

# SCISOC CORE

## GET INVOLVED IN SCISOC

Find out how to  
indulge yourself  
in the SCISOC  
community, and  
even join the  
team! pg. 48

## NETWORKING 101

All the tips and  
tricks you need  
to know about  
networking!  
pg.8



**READ MORE INSIDE!**



# STUDENT LED SOCIETY

THE UNSW SCIENCE SOCIETY FOCUSES ON ENRICHING THE LIVES OF  
OUR UNDERGRADUATE AND POSTGRADUATE CONSTITUENT STUDENTS.





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# EDITORIAL

## Editor-in-Chief

Hilary Cao

## Copy Editor

Nathan King

## Writers

Aileen Heal

Erica Jin

Gabrielle Younes

Hilary Cao

Sylvan Tam

## Photographers

Alex Nguyen

Gowtham Ravikumar

Hilary Cao

James Yang

Jason Tan

Lily Chapman

Melinda Liu

Paul Parackal

# EXECUTIVE

## President

James Yang

## Vice President (External)

Keiran Phillips

## Vice President (Internal)

Angela Rejuso

## Arc Delegate

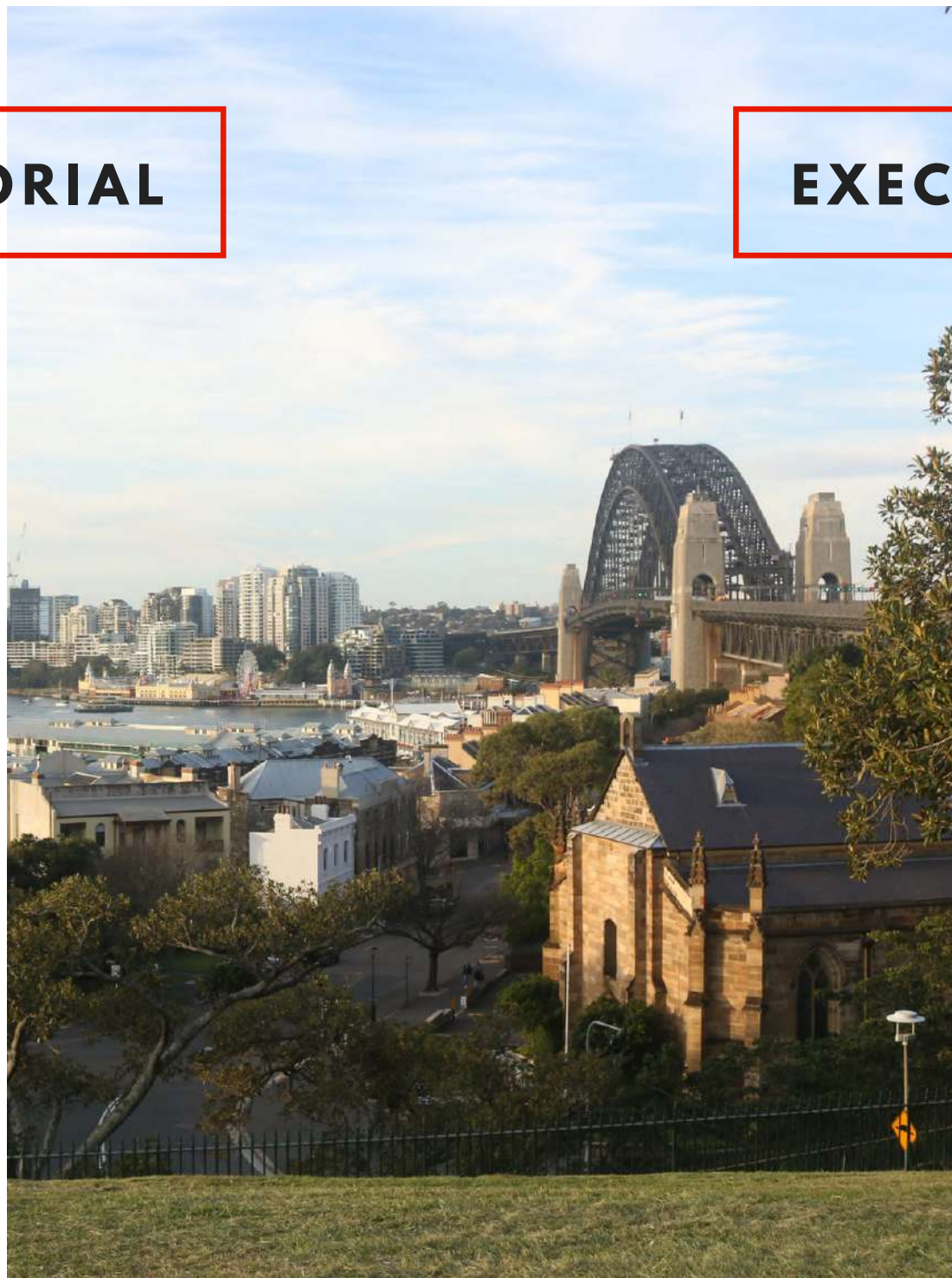
Nathan King

## Treasurer

Chaitanya Narayan

## Secretary

Jessie Dong





# NETWORKING 101

Networking is a way to make meaningful connections whilst sharing who you are and what you do. Whether it is your CHEM1A lab partner, industry recruiters or research scientists, through discussing your aspirations as a science student or engaging in conversations with other professionals in your field, you gain invaluable insights, contacts, tips and information that will aid you in your job search or future work and research.

"Business networking is an effective low-cost marketing method for developing contacts, based on referrals and introductions - either face-to-face at meetings and gatherings, or by other contact methods such as phone, email, and increasingly social and business networking websites."

- Business Balls (<https://www.businessballs.com/>)

*Networking is meeting  
and forming contacts  
with other people in your  
field of business*

WWW.UNSWSCISOC.ORG

For some people, networking and talking to new people can seem daunting, however, it is crucial to be confident in your conversations to leave a good impression. Remember that networking should be mutually beneficial, hence you need to ask questions that show that you are genuinely interested in the other person's work. Here are some questions you can ask when networking:

## Networking Questions

- What's your favourite thing to work on?
- What experience did you have to get your job/position?
- Is the work in your field/business more collaborative or independent?
- What type of professional and personal skills does it take to find success in this type of work?
- What do you enjoy most about working in the role you're in?
- What are some projects you are currently working on or have worked on?
- Is there anything unique that your office/company does that you enjoy?
- What would be a typical next-career move for someone in your position?
- What challenges did you face when starting your role and how did you overcome them?
- I'm interested in X, do you think this is a good place for that?
- Are there people that you recommend I talk with? May I tell them that you referred me to them?

# How to Build Your Network



*Networking is the key to finding a job or building your business.*

Here are some ways you can build your network to form connections with people within the industry you are interested in.

## 1. Using Platforms

**L**inkedIn is an online social network that focuses on professional networking and career development.

In creating an account, you can establish a professional profile that displays your experience, passions, skills and accreditations. It is a useful tool that makes you accessible to employers, and a way to stay up to date with the latest developments and research being conducted in companies and industries that you are interested in.

Upon joining LinkedIn, their in-built step by step guide outlines key details and information that you need to include in your profile, such as your education, work

and volunteering experience, current employment, profile picture and profile summary. LinkedIn also acts as a networking tool, and is a great way to follow up after a networking event or meeting a prospective mentor or industry professional. In sending a request to connect, attach a personalised message, informing the person that you enjoyed meeting them and address a topic that you discussed. If you would like to continue to learn, talk and potentially meet your new contact again, in your message suggest a follow up call.

**S**ocial media platforms can be utilised on Facebook, Twitter, Google+ and more, to get to know important people and connections better. You can try commenting on a post they shared, and start a conversation with them, offering them something of their value in return. Ensure that your online profiles are always up-to-date and do not publicise anything that could sabotage the first impression of the sort of person you might be, because employers often probe for potential candidates through social media.

**F**ishbowl is a great source for unposted jobs and industry gossip however it is restricted to a few certain industries (marketing, advertising, law finance, education, consulting) and a corporate email address is required to join. Fishbowl frequently hosts frequent Q&A sessions with industry leaders and experts to provide you insight into the industry.

**L**adies Get Paid is a private slack group that's a whisper network for unposted jobs and salary advice. Women post that they're interested in a job at a specific company, and then a woman working at that company refers them to the job and sets them an interview.

**P**owerToFly is a recruiting platform that connects companies to women in tech, sales, marketing and digital.





# NETWORKING OPPORTUNITIES

UNSW provides an abundance of networking opportunities to students so ensure that you make the most out of them.

## UNSW Science Research Networks

To navigate how to network with researchers and continue to develop your early career experience, UNSW's research development is the perfect place for exchanging knowledge between researchers "to collaborate, advocate, inform and build inclusive professional relationships in a supportive environment". These networks include Early Career Academic Network (ECAN), WiRN (Women in Research Network) and more!

