Step 6: Settling in

Starting university is exciting but can also feel unfamiliar, so it is normal for it to take some time for you to really settle in. You can make the best possible start to your university career by being prepared, feeling confident and knowing what to expect. Don’t miss out on these events and activities to help you settle into life and studies at UNSW!

WEEK 3 - REGISTER FOR SESSIONS BELOW!

2nd March, 4:00pm - 5:00pm: International Student Discussion Group

English conversation groups for international students.

3rd March, 11:00am - 2:00pm: Meet a Mentor and Get Settled into UNSW!

Did you miss out on orientation and getting properly set up as a UNSW student? Come to the Commerce Courtyard and meet a UNSW student mentor and get help settling into life at UNSW. No registration necessary!

3rd March, 11:00am-12:00pm: Get That Professional Job

At this seminar, learn strategies for successful job seeking.

3rd March, 12:00pm-1:00pm: Prepare for the Careers Expo

At this seminar, learn how to excel in impressing employers!

3rd March, 12:00pm-1:00pm: Finding Focus Workshop

Develop skills to help you keep focused at university and in life.

4th March, 12:00pm-1:00pm: Mindfulness Meditation

Learn mindfulness skills to help deal with stress and improve your concentration.

4th March, 1:00pm-3:00pm: Ace the Interview!

In this seminar learn how to prepare for and tackle different interview styles and questions.

4th March, 2:00pm-3:00pm: Anxiety skills drop in

Provides education and skills to help you with common anxiety-inducing situations.

4th March, 3:00pm-4:00pm: Prepare for Careers Expo
In this seminar, learn how to excel in impressing employers!

5th March, 11:00am-12:00pm: **Surf the Blues**
Develop skills and strategies to deal with low mood and improve your mental health.

5th March, 12:00pm-1:00pm: **Mindfulness Meditation**
Learn mindfulness skills to help deal with stress and improve your concentration.

5th March, 12:00pm-5:00pm:**UNSW Careers Expo 2020**
Create your career. Meet over 100 employers. Discover internships and graduate positions!

7th March, 9:00am-3:00pm:**Coastal Walk + Beach Safety**
Get active on the beautiful Coogee to Bondi Walk and learn how to be safe at Aussie beaches!

**WEEK 4 - REGISTER FOR SESSIONS BELOW!**

9:30am - 10:00: **Learning Abroad and Exchange**
Come and hear what Exchange is all about and what other short program opportunities are available to you!

9th March, 10:30am-12:00pm: **Writing a Successful Resume & Cover Letter**
Get that job by learning how to write a great cover letter and resume.

10th March, 10:30am-12:00pm: **Assessment Centres - Advice & Practice**
In this seminar, learn what happens in assessment centres and what psychometric assessments are.

10th March, 11:00am - 2:00pm: **Meet a Mentor and Get Settled into UNSW!**
Did you miss out on orientation and getting properly set up as a UNSW student? Come to the Commerce Courtyard and meet a UNSW student mentor and get help settling into life at UNSW. No registration necessary!

10th March, 6:30pm-8:30pm: **Finding Industrial Training Q&A Employer Panel**
Meet industry recruiters, employers and alumni to find out what they look for in students.

11th March, 12:00pm-1:00pm: **Mindfulness Meditation**
Learn mindfulness skills to help deal with stress and improve your concentration.

11th March, 2:00pm-3:00pm: **Anxiety skills drop in**
Provides some education and skills to help you with common anxiety-inducing situations.

12th March, 11:00am-12:00pm: **Surf the Blues**
Develop skills and strategies to deal with low mood and improve your mental health.

12th March, 12:00pm-1:00pm: **Mindfulness Meditation**
Learn mindfulness skills to help deal with stress and improve your concentration.

**Apply by 10th March:** **Language Exchange Program**
Exchange language and cultural insights in a relaxed environment
Live Chat to a Mentor! Available to new students until March 6th.

Peer support for International students with a Cultural Mentor.