

In The Know



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Editor's Note

Hello to the second half of 2025 - can you believe it's July already? Looking back, the first half of the year assed by way too quickly. After some crazy weather in June, it's been so nice to finally see the sun come back and forgo the umbrella, although you never know with Sydney weather so definitely recommend you throw a trusty broly into your bag every time you go out!

The midway point can also feel like a bit of a plateau, where you're way past having started something but still so far away from your goal. That's why we're bringing to you "The Productive Edition" to help you overcome this plateau because on the other side lies the fruits of your efforts! This is precisely the time for us to stay strong and stay focused and maximise our return on investment (ROI)!

Yours truly,

Vivian He
In the Know Editor
UNSW College



Highlighted events

Source Kids Disability Expo

From 18 to 19 July, the ICC Sydney will host the Source Kids Disability Expo, a major national event designed specifically for children and young adults living with disability, as well as their families, carers, and support professionals. This free two-day expo brings together more than 150 exhibitors showcasing the latest in assistive technology, mobility devices, therapy services, inclusive toys, and educational tools.

Visitors can explore interactive zones including a sensory space for neurodiverse attendees, chill-out areas for quiet breaks, and a sports zone where participants can try inclusive activities. A main stage program runs throughout both days, featuring dance performances, live entertainment, and informative sessions led by experts.



ReGen Expo

ReGen, Australia's leading expo for the circular economy, returns to ICC Sydney from 23 to 24 July. Previously known as the Australasian Waste & Recycling Expo, the newly rebranded event expands its focus beyond waste management to include product design, resource recovery, organics, and innovation in circular systems.

The expo will host hundreds of exhibitors presenting cutting-edge technologies in recycling, food and garden organics, and sustainable packaging. Attendees can explore displays of smart-bin technology, circular product innovations, and large-scale recovery equipment. Across two dedicated presentation stages, industry leaders will share insights into policy updates, regulatory reforms, and successful case studies in circular practices.

ReGen also includes a free conference program, networking sessions, and government and business roundtables, making it the key national event for professionals working in sustainability, manufacturing, local government, and environmental planning.

WHO'S HUNGRY?

BRINGING YOU
THE BEST EATS IN
SYDNEY

NOTEWORTHY EATERIES



Buttered

5 Central Park Ave, Chippendale NSW 2008

If you love bread, pastries, coffee and getting a good shot for the 'gram, then you need to come to Buttered ASAP. This newly opened shop in Chippendale has been making waves on social media for their "tissue bread", where you can pull apart the bread layer by layer and see just how thin each layer is within the cubed baked good. You might also want to try their salt bread, which is a little similar to a dinner roll but the inside is oh so soft and buttery. Let's just say that you'll definitely hit your carb intake for the day here, and we ain't complaining!

Image credit: Buttered | Instagram

Shabuway

Shop 35/1 Dixon St, Haymarket NSW 2000

Taking over what used to be the iconic Arisun location on Dixon Street, Shabuway is Sydney's first Japanese self-serve hotpot buffet. Each table will get a yin-yang pot which means you get to choose two different hotpot bases to cook your meats, seafood and vegetables.

There's also fried chicken and fresh sushi for you to enjoy. When you're finished with your main meal, don't skip the dessert bar where you can choose a bunch of toppings for your ice cream.



Image credit: Little Indo Town | Instagram

Aussies Shorten Words!



Yes. Australians have developed their own brand of English.

Different from American and British English language (lingo), we shorten words. This can be a little confusing when you have a conversation with an Aussie (Australian) but you will get used to it over time. So, this is how it works: we shorten the word and add either ie, o, y or a at the end of the word. Using shortened words and some Aussie slang makes you sound more friendly and 'chilled' (relaxed) so try learning some and add your favourites in your conversations.

So, let's have a look at the most common words out there today!

Work:

Tradies= Tradesmen/ tradeswomen

Ambo = ambulance / paramedic

Firies =Fireman

Garbos =Garbagemen

Postie= postman/ woman

Sparky= electrician

Smoko= a short break at work

Sickie= when you don't go to work because you don't want to! (you're not really sick)

Clothes and things you wear:

Food:

Barbie= barbeque

Bikkies= biscuits/ cookies

Brekkie= breakfast

Champas= Champaign

Chockies= chocolates from a box of chocolates

Chook= Chicken (alive or cooked!)