You can find more networking and careers opportunities on the UNSW website:

**UNSW Careers** is the UNSW hub for academic skills and student employability. They offer workshops and consultations to develop your study, writing and conversational skills. Check out the website through this link: <https://www.careers.unsw.edu.au/>

'**Create Your Career**' helps you take the steps to finding career success at UNSW. These advised key steps are divided based on which year you're in: first year, middle year(s), or final year. Check it out the website here: <https://student.unsw.edu.au/create-your-career>

# CAREERS EVENTS

## SCISOC Careers Events

SCISOC often hosts networking events throughout the year and one of our recent networking events, "Consulting the Experts" was held to provide UNSW Science students an opportunity to gain expertise and insight into the professional evolutions of the three keynote speakers from the big 4, whose tertiary backgrounds in UNSW Science helped propel them to their successful careers in PwC, Deloitte and EY today. This event also allowed science students to engage openly and directly with professional consultants and other attendees in a relaxed environment. Keep an eye out for more events similar to this and be sure to be up to date on our Facebook Page!

## Global Employability Week

Global Employability Week (GEW), typically held in September each year, is a series of webinars related to the global employability for all UNSW students. It is a great way to network with representatives from a wide range of organisations, ask questions and compare opportunities! To find out more about GEW, check it out through this link: here: <https://student.unsw.edu.au/gew>

## UNSW Careers Expo

The annual UNSW Careers Expo is the perfect opportunity to meet employers, network, and look into your career options and alternate pathways as employers give information on graduate, intern and employment opportunities. Find out more information about the event here: <https://student.unsw.edu.au/expo>

# NETWORKING PREPARATION TIPS

## 2. Attend Networking Events

One of the easiest ways to learn from other students and professionals in your desired industry and grow your network is by attending a networking event. These are often held by student societies, or at career fairs, such as UNSW's Annual Career's Expo. In order to maximise your experience, it is important that you prepare yourself first. Here are our tips to help you stand out!

### Know What You Want

Before you go, make sure that you have a goal for what you want to achieve, which industries/roles you want to learn about, and which companies/people you would like to talk with. By knowing what you want to accomplish, you can prepare a list of questions that you specifically want to ask. Another way to prepare is to look the part. Ensure that you check the dress code for the event and dress accordingly, for example: smart casual, formal. You will be making many first impressions during a networking event, so make sure that you dress confidently and comfortably.

### Make a Good First Impression

During an event, it is important that you make an effective introduction. Whilst developing an elevator pitch is a great way to introduce yourself, you can also start by making eye contact, offering a smile with a firm handshake and your full name. Listen carefully for the other person's name and use it in conversation to remember it.



### Show Interest

Whilst you meet new people, make sure you are genuine and show interest by asking questions related to their industry and role. You should listen to what they are saying and after each conversation, remember key points and take notes to reflect on after the event. When someone asks who you are and what you do, you don't want to sound flustered but not too scripted either. Using an elevator pitch after introducing yourself is an effective way to capture the attention of the person you are talking with and provide a quick summary about yourself. You can write down a few lines you don't want to forget beforehand, about yourself and what you want to do with your career, to use while networking.

### Follow Up

After the networking event concludes, follow up with any contacts via LinkedIn or email. You can send a "thank you" email to the people you meet. Reference the conversation you had – this is a great way for them to remember you.

## 3. Meet People Through Other People

One of the easiest and most genuine ways to network is to meet people through other people, through referrals. Maintain your relationships with people you already know or want to meet. Ensure you join your relevant student societies to meet new people; this is a great way to connect as you will very likely receive a warm introduction to the person you wanted an introduction to.



# STUDENT OPPORTUNITIES

There are a range of student opportunities at UNSW which you can use to expand your skillset and grow as a person including case competitions, exchange programs, internships, mentoring and scholarships!

## Case Competitions

Many UNSW student societies hold case competitions which are events where students form or are allocated into teams of typically four members within a limited period of time. Participants are given a case study which they will have to recognise its major issues, and thereby generate a solution for, in a slide deck. Case competitions are great opportunities to develop your innovative and communication skills, critical strategies in facing business case problems, emulate industry practices and apply technical knowledge. Not only that, case competitions also open up a window for networking with other students and industry professionals. If you are afraid that you do not have much experience, most case competitions also provide workshops that aim to teach students basic skills and expectations.

"Given the breadth of consulting opportunities offered at UNSW, it is safe to say that participating in a case competition is a must! Whilst it may initially come across as daunting, case competitions are great opportunities

*to build up your business acumen, apply high level problem solving and critical thinking skills whilst creating memorable experiences alongside like-minded peers.*

But what does participating in a case competition entail exactly and how can I get involved? Let's break things down. Essentially, case competitions are opportunities for students to form teams of 3-4 and pitch innovative solutions to an issue or problem faced by a real-life company. Depending on your skills and interests, competitions focus on a diverse range of disciplines across consulting, financial modelling, stock pitches, investment banking, research and data analysis. Typically, participants will have 1-2 weeks to respond to the brief with a slide deck detailing their strategy, before teams are invited to present their findings through heats and finals rounds. Delving deeper, participating in a case competition is indeed a time consuming process. A few pieces of advice for first timers would definitely be to stay organised, pace yourself and take things with an open mind. With such vibrant and active case competition culture at UNSW, there's no shortage of opportunities to get involved. Watch out for competitions hosted by different societies throughout the year, get a team together and get casing!"

- Emily Cong



# INTERNSHIPS

**U**NSW's Virtual Internships offers students an opportunity for an internship over the internet. With InsideSherpa, students get to learn valuable and practical skills online, which they could use to make themselves more appealing to the job market, all for the very pricey cost of their dedication and time. That's right; this experience is free! And not only is it free, but there's no application process either! Virtual internships are an amazing way to increase your experience and enhance your practical skills, which, while being a very good thing to have in your arsenal like previously stated, also looks very nice on your resumé and LinkedIn profile. Find out more: <https://student.unsw.edu.au/insidesherpa>

**U**NSW offers a great resource at the Careers Online

website which offers many different opportunities to students within UNSW. Using Careers Online, you can tailor the results to what you need specifically, including what faculty you're looking at for opportunities. Each of these faculties all offer different opportunities such as internships and jobs. Even these can be narrowed down even further, to whether you're searching for a full time job, or a part time job, and whether you want to work internationally, or on campus. Internship offers are constantly added to the board, from local to worldwide opportunities, so if you're interested in taking on an internship, this resource is definitely recommended as one you should keep an eye on. Check out Careers online: <https://careersonline.unsw.edu.au>

In order to truly gain insight into what an internship is and how it can benefit you, we've also decided to conduct an interview with Jason Tan, a second year student doing a Bachelor of Science and Commerce. Here's what he had to say about his internship:

**Would you recommend that others do an internship?**

"Of course I would! Getting to actually experience, and apply the concepts you've learned at uni is an amazing opportunity and I couldn't recommend it more! And if that's not enough, being able to meet like-minded peers, and develop relationships is another thing that's rewarding about putting yourself out there!"

**What internship did you take on and where did you hear about it?**

"I decided to join Project Everest Ventures early in February, as a consultant intern for an agricultural initiative. I first heard about it from one of my lectures in person at the start of 2019, and I felt like it was something I wanted to do!"

**What did you learn from your internship?**

"I learnt a lot from my internship; it was the first time I was able to actually develop what essentially was a startup initiative using the lean canvas structure. Aside from the experiences I gained and concepts I learnt through conducting lots of market research, analysing and forecasting data, as well as engage in stakeholder communications all across the supply chain, I was able to hone in my skills including communication and leadership skills, something I found equally as valuable!"



# Mentoring

**P**eer mentoring programs are offered by schools within the Science Faculty, and also by student societies in specific terms to provide support for all science students, typically first year students. Students can also apply to become a peer mentor within the faculty or society. Selected mentors typically undergo peer support training, and are expected to meet up with their mentees throughout the term in order to achieve AHEGS accreditation. For first year peer mentoring, mentors help first year students make the transition into UNSW easier. It is a fantastic opportunity to develop your leadership, teamwork and communication skills.

Find out more here:  
<https://student.unsw.edu.au/mentoring>

These peer mentoring programs are offered by:

## Science Faculty Schools

Faculty of Science  
 School of Psychology  
 School of Optometry and Vision Science  
 School of Materials Science and Engineering

## Student Science Societies

Data Science Society (DataSoc)  
 Aviation Society (AvSoc)  
 Biotechnology and Biomolecular Sciences Society (BABSOC)  
 Materials Science and Engineering Post Graduate Society (MSE PGSOC)  
 Women in Science Society

**C**areer mentoring programs are also offered by UNSW. **Careers Consultations**

UNSW offers career advice consultation in which you can book an individual appointment to speak to a careers consultant. Consultations typically go for twenty minutes for either undergraduate and postgraduate students or thirty minutes for PhD students. Students can ask for advice on career planning, cover letters, interviews, job advice, LinkedIn, online applications, resumes and selection criteria.

