

UNSW COLLEGE

The Beginnings Edition

January 2025

In The Know



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Editor's Note

Happy new year and welcome to the first issue of In The Know for 2025! I cannot wait to bring to you another year of recommendations, advice, funny stories and everything in between to add some pizzazz to your student life during and after College!

Read on for how to make the most of your summer break, and also the best places to meet up with your friends for a catch up. We are also welcoming special guest writer Virginia who shares her experience of being an international student herself while in Italy (the land of gelato and pasta)!

Another year means another year to thrive, and our THRIVE intern Jolin gives you a guide on how to introduce healthy habits into your routine. We also have the President of the Photography Club Aeneas show us his collection of photographs he took on his trip to New Zealand. Now enough from me, read on!

Yours truly,

Vivian He
In the Know Editor
UNSW College



Highlighted events

Sydney Festival

One of Australia's most anticipated events that kick off the new year, the Sydney Festival is back to showcase an extraordinary lineup of performances, installations, and events that span a diverse range of genres, including theatre, dance, music, and visual arts. Set against the vibrant backdrop of Sydney's iconic landmarks and venues, the festival invites both locals and visitors to immerse themselves in an exciting lineup experiences, offering something for everyone.

Sunset yoga next to the wharf, trapeze workshop by the harbour, a puppet show in an award winning building, and this is just the tip of it! There are activities all over Sydney, so you can attend one that is closest to you, or make a day out of it and grab your friends to make some unforgettable memories.

Watch the city will come alive with artistic energy throughout the duration of the festival!



Squid Game: The Experience

Having witnessed the gripping drama of Squid Game on Netflix, now is your chance to experience it firsthand. Squid Game: The Experience in Sydney presents a unique opportunity to test your survival instincts, strategic thinking, and skill as you face off against other participants in a series of high-stakes challenges, crafted by the enigmatic Front Man. This immersive event offers an unforgettable adventure that will push you to your limits.

There will be 6 interactive games such as red light green light, marbles and the game that started it all: ddakji. There is also an optional finale game where if you're up for it, you can challenge the Front Man to win more tokens before the final weigh-in to see who the final victor is.

After the adrenaline pumping games, you can hop on over to the Night Market and enjoy some delicious Korean snacks (away from the creepy eyes of Young-hee).

WHO'S HUNGRY?

BRINGING YOU
THE BEST EATS IN
SYDNEY

NOTEWORTHY EATERIES



Kamakura Warabi-Mochi

Shop 28/501 George Street, Sydney NSW 2000

Warabimochi Kamakura, a renowned Japanese chain specialising in traditional warabimochi, is excited to announce the opening of its newest store in Regents Place. At Kamakura, quality is paramount, and many of the ingredients are sourced directly from Japan to ensure authenticity. For instance, their kuromitsu is brewed in-store using black rock sugar from Okinawa, while the kinako is roasted at higher temperatures to develop a richer flavour, adding to the depth of taste in every bite.

Homm Dessert

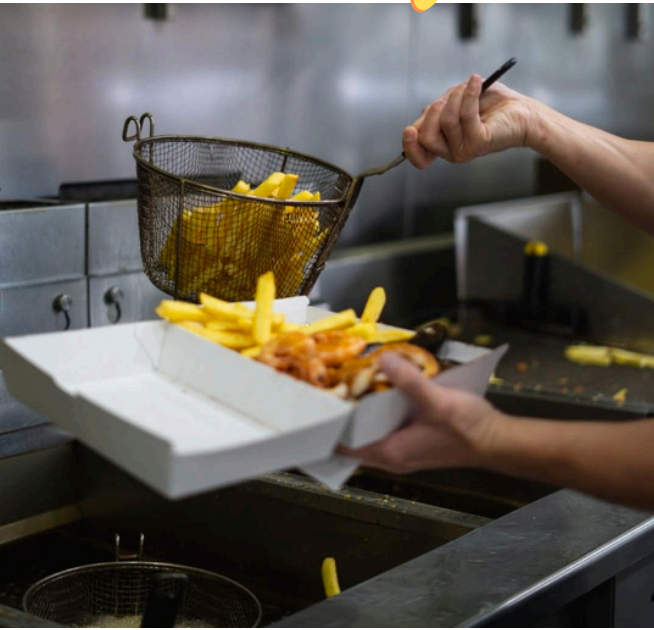
11/35 Ultimo Rd, Haymarket NSW 2000

Homm Dessert is a fresh addition to the Haymarket area, bringing to you a sweetly unique Thai dessert experience. Originally from Melbourne, this is the first Sydney outpost which has quickly gained attention for its signature avalanche bingsu, a showstopper where you lift the plastic collar and watch the delightful toppings cascade down the side of your frozen dessert. There's a range of other tempting treats on the menu, such as mochi and shokupan. Best of all, Homm Dessert is open every day of the week, including public holidays, so really, there's no excuse to not come to this "Homm Sweet Homm"!



Image credit: Homm Dessert

hooked on fish and chips



Ocean Foods

154 Lyons Rd, Drummoyne NSW 2047

Ocean Foods has established itself as a respected institution in the Inner West, offering both fresh and cooked seafood for over 30 years. The comprehensive menu features timeless favourites such as battered savs and seafood sticks at wallet-friendly prices. The fish used in the fish and chips changes depending on the availability and is coated in a traditional family batter recipe that has been handed down through generations. You can be guaranteed a light, crispy coating that brings out the fish's delicate flavour to the fullest. For a true local experience, grab a box, take a seat on the balcony, and watch the world pass by.

Image credit: Ocean Foods | Instagram

Out Of The Blue

2/272 Clovelly Rd, Coogee NSW 2034

This bustling spot on the corner of Clovelly is always packed with eager customers and often with queues spilling out the door and onto the footpath. If you're unsure of what to get, might we suggest the battered Pacific cod, which has a bubbly coating that crackles with each bite. For those in the mood for something other than seafood, the burgers here have quite a reputation and a loyal following. If you're feeling adventurous, for dessert order the deep-fried Mars Bar – a true indulgence. The fish and chips come wrapped in paper, old-school style, making it easy to take your meal down to the beach.



Image credit: Out Of The Blue | Instagram



Bottom of the Harbour

21 The Esplanade, Mosman NSW 2088

Situated just across the road from the sparkling waves of Balmoral Beach, the location couldn't be more ideal for enjoying a fresh seafood feast with a view. The menu showcases a tempting array of fish, served battered, fried, or grilled to your preference, all freshly fried upon ordering. This is also the place to indulge in a potato scallop or two, made the traditional way with a crispy golden batter that screams nostalgia. It's the perfect spot to satisfy the unrelenting hunger after a swim.

Fat Fish

109 Johnston St, Annandale NSW 2038

Tucked in the peaceful suburb of Annandale is where you can find Brothers Manny and Jon Notaras, the power duo behind Fat Fish, a legendary Sydney fish and chips shop. With a century of experience between them, Fat Fish delivers the fried, crispy seafood experience that Sydney is famous and loved for. No matter your diet or cravings, Fat Fish has you covered so come on over, you gluten-frees, gym rats, or mukbangers.