Avo= avocado

McDonalds= Maccas

Woollies= Woolworths

Cuppa= cup of tea

Servo= service station (petrol station where we often buy some food)

Stubbies= shorts workman/women wear especially in the building trade

Cossies =swimming costumes

Boardies= boardshorts

Sunnies= sunglasses

Brolly= umbrella

Trackies= tracksuit

Undies= underwear

Lippy= lipstick

Thingo/ thingy= any object but you can't remember the name?

Names:

Yep! We also shorten names. We can shorten the name and add ie , o or a. This is mostly for friends, teammates and fellow students. For example, Robert can be Bob or Robbo. Someone with a surname starting with Mac or Mc can be called Macca.

Be careful with websites with lists of Aussie slang because some words or phrases and words are outdated and young people don't use them so it's best to 'follow the lead 'and learn them one by one from locals.

Of course, if you hear something in a conversation you don't understand, ask the speaker what they mean. Aussies are friendly and love explaining Aussie lingo (=language) to newbies (=newcomers to Australia!).

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

See the winners of the Art Festival: Secret Festival

courtesy of the Photography Club



“LIVE ALONE”

JINGWEN (JEWEL) XU

FUJIFILM DIGITAL CAMERA



“LIVE ALONE”
JINGWEN (JEWEL) XU
FUJIFILM DIGITAL CAMERA



“LIVE ALONE”

JINGWEN (JEWEL) XU

FUJIFILM DIGITAL CAMERA

“LIVE ALONE”

JINGWEN (JEWEL) XU

FUJIFILM DIGITAL CAMERA





RUOYU (RAY) GONG



“NIGHT FURY’S GLARE”

TIANYI (RUSSEL) WANG

SONY A7M3

Some other notable mentions:



“THE HANGING MOON OVER SYDNEY TOWER”

JIANGTIAN (AENEAS) XU

NIKON Z8



“PURPLE AFTERGLOW”

PAN (PANNIE) CHAN

IPHONE 14 PRO



“ETHEREAL”

CHENWEI QIN

SONY A7M4



SIQI FANG

SONY A7M4 28-70 70 - 200II



ARDA YAVUZDOGAN
LUMIX G9M2



**“DANCING IN THE
SUNSHINE”**

YAOMING (KRIS) YU

SONY A7C2



“TASMANIA'S CLEAR WATERS”

JUNYU JIAN

CANON 600D



“SKYLINE SUNSET”

WEI CHEN

SONY A7C2



“MOUNTAIN COOK 1”

YUN (BARBARA) SONG

NIKON Z50-2



“THE ISLAND OF SOLITUDE”

JIANXING LI

CANON 5D MARK III

HOW GOOD HABITS DRIVE PRODUCTIVITY



In our increasingly busy and distraction-filled lives, productivity has become the ultimate currency. But productivity isn't just about ticking off endless to-do lists or pushing through long hours at the desk. Instead, it's about cultivating a sustainable flow, a rhythm that allows you to work smarter, maintain balance, and feel fulfilled. At the heart of this flow lie good habits.

*

Habits are those small, repetitive actions we often perform without conscious thought. Psychologists estimate that almost half of our daily behaviours (about 45%) are habitual. That means nearly half of what we do each day happens automatically, shaping the very fabric of our productivity.

SO, WHY ARE HABITS SO IMPORTANT?



*

First and foremost, good habits reduce what experts call decision fatigue. Every day, our brains make countless decisions: from what to eat, to how to organise our workday. The more decisions we have to make, the more our mental energy drains.

Establishing habits means fewer decisions, because certain actions become automatic. For example, if you start your day with a morning routine that includes waking up at a set time, exercising, and journaling, your brain doesn't have to deliberate on these activities. Instead, your focus and energy are freed up for more demanding tasks.



