

In The Know

The Light Up Edition



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Editor's Note

The extended summer weather we had going on was pretty sweet, but all good things must come to an end and now Sydney is about to head into a rainy period that meteorologists say will continue for at least a week.

But hey, gone are the days where we think rain = boring and nothing to do. In fact, Sydney is *the* place to be during a downpour because there are a plethora of options for you to have fun and make memories while still staying warm and dry.

It's also the perfect time to cuddle with a good read so make yourself a warm cuppa, snuggle up in your bed and scroll through the pages of this month's issue!

Vivian He
In the Know Editor
UNSW College

Highlighted events



GWM Sydney Surf Pro

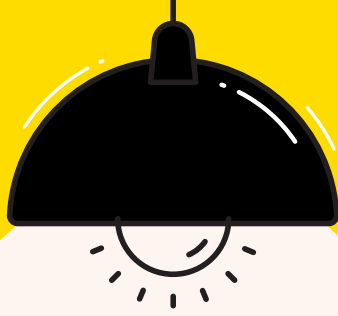
The GWM Sydney Surf Pro presented by Bonsoy is a professional surfing event held in Sydney, and serves as a pathway for surfers to qualify for the prestigious Championship Tour (CT). As one of the major surfing competitions in the region, the GWM Sydney Surf Pro attracts top-tier surfers from around the world to compete for valuable ranking points and prize money, as well as showcase their skills. This year's competition will be held at Narrabeen, and in addition to the competitive surfing action, there will be live music, food vendors, sponsor activations, and other entertainment options for spectators to enjoy. It serves as a celebration of surfing culture and community, bringing together surfers, fans, and enthusiasts to celebrate the sport and its lifestyle.

Click on any of the pictures in the newsletter to learn more!

Australian Fashion Week

Australian Fashion Week presented by Pandora stands as the paramount global fashion platform in the Asia-Pacific. This event showcases leading figures in the industry alongside emerging Australian designers who shape the trajectory of Australian fashion. Spanning five days, the program grants exclusive access to runway presentations featuring esteemed names in Australian fashion, complemented by a series of enlightening discussions and special events.





What's on in **MAY**

See what's happening on at College!

8

BIKE N BLEND

12:30pm - 2:30pm
Courtyard, L5 Building



AUSSIE FOOD TASTING

1pm - 2pm
Room 131, L5 Building



10

UNSW TRIVIA NIGHT

5pm - 7pm
Room 131, L5 Building



BOOMERANG PAINTING

12pm - 5pm
Room 131, L5 Building



14

20

UNSW O-WEEK

Week-long event
UNSW Sydney

BIKE N BLEND

12:30pm - 2:30pm
Courtyard, L5 Building

29



To keep up with all the fun activities that's happening on campus, make sure you bookmark the What's on page on the Current Students Website.

AROUND THE GROUNDS

The best recommendations comes from word of mouth

IYKYK (If You Know You Know)

Sharing some of Sydney's best eateries!



The Momos Hub

636 George St, Sydney NSW 2000

The Momos Hub brings a relaxed ambiance and refined, genuine Nepalese cuisine to our city. You may be familiar with dumplings, but have you tried *momos*? Momos originated from Nepal and Tibet, although they are also popular in other regions of South Asia, such as India, Bhutan, and parts of China. You can sample all kinds of momos here, whether it be steamed, fried, marinated, or in a soup. The service here is incredibly friendly and the food arrives very quickly so you'll never reach the hangry stage!

Gumshara

9 Kimber Ln, Haymarket NSW 2000

Gumshara's revered soups have achieved cult status thanks to Mori Higashida. He employs a distinct method of cooking the broth that only about 20 other establishments in Japan does. Crafting the pork stock for the tonkotsu ramen is a lengthy process, spanning a remarkable seven days and requiring just three essential ingredients: water, miso, and 120 kilograms of pork bones. The outcome is a deeply satisfying bowl of noodle soup, brimming with an exquisite pork flavor that warms the soul, boasting enough substance to satisfy two hearty appetites.



hollywood edition



Five Guys

383 George St, Sydney NSW 2000

The highly acclaimed US burger chain has only started operating in Sydney within the last two years, and is already making a splash amongst city-goers. You don't need to travel halfway across the world anymore for the famous array of burgers, fries, hotdogs, sandwiches, and shakes. The best part is that you can customise your burger to have whatever filling you like, and there are vegetarian options available as well! Same with the shakes — you have the option to elevate them with additions like Oreo pieces, bananas, peanut butter, salted caramel, and even bacon, allowing for a fully personalised food and beverage experience.