**The Career Ready Mentoring Program** provides connections from UNSW students in their penultimate and final year of study to industry professionals, giving opportunities for students to work on career development during the transition from study to work. The flexibility of these

mentoring sessions allow students to choose between face-to-face meetings, Zoom calls, or phone calls at their own comfort. It is expected that students set aside 20 hours of their time throughout a term to this program. To find out more, check out the following link: <https://student.unsw.edu.au/cocurricular/career-ready-mentoring-program>

**Positive Action towards Career Engagement (PACE)** Mentoring connects jobseekers with a disability to mentors from Australian companies. This gives jobseekers the opportunity to gain vital workplace exposure, develop their skills and expand their networks. The PACE Mentoring program typically runs for a four month period between either April to August, or August to November. The mentors and mentees will meet up at least eight times within this period in order to establish a connection and work on achieving goals that have been set out by the mentor and mentee. To find out more information, check out: <https://www.and.org.au/pages/mentoring.html>





# Scholarships

**T**here are a huge number of scholarships offered to UNSW science students. Many of the scholarships offered are open for one month periods, and offers typically open up at the beginning of the month. If you plan on applying for a scholarship, it's definitely worthwhile to check out the new listings at the beginning of the month in order to give yourself adequate time to look through and apply to scholarship listings. Search through these scholarships here:

<https://www.scholarships.unsw.edu.au>

UNSW also offers co-op scholarships for current non-co-op students, a single internship, or a late entry program scholarship in your area of study including business, technology, science and engineering. Look out for these vacancies here:

<https://www.coop.unsw.edu.au/vacancies>





## STUDENT EXCHANGE



Undergraduate, post-graduate and honours coursework students can undertake student exchange to earn credit points towards their degree while studying, living and travelling overseas at one of many of UNSW partner universities. It is a worthwhile opportunity to meet new people, experience new cultures, and build your global networks.

The application process for exchange takes about nine months, and on top of that, UNSW advises students to spend six weeks probing your options. There are two application deadlines for student exchange. Student exchange application for Term 1 of the next year, and UNSW Scholarship applications for travel and exchange close in May. The student exchange deadline for Term 3 of the next year closes in October.

Note that exchange is also eligible for recognition for AHEGS. Regarding the cost of exchange, UNSW declares that a student going on exchange must show that they have at least \$3000 AUD available for every month they plan to go on exchange. While this may seem like a hefty cost, scholarships are available to students in order to lessen the financial burden of exchange. To find out more information about exchange scholarships, use this link: <https://student.unsw.edu.au/global scholarship>

Many students speak about their exchanges as a once-in-a-lifetime opportunity, where they not only get to learn more perspectives about their own degrees, but also receive an opportunity to fully engage with the

different lifestyle and atmosphere an exchange overseas is bound to offer. Being on exchange not only gives you the opportunity to learn more about your subjects, but it gives you a chance to meet new people and carve out your identity, as well as explore your own independence as you're thrown into a completely new atmosphere. To get more first-hand accounts of students' experiences on exchange, use this link: <https://student.unsw.edu.au/globalstudents>

Find out more information about student exchange through these links:

Eligibility, Overview and Applications:  
<https://student.unsw.edu.au/exchange>

Course codes for science exchange:  
[www.science.unsw.edu.au/student-life/student-opportunities/student-exchange](http://www.science.unsw.edu.au/student-life/student-opportunities/student-exchange)





# VOLUNTEERING OPPORTUNITIES

Volunteering and getting involved with your wider community is a great chance to learn new skills, find new friends, and contribute to projects that you care about. Here we will introduce you to a wide variety of volunteering opportunities ranging from environmental conservation, Citizen Science, and helping out at

museums, to projects related to publications at UNSW, tutoring, and community volunteering. Remember to keep an eye on these opportunities as in-person volunteering opens up again. But, in the meantime, there are plenty of online volunteering projects to get involved in.

## CONSERVATION VOLUNTEERS AUSTRALIA

Get your hands dirty and get involved with bush care projects around Sydney! If you enjoy the chance to go out into the bush and contribute to conservation with a very practical hands-on and interactive approach, then Conservation Volunteers Australia (CVA) has plenty of opportunities. Although in-person volunteering is currently suspended due to COVID-19, CVA has released a space to share stories and ideas called 'The Campfire'. Here they have shared campaigns to nurture communities and ecosystems, as well as projects, ranging from ocean litter to bushfire recovery, where you can engage by sharing your thoughts and ideas.

## CITIZEN SCIENCE

There are a plethora of citizen science projects you can get involved in! From activities as simple as logging bin chickens you see with the Wingtags Project during your daily walk, to helping classify Africa's elusive wildlife in the Snapshot Serengeti project on Zooniverse from the comfort of your own home, there is a world of opportunity. The Australian Museum Centre for Citizen Science always has citizen science projects you can get involved in, but go ahead and search for projects that you are passionate about, whether it be flowers or frogs, citizen science is a simple way to be involved with scientific research.





## THE AUSTRALIAN MUSEM

Contribute to science research, the environment, and culture, by volunteering at the Australian Museum. With opportunities supporting front-of-house staff or the chance to assist behind-the-scenes to contribute to science investigation, there is a role for any variety of skill set. Online volunteering is also an option with DigiVol, where you can assist with digitising the museum's collection, to share the wealth of knowledge and information from the museum.

## MUSEUM OF APPLIED ARTS AND SCIENCES

Volunteering at the Museum of Applied Arts and Sciences (MAAS) is the perfect space to share your passions and expand your personal horizons. The objects, stories, and experiences you can explore and the curiosity you can foster within visitors while volunteering at MAAS is extraordinary. Volunteer roles at MAAS are always changing based on the exhibition schedules but, currently, volunteers can share their stories and insights regarding the collection virtually through a new online tour in the Collection Conversations series.



UNSW Science Society at The Color Run



# UNSW VOLUNTEERING OPPORTUNITIES

For a more personal and familiar volunteering experience, you can look for such opportunities at UNSW. Note that some of these programs are eligible for Australian Higher Education Graduation Statement (AHEGS) recognition.

## UNSW Advantage Shack Tutoring

Want all your volunteering to get recognised? With the Advantage program, you can be a part of any one of the 450 volunteering or professional development programs that are offered, and the hours that you put in are recorded and are eligible for recognition for your AHEGS. Check out the UNSW Advantage website to discover many new volunteering projects that contribute towards AHEGS. These can span across Arc programs, faculty-run peer mentoring and careers mentoring, philanthropic programs, community outreach, renewable projects, and much more!

Do you want to support and inspire local high schoolers? With Shack Tutoring's volunteering program, you can develop your own communication and leadership skills, whilst uplifting high schoolers and aiding them in finding their greatness. In addition to aiding students with curricular work, you can offer students advice, make them feel welcomed and nurture their growth throughout high school. With a light commitment of 1-2 hours a week, you will also have the chance to further strengthen your organisation and time management abilities.



## UNSW ASPIRE Ambassador

UNSW's ASPIRE program is one of UNSW's flagship outreach programs run by Access and Equity student volunteers. As an ASPIRE Ambassador, you would mentor and support Access and Equity high schoolers across academics, personal development, and inspiring them to aspire for university. ASPIRE Ambassadors aid both in-school and on-campus workshops and events with many different schools across New South Wales. They also discuss scholarships, program offerings and the overall transition from high school to tertiary education. ASPIRE Ambassadors are recognised by AHEGS and UNSW Leadership Program.

## UNSW Media and Publications

If you are a passionate writer, reader, speaker, photographer or love to keep others informed, this volunteering opportunity is for you! With UNSW's Media and Publications, you can volunteer to work on Blitz magazine, TV, radio to stay up to date with student life. You can also sign up to contribute to journals and multimedia productions spanning across politics, science, art and law. These volunteering opportunities are a great way to develop your communication and writing skills, and to express your creativity to be heard by a broader audience. This opportunity is also eligible for recognition on AHEGS.





# INTERVIEW TIPS

The job interview is undoubtedly the most important step of the hiring process, where you can take the chance to show the employer that you are the most suitable candidate for the position. Whether it be an interview for a new job, volunteering opportunities or student societies, follow these tips to shine during your interview!

## GENERAL TIPS

### 1. Research the company

Showing that you know about the company and industry is one of the best ways to stand out during interviews. Doing so can also help you fit into the image of the ideal employee for the company, by understanding the specifications needed for the job and hence why you fit into this role. Research things such as the skills and experience the company values, the company's CEO, department directors, managers, the company's culture and mission, and of course, the clients, products, and services.

### 2. Practice interview question responses

Compose answers to typical first interview questions, such as "tell me about yourself", "why do you want to work for this company?", or "why should we hire you?" by practicing your responses aloud, ensuring that you don't sound too scripted. Take advantage of mock interviews, or practice verbally with someone else to improve your responses and general approach to interviews.

### 3. Dress appropriately

Typically, the dress code for interviews is professional, or business attire. Check if there is a dress code for the interview so that you can ensure that you dress appropriately. Business attire usually means a suit jacket and slacks with a shirt and tie for men, or a blouse and dress pants or a statement dress for women. Avoid wearing any bright colours that may distract the interviewer.



## GROUP INTERVIEWS

So now that you've done your research and you're all nicely dressed, you walk in and realise it's a group interview. What do you do? Feel flustered and panic and start comparing yourself to others? Of course not. Here's what you should do instead:

### Introduce yourself

Break the ice with other applicants by introducing yourself and finding out what their names are. You can address other applicants during the interview by their names, showing your interviewer your interpersonal skills.