Image credit: Fat Fish | Instagram



Image credit: Alexandria Seafood | Facebook

Alexandria Seafood

196 Mitchell Rd, Alexandria NSW 2015

Want to know a secret? This place is one of those hidden gems that only locals know about, because not many would expect an amazing fish and chips establishment in Alexandria, which is not close to the sea! This place exudes an old-school charm. The servings here are generous and hearty, and the same can be said about the staff! It's clear Alexandria Seafood isn't just a local favourite, it's a spot that's built on tradition and a love for serving up quality, satisfying food. It won't be long before the next visit is already on the cards.

Neutral Bay Seafood

163 Wycombe Rd, Neutral Bay NSW 2089

Neutral Bay Seafood is perfectly positioned just steps from the bus stop, making it the ideal pit stop for locals and visitors alike. The highlight? Their unbeatable \$13 lunch deal, which includes a hearty serving of fish and chips, accompanied by a drink of your choice. It's the kind of meal that ticks all the boxes: generous portions, incredible value for money, and flavours that never disappoint.

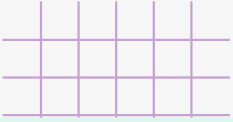


Image credit: Neutral Bay Seafood | Uber Eats

hooked on fish and chips



Adventures in Education

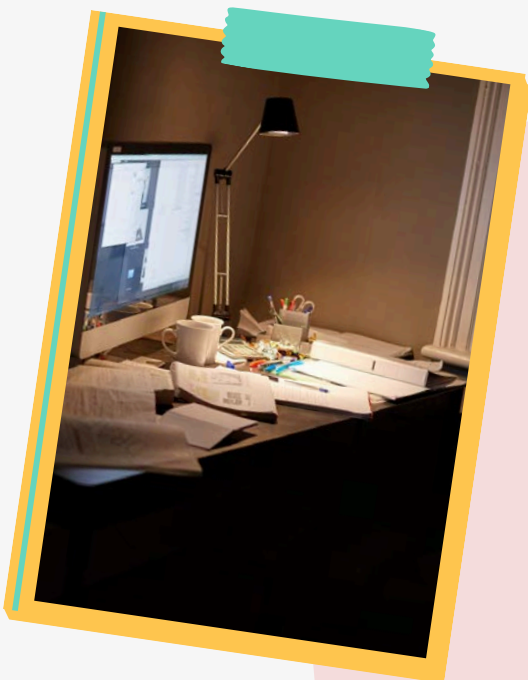


Some kids know exactly what they want to do when they grow up, others fall into a career along the way. Others never really figure it out and just make it up as they go along.

Me? I'm somewhere between the "fall into it" and the "still figuring it out" categories!

Let me explain. I was a huge nerd at school, and incredibly conscientious. I always got pretty good marks, but it wasn't because I was particularly bright. I think it was mostly because I worked so hard at school and always applied myself diligently.

When I got to university, I decided to study Italian. And just like at school, I did my very best. I went to every class, did all my homework, filled in every gap fill, read my textbook and made lists of vocabulary and read them each night.



So, you can imagine my surprise when I simply couldn't learn it. And it certainly wasn't for lack of trying.

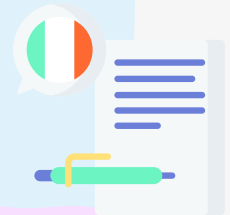
WHY WEREN'T MY GAP FILLS GETTING THE WORDS INSIDE MY HEAD?

In my first semester, I did exceptionally well because the focus of our lessons was gap fills and writing very simple sentences, but in subsequent terms, we were expected to speak. I had no idea how I was supposed to simply start speaking in another language! Nobody taught me how to speak, they just told me to do it.

By my 3rd semester of Italian, I was nearly failing, and I decided the only way to improve my Italian speaking was to spend a year in Italy to try and learn the language in context. Well, I had no idea that I was in for an even **bigger shock!** I arrived and found that I was completely and utterly useless, and I couldn't understand a thing. I was unable to even say one word, let alone a full sentence.

The problem was, after a few months, I still wasn't improving. I was stuck in a lonely silent bubble, with so much noise around me. I felt alone, and stupid. This hell on earth lasted for around 6 months, until one day, I said several words together.

Yep, it took me half a year to make half a sentence.



It took another fairly painful 6 months, but when I had completed my first year of full Italian immersion, I could actually speak with my greengrocer, make friends at parties and understand the tv...well, most of it.

When I came back to Australia, I decided to become a language teacher. I had experienced so much agony that I never wanted another student would have to suffer the way I did. Don't worry, I've long recovered from it, and I now remember my days as an international student as one of the most interesting and satisfying achievements of my life...

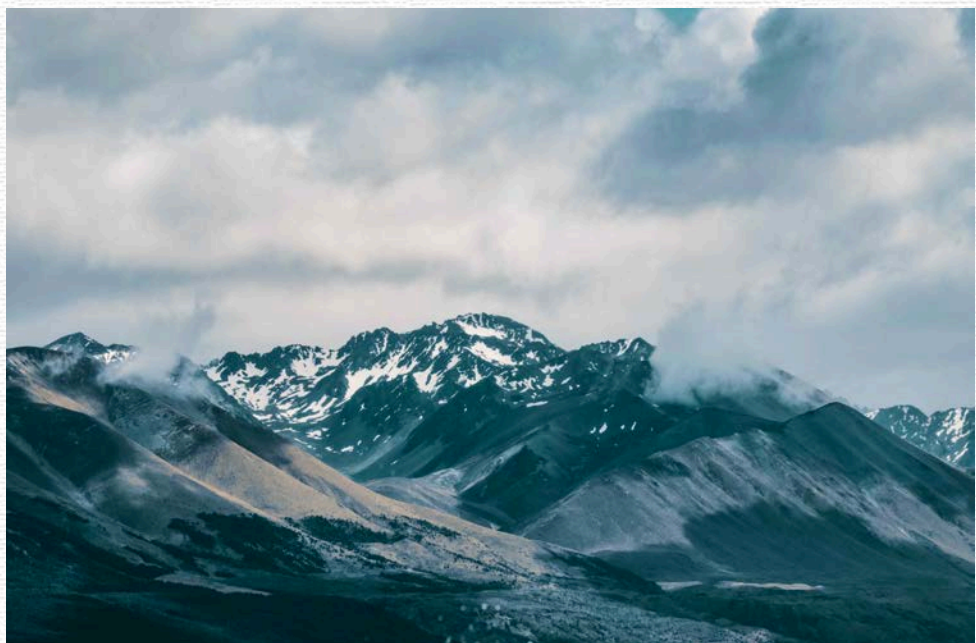
...and the gelato wasn't bad, either!!