Happyfield Haberfield

96 Ramsay Street, Haberfield NSW 2045

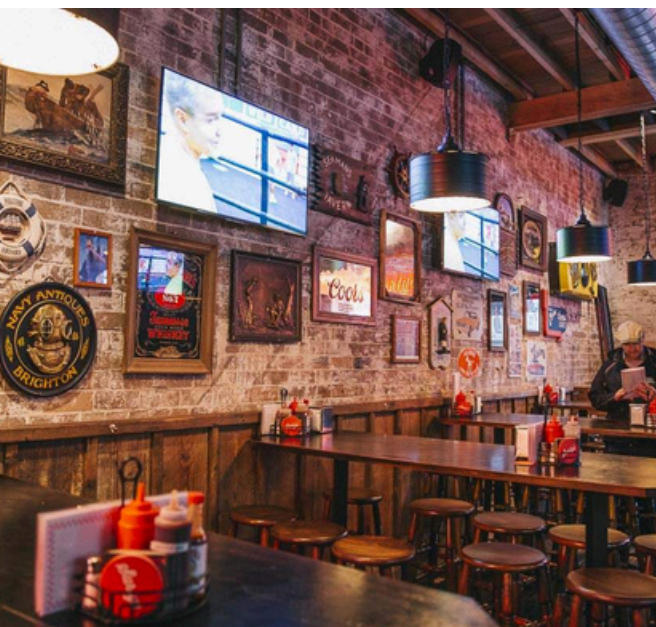
If you can't already tell from the name, you're guaranteed to leave with a happy smile and skip in your step after dining here. Happyfield embodies the classic American diner ambiance (that you may be familiar with if you're a fan of Hollywood movies), promising classic comfort fare, including what some might consider "proper" pancakes: foldable, just thick enough, generously adorned with Pepe Saya butter, and drenched in authentic Canadian maple syrup. Do yourself a favour and order a plate of "Emoji Stack". You can thank us later.



Surly's American Tavern

182 Campbell St, Surry Hills NSW 2010

Surly's is your friendly rustic Southern American tavern. Head upstairs, and you'll discover a cozy space equipped with a shuffleboard table, a stage for live music, and a row of stand-up arcade games. Sports enthusiasts can indulge in the excitement of Surly's expansive screens, broadcasting a variety of on-demand events. However, the true standout feature lies in its Southern-style barbecue offerings. Expect generous portions of beef brisket, chicken thigh, and pulled pork, all meticulously smoked over a blend of apple and hickory woods. Following tradition, pork, brisket, and Texas-style hotlinks are available for purchase by weight.



Belles Hot Chicken

Multiple locations

It all began in Nashville when chef Morgan McGlone sampled the city's renowned 'hot chicken'. Captivated, he brought it back to Australia, so everyone else can enjoy the mouthwatering chicken, a stellar drinks selection, vibrant vinyl tunes, and an energetic ambiance. Success was inevitable, and Belles quickly garnered a devoted following. For the flavour of your protein, you can choose from chicken salt to the infamous scorching hot. Consider bringing along a fire extinguisher if you opt for that latter, just in case.



Roast Republic

174 Clarence St, Sydney NSW 2000

Injecting glamour into canteen-style dining, Roast Republic draws inspiration from the hearty fare that defines the culinary landscape of the Southern States of USA such as Alabama, Mississippi, and Georgia. Slow-cooked beef back ribs and pork ribs steal the spotlight alongside daily rotisserie Cajun chicken and Texan beef brisket. Moreover, their menu proudly showcases soulful creations such as the signature shrimp and chicken Jambalaya, New Orleans Gumbo, and Seafood Gumbo. An assortment of Linguine Alfredo and mega American-style burgers ensure you dine like a true Southerner.

Outback Steakhouse

Multiple locations

Outback Steakhouse is known for its focus on delivering consistent quality across its menu items, especially its steaks. There is also a variety of other dishes, including seafood, chicken, ribs, and salads, catering to different tastes and preferences. Want a memorable meal? Order the "Bloomin' Onion", a signature appetiser consisting of a deep-fried onion served with a special dipping sauce. Once the other diners catch a glimpse of that, they'll want to order one for themselves too if they haven't already.



ACTIVITIES FOR A RAINY DAY



Hijinx Hotel

75 O'Riordan St, Alexandria NSW 2015

Discover the fun of 'challenge rooms' at Hijinx Hotel, where after 'checking in' at the concierge desk, you'll be escorted to a corridor brimming with extraordinary hotel rooms. You can choose to engage in five, ten, or all fifteen games, with the entire journey lasting around two and a half hours. Each of the fifteen rooms features a distinct, highly physical game, crafted with vibrant and immersive whimsy. Dive into a colossal cereal bowl ball pit, navigate a floor of lava, or explore a neon polka dot realm or a vintage carnival – no two rooms are alike. With just four minutes allotted per game, you must strive to accumulate as many points as possible, feeling the tension rise as the clock ticks down.

Flip Out

Multiple locations

It's time to amp up the excitement and let loose at your closest Flip Out arena! If you're looking for a fun recreational activity that can get you the same amount of exercise as a HIIT session, why not change it up by jumping off the walls (literally) with Flip Out. Regardless of rain or shine, there is a trampoline arena and an array of indoor wonders waiting to be discovered – from foam pits that beckon daring dives to parkour courses challenging your agility, and running walls daring you to defy gravity. Anyone who said trampolines are only for kids are mistaken because people of all ages are welcome to bounce here!



Hyper Karting

Level 5 Car Park, 207 Park Road S, Moore Park, NSW 2021

Start your engines, because your Mario Kart fantasies have come to life in the form of Hyper Karting, which is conveniently just a few steps away by light rail from UNSW College. Setting itself apart from conventional go-karting venues, say goodbye to the fumes, noise, and emissions of traditional gas-fuelled karts; instead, experience instant torque as soon as you hit the pedal, coupled with superior handling. For the ultimate balance of adrenaline and safety, drivers are divided into different age groups, and skilled drivers who navigate the track without collisions are rewarded with speed boosts as the race unfolds.

Explore a different side of Sydney

See what you can get up to in the Emerald City!



Vivid Sydney is an annual festival of light, music, and ideas held in the heart of Sydney CBD, transforming the city into a vibrant and mesmerising spectacle.