### Take initiative

To stand out in an interview, you either want to have the best answer or be the first to share your opinion. Constructing the best answer is hard to determine, so if there's a silence when the interviewer has asked who wants to go first, be ready to volunteer. However, do this perhaps once so you don't seem to be dominating the interview and not giving others a chance.

### Pay attention to other applicants' responses

Building upon other applicants' responses really shows the interviewer you were listening, and it's also basic manners to listen to what other people are saying.

### Don't blend into the background

Though it's good to be a team player and considerate, remember that the interviewers are still looking at why YOU are the perfect candidate for the position. Don't be cocky or overconfident, but still ensure that your contributions make you stand out.



## WHAT IS YOUR FAVOURITE THING ABOUT WORKING FOR THE COMPANY?

This gives the interviewer a window to highlight positive aspects of the company and also provide a personal experience and opinion on it. Allowing the interviewer to provide their experience could build a friendly connection with them, and it also shows that you are genuinely interested in working at the company.

## WHAT IS THE OFFICE CULTURE/ SOCIAL SIDE OF THE COMPANY LIKE?

Asking this question implies that you are willing to be invested in the company in terms of building strong relationships and it shows that you have strong interpersonal skills. This also helps you to determine how the company engages with, and supports their employees.

## QUESTIONS TO ASK AT THE END OF YOUR INTERVIEW

## WOULD THERE BE AN OPPORTUNITY TO PROGRESS FURTHER DOWN THE LINE?

This shows the employer that you are thinking of long-term goals and you have the ambition to succeed, as well as your loyalty to this company. For yourself, you get an idea of whether you can move up in the company.



GradReady is an organisation founded by medical students from the University of Melbourne. They are the largest GAMSAT national preparation provider for anyone looking to pursue Medicine after they graduate. Their mission is to make learning more engaging and efficient. Earlier this year, SCISOC partnered with GradReady to hold the Medical School Admissions Webinar to help students cover all the information about the GEMSAS admissions process (including preferencing and portfolios), overviews of institutions such as ANU and USYD, and different criteria used by graduate medical schools in Australia. We will be holding more events in partnership with GradReady to

provide more resources for medical students in Australia. GradReady's online courses, which include multiple choice question bank and online exams, cover the entire GAMSAT curriculum, as well as providing helpful advice and strategies across Sections 1, 2 and 3. They also have a team of experienced tutors that are always there to assist you with any questions or queries! They offer the widest range of free GAMSAT resources on their website including free trials to in-depth guides on how to strategically tackle each section. Over six thousand GradReady students have improved their scores by 20+ percentile points with the help of these online courses.





## MEET THE TEAM



We interviewed the SCISOC committee to gain insight into their personal experiences being part of the team. First up is our 2020 president, James Yang.

2020 PRESIDENT

# JAMES YANG

**What is one thing you've learnt about leadership while being the president of SCISOC this year?**

I think something that isn't talked about enough when it comes to leadership isn't just how to be a great leader, but the work that comes before in terms of recruiting. Your life in any leadership position is made a lot easier if you're surrounded by a team that works well with you and shares your same vision.

**What advice would you give to our readers about working as a team?**

Another lesser-talked-about advice as it relates to teamwork is the mindset that each member should approach the project with. If each team member approaches teamwork with the attitude of 'what is best for the team' as opposed to 'what is best for me', you'll find that everyone will automatically start to make personal sacrifices for the success of the team: a characteristic of any great team.

**What has been your highlight of the year with SCISOC?**

Personally, the biggest highlight from SCISOC this year has been working with the team on tough projects and seeing the personal growth from each member. It was incredibly interesting to see how each member adapted to being pushed to their limits and was forced to obtain the skills to succeed. It's always very satisfying to see the moment when everything just clicks!



**What is your role within SCISOC?**

I'm the SCISOC Arc Delegate, as well as the Publications/IT Director of 2020! As the Arc Delegate, I work and communicate closely with Arc, the governing student body, to ensure our events don't breach Arc rules. This also means I work alongside the executive team and provide input to guide the society in the right direction. As the Publications/IT director, I lead a group of subcommittee to do jobs such as manage the website and publish the newsletter, as well as create other publications for the society.

**What do you enjoy most in SCISOC?**

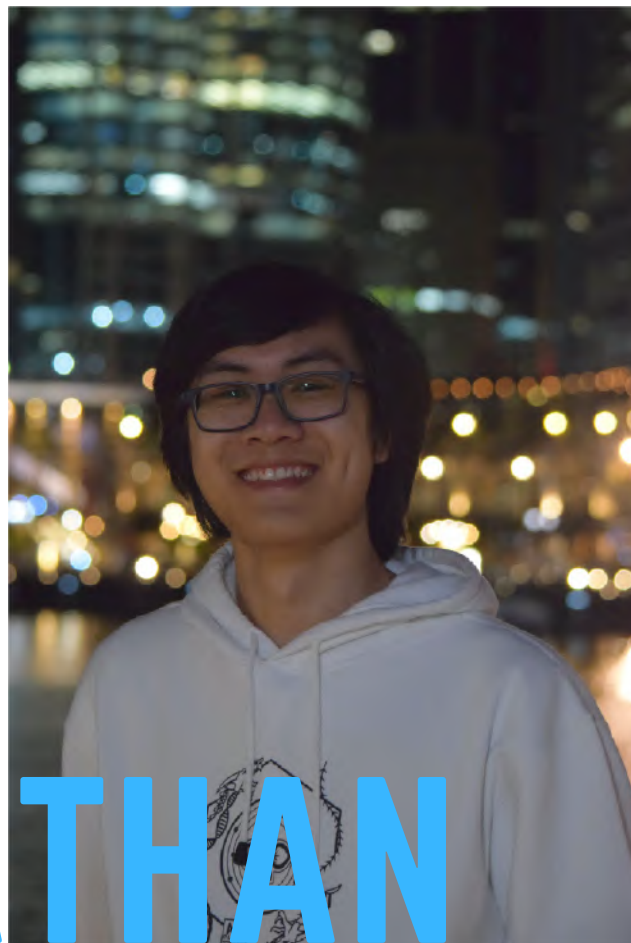
The number one thing that I hear people enjoy the most, and which I definitely agree with, is that the people are the best part of SCISOC and any society for that matter. The friends I've made through SCISOC are by far the best thing about my SCISOC experience, some of whom I wouldn't have ever known otherwise. In terms of my favourite moments, the 2020 Term 1 O-Week and Orientation Camp were a few of my personal favourite SCISOC

memories, maybe due to the fact that they were some of the only in-person events we have held this year due to the

COVID-19 crisis, but I'd still rank those events very highly among my top SCISOC highlights.

**What have you learnt in your role/s in SCISOC?**

Being both an executive and director, I've gotten the chance to function as both a valuable team member as well as a leader. As the Arc Delegate, I work closely with the rest of the executive team to ensure that our events follow Arc protocol, and I get the chance to attend meetings and provide input into some of SCISOC's most important decisions. As the



# NATHAN KING

2020 ARC DELEGATE  
PUBLICATIONS/IT DIRECTOR

Publications and IT director, I definitely feel as though I've grown as a leader, as I've had to lead a group of subcommittee to do various tasks, during which I've learnt various technical skills like website/graphic design and basic coding, and also developing my

communication, leadership and interpersonal skills.

**Why should someone join the SCISOC team?**

Why wouldn't you? With plenty of opportunities to grow your teamwork and technical skills, as well as the amazing people that'll grow alongside you, there's lots to love about being a part of the SCISOC team! You'll meet people who you'll be friends with for life, as well as getting the chance to work alongside them towards projects that help the science community at UNSW. Why wouldn't you want to be a part of such an amazing team?

**What is your role within SCISOC?**

I'm a member of the Events Team for SCISOC! I've been able to get involved throughout the entire process of ideation, planning, and execution for all of the events that SCISOC has held this year!

**What is the most important thing that being a part of the SCISOC team has taught you?**

Being a part of SCISOC this year has taught me how to plan for the unexpected; especially due to COVID-19 and the many restrictions this year. Regardless, it has been a rewarding experience, learning to transition online for events and other initiatives for the past year, and as a result, I've felt like I've been able to put more effort into the 'behind the scenes' planning of the events we've held online.

**What has been your highlight of the year with SCISOC?**

The people, of course! I've been fortunate enough to be able to meet



2020 EVENTS SUBCOMMITTEE

# Jason Tan

many new friends by being involved within the society; it's one of the things I'm extremely

grateful for! In terms of events, it was amazing to be able to host countless events, like

PsychSoc x SCISOC Games Night, and SCISOC masterchef- it's an experience that I will not forget and I recommend everyone to try it out!



2020 MARKETING DIRECTOR

ELIZABETH  
LUU**What is your role within SCISOC?**

As the Marketing Director, I am responsible for maintaining SCISOC's public image to society members, the UNSW community, and our sponsors and partners. This includes managing the SCISOC Facebook page and Instagram to ensure all members are engaged and up to date with SCISOC events and opportunities.

