

WELFARE

Newsletter



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Your Guide to UMSU Welfare

Stress-Free Study Techniques for Your Upcoming Exams

We all know that studying for exams can feel overwhelming, especially when time is tight and your syllabus is packed. But don't worry — with the right strategies, you can make your study sessions not just effective, but also enjoyable. *Let's dive into five techniques to help you breeze through exam month:*

1. Pomodoro Technique

Imagine tackling your study material in bite-sized chunks. Break your study time into 25-minute focused sessions followed by a refreshing 5-minute break. This method keeps burnout at bay and helps sharpen your focus.

2. Mind Mapping

Get creative! Transform your notes into visual masterpieces with mind maps. By organizing your study material visually, you enhance your understanding and make the information easier to digest. Plus, it's a great way to see connections between concepts!

3. Cornell Note-Taking

Divide your paper into three sections: cues, notes, and summary. This structured approach makes it easy to register and recall information, helping you stay on top of your studies!



4. Active Learning

After summarizing, discuss what you've learned with a friend or even teach it to someone else. Engaging in conversation deepens your understanding and reinforces your knowledge. It's learning made social!

5. SQ3R Method

Let's break it down - start by surveying your material, then form questions about it. Read to find answers, recite the key points, and finally review everything to cement your understanding. This Survey-Question-Read-Recite-Review pattern can supercharge your comprehension.

Hope these stress-free study methods lighten your load and add a sprinkle of fun to your studying! *Best of luck this semester— you've got this!*

Happy studying!

- Rama Sahasrabudhe

Welfie's wanderlust wonders



-Ayda Zhao

Efficient & Quick Food recipe needed?

Visited Union Mart over the past few weeks but don't know what to do with the ingredients? Don't worry, we've got you covered! For a delicious savory meal, why don't you try out this [easy pasta with cannellini beans](#), or [mushroom fried rice](#)? Alternatively, try this [creamy beetroot pasta](#) which will blow your mind. If you are craving for something sweet, how about this [single serving apple crisp](#) that can be easily made at home?

Beetroot Pasta



Mushroom Fried rice



Pasta w Cannellini Beans



Apple Crisp



Headphones on 24/7? Trying to study but can't?

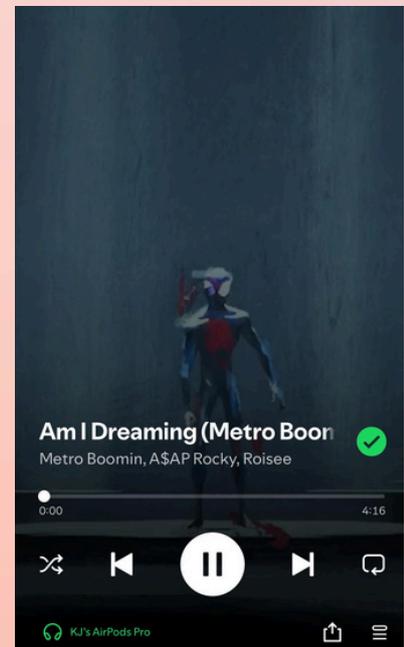
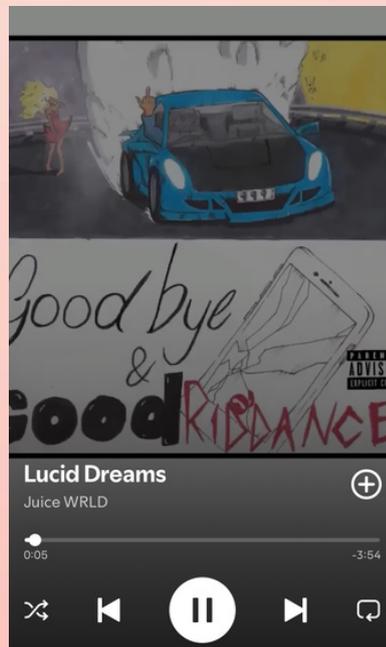
Check out these study music playlists



Editor's pick



People's pick



Don't Talk to Me Until I Get My Late Night Coffee

Folks, it's that time of the semester *again*. You've probably seen the signs - exam season is just around the corner and we're all buried under the never ending assignments, lectures and study sessions. With so much to juggle, finding the *time* and *place* to take a break and studying seem far-fetching.