The festival features light installations, projections, art displays, live music performances, and thought-provoking talks and debates across various locations in Sydney, including iconic landmarks such as the Opera House, Harbour Bridge, and Darling Harbour.

Artists and designers from around the world collaborate to create intricate light installations that illuminate the cityscape in dazzling colours and patterns, turning the landscape into a breathtaking outdoor gallery. These immersive light shows captivate visitors of all ages and backgrounds, drawing crowds from near and far to experience the magic of Vivid.

Additionally, Vivid has become a significant cultural event on the global stage, attracting international attention and acclaim. Its reputation as one of the world's largest festivals of light and creativity has helped cement Sydney's position as a vibrant and cosmopolitan city with a thriving arts and culture scene.

As a result, Vivid has become a must-see event for both domestic and international visitors, contributing to its enduring popularity and success year after year.



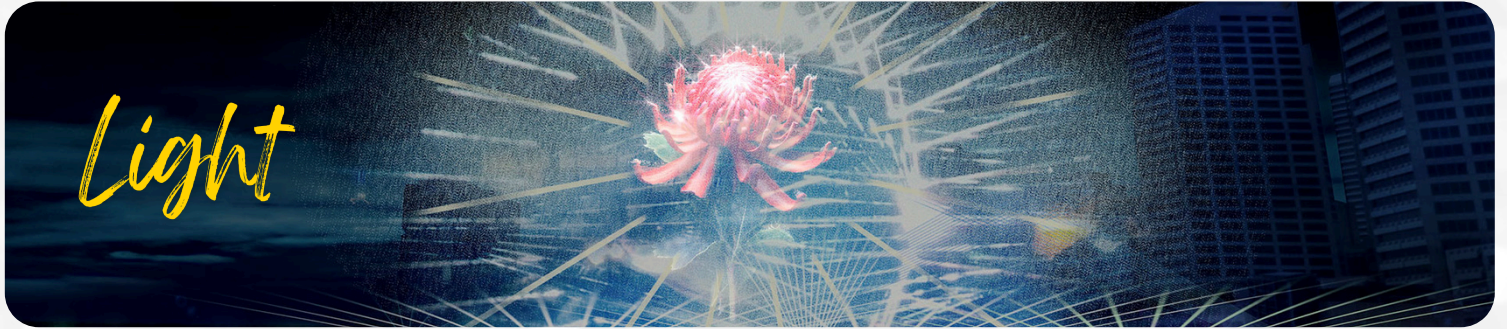
Did you know?

The very first Vivid Sydney began in 2009. One of the original creators of the event, Anthony Bastic, was inspired to light up the Sydney Opera House after seeing illuminated buildings in London in 2007.

It takes six weeks for all the lights to be installed across the city, including three weeks of work just on the Sydney Harbour Bridge. Moreover, it takes 5.2 kilometres of network cable (fibre and Ethernet) to light up the Sydney Harbour Bridge and the city during the event. That's almost five times the length of the bridge!



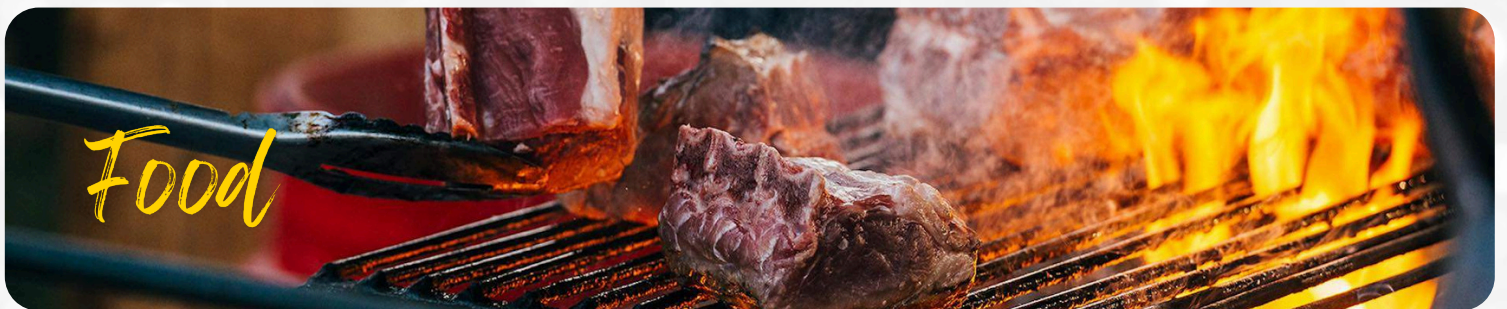
What to do at Vivid Sydney?



Vivid's biggest attraction, the famous [Light Walk](#), is completely free, so put on your most comfortable shoes and stroll along the 8km stretch packed with eye-catching and thought-provoking installations and projections. We suggest breaking up the Light Walk over several nights, but even if you walk the same route multiple times you are sure to see something new each time. See [the full program](#) of over 30 large-scale projections and immersive, interactive works. You won't want to miss the sails of the Sydney Opera House being lit up by the work of 2023 Archibald Prize winner Julia Gutman's [reimagining of the Narcissus myth](#), or the drone show "[Love is in the Air](#)" which will only be on display for three nights only on 8, 9 and 15 June. For those who are interested in Artificial Intelligence (AI), check out the "[Poem Booths](#)". These AI-powered machines, translate what they see in front of them into unique pieces of poetry. The resulting work will no doubt surprise you with its depth and creativity. You'll want to make sure your phone or camera is fully charged to capture all the spectacular moments of Vivid.