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



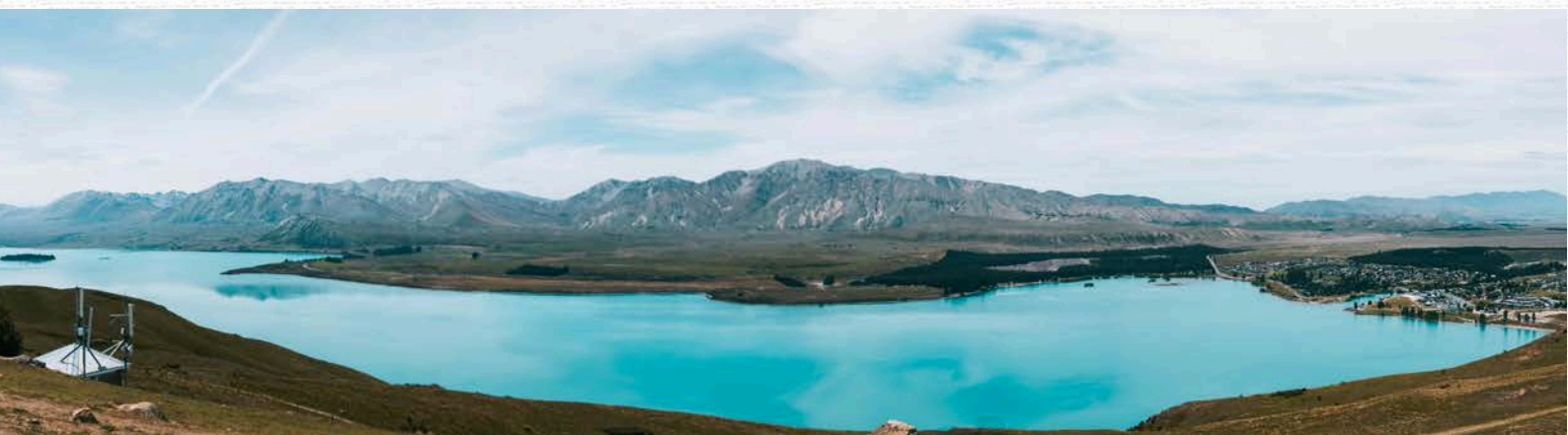
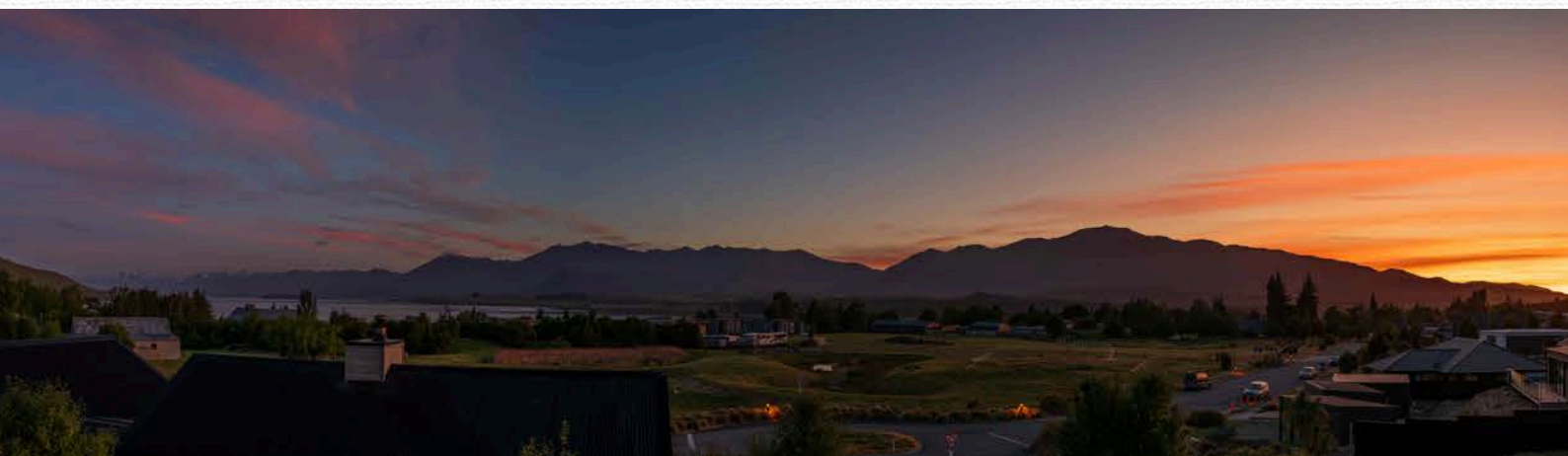
Photography Club President Special: *New Zealand*



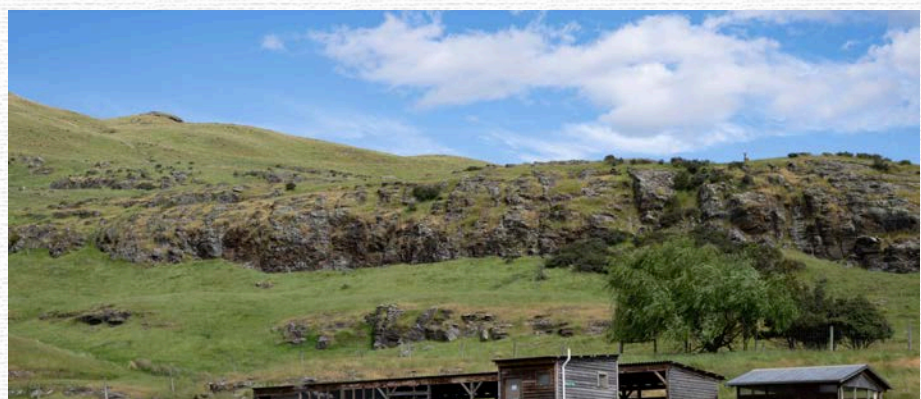
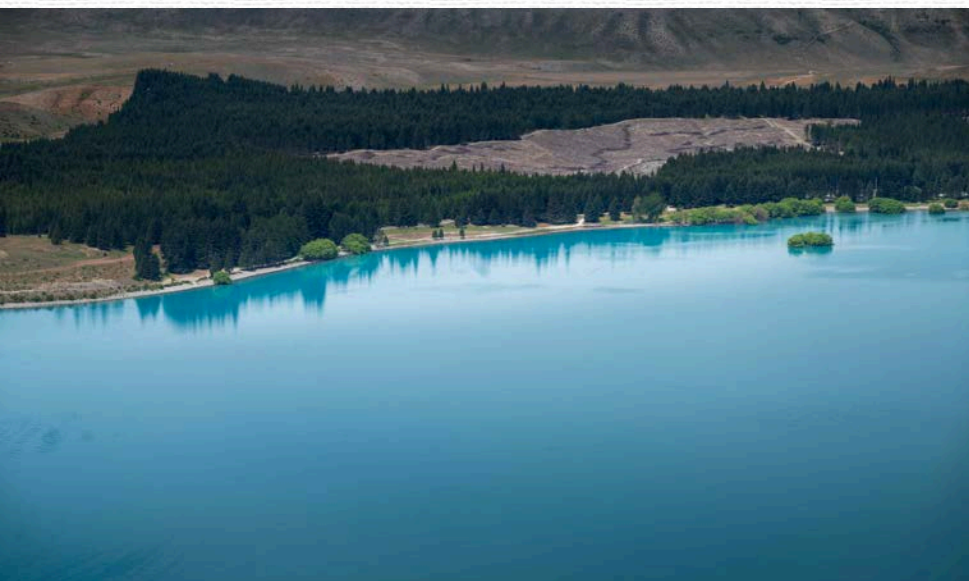
Photos by Aeneas (Jiangtian) Xu