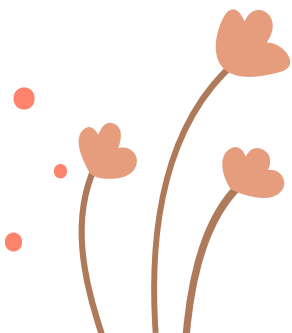


Secondly, habits create momentum. Small, consistent wins generate motivation and propel us forward. Consider the habit of tidying your workspace each evening. It's a simple action, but it sets you up for a clearer mind and a more efficient start the next day. Over time, these micro-moments of organisation build into greater productivity.

Moreover, good habits bolster resilience. Life is unpredictable, and distractions or setbacks are inevitable. When you have solid routines in place, they act like a safety net, keeping you anchored even on chaotic days.

Of course, building good habits isn't about perfection or overnight change. It's about persistence and patience. Start with manageable changes and allow the habit to take root. Celebrate your progress, no matter how small, and understand that setbacks are part of the journey.

Over time, these seemingly tiny actions compound, unlocking your potential and transforming your approach to productivity. When good habits become second nature, productivity ceases to be a chore and instead becomes an effortless, natural state. If you want to find out more about the power of habits, we highly recommend you read "Atomic Habits" by James Clear.



Feeling blegh?



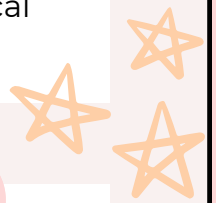
Here are some quick tips to boost your productivity that you can apply right now



1

Prioritise tasks with the Eisenhower Matrix

Distinguish between what's urgent and what's important. Focus first on tasks that are both urgent and important, delegate or defer less critical ones, and avoid spending time on distractions.



2

Use time-blocking

Allocate specific blocks of time for different activities or projects. This creates structure and helps minimise multitasking, letting you fully focus on one task at a time.

3

Apply the Pomodoro Technique

Work in focused 25-minute bursts followed by 5-minute breaks. After four cycles, take a longer break. This method helps maintain concentration and prevents burnout.

4

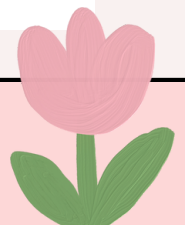
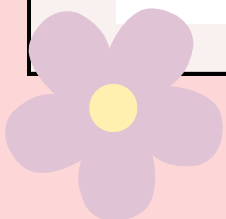
Declutter your workspace

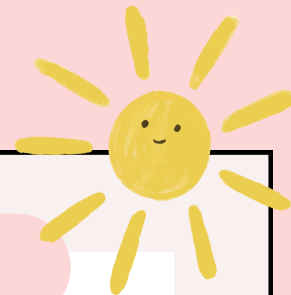
A tidy environment reduces distractions and improves your ability to focus. Spend a few minutes each day organising your desk or digital files.

5

Set clear, achievable goals

Break large projects into smaller, manageable tasks. Setting clear daily or weekly goals keeps motivation high and progress measurable.





6

Limit digital distractions

Turn off non-essential notifications, close unnecessary tabs, and consider apps or browser extensions that block distracting websites during work time.

7

Practice single-tasking

Focus on one task at a time rather than juggling multiple. Single-tasking improves the quality of your work and speeds up completion.

8

Establish a morning routine

Start your day with habits that prepare you mentally and physically to set a productive tone. Maybe it's standing on the balcony/at the window to bask in the sun for a minute, reading a few affirmations or a quick yoga stretching routine. Whatever it may, find the activities that will get you ready and energised to tackle the rest of the day.

9

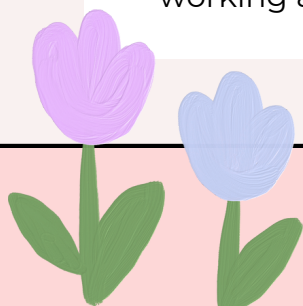
Take regular breaks

Short breaks improve overall productivity and creativity. Step away from your desk, stretch, or go for a quick walk to refresh your mind. Working hard and resting well go hand in hand, and prolonged periods of work without taking enough respite can actually decrease your productivity and quality of work.

