Wellbeing Webinar for science students | Adjusting to the new normal

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9 Jul 2020 - 12:00pm - 12:45pm | Zoom

Undergraduate science students are encouraged to join this webinar, designed to help you adjust to the post-COVID-19 world and the different challenges of online study. The webinar will cover:

- Adjusting to online learning
- Setting up healthy routines when studying at home
- Managing stress and Zoom Fatigue
- Physical wellbeing tips

Note for Honours students: Honours-specific wellbeing webinars will be available soon. We encourage Honours students to wait for these webinars as they will be tailored just for them!

Further questions may be directed to sltu@unsw.edu.au.

Register now using the link below!

Find out more