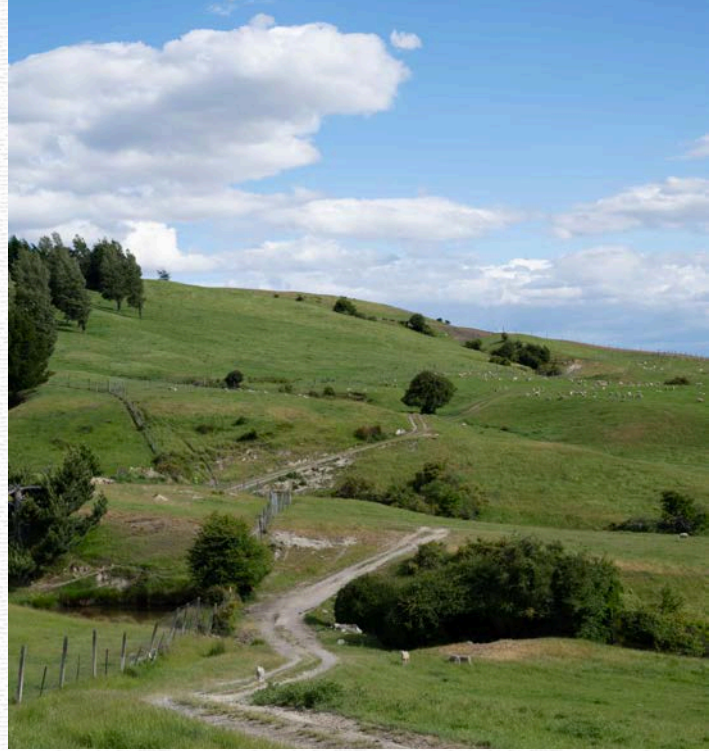
Photos by Aeneas (Jiangtian) Xu



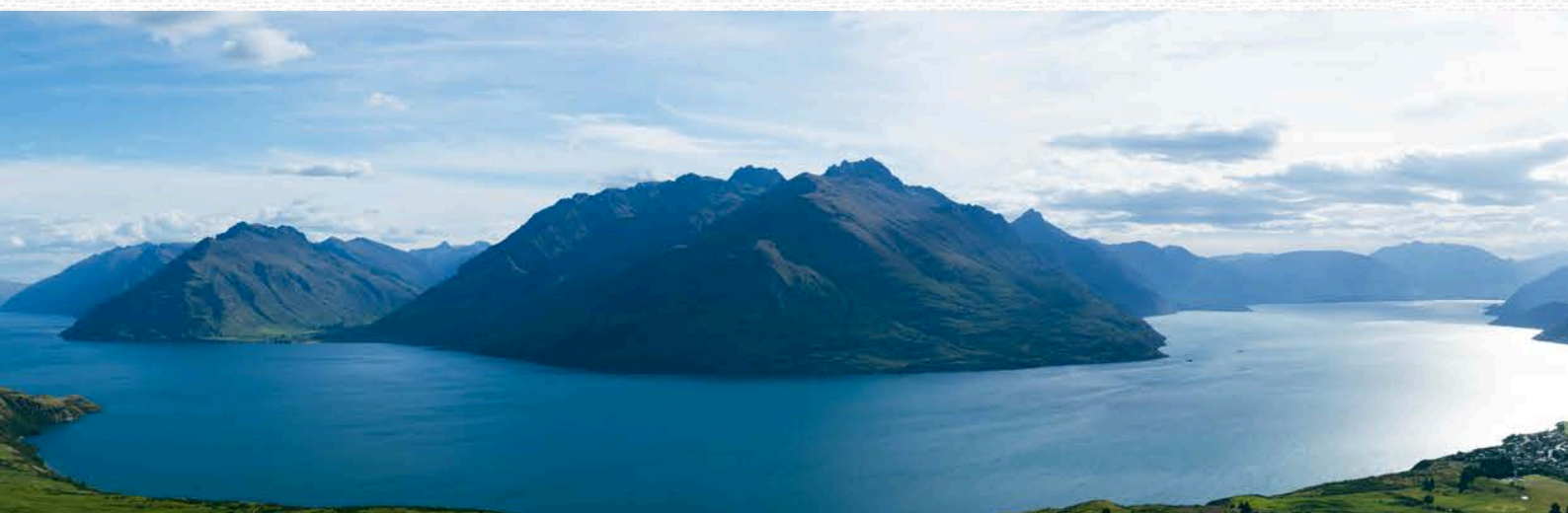
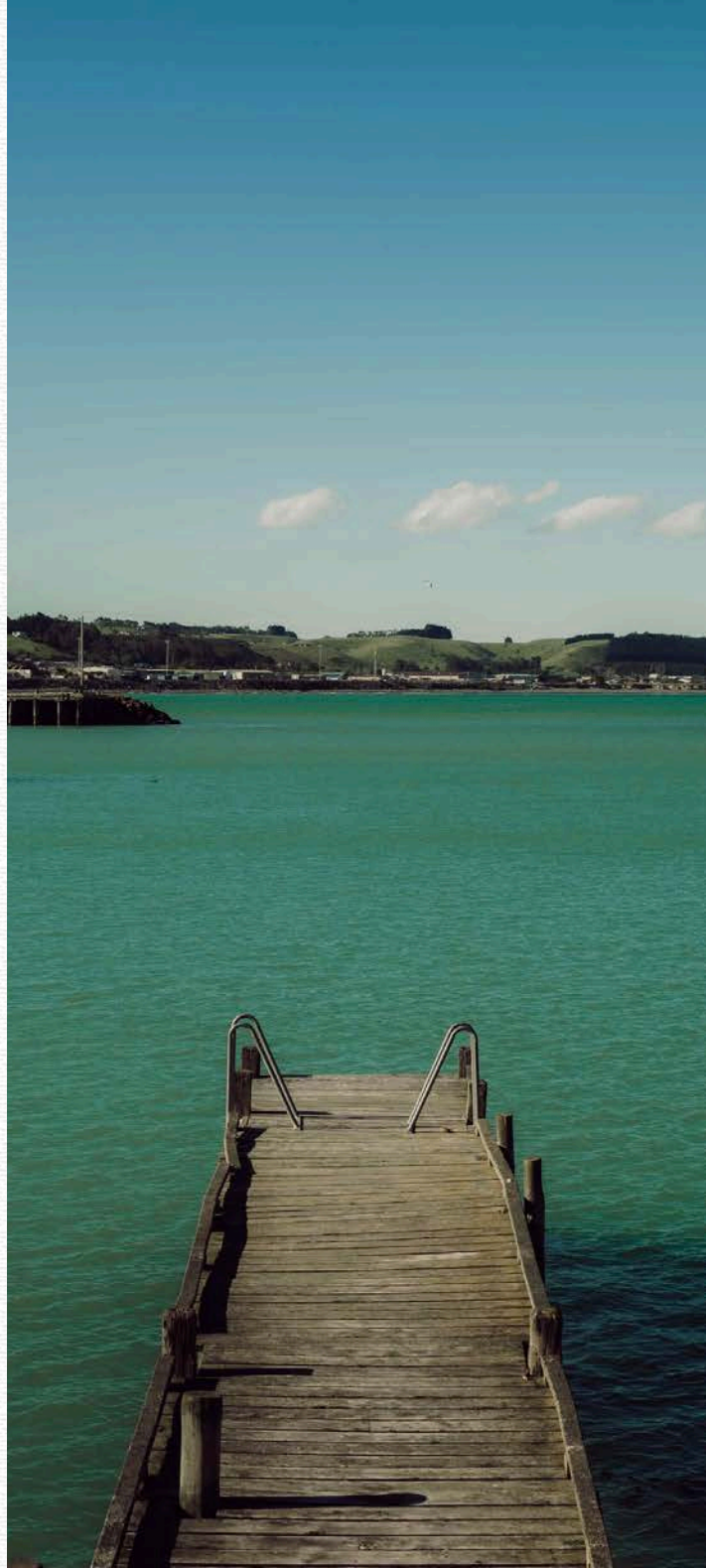
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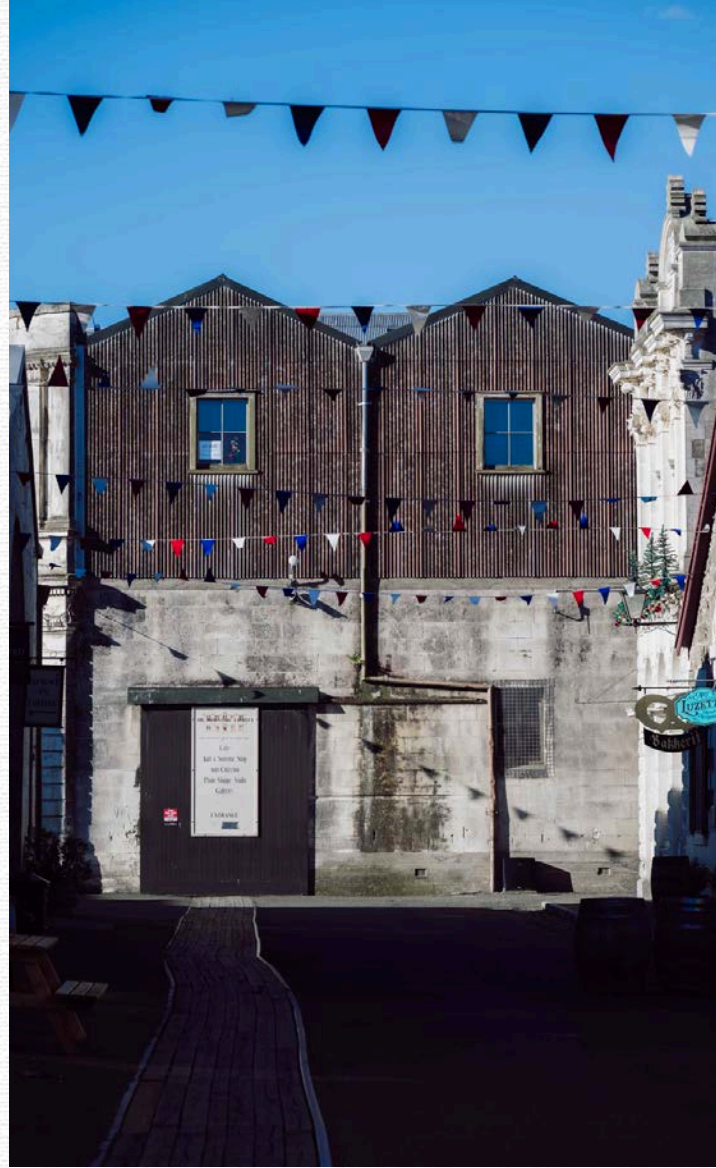
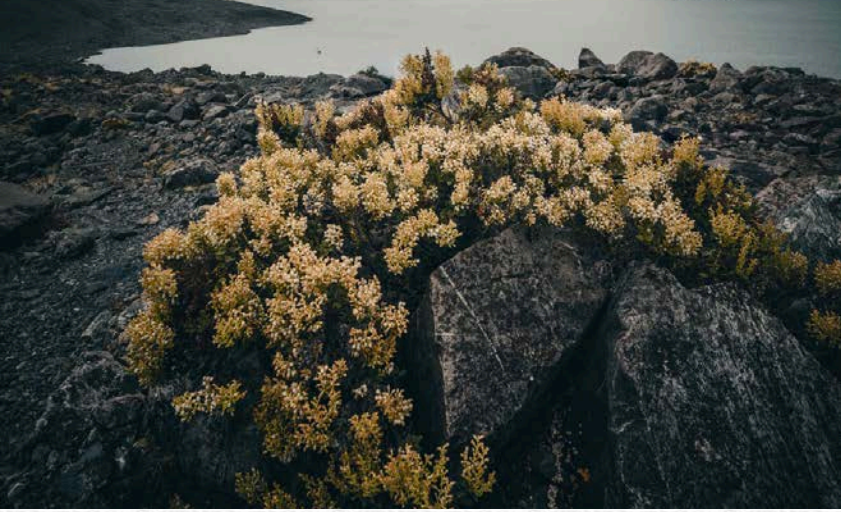
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CITY OF SYDNEY INTERNATIONAL STUDENT LEADERS & AMBASSADORS EVENTS