Watch as Tumbalong Park, the heart of Vivid Sydney's Light Walk, transforms into [Tumbalong Nights](#), a vibrant stage for contemporary music. Over the course of 12 unforgettable nights, the grassy green comes alive under the starlit sky as the best international and local talents take the stage to provide free live music for an excited audience. You can forget the stress that comes with purchasing concert tickets online because you can rock up any night of the festival and experience music that will get you jumping. To make sure you catch all the acts you want, see the lineup [here](#).



The food offerings at Vivid embraces the rich and varied culinary landscape of New South Wales. There are two options you can go with: VividPlace Food Trail and Vivid Fire Kitchen. Rest assured, there are options at either end of the Light Walk to suit any budget. Ah Toy Lane, Sai Ying Lane, Underwood Street (of Sydney Place precinct), and Bulletin Place will become the "[VividPlace Food Trail](#)", a night market that brings the world's culinary delights straight to you. With over 20 restaurants, bars and stalls to choose from, it's the perfect place to get your feed before hitting the Light Walk. The [Vivid Fire Kitchen](#) makes its triumphant return with a new location at The Goods Line and features flame-seared street food from around the globe. BBQ is a cuisine that transcends borders and Vivid has invited the finest international and local pitmasters to command red hot fire and you can watch as they sear fresh produce to perfection.

MASTER THE ART OF STUDYING

In the pursuit of getting the marks you want to propel yourself towards the future you envision, effective study habits are essential. Whether you're preparing for exams, tackling coursework, or aiming to absorb new information efficiently, honing your study skills can significantly enhance your learning experience. Here, we delve into a comprehensive guide on how to study better, providing you with practical techniques to maximise productivity and achieve your academic goals.



PRIORITISE SELF-CARE

Aim for adequate sleep each night

Get your body moving through physical activity

Fuel your body with healthy fruit and veggies

DESIGN YOUR ENVIRONMENT

Organise study materials and resources in a systematic manner, minimising clutter and facilitating easy access to relevant materials. You can also try experimenting with ambient

background music or white noise to enhance focus, but avoid distractions such as social media or unrelated websites.



CREATE A STUDY SCHEDULE

- Allocate specific time slots for specific subjects, ensuring a balanced approach to studying. Break down larger tasks into manageable chunks to maintain focus and motivation.



REVIEW AND REASSESS

Schedule regular review sessions to reinforce learning and prevent information decay over time. Utilise spaced repetition techniques, gradually increasing the intervals between review sessions to optimise long-term retention.

Actively reflect on your learning progress, identifying areas of strength and areas needing improvement, and adjusting your study strategies accordingly.



REMEMBER...

Be kind to yourself. It's not easy to balance studies, social activities and rest. Finding the perfect ratio can take lots of experimentation so be patient with the process.

Embrace a growth mindset. Understand that consistent effort, practice, and resilience are essential for academic success, rather than innate talent or intelligence.

By implementing these strategies consistently and adapting them to suit your individual learning style and preferences, you can unlock your full academic potential and set yourself on a journey of continuous growth and achievement.

Remember, effective studying is not just about the quantity of time spent, but also the quality of engagement and the application of proven techniques to optimise learning outcomes.

**YOU Can
Do THIS**



Make friends for life through our Volunteer Program!

*What else is
in it for me?*

Meet people outside of your
classroom!
Boost your conversation
skills!
Increase your
employability!

Scan this QR code to join
the UNSW College
Volunteer Community
today!



Download our new SafeZone app today



Safety in the palm of your hand
Super straightforward to use



Emergency assistance

First- Aid assistance

Wellbeing Assistance

Check In Timer

See it? Say It!

UNSW Shuttle Bus

unsw.edu.au/safezone



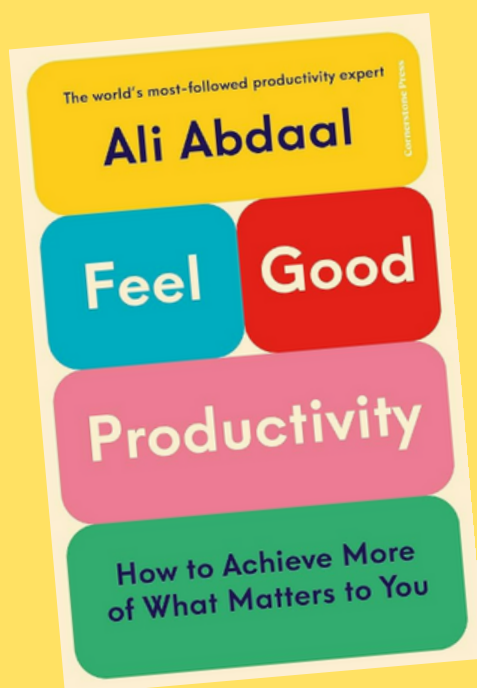
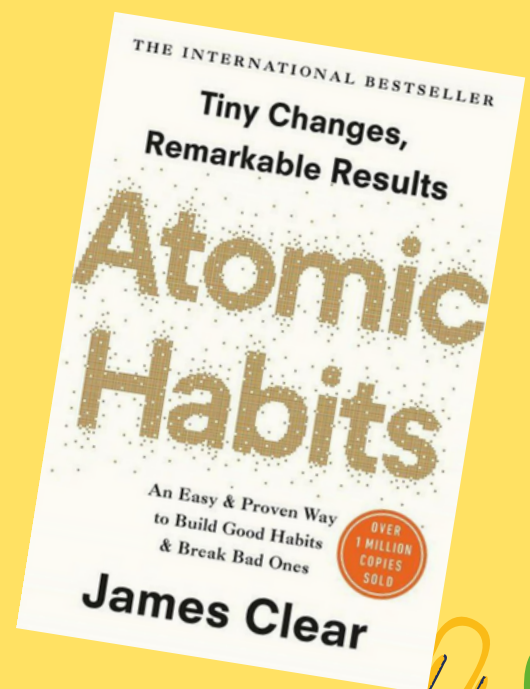
BOOKS THAT SHOULD BE ON YOUR TO READ LIST