10

Review and reflect

Spend time at the end of each day or week reviewing what you accomplished and planning next steps. Reflection helps identify what's working and what needs adjustment.



THE PRESSURE TO BE PRODUCTIVE

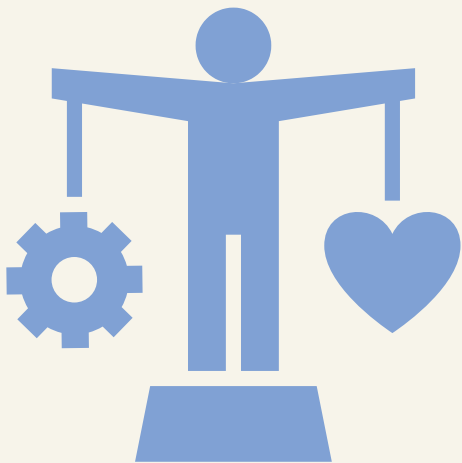


Many people talk about the importance of being productive and I'm sure there's hundreds or thousands of productivity tips being shared online. If you feel like you spend most of your time tackling an endless to-do list and trying to keep track of everything you have to do, then you're not alone. While having high productivity is great, what happens when your obsession over being productive starts to affect your wellbeing?

According to the Australian Bureau of Statistics, nearly 1 in 3 young people aged 16–24 experienced a 12-month anxiety disorder. What could possibly cause this? Well, the pressure to be productive can make people take on excessive workloads and worry over tight deadlines all the time. As explained by [Beyond Blue](#), this long period of stress can eventually lead to anxiety and burnout, or sometimes also known as productivity anxiety which will be used interchangeably in this article!

WHAT DOES PRODUCTIVITY ANXIETY LOOK LIKE?

According to [Workhuman](#), productivity anxiety happens when no matter how many hours you work or how much you accomplish, you still don't feel like you're making progress, completing tasks, or achieving any goals. It's the feeling that you're not doing enough even when you're overworked. It can be constant thoughts like "I haven't done anything today" or "I wasted my whole day doing nothing" despite having studied or worked for hours. You feel guilt or shame for what remains undone or for giving time and attention to things you see as "unproductive", like carving out time to rest.



As a student, there might be times when you feel the academic pressure to finish all assignments, chase deadlines, and pass your exams. It's hard to find balance in work or study while also making sure that there is enough time to make friends, explore new things outside of college, and take a proper rest. Our days and nights fill up quickly when we must juggle multiple priorities, and it gets tough to have an actual break without worrying about what's next.

If you can relate to any of this, I want you to know that you've been doing great and you deserve a good break. You've only arrived at this state because you truly care about what you do that you've pushed yourself to the breaking point. Give yourself a pat on the back and allow yourself to recharge because that is the key to getting more done even when you have little motivation to do any work.



WHAT ARE THE SIGNS OF PRODUCTIVITY ANXIETY?

YOU NEVER TAKE BREAKS AND TIME OFF OR FEEL GUILTY IF YOU DO

YOU FIND IT DIFFICULT TO CONCENTRATE

YOU WORRY TOO MUCH OR FEEL CONSTANTLY NERVOUS

YOU FEEL A LACK OR LOSS OF CONTROL

YOU EXPERIENCE EXHAUSTION OR FATIGUE

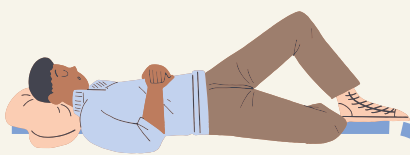
YOU GET CAUGHT UP IN NEGATIVE SELF-TALK OR OVERTHINKING

YOU EXPERIENCE INCREASED HEART RATE DURING PERIODS OF STRESS/ANXIETY

A person who has productivity anxiety can show low-performance behaviours such as procrastinating on assignments, avoiding studying, and looking for distraction by playing games or scrolling on social media for hours. However, they can also show seemingly high-performance behaviours including working or studying long hours and being a perfectionist by worrying over the small details and expecting perfection in everything they do. Productivity anxiety often leads to burnout if its existence is ignored or left unresolved.