The City of Sydney's International Student Leaders and Ambassadors (ISLA) are a vibrant group of passionate, dedicated students from all corners of the globe and they're teaming up to host three dynamic events, designed to empower, engage, and inspire international students across Sydney.

Each event is completely free and designed to offer something for everyone! The ISLA are here to ensure that every attendee walks away with new skills, fresh knowledge, and plenty of memorable moments.

SMART START: Financial Literacy for International Students

Date: Saturday 1 March

Time: 12pm – 3pm

Location: Town Hall House, 456 Kent Street, Sydney, NSW 2000

A practical workshop to master budgeting, avoid scams, and gain financial confidence in Australia.

[REGISTER HERE](#)



Aussie Sports Day for International Students 2025

Date: Sunday 23 March

Time: 11am – 4pm

Location: KVG Recreation Centre, 15 Cumberland St, The Rocks NSW 2000

Celebrate diversity and build connections through Australian sports like Cricket and AFL, plus traditional games from around the world.

[REGISTER HERE](#)





Top skills employers look for

When it comes to hiring university students, employers are looking for more than just a high WAM and an impressive degree. Sure, academic success is important, but in the real world, there are a few other skills that can make a graduate truly stand out. And no, we're not talking about knowing how to survive on two-minute noodles or how to procrastinate like a pro (though these are, admittedly, impressive skills in their own right). Let's dive into the top skills that employers are looking for in students so the next time you're in a job interview, you'll know exactly how to market yourself.



Adaptability

Employers want candidates who can roll with the punches, change direction when needed, and thrive in ever-evolving work environments. Adaptability is a skill that shows you're not just surviving, but thriving in the face of change. Being a fast learner, flexible and quick on your feet is important to successfully navigate all sorts of challenges that may be thrown your way.



Communication

Now, this doesn't mean you must speak anything except perfect English (even locals have troubles with their mother tongue!). Employers need people who are confident in expressing their ideas, but are also willing to listen to others.

Communication is a two way street, so as long as you treat others with respect when they are talking, they will give you the same respect in return. Don't shy away from speaking up, people want to hear from you!