Reading isn't just a skill; it's also a gateway to knowledge, understanding, and personal growth. Since long ago, humans have put pen to paper to give tangible form to their thoughts, beliefs, stories and experiences. Reading the words from someone who is an expert at what they do can help enrich our lives, expands our horizons, and empower us to navigate the complexities of the world with empathy, and intellectual curiosity.

ATOMIC HABITS

James Clear

A bestseller from The New York Times, Atomic Habits offers a proven framework for improving every day. James Clear, one of the world's leading experts on habit formation, unveils practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviours that lead to remarkable results.



FEEL GOOD PRODUCTIVITY

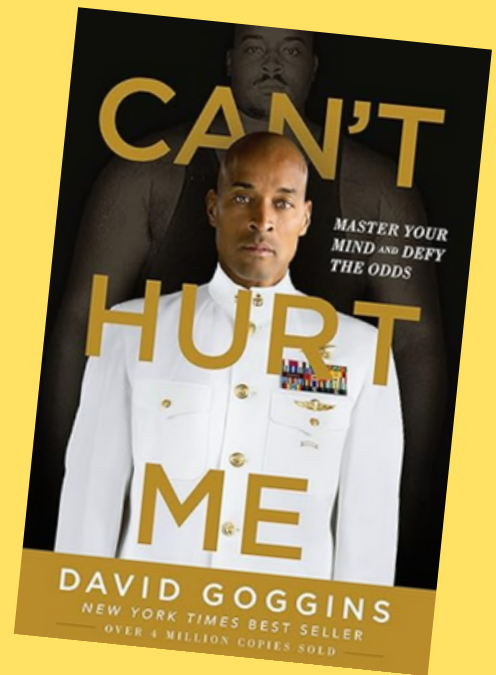
Ali Abdaal

We often associate the road to success being paved with endless frustration. But what if that's not the case? Productivity expert Dr Ali Abdaal has discovered that the key to productivity and success isn't constant grind – it's feeling good. When you make your work enjoyable, productivity naturally follows and all it takes is simple, actionable changes starting from today.

CAN'T HURT ME

David Goggins

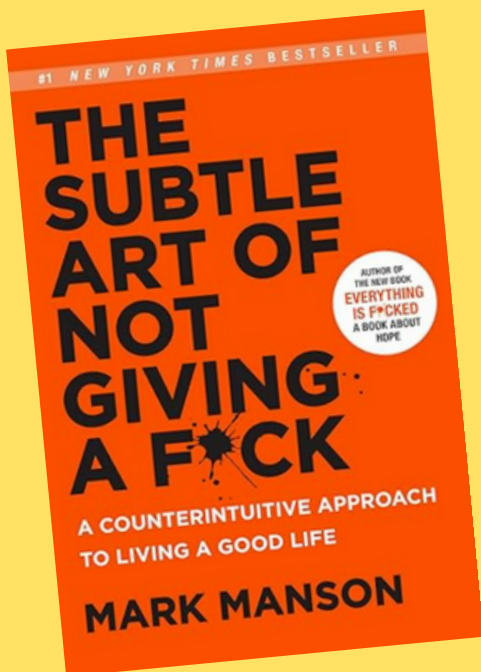
For David Goggins, childhood was tough. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man into a U.S. Armed Forces icon and one of the world's top endurance athletes. He shares his astonishing life story and is living proof that anyone can push past pain, demolish fear, and reach their full potential.



THE SUBTLE ART OF NOT GIVING A F*CK

Mark Manson

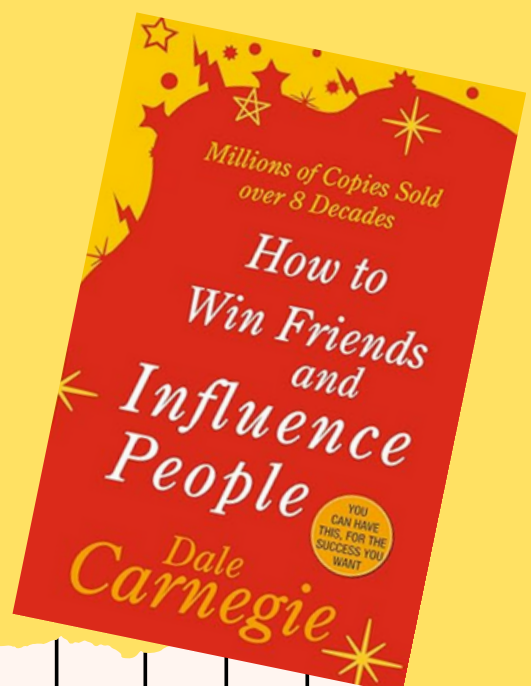
In this self-help guide, superstar blogger Mark Manson gets real to show us how to stop chasing "positivity" all the time. Once we confront our fears, flaws, and uncertainties, once we stop avoiding and start confronting painful truths, we can begin to cultivate the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we crave.