And say you *have* the time to start your study sessions, what about coffee breaks? What if you want to drink *coffee* and study at the same time but your library pulls out a "No food or drinks" sign. Sure, you could try studying at home, but what if it's just one of those days where home feels...*meh*? Do we just give up one or the other?

No! We must choose both! And you can! You heard it - there are café out there that give the perfect study space to study. What's more, you can take this time to indulge in those main character vibes from Spotify's Academia playlist. Best of all, they're all open well into the night!

Say goodbye to rushing or settling for mediocre study spaces. With these café you get the best of both worlds: coffee AND a place to get your work done!

Read on to find out where you can get your late night coffee runs, each café in-house favourites and cosy study spaces.

- Lydia Yong



📍 [193 Lygon Street, Carlton, VIC
3053](#)

**Opening Times: Monday-Sunday:
8am-1am**

Menu Highlights:
Mont Blanc Coffee
Vanilla Latte
Nitro Cold Brew

Good Measure & Counter Measure Bar



Black Cat Fitzroy

📍 252 Brunswick Street, Fitzroy VIC 3065

Opening Times: *Sunday-Tuesday: 12pm - 12am;*
Wednesday-Saturday: 12pm - 1am

Menu Highlights:

Oat Milk Latte ; Mocha



Heartattack and Vine

📍 329 Lygon Street, Carlton VIC 3053

Opening Times: *Sunday: 8am-9pm; Monday-*
Thursday: 8am-10pm; Friday-Saturday: 8am-11pm

Menu Highlights:

Cappuccino ; Mocha ; Latte



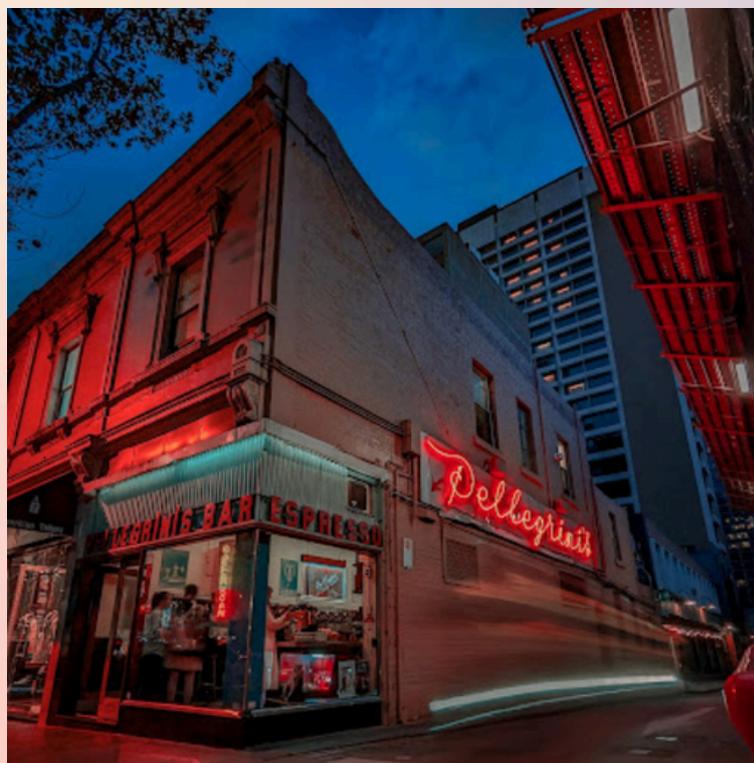
Palette & Palette.atnight

📍 610 Queensberry Street, North Melbourne VIC 3051

Opening times: *Sunday-Saturday: 8am-3pm;*
7pm-11pm

Menu Highlights:

Signature Matcha Latte [or Iced] ; Strawberry Latte



Pellegrini's Espresso Bar

📍 66 Bourke Street, Melbourne VIC 3000

Opening Times: *Monday-Thursday: 8am-9pm;*
Friday-Saturday: 8am-10pm

Menu Highlights:

Long Black ; Latte



Union Mart

Union Mart is thriving, thanks to the dedication and skill development of our amazing volunteers. Their commitment has been the backbone of the program's success. As we approach the final weeks of 2024, we're already collaborating with the 2025 Office Bearers to plan an exciting expansion for next year. Stay tuned for more updates on what's to come!



