about reducing both physical and mental clutter and focusing on what aligns with our values. The minimalist lifestyle isn't about fitting into a specific aesthetic or being restrictive; it's about curating a life where every item, relationship, and activity serves a purpose.

If you don't know her, look up Marie Kondo who literally changes lives through decluttering. The act of decluttering doesn't just apply to our physical belongings; it also applies to our emotional and mental spaces.

By letting go of excess, we can stop holding or chasing after things that don't necessarily contribute to our long-term happiness.

Take, for example, the clothes in your wardrobe. How many of us hold onto items we never wear which are just shoved into a corner, never to see the sunlight? In a minimalist lifestyle, we carefully curate our wardrobe (capsule wardrobe), keeping only the pieces that we truly love and wear often. This not only reduces clutter but also makes us more appreciative of the items we do have. We begin to realise that having a smaller, more functional wardrobe actually leads to less stress, less decision fatigue, and more enjoyment in what we wear.

How to start injecting minimalism into your daily life?

If you're considering embracing minimalism in your own life, here are some simple steps to help you get started:

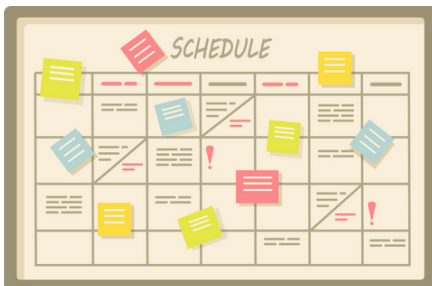


Declutter with intention

Begin by evaluating your possessions and letting go of items that no longer serve a purpose or bring you joy. Keep only the things that add value to your life.

Quality over quantity

When you do need to buy something, choose high-quality items that will stand the test of time. This approach leads to fewer, but more meaningful possessions. Some people like to maintain a "24 hour cooldown period" where they must wait a day before purchasing an item. This prevents any impulsive purchases and ensures that you actually want what it is that you're buying.



Simplify your schedule

Take a look at how you're spending your time. Are there commitments that drain your energy or no longer align with your values? Let go of the activities that don't contribute to your happiness and learn to say "no".

Embrace experiences over things

Instead of accumulating more stuff, focus on experiences that bring joy and meaning to your life. A weekend away in nature, a family BBQ, or a quiet night in can create lasting memories without the need for material possessions.



You can see that living with less doesn't mean giving up what you love but rather appreciating what you have on a deeper level. Minimalism might not be for everyone but the principles certainly are beneficial, even if you practice it a little. So, perhaps the next time we find ourselves caught up in the pursuit of more, we can take a step back and ask ourselves



What do we already have that's worth appreciating?





APPRECIATE YOURSELF

Dear reader,

We're often far more likely to notice someone else's good qualities, appreciate their growth, comfort them, understand their reasons, and remind them of their goodness than we would for our own selves. We always talk about appreciating the people around us and not taking them for granted, but don't you think it should apply to us too? Have we really taken the time to fully appreciate who we are?

Before we try to build any relationship with others, we should try to understand ourselves first. Especially as an international student who has moved to a foreign country surrounded by new people and environments, you may have encountered moments of loneliness when trying to fit in – feeling lost about your identity. If you know your own values, then you will find it easier to find people who share similar values as you and it will help you to feel like you belong there.

There are many ways you can appreciate yourself and form a healthier and closer relationship with yourself:

Positive self-talk

When you face a challenging situation, you can choose to be optimistic and turn it into an opportunity.

Here are some examples:

Negative self-talk

vs

Positive self-talk

"I failed my test even though I've studied so much for it."

"I'm proud of myself for putting in so much effort. I will learn more and do better next time."

"I'm overweight and out of shape. I might as well not bother."

"I am capable and strong, and I want to get healthier for me."

"I haven't found friends who can understand me, and I feel like I don't belong."

"I will take my time to find my people and until then I'm grateful for the way I have supported myself"

"I've never done this before, and I'll be bad at it."

"This is a wonderful opportunity for me to learn from others and grow."

Self-acceptance

Accept yourself just the way you are and know your true values. When we accept ourselves, we won't change who we are just because of others, or to fit into a certain group. Highlight your strengths and be proud of who you are!

Body scan meditation

This is a way to bring your attention to your body and notice the different parts of your body while scanning from head to toe. This [Headspace article](#) provides an audio that you can use to guide yourself throughout the 3-minute meditation.

This practice can encourage you to be mindful of your body as you direct your attention to how each area of your body works continuously to keep your heart pumping and lungs breathing. You will be able to appreciate your body for all the small ways it has supported you by allowing you to move and think freely.

Know your strengths

Have you ever taken time to consider what your top character strengths are?

There are [24 character strengths](#) that we all possess to different levels, making our character strength profiles unique to ourselves. Take a moment to complete the [survey](#) online, and reflect on what your top strengths are. Think about how you can utilise them in your daily lives, and where you have used them in the past. The survey is completely free, you just need to create an account so your results can be saved!

Try and put these into practice this month, and before you know it you'll find a little bit of self appreciation will become a part of your daily routine! Once you're appreciating yourself more, you'll have more self-confidence too.