BASED ON THE TIPS GIVEN BY WORKHUMAN AND GANNET FLEMING, HERE ARE A FEW WAYS YOU CAN REDUCE PRESSURE:

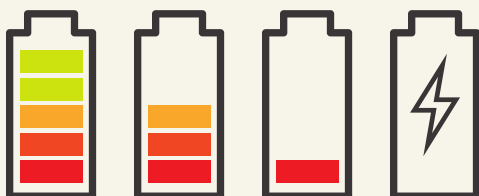


Schedule rest into your day. It doesn't have to be a long break, but it can be as simple as looking out of the window, stepping away from your work area, getting a good stretch, and sipping a cup of coffee.

Reframe your idea of productivity by measuring it from the progress you've made. You don't have to finish all your tasks at once but just by doing one single task, it means that you're progressing towards your goal!



Manage your energy, not your time. Understand your energy levels and find out what helps you refresh throughout your day.



Create personal boundaries around your study or work and stick to them. It may mean turning on the Do Not Disturb mode on your phone after 8 PM so you can fully rest without being distracted by emails or notifications. You can also set expectations around your communication preferences.

Talking about goals, make sure that you're making SMART goals. It must be Specific, Measurable, Achievable, Relevant, and Time-bound. This can help you set more realistic goals and reduce the obsession over productivity.



Take care of your body and mind. Remember to eat and sleep well, and make room for hobbies that bring you joy!





You are not lazy for needing a break and you are not failing because you feel tired. So, the next time your body is showing signs of exhaustion, and your brain tells you that you're falling behind, remind yourself that you're human and not a machine. You deserve rest because your health and wellbeing are what makes productivity possible. Reach out

to the Student Wellbeing Team whenever you need support and [book an appointment](#) for a safe space to discuss your concerns with the Student Wellbeing Advisers!

*Love,
Joline*

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

July Edition

This month, we are diving into books that help you do more with purpose.

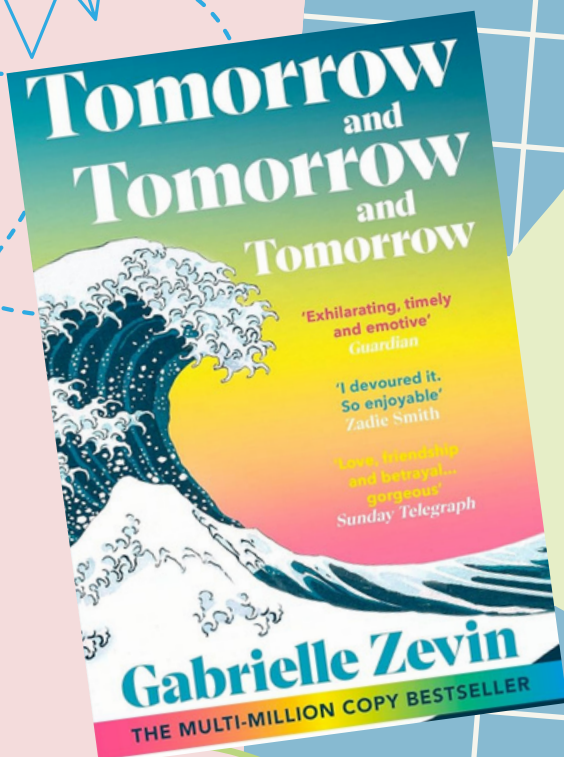
Whether you want to manage your time better, or reduce overwhelm, these titles offer practical ways to boost your focus and effectiveness, without burning out.

TOMORROW, AND TOMORROW, AND TOMORROW

GABRIELLE ZEVIN

Beneath the surface of this bestselling novel about video game creators is a powerful story about creativity, collaboration, and the long, often difficult process of building something meaningful. Spanning decades, the novel follows Sam and Sadie, two brilliant young friends who reconnect in college and embark on an intense creative partnership that leads them to fame, fortune, and heartbreak.

Through its characters, the novel quietly explores how success often demands patience, resilience, compromise, and care. It is a beautiful reminder that productivity is not just about output, but about the lives we build along the way, the relationships that shape us, and the joy and pain of making something that matters.