**What has been your highlight of the year with SCISOC?**

I've really enjoyed the in-person bonding days, especially since COVID-19 has made things more difficult. The ability to see the team face-to-face has been amazing! I've really enjoyed meeting people and bonding together as a SCISOC family!

**What's the most important thing that being a part of the SCISOC team has taught you?**

Being part of SCISOC has taught me the importance of open communication between your co-director, other portfolios and the executive team. In order to maintain a strong vision that is consistent throughout the entire team, it's so important to coordinate with other portfolios and check in with each others to ensure that tasks are all on track. Particularly in my role as a marketing director, a lot of forward planning is required so that the execution of marketing material is completed to a high standard. This has taught me to be open with the whole team and communicate clearly, efficiently and effectively.





**What is your role within SCISOC?**

I'm a subcommittee member from the HR portfolio! In my role, I work on creating fun internal events that stimulate bonding across the SCISOC committee!

**What has been your highlight of the year with SCISOC?**

As cheesy as it sounds, I'm really glad to have been able to find my own "crowd" within SCISOC and a batch of friends that I know have got my back. On another note, that one night where we had an impromptu bonding event because the entire committee was unintentionally in the city at the same time was pretty funny.

**What's the most important thing that being a part of the SCISOC team has taught you?**

To be unafraid of being honest and communicating your genuine thoughts! Working with the SCISOC team has really taught me that it's okay to lean back on the support of others - after all, "teamwork makes the dream work".



2020 HUMAN RESOURCES SUBCOMMITTEE

# Melinda Liu

**What is your role within SCISOC?**

As a careers subcommittee member, I work with my peers to plan interesting and exciting careers events. We strive to expose science students to alternate career pathways beyond just conventional research. As part of my role, I also reach out to potential sponsors and partners to collaborate with SCISOC to enrich the experience of everyone within the society.

**What has been your highlight of the year with SCISOC?**

My highlight of being in SCISOC this past year has been meeting all the wonderful new people that I now can call family. I feel like we've really grown a close-knit community where everyone looks out for each other and you really get to feel that sense of care and support. An event that I enjoyed working on and executing was the 'Consulting the Experts' financial seminar.

2020 CAREERS  
SUBCOMMITTEE**What is something that being a part of the SCISOC team has taught you?**

You should never be afraid to be open and honest with your peers. Being in SCISOC has taught me that there's no harm in admitting your failures and mistakes, and that your team is always there to support you. You can always rely on your team and fall back when things get tough, and everyone understands that we all go through our own moments of hardship. That being said, you should always be working on your mistakes to learn from them and grow with your team.

# ALEX NGUYEN





2020 PUBLICATIONS/IT SUBCOMMITTEE

# HILARY CAO

## What is your role within SCISOC?

I'm part of the Publications & IT subcommittee, which manages and designs the SCISOC website, fortnightly newsletters and creates publications such as the First Year Guide, SCISOC CORE, Prospectus and more!

## What were some highlights of the year?

I loved the in-person bonding events that we had this year where I got to meet fellow SCISOC committee members. Everyone brings their own unique energy to the team, and getting to know everyone and becoming friends with them has been such a warm experience. My favourite memory thus far is spending the day at the beach with HR, Finance and Events portfolios, then coincidentally bumping into Careers and Marketing portfolios, who were having their own bonding event, at the ever-so-magnificent Soju Alley. It ended up being a very pleasant whole-committee bonding night and was definitely a highlight of the year. I also had the amazing opportunity to undertake the role of SCISOC CORE project manager in which I worked with fellow subcommittee members in the production of this magazine. It was definitely challenging to manage a project while juggling other commitments, however I learnt so many valuable skills associated with project-leading and teamwork. Overall, I thoroughly enjoyed challenging myself and taking up this project.

## What did you learn in your role this year?

The various opportunities that SCISOC has offered have made me experience

being both a team player and a team leader. I learnt how important it is to have effective communication skills, drive and commitment to a schedule in order to lead a team. Showing empathy and being understanding is also crucial to ensure that your team works cohesively and on the same wavelength. Furthermore, by creating fortnightly newsletters and consistently managing the website, I learnt how to maintain a steady work schedule and hence further develop my time management skills, as well as the ability to engage with our audience through our publications by producing creative, relevant ideas. On top of these soft skills, I also broadened my technical skills such as coding on HTML, CSS and JavaScript. I found this to very beneficial for my study as my degree involves computer science.

## Why should someone join SCISOC?

SCISOC creates a great environment for you to make new friends and develop new skills in a range of areas. As you don't really need experience to join the subcommittee, it is definitely the perfect opportunity for anyone who wishes to grow and better themselves in a team setting.





### What is your role within SCISOC?

As the treasurer, I am responsible for all the finances, and as a director of Finance, I upskill and teach my subcommittee how to budget for events, use a balance, income and cash flow statement manage finances, and how to operate legally.

### What has been your highlight of the year with SCISOC?

As an executive, I got to talk to so many people and reach out to the entire society without feeling awkward.

# CHAITANYA NARAYAN

2020  
TREASURER

My favourite events include the weekly late-night Discord calls, playing online games together and making very close friends. I also enjoyed all the bonding events we did as a society and I got to experience the full society experience. The social aspect and upholding more responsibilities has made SCISOC a good experience.

### Why should someone join SCISOC?

By joining SCISOC, you will feel a sense of belonging and experience university to the next level. The people on the team are super welcoming, kind and thoughtful. The diverse and welcoming nature of SCISOC really makes it seem like a big family.



Boston Consulting Group (BCG) is a global management consulting firm and is the world's leading advisor on business strategy as well as the fastest growing premium management and consulting firm. They identify opportunities, address critical challenges, and transform the business of clients in all sectors around the world. BCG often holds seminars and masterclasses that are aimed at university students and recent graduates to foster communication and leadership skills. They also have a scholarship program that offers students in

their penultimate year an annual scholarship, with an opportunity to be considered for a graduate position. BCG encourages passionate and determined students from a diverse range of degrees to apply for this scholarship. BCG also recruits open-minded, ambitious, and accomplished students from around the world. Discover more about BCG on their website ([www.bcg.com](http://www.bcg.com)) to learn more about their opportunities, and whether a career at BCG is the path for you!



# GET INVOLVED IN SCISOC

Whether it be joining the team or even just coming to our events, there are many ways to get to meet fellow science students and find opportunities to develop yourself. Here are some ways you can get involved in SCISOC.

## COME TO OUR EVENTS!

If you're in first year, start off by coming to SCISOC camp to meet new people, make friends and have fun. In 2020, we've had many online events such as games night, speed friending, a MasterChef event, Pinot and Picasso, SCISOC Survivor that included scavenger hunt, quiz night and many more events. In previous years, we've also had our annual SCISOC ball and also cruise, where you get to dress up, party and dance the night away. On top of all these social events, remember to also come to our careers events to gain insights on various fields such as consulting, various STEM pathways and more. Keep updated with these events on our Facebook page, newsletter and website.



## LIKE OUR FACEBOOK PAGE

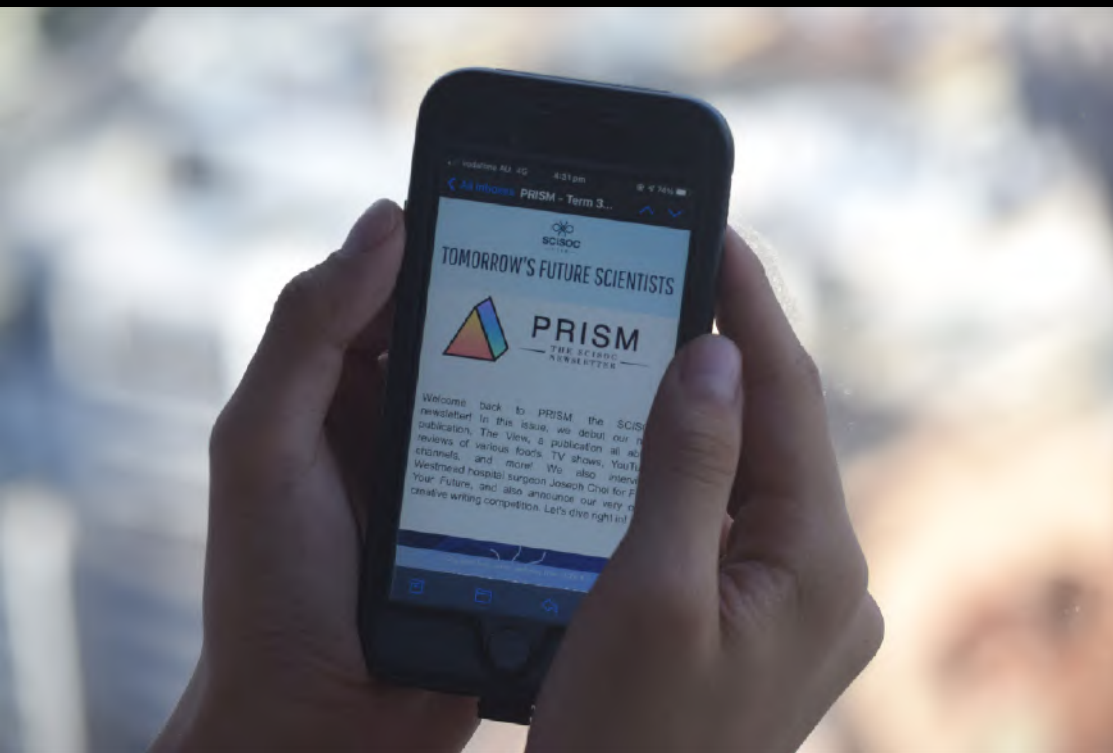
Another great way to stay involved is to join our Facebook group and 'like' our Facebook page! If you want to attend our events, our Facebook is definitely the way to keep up with them, as it's how we release news of all our latest and upcoming events. Facebook is also how we keep our audience up to date with everything SCISOC does. Not only do we post news about our latest events, but you can find SCISOC sharing science student opportunities periodically throughout the year in our Facebook group, as well as anything else science related. It's also a great way to keep in touch with other science students. 'Like' our Facebook page at @unswscisoc and join our Facebook group here: [www.facebook.com/groups/unswscisoc](http://www.facebook.com/groups/unswscisoc).