Problem-solving skills

Employers want students who can think critically and work through challenges, not just hand the problem over to someone else or ignore it until the problem goes away, because it usually will just come back an even bigger problem than if you were to deal with it the first time! You don't need to be the next Sherlock Holmes, but a little bit of resourcefulness goes a long way. If you can find solutions without losing your head, you'll be the kind of person any employer will want in their corner.



Time management

Time management is a critical skill to highlight to any potential employers and for good reason. Employers want to know that you can juggle the various demands of the job without letting things slip through the cracks. In the fast-paced world of work, deadlines are a constant, and being able to effectively manage your time shows that you can handle multiple tasks, meet expectations, and stay organised under pressure.

Moreover, effective time management demonstrates responsibility and reliability. Employers want employees who show initiative, keep to deadlines, and don't require constant micromanagement. By showcasing this skill on your resume or during interviews, you're sending a strong message that you understand the importance of getting things done efficiently and without unnecessary stress.



Attention to detail

Attention to detail is incredibly attractive to employers because it shows a level of care, precision, and thoroughness that is essential in many roles. In a world where mistakes can lead to costly errors, missed opportunities, or damaged reputations, employers want to know they can trust their employees to get things right the first time.

When you consistently deliver work that is accurate and polished, it reflects positively on your reliability and competence. It shows that you take pride in your work and are committed to delivering high-quality results.

Lastly, employers are increasingly looking for students who have a bit of initiative. It's all about showing that you're willing to take ownership of your work, look for ways to improve things, and take that extra step to help out when needed. You can show initiative through volunteering, joining extracurricular activities like a club or society. Doing a range of activities outside the classroom highlights how you're proactive, not just reactive.

And who knows? Maybe one day, you'll be the one hiring the next crop of graduates – just don't forget where you started!



THROUGH THE STUDENT LENS:

GRADUATE NARRATIVES

A warm round of applause to you,

Jie (Jeremy) Yin

2024 UEEC GRADUATE

Good afternoon, ladies and gentlemen. Today is an exciting day because today I'm going to give you a speech. Now graduates, I don't know if you know me. But I'm Jeremy and I come from China.

First, congratulations to all of us on completing UEEC-10 and passing this incredible program! It's been a journey full of hard work, perseverance, and growth, and we should all feel proud of how far we've come.

Of course, there were many challenges. It is not always easy to integrate into a different culture, complete all the tasks on time, and balance learning and personal life. However, by maintaining a steady pace, seeking help from classmates and teachers, and gradual improvement, we managed to overcome these difficulties.

When I was a child, my father always told me: "Shoot for the moon. Even if you miss, you'll land among the stars". I always try my best to do everything, even when it comes to some insignificant things. Even if I fail, I still have some backups. Just like many of us have failed in IELTS or PTE or encountered some setbacks in our academic careers in the past few years. Because of that, we gathered at UNSW College.



This does not mean that UEEC is a punishment, on the contrary, UEEC is a new opportunity, a new shortcut to the big university.

We have learned Academic English, and we have more time than others to adapt to the unknown environment, and we have better opportunities to learn how to study at UNSW in advance. We are not here to improve our English proficiency, as we have spent ten years learning English, but our goal is to enter the big university outside, which is a broader stage of life. Virginia always says that our English proficiency is far stronger than we believe, and we just need to inspire it and translate it into academic learning. UNSW College gave us this opportunity.

Today, we gather here not just to celebrate the end of a chapter. It is time to let go of what's comfortable and step into the unknown. The gates of the University of New South Wales are opening to us!

As for the future, I am delighted to continue studying at UNSW, where I plan to pursue a master's degree in electrical engineering. One day, I will strive to apply the skills and knowledge I will gain here to make the world a better place.

Congratulations once again, and here's to a bright future for all of us! Things may come to those who wait, but only the things left by those who hustle. So, let's get the show on the road!



Hooray, you've done it, Zifei (Edward) Zhou

2024 UEEC GRADUATE

Good afternoon everyone,

My name is Zifei and I'm from China and grew up in Nanjing, Jiangsu province. It's a pleasure to stand here today and share my reflections on my journey through the UEEC10 program at UNSW College. This experience has been nothing short of transformative, and I am grateful for the opportunities it has provided me.

Firstly, UEEC10 has played an instrumental role in helping me adapt to life in Australia. Moving to a new country is never easy, but this program provided a supportive environment where I could gradually adjust to Australian culture and lifestyle. Through various activities and classes, I've come to understand and embrace the nuances of living here, making my transition much smoother.

Moreover, this program introduced me to the vibrant and welcoming campus culture of UNSW College. From exploring the library to engaging in group discussions and presentations, I've learned about academic expectations and the importance of collaboration and communication. This exposure has helped me feel more connected to the wider UNSW community and given me a sense of belonging.

Another highlight of this program has been the relationships I've built. I've had the privilege of meeting incredible teachers who are not only knowledgeable but also deeply supportive. Their guidance has greatly improved my language skills and confidence. At the same time, I've formed friendships with classmates from all over the world. These connections have enriched my understanding of different cultures and made this journey all the more meaningful.





Looking ahead, I am filled with excitement and anticipation for my studies at UNSW's main campus. I feel well-prepared and inspired to tackle the challenges ahead, thanks to the foundation that UEEC10 has provided.

In closing, UEEC10 has been an incredible chapter of growth, learning, and connection. It's given me the skills and confidence to not only succeed academically but also to thrive as a part of this community. Thank you to Gareth and Myoko, the staff, and classmates who have made this experience so memorable.

Ladies and gentlemen, I can't wait for us to meet our bright future! Here's to the next chapter at UNSW! Let's meet on the UNSW main campus together!

Thank you.

Good afternoon! Class of 2024 online UEEC!

You know, I spent a lot of time trying to come up with a funny hook, but I don't think I'm a particularly funny person. However, I do want you to think I am, so that we can lighten up the atmosphere right now. So, could you please pretend that I just told you the funniest joke ever and laugh, please.

Thank you, thank you, you guys are an awesome crowd.

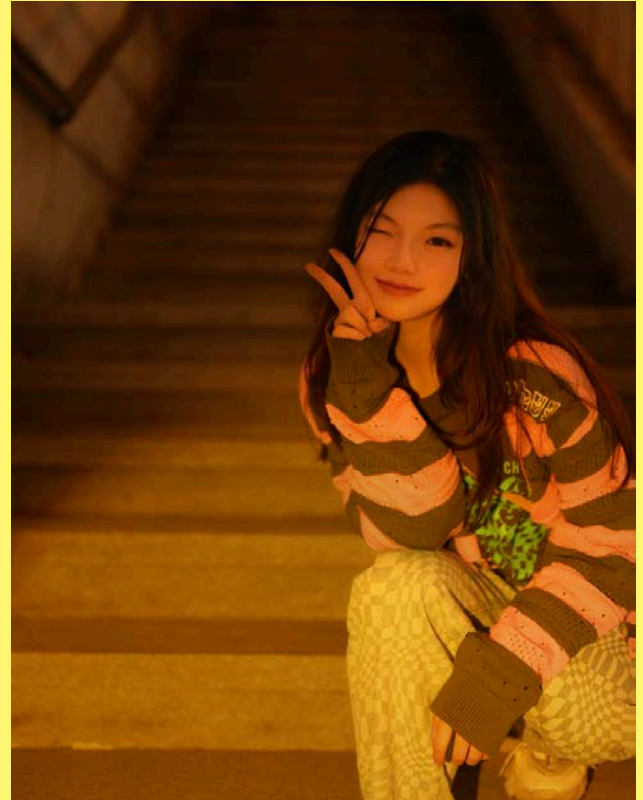
My name is Kristin and I'm from class 7. But if you don't know who I am, that's totally cool.