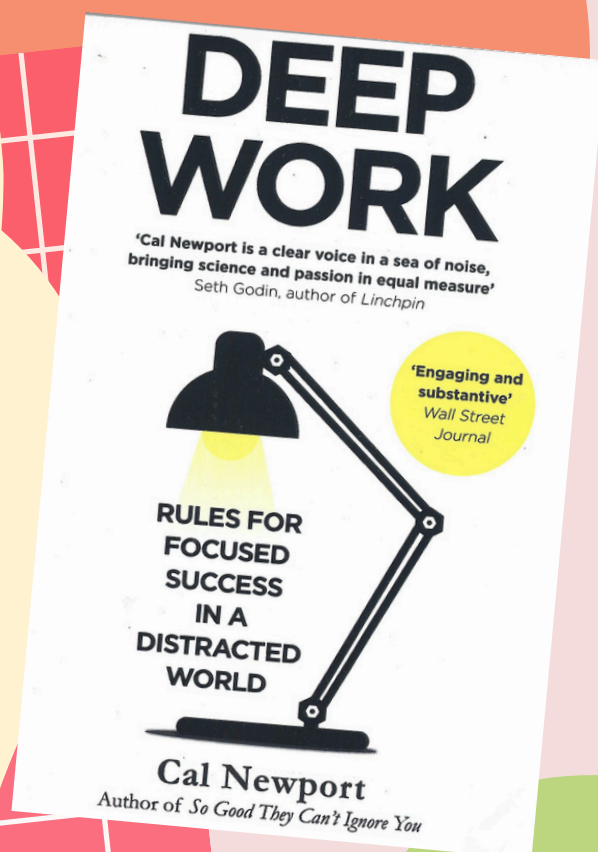


DEEP WORK

CAL NEWPORT

In an age of constant notifications and open tabs, finding time for deep, focused thinking has become a lost skill. In this modern classic, Cal Newport argues that “deep work”—the ability to concentrate without distraction on a cognitively demanding task—is not only a valuable skill, but one that will set you apart in school, work, and life.

He explores the habits and routines of successful people across disciplines, showing how carving out uninterrupted time can lead to greater creativity, faster learning, and higher-quality results. Newport also shares practical techniques for reducing digital noise, creating structure, and protecting your mental bandwidth. A must-read for students who want to produce meaningful work in a world full of distractions.

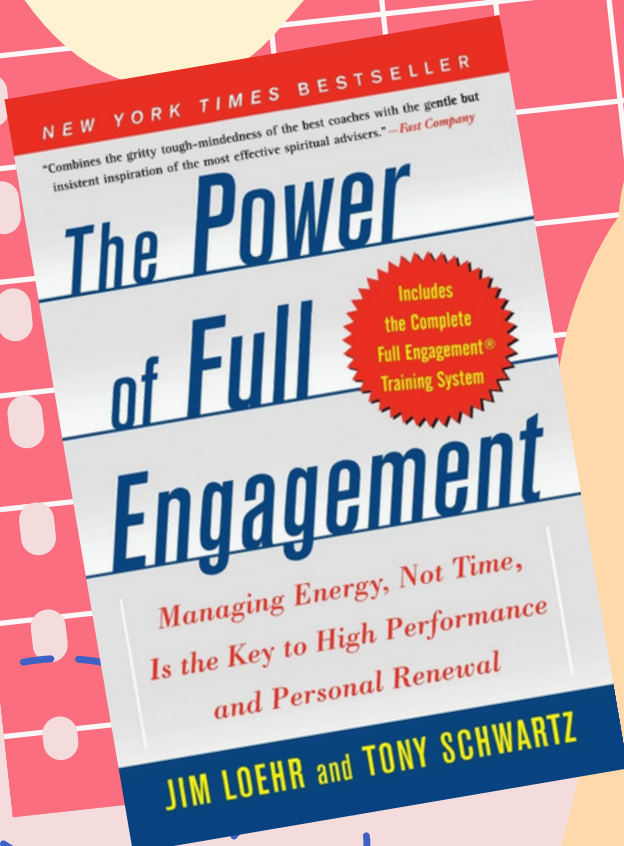


THE POWER OF FULL ENGAGEMENT

JIM LOEHR AND TONY SCHWARTZ

This book reframes the productivity conversation by asking not how we manage our time—but how we manage our energy. Drawing on research from sports psychology and performance science, Loehr and Schwartz argue that sustained performance requires rhythms of stress and recovery, just like an athlete's training schedule.