## READ OUR PUBLICATIONS

We update our website constantly with new publications written by our team! Our publications are widely varied, with a lot of useful information to be found within them. Some of the publications we've released in 2020 include our 'Find Your Future' publication, where we interview UNSW Science faculty staff, alumni and science graduates to find out more about the career they've led with the degree they've received, and 'The View', in which the SCISOC team gets to review everything, from cakes to YouTube channels to podcasts and more! View them our publications here through our website: <http://www.unswscisoc.org/publications.html>







## JOIN THE SCISOC DISCORD SERVER

SCISOC has a Discord server, where we host most of our online events! Our server comes equipped with multiple bots, such as a Pokémon bot to satisfy everybody's training needs, music bots for you to jam out to in our many voice channels, or even a trivia bot if you feel like flexing your brain. When we aren't hosting events on the server, we have an active community you'll find online, whether it be late-night voice calls as we play games, or entertaining debates in our general channels about all things science. Join with this link: <https://discord.gg/SeKhYVH>

## SUBSCRIBE TO OUR NEWSLETTER

Another great way to get involved with SCISOC is to subscribe to our fortnightly newsletter: PRISM. We keep our audience updated with all our latest events, as well as upcoming events, publications and more! We also have a 'Fun Corner', where we get to write about anything and everything. Some of our previous Fun Corners have included a listicle of scientists who have been 'screwed over' by history, a 'Time'-themed creative writing competition, and more! Subscribe here: <http://bit.ly/UNSWSCISOCmailing>

# APPLY FOR SCISOC

## SUBCOMMITTEE AND DIRECTORSHIP

Of course one of the best way to be involved in SCISOC is to be a part of SCISOC! We have six portfolios (Careers, Events, Finance, HR, Marketing and Publications/IT) and you can apply for a subcommittee position or a director position of any of these portfolios regardless what degree you do or what year you're in. You can be extroverted or introverted, it doesn't matter. SCISOC is a fantastic opportunity to meet new people and develop various technical skills such as

managing and designing the SCISOC website, making cover photos on Facebook or learning how to read balance, income and cash flow statements, and budget events, depending on which portfolio you join. You can also build soft skills like communication and networking, leadership skills and time management. Make sure to check our Facebook page to be updated when the applications open and close!

## EXECUTIVE

Not only does SCISOC offer subcommittee and director roles, you can also apply for executive positions. You need to get elected at the Annual General Meeting (AGM), which is usually held in October.



## SCISOC CAMP LEADER

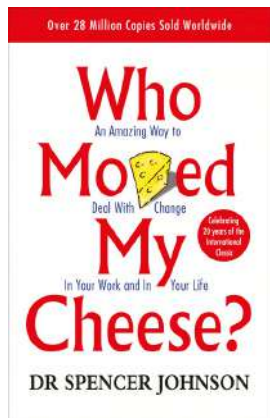
Another fantastic way to get involved is to apply to be a camp leader at SCISOC camp. By being a camp leader, you can develop leadership skills as you will have a group of students to lead and also you will be able to build your interpersonal skills. There is camp leader training provided to you and it would be a fantastic opportunity to learn and gain new skills. It is also an opportunity to give back to the UNSW student community by sharing your experiences and providing guidance to new students. It is very rewarding to see these new students come into camp with no friends but end up having fun and making a lot of friends! Moreover, you also get to meet new people and have a blast at camp!



# PRISM THE SCISOC NEWSLETTER

The following pages are a showcase of SCISOC's Prism newsletter articles which include book reviews, a 'Fun Corner' article about scientists who have been forgotten in history, and study tips for university students in their exam periods!





# WHO MOVED MY CHEESE?

A BOOK REVIEW WRITTEN BY KEIRAN PHILLIPS AND CHARLOTTE CHAN

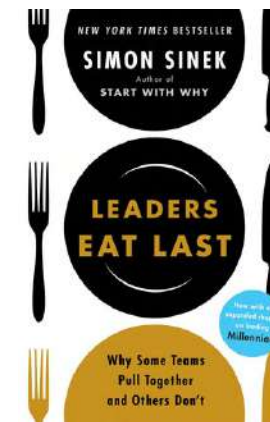
Dr Spencer Johnson's 'Who Moved My Cheese?' is a short story that will inspire your views and beliefs on change. In the modern era, it has become increasingly important to be resilient and adaptive to change. These eighty pages explore one of humanity's engrained flaws, 'entitlement', that stops us from being happy, which is metaphorically represented by "cheese".

Johnson simplifies this notion into cartoon-like characters that embody these complex ideas to make this book an enjoyable read for all. It also allows anyone to easily compare themselves to these cartoon

characters to reflect upon whether they are taking up all the opportunities that they can. This book is especially relevant in difficult times like these. During the current circumstances with COVID-19, there is an increasing uncertainty of our future. It is very easy to let this insecurity hold us back and become passive but we can make the active decision to choose to stop resisting change, and engage. By actively engaging with our environment, it will allow us to have room to grow and keep improving as individuals. It is very important to be constantly seeking that next opportunity in order to stay ahead of the curve.

# LEADERS EAT LAST

A BOOK REVIEW WRITTEN BY ALEX NGUYEN



Simon Sinek's 'Leaders Eat Last' highlights the true nuance and psychology that underpins effective leadership. It captures the kind of thought and analysis behind the scenes that you otherwise wouldn't think of.

One of the most significant messages Sinek has to offer is the need to separate people from mere numbers and the value of a real, personal connection. The book makes us realise the truly jarring effect of social media and popular culture on negotiation and our relationships as a whole. The low-effort, instantly gratifying nature of

our modern lifestyles makes it easier to care less about others, and devalues the time and effort we invest in them. This in turn impacts how close we can really get to people, and Sinek links this in the application of the business world. If we fail to build a meaningful connection, how do we ever start to earn trust? How do we lead effectively? Not only is this a useful read for the business-minded, it also gives a look at factors that make up well-rounded meaningful relationships that we can apply to our wider life. It's definitely a worthy read, full of interesting stories and also a couple of unexpected laughs!



# THE SPEED OF TRUST

A BOOK REVIEW WRITTEN BY ERICA MAI

Stephen M.R. Covey's "The Speed of Trust" provides a pragmatic set of guidelines to understanding, restoring and building trust in the new global economy. By contextualising trust as a tangible asset with quantifiable, economic value, Covey asserts how trust underpins the quality of every relationship and business venture we engage in; whereas the dividend received from high trust elevates engagement, innovation and the speed of execution, interpersonal friction act as a performance tax, perpetuating divisiveness and bureaucratic structures that impede the progress of an enterprise. Covey further explains how trust 'ripples' into all domains of life, and exists as five 'Waves': self, relationship, organizational, market and societal trust. This framework affirms how the trust we build in our organizations and markets, is an echo of the trust we have in ourselves. And sure, I agree with Covey. In a

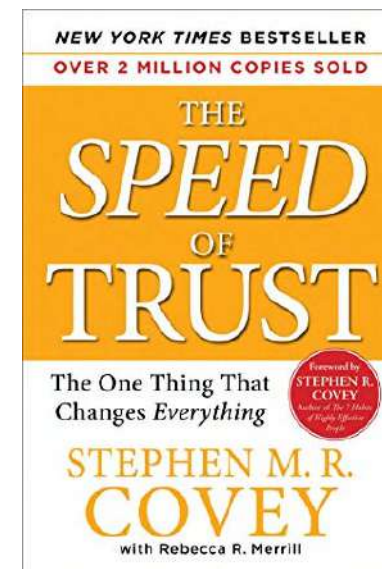
world of increasing transparency and accountability, business transactions between strangers are predicated on the maintenance of mutual trust; before I purchase clothes online, for example, I head straight to the ratings and customer reviews - if there's no credibility, no trust, well, it's a no from me. Girl, bye.