Welfare Dinner

In the latest Cost of Living Report, one alarming issue stood out: many students are struggling to afford meals on campus. To help ease this burden, Welfare is thrilled to introduce our newest initiative—Welfare Dinners! Starting this Wednesday at 5 pm, we'll be serving a free meal in the Union Mart courtyard. This is a great opportunity to enjoy a hot meal, connect with other students, and alleviate some of the financial pressure.



Stress Less Week

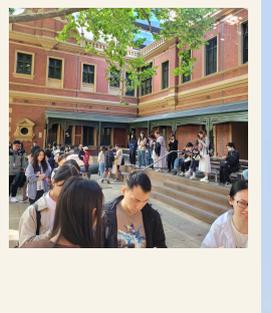
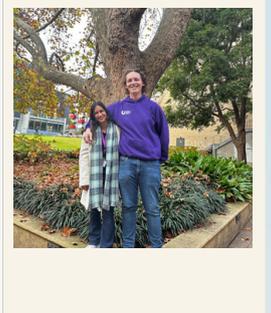
Exams are just around the corner, and UMSU Welfare is here to help! During Week 12, we're hosting Stress Less Week, offering a variety of activities, events, and free meals aimed at easing the pressure of exam season.

Be sure to check out our Instagram for the full event calendar and come join us for some well-deserved relaxation and support!



Volunteering opportunities

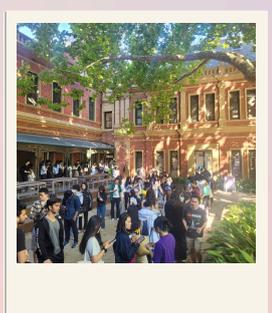
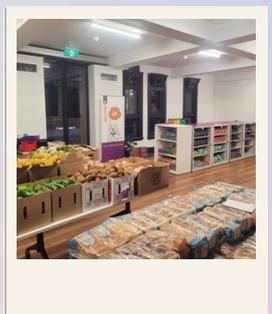
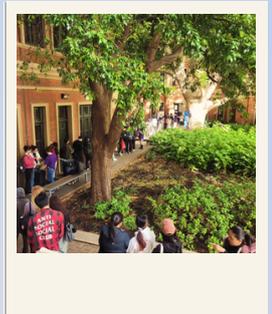
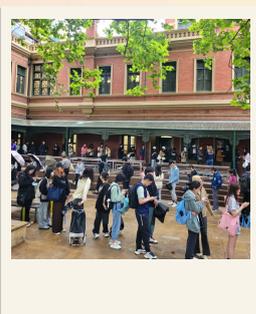
Join our volunteering team! Our success in Semester 1 would not have happened without the help of our volunteers, so we want you on board to make a difference. Besides helping in Union Mart and Welfare Brunch, volunteers also get to socialise with their peers and develop close friendships. Application link can be found [here](#).



As 2024 comes to an end, Divyanshi and Joshua want to thank each and every person who has come by Union Mart, come by Welfare Brunches, gotten clothes from our Thrift Markets or participated in any of our other activities. Our volunteers are nearly 500 strong and growing all the time - they have become a family to us and nothing we do would be possible without them.

Thankyou!

***–Divyanshi Sati and Joshua Stagg
Welfare Office Bearers***



Welfare Committee's past meeting minutes

<https://umsu.unimelb.edu.au/about/secretariat/committees/welfare-committee/>

Come and join us at the next Welfare Committee meeting!