Through real-world examples and actionable strategies, the book offers a holistic model for boosting effectiveness, setting boundaries, and aligning your daily habits with your deeper values. A thoughtful and practical guide for anyone trying to find sustainable balance in a busy life.



QUIZ TIME

WHAT'S YOUR IDEAL STUDY SPACE?

Where you study makes a difference! Answer the questions and tally up your answers to see where you study best. Maybe a change of scenery is just what you need for that study boost!

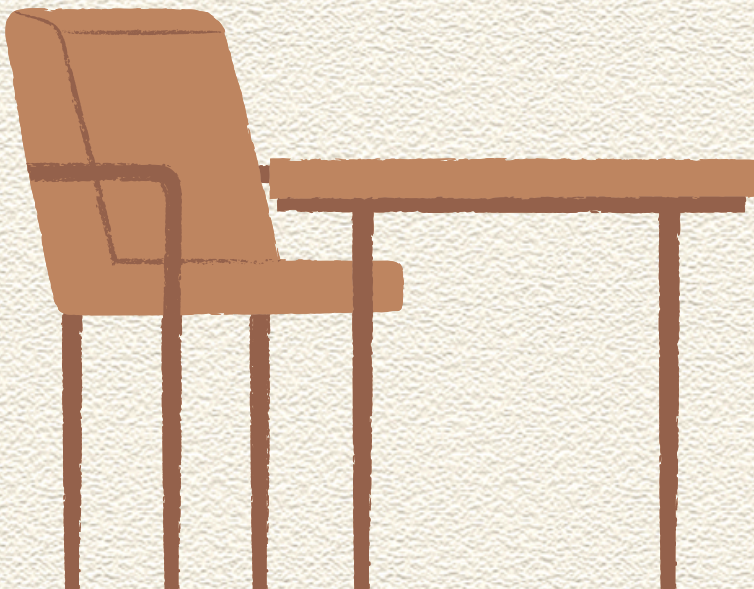
WHEN IT'S TIME TO STUDY, YOU:

- A) Head straight to the library or a quiet room
- B) Grab a coffee and find a comfy, lively spot
- C) Go outdoors or study near a window
- D) Message friends to plan a group session



WHAT ENERGISES YOU MOST WHILE STUDYING?

- A) Silence and a clear plan
- B) Background buzz and ambient noise
- C) Fresh air and natural light
- D) Talking things through with others



WHAT ARE YOUR STUDY ESSENTIALS?

- A) Laptop, planner, water bottle
- B) Headphones, snacks, chilled vibes
- C) Picnic mat, sunglasses, reusable coffee cup
- D) Highlighters, whiteboard, group chat

WHAT'S YOUR BIGGEST DISTRACTION?

- A) People talking nearby
- B) Losing interest halfway through
- C) Being stuck indoors all day
- D) Studying alone for too long

HOW DO YOU REVIEW MATERIAL?

- A) Rewriting or reading over detailed notes
- B) Watching a recap video
- C) Walking while listening to a podcast
- D) Teaching it to someone else

YOUR DREAM STUDY BREAK IS:

- A) A power nap or cup of tea
- B) Scrolling through reels or chatting
- C) A walk outside or some fresh fruit
- D) Debriefing with a friend

YOUR VIBE WHILE STUDYING IS:

- A) Calm and focused
- B) Relaxed and spontaneous
- C) Earthy and grounded
- D) Social and lively

HOW DO YOU STAY ON TRACK?

- A) A schedule and checklist
- B) Background music and comfy spaces
- C) Changing locations or body movement
- D) Group reminders and shared goals



MOSTLY A'S: LIBRARY LOVER

You thrive in peaceful, structured environments with minimal distractions. You're at your best when everything's in order and you've got a quiet space to concentrate.