However, the problem I have with this 250-so-paged book is that the ideas and actionables Covey presents are so... utterly derivative. A statement that sums up one of the main philosophies of the text is a quote he includes from his father, the author of the acclaimed '7 Habits' series: "Compelling trust is the highest form of human motivation." This makes a lot of sense - how can one be genuinely motivated to toil, and thus strive for the success of a company, if their leaders do not support, extend trust or place faith in their employees' capabilities?

So if these big ideas can be easily extracted from just a sentence or two, why must Covey feel the need to inflate simple concepts into chapters upon chapters of pretentious verbiage? (Although, to his defense, this morally-pretentious air has typified pretty much every professional self-help book I've read). Not to mention the absolute BLOCKS of anecdotes he includes throughout the text to support his ideas, which, quite honestly, are just reiterations of concepts he's already explained. It's a shame, because as much as I enjoyed reading the novel at the beginning, the content became repetitive and predictable over time.

I will give it to him though. I appreciate the viewpoint from which Covey speaks from; he's clearly intelligent and passionate about his line of work. In a chapter about 'Societal Trust', Covey makes great points about how the business landscape has shifted to the socio-ethical paradigm of global citizenship, and how there's a growing need for a convergence between "doing the right thing" and "doing the economic thing" - which raises the question: will we authentically benefit and grow from trust that is built merely for the sake of "increasing speed and reducing cost?" Points like these are fresh and thought-provoking; it's unfortunate these small bites of wisdom are eclipsed by... everything else.

So would I recommend this book? Surprisingly, yes. If you're impatient and a bit of a cynic like me, maybe check out a book summary. Otherwise, read the book, it won't take very long! The ideas Covey explores, although not revolutionary, are very relevant in the modern age. It's a great reminder of how the tangible value of trust is often underestimated in both the corporate world and our personal lives. For when people see a company or individual as credible or deserving of trust, the currency of trust can afford "access, opportunity, and influence money alone could never buy."







PRISM: THE SCISOC  
NEWSLETTER

TERM 2 EDITION 3

# Scientists Cheated by History

'Scientist', a term coined back in 1834, was made to describe those who pioneered technology and discovered things that would go on to change the way our world works. However, many of them would end up having their work stolen, their contributions snubbed and their existence forgotten. Today, we're taking a look at some of these severely underrated scientists who were screwed over by history.

## Rosalind Franklin

Franklin specialised in X-ray crystallography, which she used to take pictures of the DNA molecule, thus revealing its double-helix structure. Her colleague, Maurice Wilkins, struggled to work with her due to a clash in personality, and he would eventually move on to work with his friends Francis Crick and James Watson. Wilkins would take Franklin's photo without her permission and show it to them. Together, they developed the model of a DNA molecule using her image and their own data, and presented it without credit to Franklin. Franklin would eventually succumb to ovarian cancer at an early age while Wilkins, Crick and Watson were awarded a Nobel Peace Prize for their work.

## Alfred Russel Wallace

In 1855, Wallace came to the realisation that living creatures evolved, but with no idea how. Wallace would wake up with a fever and an answer to the question three years later: natural selection. Excited with his realisation, he would send a letter to Charles Darwin, who had come to the same conclusion just a couple years before. Together, they would go on to publish a revolutionary article about the theory of evolution and natural selection. While Darwin rose to fame for this discovery, Wallace would be left behind and forgotten, fading into obscurity.

## Lise Meitner

Meitner, along with a team of other scientists (Otto Hahn, Fritz Strassmann, and her nephew, Otto Frisch), discovered nuclear fission in December 1938, the term which was invented by Meitner. Nuclear fission is the process of a nucleus of an atom being split into two or more pieces, releasing a large amount of energy in the process. Despite her significant contribution to the discovery of nuclear fission, her colleague Otto Hahn would go on to become the sole receiver of the 1944 Nobel Prize for their group effort.

# TOP 5 EXAM STUDY TIPS



To help you prepare and ace your exams, be sure to follow our top 5 exam tips!

## 1. Set Up Your Study Space

Make sure you set up your study space so that there is enough room to spread out any notes and textbooks. Keep the area clean, organised and free of any distractions - turn your phone on 'do not disturb' or place it in another room. Make yourself comfortable and focused by ensuring there is bright lighting and a chair with back support. Shake up your routine and rotate around different areas of your house to increase your retention rate, as shown in recent studies.

## 2. Make a Plan

Organise your time to suit you! Work out when you study best throughout the day, and how you study best. Sort your time hour-by-hour in a study timetable or task-by-task in an app such as Trello. Make sure you schedule your time into achievable chunks - for example, for every 20-50 minutes of study, reward yourself with a 5-10 minute break. Ensure that you delegate time for exercise and drinking water to up your self-care game. Keep yourself accountable, by sharing your timetable with a friend, and plan for check-ins to make sure you stay on track and focused!

## 3. Practice and Prove Your Knowledge

Try and do as many practice questions and past papers as possible! For courses that don't supply past exam material, try and search for resources posted online by other students, or create your own practice questions based on the learning outcomes of your lectures and your notes. Walk through your notes and explain them to yourself or a friend, to prove your understanding and retention of the examinable content.

## 4. Anticipate Technical Issues

No matter how prepared you are, things could still go wrong during your online exam. Just in case your internet stops working, have your phone nearby to hotspot yourself. If you do experience any technical or connection problems, you can apply for special consideration if you wish. Remember to take screenshots of the issue you encounter, and any error messages.

## 5. Don't Rely on Open Book Exams

If your exam is open book or unsupervised, don't rely on it as the exam tends to be harder, or has a short time limit on each question. It is always good to go into an exam prepared, so you don't frantically start Googling and press Ctrl F in every document. As tempting as it might be to study less, use the open book as a reference only.



SIMPLE NUTRIENT-DENSE RECIPES

# NUTRITION MADE EASY

*Nutrition tips and simple, budget-friendly recipes.*



Amidst the hectic lifestyle of us university students, it can be difficult to focus on our own health and wellbeing. One of the biggest things that affect our wellbeing and how we function from day-to-day is our diet. It is important to keep a healthy, balanced diet, since

research has suggested that consuming nutritious meals helps students learn better, be more alert and improve information processing. Here are some simple nutrient-dense recipes for you to follow at the convenience of your own home!



## MAKE YOUR OWN

# QUINOA AND LENTIL BOWL

ONE SERVING

TIP: Budget-friendly veggies? Broccoli, spinach, sweet potatoes, and carrots are great options.

### Ingredients:

- ½ cup cooked quinoa
- ½ cup cooked red lentils
- 2 ½ cup of various vegetables and toppings
- 2 tbsp dressing of choice

### Good combinations for toppings:

- Roasted carrot and butternut squash with steamed broccoli (with tahini)
- Canned chickpeas, cucumber, cherry tomatoes, olives (with tahini)
- Roasted sweet potato, radish, kale, sauerkraut (with tahini)
- Tofu, carrot, chopped cabbage, edamame, cilantro (with satay sauce)

To cook quinoa, boil 2 cups of water in a saucepan and add 1 cup of uncooked quinoa. Reduce heat and simmer for 15 minutes. Do the same process for lentils, but cover and cook for 15-20 minutes.

For roasted carrots, potatoes, butternut squash, add olive oil and bake at 220°C for 20 minutes, flip, then bake for 15 more minutes. Time may vary depending on how small you chop your vegetables.



# NUTRITION TIPS

Tip 1: Black beans are a protein-dense, high-fiber and great bang for your buck! Add them to soups, salads, anything!

Tip 2: Frozen fruit and veggies are often more nutritious, cheaper, and are available all year round. So get your hands on those snap-frozen peas and berries!

Tip 3: Experiment with legumes! Beans, lentils, and chickpeas are a cost-effective way to bulk any meal.

Tip 4: Nuts for nuts (and seeds)! These are full of antioxidants, vitamins, and minerals. Sprinkle seeds on your meals or snack on a few nuts to sneak these into your diet.

## Cauliflower and Leek Soup

FOUR SERVINGS

Ingredients:

1 onion  
4 cloves of garlic  
2 cauliflower  
2 potatoes  
4 leeks (white and light green parts only)  
1 litre vegetable stock  
1 can coconut milk  
3 tbsp extra virgin olive oil  
Fresh thyme  
Fresh rosemary  
Bay leaves  
Lemon, salt, and pepper to taste

1. Sauté onion, garlic, and leeks in olive oil until softened.
2. Add thyme and rosemary and sauté.
3. Add chopped potatoes, cauliflower, bay leaves, and vegetable stock. Bring to a boil.
4. Reduce heat, cover and simmer until vegetables are tender.
5. Remove from heat and remove bay leaves.
6. Add coconut milk.
7. Blend using the blender until smooth.
8. Add salt, pepper, and lemon to taste.



TIP: Add resistant starch to your diet! An easy way is to cook and cool foods like rice, pasta, or potatoes.