It's truly an honour for me to be speaking to you today. First, I would like to say a huge thank you to my teachers Youjia and Amin and all the classmates of my class, and the faculty and alumni here today who have made this day possible. I feel so proud to share this day with such wonderful people. Yeah, don't be shy, it's you I'm talking to. And let me just say, I am elated to be here with you today as we celebrate and graduate online UEEC's class of 2024.

Not a single one of us here today has done it alone. Together, we make up a patchwork quilt of those who have believed in our futures and those who told us we could do it, when there was absolutely no proof of that. Like my teachers, Youjia and Amin.

Today, I don't want to tell you what you should do, because no one likes that.

Everyone's development has to go as their own pace.



So, I just want to share some tips about life and learning.

Firstly, don't let anyone rush you with their timelines.

They have their own time and clock, and so do you.

So my point is everything in life happens according to our time, our clock.

You may look at some of your friends and think that they're ahead of you.

A massive congratulations to you, **Linxi (Kristin) Wang**

2024 OUEEC GRADUATE

Maybe some of them make you feel like you're behind, but everything happens at their own pace. Be patient and stop overthinking, you are much stronger than you think.

Secondly, don't be afraid to make mistakes.

In your life, you will inevitably misspeak, trust the wrong person, do not well in an exam, unintentionally hurt others, overthink, and not take the steps to make it right.

And I'm not gonna lie. These are a normal part of life so don't be afraid. Although these mistakes will cause you lose things, I'm trying to tell you that losing things doesn't just mean losing. A lot of time, when we lose things, we gain things too.

For me, I lost a beautiful IELTS report card with a total score of 7, but I got to meet you all. The teachers who always encouraged me and the classmates who gave me love and strength. Anyway, hard things will happen to us. We will recover, and we will learn from it.

We will grow more resilient because of it. I hope you know, how proud I am share this day with you, and from the bottom of my heart, I wish you all the very, very, very best.

Thank you.



Congratulations!

to all our wonderful graduates!



HOW TO TACKLE GROUP PROJECTS AND COLLABORATE EFFECTIVELY

Group projects are a significant part of university life, and mastering the art of collaboration can be the key to success. The ability to collaborate effectively with your peers will not only contribute to your academic performance but also help you develop skills valuable for your future career. Below are some tips to tackle group projects and collaborate efficiently.

Establish clear communication from the beginning

Effective communication is the foundation of any successful group project. Early on, make sure that everyone in the group understands the expectations and the goals of the project. Discuss deadlines, responsibilities, and the scope of work in detail. Create a group chat to facilitate quick communication and updates.

Encourage open discussions where each member can voice their thoughts, concerns, and suggestions. It is essential to maintain regular communication throughout the project to ensure everyone is on the same page and that no one feels left behind.

Know what task each person is in charge of

To prevent confusion and overlap of work, clearly define each group member's role and responsibilities. Assign tasks based on individual strengths, skills, and interests, so everyone can contribute in a meaningful way.

By dividing the work early on, you avoid the pitfall of one person doing most of the work while others slack off. Ensure that every member is held accountable for their tasks and check in regularly to monitor progress.

Create a series of deadlines for each task

Setting deadlines within the overall project timeline helps keep the group on track. Break the project into smaller tasks and assign a deadline for each. For example, for a report, you might have deadlines for completing research, drafting sections, revising, and finalising the document. Ensure the timeline is realistic and includes buffer periods in case something unexpected arises. This will help reduce stress as the deadline approaches.

Use collaborative tools

Google Docs, Microsoft Office 365, Trello, Asana and similar platforms allow multiple members to edit documents simultaneously, ensuring real-time collaboration. These platforms keep everyone informed about what is expected of them and allow for transparent progress tracking. Google Drive or Dropbox can be used to store and share large files, making it easy for all group members to access important documents and resources.

Know what task each person is in charge of

To prevent confusion and overlap of work, clearly define each group member's role and responsibilities. Assign tasks based on individual strengths, skills, and interests, so everyone can contribute in a meaningful way.

By dividing the work early on, you avoid the pitfall of one person doing most of the work while others slack off. Ensure that every member is held accountable for their tasks and check in regularly to monitor progress.

Respect each other's strengths and weaknesses

A successful group project thrives on the complementary skills and knowledge that each member brings. Acknowledge each person's unique strengths and areas where they might need assistance. If one member excels at writing, they can take the lead on drafting, while another who is better at design might focus on formatting the final presentation. Be mindful of the different working styles that individuals may have. Some members may prefer to work independently, while others may enjoy brainstorming in a group. Respecting these differences and being flexible with your approach will promote a positive group harmony and ensure the project runs smoothly.

Resolve conflicts professionally

Group work can sometimes lead to disagreements, especially if there are differing opinions on how to approach the task or if tensions arise around workload distribution. When conflict occurs, it's essential to address it constructively and professionally. Focus on the issue and never dish out any personal attacks. If you find yourself unable to move past a certain issue, suggest a group discussion or mediation with a neutral party, such as a lecturer or tutor. However, before escalating the issue, try to resolve disagreements within the group by ensuring that every member's concerns are heard and addressed.

Be open to constructive criticism

Be open to feedback from other members. Constructive criticism can improve the final result and foster professional growth for all group members. Learn to give and receive feedback gracefully to promote continuous improvement.

Schedule time for final revision

When you are close to finishing the group project, allocate enough time for revisions, group discussions, and final tweaks. If the project involves a written report, ensure that it is well-structured, proofread, and formatted according to UNSW College guidelines. If the project is a presentation, have a run-through and make sure each member knows when to speak.

Group projects can be challenging, but with careful planning, clear communication, and a collaborative mindset, they can also be rewarding. By taking proactive steps, such as defining roles, setting timelines, and fostering a supportive environment, you can work together effectively to achieve the best results. These skills are not only crucial for academic success but will also be valuable in the workplace, where teamwork is often essential. So, approach your next group project with confidence and a positive attitude, knowing that effective collaboration can lead to great achievements.

MAKE 2025 THE BEST ONE YET!

A HEALTHY ROUTINE TO BEGIN THE YEAR

New year, new me! Every January brings on a renewal of motivation, energy and a thirst to achieve a fresh list of goals. THRIVE intern Jolin is here with a guide on how to make 2025 your best year yet, and to make sure your healthy habits stick around for a long time!

Happy New Year everyone! How was your summer holiday? Did you take the time to recharge your body and mind? I hope you feel refreshed and ready for another year with more opportunities to explore new places, build new friendships, and reach new possibilities. To seize these amazing opportunities, you must take good care of yourself because a healthy body and well-being will help you increase productivity, performance, and achieve all your goals successfully! The best way you can build a healthy lifestyle is by developing a routine, which is a series of actions that you perform automatically every day.