HOW TO WIN FRIENDS & INFLUENCE PEOPLE

Dale Carnegie

Penned by Dale Carnegie and initially published in 1936, it has garnered over 15 million copies sold worldwide. The scenarios in which you may find yourself are boundless: perhaps you've relocated to a new city and need to find a new social network or you were never really confident with striking up a conversation with strangers. Whatever the case, Carnegie will tell you how to get along with people in any setting.



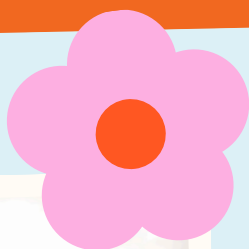
JOIN A UNSW COLLEGE STUDENT CLUB

WE WELCOME YOU

WHAT ARE STUDENT CLUBS?

At UNSW College, we recently created “student clubs” for our students to join and meet new friends based on similar interests.

Based off your votes, you helped us to bring to life three new clubs: K-Pop Club, Movie Club and Photography Club.



K-POP CLUB

If you're a fan of K-Pop, the Hallyu Wave and South Korean culture which have been taking the world by storm, this is the club for you! You can expect dance lessons from professionals, Korean show viewings, karaoke outings and so much more!



MOVIE CLUB

Do you appreciate watching art move across the silver screen? In the Movie Club we appreciate films from all sorts of genres and have a weekly Friday Movie Night on campus! Come on over and let's discuss the wonders of the film industry.

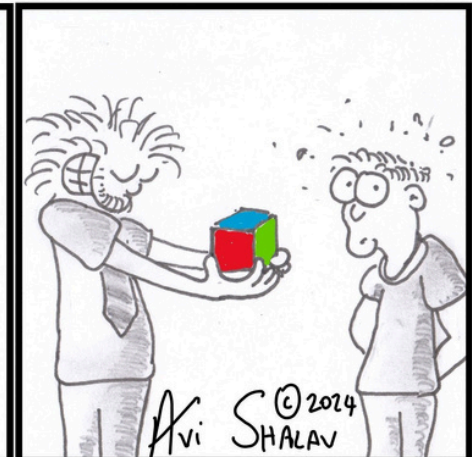
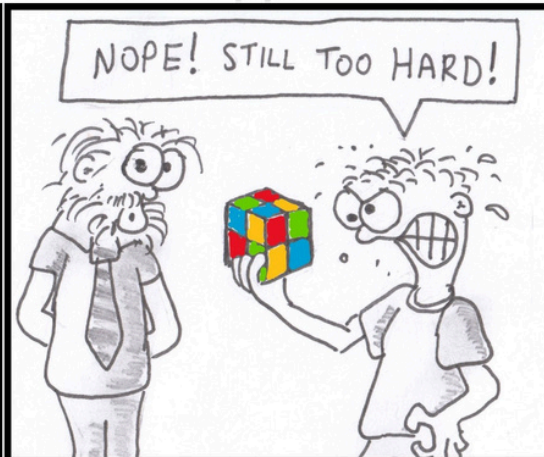


PHOTOGRAPHY CLUB

Are you a fan of capturing those perfect moments in life and preserving them forevermore? Analog or digital, you'll have the chance to become an official photographer at events on campus and build your portfolio! Start your journey of becoming a professional photographer with us!



UNSW Comical College *Rubrics*³ EPISODE ii





UNSW x Sydney Writers' Festival

With a massive program featuring 263 Australian speakers and 35 international speakers, this year's festival runs from **20 – 26 May**. It offers a week of literary culture showcasing the best of public discourse. Readers, writers, and thinkers will converge to share ideas, tell stories, and celebrate books.

UNSW Sydney is the exclusive university sponsor and proud Premier Partner of the Festival. Featuring UNSW academics and researchers on Sydney Writers' Festival stages and events at the UNSW Kensington campus, the partnership brings together a shared vision of creativity, curiosity, and thought leadership.

UNSW's Vice-President Societal Impact, Equity and Engagement, Professor Verity Firth AM shared her excitement around the partnership; "With this partnership, our academics and students will collaborate with some of the world's best authors to fuel debate, champion diverse voices and spark innovation".

You can view the full program [here](#).

Pint of Science Festival

Get ready to raise a glass because the Pint of Science Festival is back, set to ignite minds from the **13 – 15 May**, for an electrifying 10-year anniversary extravaganza.

Pint of Science will be dishing out a platter of science topics to eager intellects during a three-day festival, spanning cities and towns nationwide.

Each evening promises a stellar lineup of science enthusiasts, primed to divulge their groundbreaking research, projects, and passions in an engaging and lively manner.

In 2024, UNSW Science stands tall as a proud partner of the Pint of Science Festival.

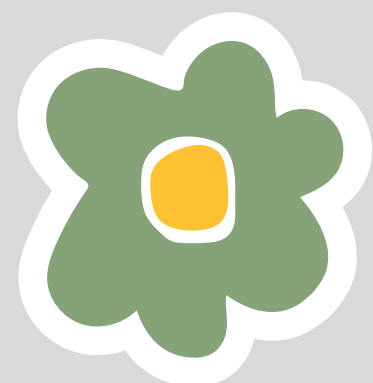
Don't miss out on the stunning array of speakers right here on campus at the Roundhouse.

You can view the full program [here](#).



ACROSS THE ROAD

How well do you know your campus?



Through the Student Lens: Graduate Narratives

We'll be shining the spotlight on some of our latest student graduates.