## Lentil Bolognese

FOUR SERVINGS

Ingredients:

1 onion  
4 cloves of garlic  
1 tbsp extra virgin olive oil  
2 carrots, diced  
3 stalks celery, diced  
2 cups mushrooms, sliced  
1 zucchini, diced  
12 cherry tomatoes, halved  
1 cup lentils (cooked or 1 can)  
1 can diced tomatoes  
500mL vegetable stock  
1 tbsp sugar  
3 tbsp nutritional yeast  
500g of preferred pasta  
Dried oregano, dried thyme, salt, pepper to taste  
Fresh herbs, such as parsley, to serve

1. Add onion, garlic, olive oil, carrots, celery, mushrooms, zucchini, salt and pepper, and cook for 10-15 minutes over medium heat until vegetables are softened.
2. Add cherry tomatoes, lentils, diced tomatoes, vegetable stock, sugar, nutritional yeast, dried oregano and dried thyme.
3. Cook pasta according to packet instructions until al dente.
4. Drain pasta then mix through the bolognese sauce.
5. Add fresh herbs, extra salt and pepper to taste, then enjoy!



# OTHER SCIENCE SOCIETIES SHOWCASE

## MEDICAL SCIENCE SOCIETY

The Medical Science Society's (MedSciSoc) objective is to facilitate the socialising, learning and career building for all UNSW students who are passionate about Medicine and Science. Our goal is to create amazing opportunities for all those students who are looking to meet new people, advance further in their studies and develop professional connections in medical and science-related industries. In addition, being part of the Medical Science Society will provide you with connections with all year groups who will give you great insights and advice about your degree. Even in our new online world we have offered a large range of events from games night to careers night to subject-specific trivia nights (specifically designed to help you with your upcoming exams). Previously, many of our sold-out events include pub crawl, annual camp, cruise and of course, ball. We understand there are so many societies to choose from, but we believe ours is very welcoming and inclusive, so why not come along! We would LOVE to see you!

## MATHEMATICS SOCIETY

The UNSW Mathematics Society (MathSoc) is the society for all things Mathematics. Whether you're an avid lover of maths or a casual, we have a wide range of activities to help you unlock that inner mathematical potential and at the same time, make new friends! Additionally, we offer educational resources to help students through their university life, from revision seminars to fully-worked lab solutions. Joining UNSW MathSoc will be an abundance of good memories while, at the same time, fueling that passion for Mathematics.



## STATISTICS SOCIETY

The UNSW Society of Statistics (StatSoc) is the society for anyone interested in statistics (you don't have to be studying statistics!) Each year we hold a bunch of exciting events, including social ones such as games nights and meetups, educational ones like subject revision sessions that will help with your studies, skills workshops that will increase your employability, and also events on things we just think are really interesting, like how statistics are used in the financial world or how you can predict which team is most likely to win a sports match! We encourage you to follow our Facebook page and sign up as a member (it's free!) so you can keep an eye on events we're running and see if any of them look interesting to you.

## BIOTECHNOLOGY AND BIOMOLECULAR SOCIETY

The UNSW Biotechnology and Biomolecular Sciences Student Society (BABSOC) hosts various termly events that range from personal development events (e.g. Resume Writing workshops) to entertaining events (e.g. BABROSS) and to academic events (e.g. Weekly Challenge Questions). BABSOC's events are broadly divided into professional, social and academic events that cater to students of differing interests. As part of the BABSOC community, you meet and interact with an enthusiastic group of BABS students. Overall, being a member of BABSOC is an amazing experience in terms of events and people you meet throughout the journey.

## DATA SCIENCE SOCIETY

At UNSW Data Science Society (DataSoc), we strive to create data science related opportunities for students in both their studies, as well as careers. We host workshops, information sessions, networking nights, and many more career-focused events to allow students to broaden their horizons and introduce them to new career pathways and opportunities. As a society, we aim to enrich students' lives with a sense of community and diversity among Data Science students, and anyone with an interest in the field of Data Science. We also hold a plethora of social activities every year such as BBQs, competitions, games nights, balls, and many more that everyone is welcome to attend. We hope these events allow you to not only meet like-minded people, but also form lifelong relationships.

## PSYCHOLOGY SOCIETY

At UNSW Psychology society (PsychSoc), we are united by one core mission; to foster Psychology students' personal growth and help them realise their ambitious academic and professional goals. We achieve this through building strong social support networks that enrich university experiences and provide opportunities to create unforgettable memories which last long beyond one's degree. In my role as Grievance Officer, I foster a supportive and inclusive culture, and my primary role is to create social events for the committee members! One of the things I love about PsychSoc is the collaborative atmosphere during team meetings with ideas buzzing around the room. It's such a privilege to be a part of the team. It makes my heart so full and I encourage anyone to join! - Asha Hossain

# SCISOC THROUGH THE YEARS



**OFFICIAL  
SCISOC LOGO  
RELEASED** MAY 2013

AUGUST 2014  
SCISOC  
PARTICIPATES IN  
THEIR FIRST  
COLOR RUN

FEBRUARY 2015 **FIRST  
ORIENTATION  
CAMP**



**SCISOC WAS  
FOUNDED**

JULY 2012  
THE SCISOC  
FACEBOOK GROUP  
WAS CREATED

JULY 2013  
SCISOC'S FIRST  
FREE BBQ EVENT



**FIRST  
CAREERS  
INFORMATION  
EVENING**

APRIL 2014

NOVEMBER 2015  
FIRST SCISOC  
(MASQUERADE)  
BALL



APRIL 2020  
REACHED 4300  
MEMBERS IN THE  
SCISOC FACEBOOK  
GROUP

**EXPANSION  
OF SCISOC  
TEAM WITH  
PORTFOLIOS**



**SCISOC'S  
FIRST CASE  
COMPETITION**

MARCH 2016  
FIRST  
NEWSLETTER  
WAS RELEASED

**SCISOC'S  
FIRST HOODIE  
LAUNCH** JULY 2017



**FIRST  
PUBCRAWL:  
NEON NIGHT**

JULY 2016

JUNE 2017  
HOODIE DESIGN  
COMPETITION

**NEWSLETTER  
PROJECT  
RELAUNCH**

SEPTEMBER-OCTOBER 2019  
IN 2019, SCISOC  
COLLABORATED WITH  
COCHLEAR TO HOST THE  
CASE COMPETITION

JULY 2020  
**REBRANDING  
OF PRISM:  
THE SCISOC  
NEWSLETTER**

JUNE 2020  
REACHED 2000  
NEWSLETTER  
SUBSCRIBERS



# ABOUT THE WRITERS



## Gabrielle Younes

Gabrielle Younes is a second-year student, studying a double degree in Advanced Science and Bioinformatic Engineering (Pharmacology and Statistics). With a degree that has more syllables than she can count on two hands, most of her time is spent stressing about various uni assignments on level 8 of UNSW library. When she isn't debugging broken code or trying (and failing) to calculate the number of NADH produced per ATP, Gabrielle enjoys engaging in student society life by organising events and writing publications that can help other students discover new opportunities, and stimulating students' professional development with tips and tricks, as seen in the volunteering and networking articles in SCISOC CORE.

# Hilary Cao

Hilary Cao is a first-year Data Science student who averages a screen time of thirty hours per week on Tik Tok. She is addicted to impulse dyeing her hair whenever any slight life inconvenience occurs, to the point where horses could mistake her hair for hay.

"In my role as the project manager for SCISOC CORE, I have further developed my skills including project leadership, taking initiative, time management, magazine production, and I have learnt so many valuable lessons. It was a pleasure to work with the fellow subcommittee members and I am so proud of them for their amazing efforts"



# Sylvan Tam

Sylvan Tam is a first-year student who's doing a double degree in Advanced Science and Computer Science. Her defining traits are that she has a terrible sleep schedule, and that she runs a twitter account where she complains about aforementioned terrible sleep schedule. She spends most of her day playing Minecraft or watching YouTube.

"I've had a great time working on this magazine, since it gave me the opportunity to do what I love most: promoting the wonderful society I've been lucky to have been a part of for the past year or so. Also, the project manager is great, and no, she didn't pay me to say this."



# Aileen Heal

Aileen Heal is a third-year Advanced Science and Fine Arts student who has yet to understand how university works, but is trying her best. Her greatest feats include getting an HD in a subject she never watched a lecture for, and abusing the UNSW Progression Check system. Some contributions to SCISOC CORE included general volunteering opportunities and 'Nutrition Made Easy'. The first a representation of her incessant psychological need to forever be volunteering after a tortuous volunteering requirement in high school being tattooed to her psyche, the second a result of dozens of Pinterest boards dedicated to food recipes, health, and nutrition.

# Erica Jin

Erica Jin is a second-year Science and Business student, majoring in Bioinformatics, who still doesn't know what bioinformatics is and has spent two years debating on whether or not she should keep her major or change it.

"I have enjoyed reaching out to other science societies to gain a greater understanding of what other societies also have to offer. I have also enjoyed interviewing people within and outside of SCISOC as it helped me improve my communication skills and take initiative. SCISOC CORE was an enjoyable project and I had a lot of fun taking part in writing articles and providing tips to other students on how to do well in interviews."







UNSW SCIENCE FACULTY, ROOM 128, ROBERT WEBSTER BUILDING, UNSW

FACEBOOK: @UNSWSCISOC

INSTAGRAM: @UNSWSCISOC

EMAIL: [HELLO@UNSWSCISOC.ORG](mailto:HELLO@UNSWSCISOC.ORG)