- Tips: Use the Pomodoro method, keep your workspace clutter-free, and schedule short breaks to recharge.

MOSTLY B'S: CAFÉ SCHOLAR

You like a bit of noise and background buzz when you work. Cosy, social spaces spark your focus and help you stay motivated.

- Tips: Try playlists that mimic café noise, use headphones to stay in the zone, and choose spaces with reliable Wi-Fi!



MOSTLY C'S: NATURE NOMAD

Outdoors or natural light keeps you energised and focused. You do your best thinking while moving or enjoying a fresh breeze.

- Tips: Study in the park, take walking breaks, or rotate between locations to avoid feeling boxed in.



MOSTLY D'S: GROUP GURU

You learn best with others – collaboration fuels your productivity. Explaining concepts, bouncing ideas, and sharing the load keeps you motivated.

- Tips: Join study groups, book group rooms on campus, or use online tools like Google Docs to study together.



QUIZ TIME

WHAT KIND OF PRODUCTIVITY PERSONALITY DO YOU HAVE?

Are you a Zen Master or a Deadline Chaser?

Answer the questions, then tally how many A's, B's, C's and D's you selected. The letter that you selected the most will reveal your productivity personality!

How do you usually start your day?

- A) With a to-do list and a clear mind
- B) Scrolling on my phone and rushing
- C) Music, brekkie and a bit of a vibe check
- D) Journalling, stretching, or easing into the day



**A big assignment is due next week.
You:**

- A) Start it straight away
- B) Leave it till the last few days
- C) Wait until inspiration strikes
- D) Do the easy parts first to build momentum

Your ideal study space is:

- A) A quiet desk or library corner
- B) A busy café or loud common room
- C) Anywhere comfy, preferably near a window
- D) With mates in a chill group setting

Group project time. What's your role?

- A) The organiser and planner
- B) Contributor... once reminded
- C) Creative idea person
- D) Supporter and motivator

What's your reward after studying?

- A) Ticking off a task and moving on
- B) Watching a show or scrolling
- C) A snack or creative break
- D) Hanging out with friends

Biggest productivity hurdle?

- A) Overworking and forgetting to take breaks
- B) Actually starting the task at hand
- C) Losing focus or jumping between ideas
- D) Staying consistent

What do your notes look like?

- A) Neat, colour-coded and thorough
- B) Messy but I know what it means
- C) Doodles and voice memos
- D) Highlights, sticky notes and group docs

When overwhelmed, you:

- A) Break things down into steps
- B) Vent or go for a walk
- C) Switch tasks to refresh your brain
- D) Push through and sort it later



MOSTLY A'S: ZEN MASTER

You thrive on structure and calm. You're a natural planner and tend to be ahead of schedule. You're dependable, diligent, and most productive in peaceful environments.

- Watch out for: Overworking, perfectionism, and forgetting to rest.
- Try this: Schedule breaks the same way you schedule study – rest is essential!



MOSTLY B'S: DEADLINE CHASER

You're a thrill-seeker who gets things done just in time. Pressure helps you focus, and you shine in the final sprint.

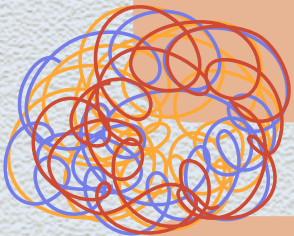
- Watch out for: Burnout, stress, and underestimating how long things take.
- Try this: Set fake deadlines and reward yourself for early starts.



MOSTLY C'S: CREATIVE CHAOS AGENT

You work in waves of inspiration and like to do things your own way. You're imaginative and adaptable, but sometimes struggle with structure.

- Watch out for: Distractions and unfinished tasks.
- Try this: Create flexible routines or work in short sprints with clear goals.



MOSTLY D'S: COLLABORATIVE CRUSADER

You thrive on connection, shared energy and teamwork. Whether you're studying or brainstorming, you do best with others around.

- Watch out for: Losing track without group accountability.
- Try this: Balance solo and group time. Use social study as motivation, not a distraction.



Contact Us



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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Credits

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