Say hello to Xuzhe (Susan) Liu



2024 AEP UEEC GRADUATE

As we gather here today to celebrate the culmination of our journey at UNSW College, I am honoured to stand before you and share a reflection on our time together.

First and foremost, allow me to introduce myself. My name is Xuzhe/Susan, I come from China, and I'm on my way to study a master's in Actuarial Studies. I'm so glad to have had the opportunity to study in UNSW College to learn Academic English with so many young friends.

During the 10 weeks in UNSW College, I learnt a lot in language organisation and logical construction. Speaking of teachers, I must extend my heartfelt gratitude to each and every one of them. Their dedication, passion, and unwavering commitment to our education have left an indelible mark on our lives.

I am so lucky to know the teachers like Ilona, Marilyn, Mohammed and Liz and I want to say thank you to them.

Of course, our journey was not without its challenges.

From the dreaded bibliography to nerve-wracking presentations and the infamous final essay, each hurdle we overcame only served to strengthen our resolve. Who could forget the adrenaline-fueled rush of a DDL (Deadline Day Looming), or the unforgettable experience of burning the midnight oil for that crucial presentation?

One of the highlights of my course has undoubtedly been the friendships forged along the way. The camaraderie shared with my peers and the guidance of esteemed teachers have been invaluable pillars of support throughout my journey.

We are standing on the precipice of a new chapter, and I am filled with excitement for the future. While some of us may continue our studies at the UNSW main campus, others may embark on different paths altogether. Whatever the future holds, I am confident that the knowledge and skills we have acquired here will serve as a solid foundation for success.

In closing, let us embark on this new chapter with a spirit of optimism and determination. As we bid farewell to UNSW College, let us carry forward the lessons learned and the memories shared, knowing that the best is yet to come.

Thank you, and congratulations to the Class of UEEC!



Say g'day to Hai Anh (Panda) Le



2023 B STD GRADUATE

As a students' speaker, I would like to extend a warm welcome to esteemed teachers, dedicated staff, beloved family, and distinguished alumni here today. Firstly, on behalf of Standard B and B Plus classes of 2023, I'm here to say congratulations on the successful completion of a challenging yet rewarding program. This journey demanded our dedication, resilience, and hard work, and today, we've made it and that's something to be proud of!

For those who may not know me, allow me to introduce myself. My name is Panda, and I am a Vietnamese student in the Physical Science program, B Standard intake of 2023. You may recognise me from the SRC, THRIVE, or perhaps even the Volunteer Team, but if you don't know who I am, that's totally cool. Today, instead of giving the normal "let's try to change the world" speech, I'd like everyone to reflect on the past in these upcoming minutes.

At some moments last year, when most of us just arrived in Sydney, everything around us seemed so unfamiliar, different, and strange. The culture shock was real, from how a bottle of water can cost 4 bucks to the daunting experience of being away from family for the first time. But till now, I believe that we have gotten pretty good at fitting into the life in Sydney, such as having our own ways to cope with loneliness, how to take care of ourselves, or how to use the transport to get around the city. And I believe that's the amazing part of studying in Sydney. We can discover the most enjoyable, stunning, and yet expensive city in the world. Not just that, the diversity of our student body, hailing from a variety of countries and backgrounds, has enriched our experience and broadened our perspectives.

And it's the same with the process of studying here at UNSW College. Knowledge isn't something that happens overnight; it takes effort and especially time to absorb and acquire. I want to express my deepest gratitude to all our teachers for their unwavering support and guidance. Their dedication and hard work have been instrumental in our success. So please give our beloved teachers a well-deserved round of applause.

Like many of you, I had my share of difficulties, so I do not think it is necessary for me to carry on about the difficulties I had while attending College or how I overcame them. But the fact that we are all here today has proof that we have overcome these challenges in our own special way. Each challenge was a new learning opportunity, pushing us to grow and adapt.

If asked about the memorable moments at this College, I'm sure we all have a few in mind. For me, it was the opportunity to meet wonderful people like you, the fun times volunteering with the most supportive staff, the chance to learn from the best teachers I've ever met, and the golden opportunity to work as a member of the SRC.

As a final note, I would like to extend my sincerest gratitude to all the teachers for their dedication, to all the parents for their unwavering support, and to all the staff for their kindness and assistance. To my fellow friends, thank you for making our time at the College remarkable. Congratulations once again on completing the program and looking forward to seeing all of you again on campus across the road. Thank you!



ILLUMINATE YOUR LIFE

When the dark clouds start to swell in the sky, and the sunlight unable to filter through, you can find yourself in a dark place (pun not intended). Sun or no sun, our Health and Wellness Editor Soutara brings to you advice on how to illuminate your days from within, so you don't need to rely on external factors!

This month, I thought I could bring you ways to illuminate your life. Often as it gets colder, we tend to stay indoors more and feel increasingly tired and gloomy particularly on bleak, grey days. It's so important to keep filling our cups and bringing out the fun and enjoyment in our lives. In doing so, we will find we are leading a happier lifestyle than we otherwise would. Sometimes it can be as simple as reaching out to someone for support; because once you have that support, you will feel like you have more capacity to do other things like trying a new activity or hanging out with friends. I want to introduce you to the concept of 'GREAT DREAM'. It is an easy way to remember 10 things you can do to live a happier life. I like this concept because you can apply it to most activities, and it's a great reminder that there are so many things big and small that can help to fill your cup up!