Love,
Jolin



Don't forget to check out the latest support article on the Current Students Website below:



Sense of Belonging



View all Health and Wellbeing support articles

BOOKS OF THE MONTH

February Edition

THIS MONTH'S GENRE

In a world where it seems like everyone is going at full speed ahead, allow these books to inspire more **gratitude** and **thankfulness**!

A SHORT GUIDE TO A HAPPY LIFE

ANNA QUINDLEN

In this insightful and moving work, bestselling novelist and columnist Anna Quindlen explores what it really means to 'get a life'. Through her warm and honest writing, Quindlen highlights the beauty of life, showing us that it's made up of fleeting moments, and the importance of living fully and authentically each day rather than simply existing. She reminds us that while we may wish for these moments to appear effortlessly, in the fast-paced lives many of us lead, we must actively seek them out. Learning to truly live means appreciating the highs and lows, not just beelining straight for the destination.

A Short Guide
to a Happy Life

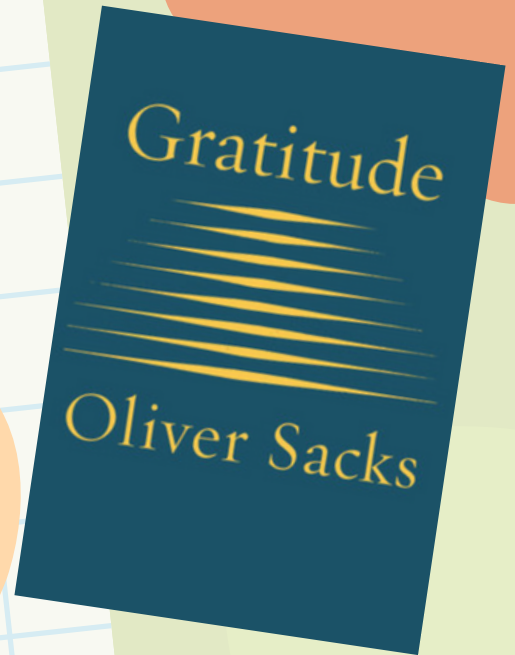


ANNA
QUINDLEN

GRATITUDE

OLIVER SACKS

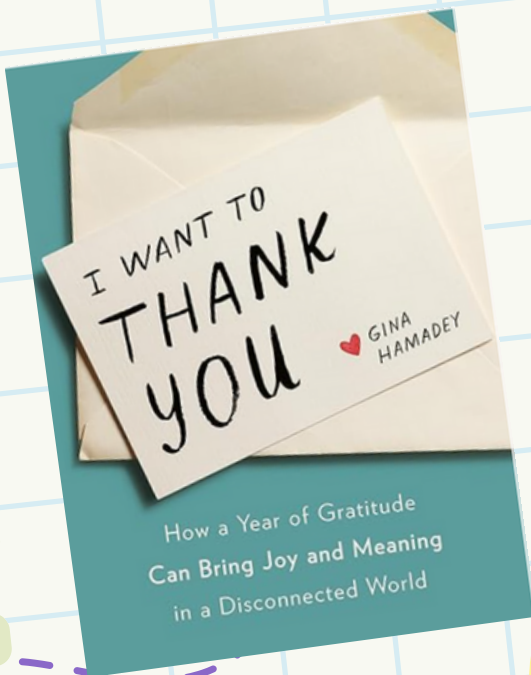
In January 2015, physician, best-selling author, and professor of neurology Oliver Sacks received the news that his cancer had returned. In the final months of his life, he penned a series of essays that deeply reflected on his emotions about the completion of his life and his journey towards accepting his own mortality. "I cannot pretend I am without fear. But my predominant feeling is one of gratitude.... Above all, I have been a sentient being, a thinking animal, on this beautiful planet, and that in itself has been an enormous privilege and adventure."



I WANT TO THANK YOU

GINA HAMADEY

We're aware that gratitude is good for us, yet not many of us express it enough. After feeling depleted and disconnected after a case of burnout and too many hours on social media, writer Gina Hamadey started on a year-long journey of writing 365 thank-you notes to people in her life, from close friends and family to strangers and service workers. Through this simple act of expressing appreciation, she explores how gratitude can enrich relationships, foster positivity, and shift one's perspective on life.



EXP +25

Tales about growing pains, funny stories and everything student experience.

My journaling journey

It's been a few months since I started journaling. I watched a video with my favourite idol and saw that they try to find the time to journal because they have so many amazing and fun experiences that they don't want to forget any of it. I was shocked that my idols would journal, because they would be very busy. But I thought that if they found meaning in writing down their feelings, then I should try it too.

I used to keep a colourful diary when I was a child, and every day would write one page of what happened that day. This time, I just bought a nice and simple navy cover diary from Officeworks.

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Getting oriented at O-Week

I went to the Term 1 O-Week with my friends and it was such a great experience!

There was so many students in yellow shirts helping and asking questions for anyone who was lost. There was so many stalls and people promoting their clubs and societies. Of course, the best part was getting all the free things! There were free coffee milk, energy drink, skincare and so much more. My friend and I spun a lot of wheels and won many prizes. Our bag was almost full with goodies. It was informative talking to the different staff and current students at UNSW.

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Welcoming all submissions to the newsletter!

Got a fresh idea, content suggestion, your best kept secret of Sydney, or a tale of your student experience here at UNSW College you'd like to share?

Click the button below to send us your submission for a chance to get featured in next month's issue!



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