WHAT ARE THE BENEFITS OF A ROUTINE?

- **Requires less conscious effort or thought**

If you have a morning routine, then you don't have to decide what to do and in what order early in the morning. It conserves your mental energy to make big decisions later in the day.

- **Improves consistency and discipline**

A routine that is easy to follow will help you avoid procrastination and resist temptation. This is the secret to making everything you want to do much easier.

HERE ARE SOME HEALTHY ROUTINES YOU CAN TRY OUT

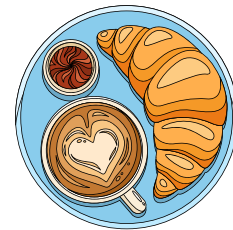


HYDRATE

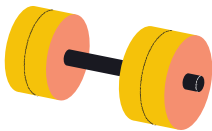
Drink water before anything else in the morning. As soon as you wake up, try to drink one glass of water to feel refreshed.

EAT BREAKFAST

People tend to skip breakfast to get more sleep, or they simply don't have enough time in the morning. Planning or preparing the night before will make eating a nutritious breakfast much easier and keep you energised until lunch.



EXERCISE



Create movement in the day by stretching your body in the morning or during study breaks. You can also go on a 10-minute walk after your classes to breathe in some fresh air and get vitamin D from the sun.



TIDY UP

There is nothing better than coming home to a clean and tidy home. Take 30 minutes of your day, either in the morning or night, to clean up any clutter instead of leaving it until the weekend to clean everything. Tidying up can be a good time to meditate as you can take a break from your phone and focus on the present moment.

CHECK OUT THE ROUTINES OF SUCCESSFUL PEOPLE

If you want to find more inspiration, read this [article](#) that shows the morning routines of 15 successful people, and maybe you'll find something you can add into your own routine!



Always remember that you don't have to rush yourself back into your routine or start a new one, especially after a long break in the holidays. Start with small routines and take your time to adjust to them until you are comfortable and consistent. Make sure you track your progress by writing it down in your journal or a digital app such as [Trello](#). Don't forget to reward yourself when you follow through on your routine and celebrate the small successes!

*Love,
Jolin*

CHECK THIS OUT

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



Embrace Reflection
and Gratitude



View all Health and
Wellbeing support
articles

BOOKS OF THE MONTH

January Edition

THIS MONTH'S GENRE

We are celebrating the work of our very own and highlighting the books that people across the country are reading!
#readAustralian

THE 113TH ASSISTANT LIBRARIAN

STUART WILSON

Oliver Wormwood, certain that his new job in the library will be the most boring thing ever, quickly learns just how wrong he is. On his first day, he witnesses a death, becomes frozen by a book, meets a bewildering number of cats, and battles a terrifying horde of creatures, all while trying to stay one step ahead of the fate that befell the 112 assistant librarians before him.

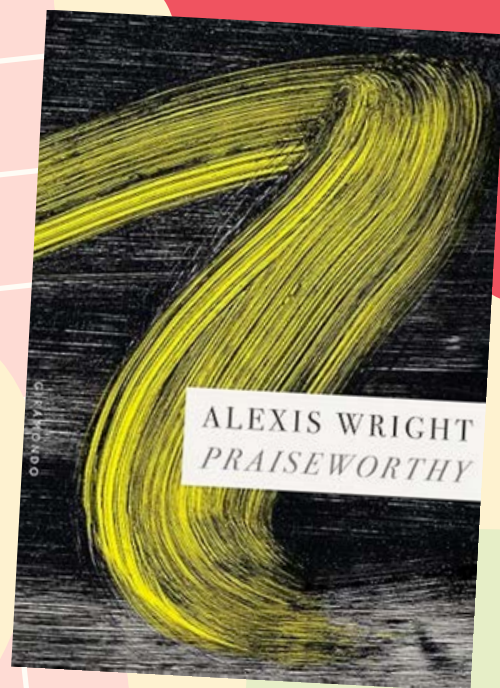
With only the enigmatic Agatha to guide him, Oliver must navigate a world where nothing is as it seems and he is always a step away from danger. As the stakes grow higher, he discovers that his survival depends on unlocking the library's greatest secrets and learning to wield its power before it consumes him.



PRAISEWORTHY

ALEXIS WRIGHT

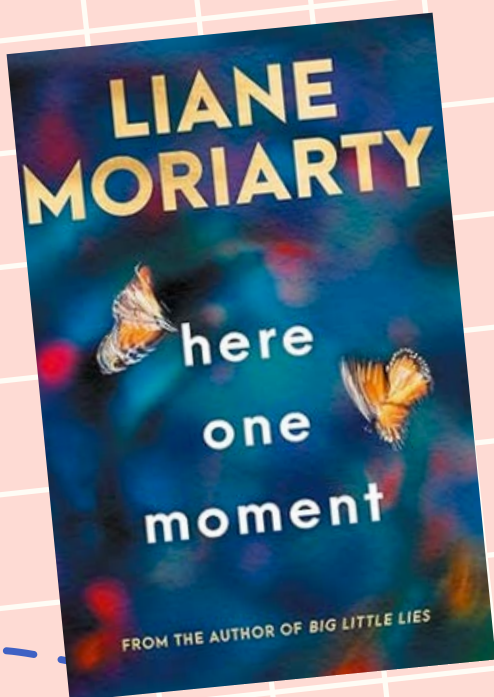
Set in a small town shrouded in a haze, a visionary obsessed with donkeys believes they hold the key to solving both the global climate crisis and the economic plight of Aboriginal people. His wife, seeking refuge from his madness, follows the dance of butterflies and searches for a way to repatriate her Aboriginal/Chinese family to China. Praiseworthy pushes the boundaries of language and storytelling, offering a thought-provoking, surreal exploration of identity, cultural survival, and the fractured realities of both personal and collective history.



HERE ONE MOMENT

LIANE MORIARTY

It all begins with a seemingly routine flight from Hobart to Sydney. In a startling twist, a woman, unremarkable at first glance, predicts the exact moments when many of the passengers will die. Some deaths are far in the future, others much closer than they could have imagined. It's a story about the profound impact of seemingly insignificant events and the ways in which we confront our mortality, making it a must-read for anyone drawn to deeply moving, beautifully crafted narratives.



EXP +25

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

Celebrating NYE with a bang

I was able to tick off something on my bucket list, which was to see the big new years fireworks near the Opera House!

I woke up very early to get ready, met my friends and found a spot near Circular Quay around 10am. I thought there wouldn't be too many people but I was surprised that so many places had been taken already. Some people had camped outside with a tent and blankets and many people brought their own chairs which was smart of them.

READ MORE



EXP +26

New year, new me

It's the start of January, and I'm feeling determined to achieve my New Year's resolutions.

One of the resolutions I've set for myself is to cook more. In the past few months, I got so much takeaway and eating out with friends and I know it's not that good for my body and for my wallet. But when I'm busy with homework and exams, it's hard to find time to be in the kitchen. However, I don't think that's a very good excuse because a healthy body is very important.

Therefore, I'm going to cook more and bring lunch to uni instead of buying it. It will be good to save money and also get healthier.

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



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Credits

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