GIVING

Do things for others

DIRECTION

Have goals to look forward to

RELATING

Connect with people

RESILIENCE

Find ways to bounce back

EXERCISING

Take care of your body

EMOTIONS

Look for what's good

AWARENESS

Live life mindfully

ACEPTANCE

Be comfortable with who you are

TRYING OUT

Keep learning new things

MEANING

Be part of something bigger

Following on from the 'GREAT DREAM' concept, I wanted to share with you a couple of things you can do that fit within this concept. Check out [this page](#) for more information about each area of a 'GREAT DREAM'.



JOIN A UNSW COLLEGE CLUB

Your amazing events team have been working so hard behind the scenes to get these clubs launched and they will soon be run by College students, for College students. You'll be able to connect and relate to your peers through shared interests and learn something new while being a part of something that holds meaning to you! Following 'GREAT DREAM', you are ticking off R, T and M.

Currently, there are three fun and awesome clubs to choose from:

Photography Club

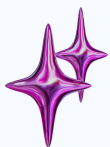
There is so much on offer here! From opportunities to photograph our events, all the way to workshops and excursion tours, there is something for everyone here! Even if you want to learn more about photography, you can certainly join this club.

K-Pop Club

Within the K-Pop Club, you will encounter dance classes, karaoke outings, merch swaps and more! If you love everything to do with K-Pop, then this will be the club for you.

Movie Club

What more do I need to say aside from movie nights?! I know it is still early days... but imagine if we could all go for an excursion to a movie premiere! I might just have to have a chat to Chris about this particular idea... But in all seriousness, who wouldn't want to join the Movie Club and organise which movies to play in L5 Building?!



PRACTICE GRATITUDE

Have you seen the [articles](#) I've been writing on the Current Students Website? I want to point you to this [article I wrote about gratitude](#). Practicing gratitude daily will help you to feel centred, helping to regulate your emotions. When you focus on the good around you, you will see an improvement in your emotional wellbeing and will feel happier overall. This ticks off A and E – looking for what's good within your emotional wellbeing by being more aware.



SPEAK WITH A STUDENT PROGRESS ADVISER

A large part of filling your cup, is also ensuring you have a sense of direction with where you want to go after you graduate from College. Your Student Progress Advisers can support you from an academic perspective. I know what it is like to be unsure about the course you are studying and whether this is what you want. I left it too late, and ended up graduating my Bachelor's realising it was totally different to what I actually wanted to study. I chose to continue and study my Masters in the area I was passionate about, though I do wish I re-considered earlier and spoke with someone about it.

Here, you're ticking off D and R – you can have more goals in place when you have direction, and you will also build resilience to bounce back better when you have adequate support around you when you do feel lost.

You can also speak with the Student Progress Team if you are wanting to improve your study or need help understanding your results. If study is what you need support with, you can also try out Study Club! Both will help you have more direction with your transition to UNSW.

*Love,
Soutara*



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



Navigating Stress



View all Health and Wellbeing support articles

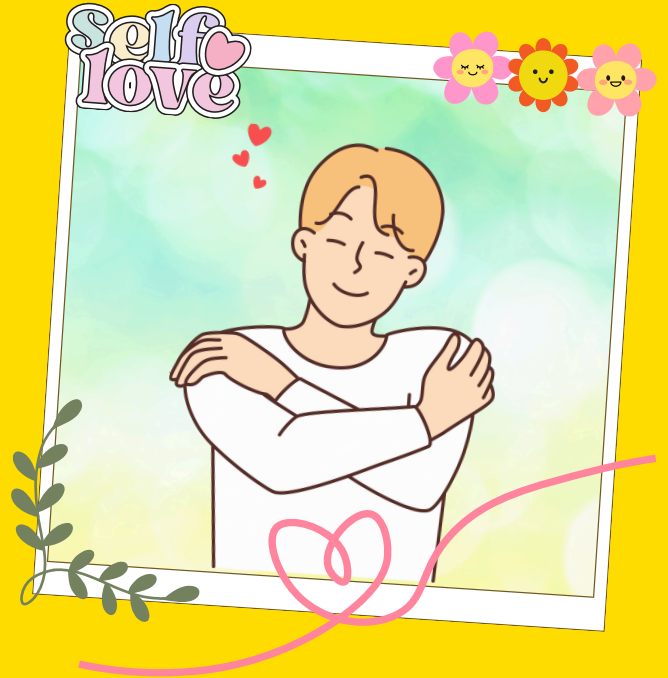
EXP +9

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

Be Your Own Best Friend

If you think about it, the one who will be with you from the moment you're born until you take your last breath, will be yourself. If you're going to be in the long haul, might as well get to know yourself a bit better. Contrary to what most people think, I wasn't always such a bright and bubbly person. If I told people I meet for the first time that I was timid, shy and wanted to run away from social situations at the drop of a hat, many would blink in disbelief. I almost don't recognise the person I was before I came to UNSW College. Back in my home country, I never put my hand up during class, never spoke to people first and found it hard to make friends.

READ MORE



EXP +10

Finding New Hobbies

When classes are on, it's so hard to have free time because all I do study. But when the break finally came, I was able to try things that I've never done before! I was so happy when my exams was finished because I could finally relax, be with my friends and try some new activities that I saw on Instagram. Being an AEP student means going to class five times a week, so I was very excited to take a break from learning because I worked really hard during the term! After the exams, I went to Shelley Beach in Manly with my friends and we swam in the blue water.

READ MORE



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!



[@UNSWCollege](https://www.instagram.com/UNSWCollege)



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