



The Hub Huddle

Newsletter Edition #2

Learning by Doing Volunteering as a Power Move

by Hoi Yan & Joline Shervey

STUDENT HIGHLIGHT Meet Hoi

Hoi is a Bachelor of Honours in Psychology student who used a transitional 'half-gap' year strategically. After completing her Bachelor of Psychology in 2025 and preparing to commence Honours in 2026, she chose to build practical experience rather than remain in professional limbo.

During this period, Hoi volunteered with three organisations across community and health settings. Through St Vincent de Paul's VorTCs program, she supported refugee families with education and system navigation.



She also worked as a volunteer drug and alcohol counsellor, joining St John Event Health Services, and applied psychological and health sciences knowledge in real-world, high-pressure environments. In 2026, she expanded her experience further by volunteering with RSPCA, developing confidence while working directly with animals.

Across these roles, Hoi strengthened her communication skills, cultural awareness, professional boundaries, and crisis-response capability. Her volunteering experience reinforced her academic learning, helped her build a strong value system, and clarified her long-term career direction. Rather than waiting for opportunity, Hoi made a real power move by creating it herself, turning a gap period into a strong foundation for her future.



Get Involved

Want to be featured in our Newsletter?

Share your story with the Hub!

Contact us on Beenleigh@sbusystudyhubs.com.au

“ Whether you think you can or you think you can't, you're right. ”

— Henry Ford

Pearl's Tautua ~ Service Talks ~

HUB VIBES



We ended 2025 with 3 of our students graduating - **huge shout-out to these students!** We see you, and we are so proud of you.

Over the break, students jumped straight back into action. Some dove into work, some went on holiday, and others stayed right here at the Hub, continuing to study.

What's really exciting is seeing our students in their element, sharing their greatness with each other. From referrals to employment connections, student-led workshops, to our very own Dr Ruth Faleolo running an online session for those considering a PhD - this is what the Hub is all about. But watch this space, there's more to come!

Extra Reason to drop by: Joline's baking, it's that good! Don't miss out, pop in and say hi!

Get involved: Top up the Hub pantry: every contribution supports student wellbeing.



Dr. Ruth Faleolo



The Buzz

BRAINBOOST

Reset your Brain

The 'Physiological Sigh', working like a mental reboot button, is one of the fastest ways to reset your brain and nervous system. This double inhale + extended exhale technique is recognised by neuroscientists for rapid stress modulation via autonomic nervous system pathways. Stanford Medicine and neuroscience summaries describe its use for quickly reducing physiological arousal.

How to do it (30-60 seconds)

1. Inhale through your nose
2. Pause briefly, then take a second short sniff (top up the lungs)
3. Long, slow exhale through the mouth
4. Repeat 2-3 times

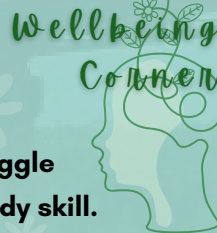
Why it works

- Rapidly reduces stress hormones
- Increases oxygen efficiency
- Improves focus and decision-making
- Used by surgeons right before critical moments

Source: <https://www.hbermanlab.com/>

Asking for Help

Asking for help early isn't a sign of struggle - it's actually a smart study skill.



Research shows that students who ask questions and seek support early learn more effectively than those who try to push through alone. Educational psychologists describe help-seeking as a thinking skill that helps students notice what they understand and where they need clarity (Karabenick & Knapp). Bringing partial or half-finished work to a support session is especially helpful, because it shows your thinking and allows targeted feedback, which is far more effective than fixing work at the end.

Learning research also shows that clearing up confusion early prevents the 'illusion of competence' where things feel clear until assessment time (Bjork & Bjork).

In short, support works best when it's used along the way, not just at the finish line. Booking a session, asking one clear question, or sharing unfinished work can save time, reduce stress, and help you study smarter, not harder.

Sources:

- Karabenick & Knapp, Educational Psychologist
- Bjork & Bjork, Psychological Science in the Public Interest
- Vygotsky, scaffolding theory

6 February Back on Track Morning tea



“Back on Track Morning tea was amazing! It was wonderful to see so many different people conversing and sharing their knowledge and experience. I always learn so much from the people I get to speak with and it’s inspiring knowing I have access to such a great community.”

Nicole M. - Bachelor of Psychology



Building
Connection
Relationships
Foundations
Resilience

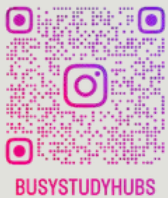


“One child, one teacher, one book, and one pen can change the world.”

Malala Yousafzai

Riddle Time

I grow when I'm shared,
I shrink when I'm hoarded.
I can't be seen,
but I shape every future.
What am I?
(answer at the bottom)

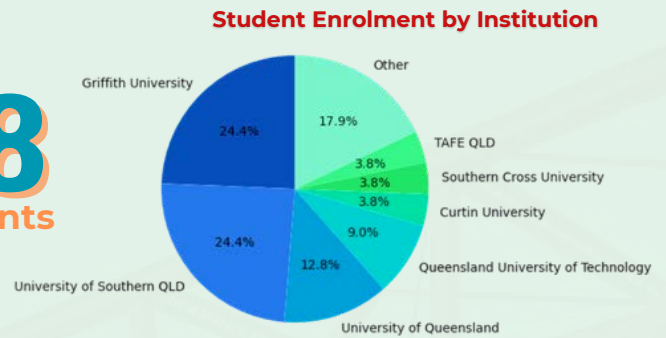


BUSY Study Hubs

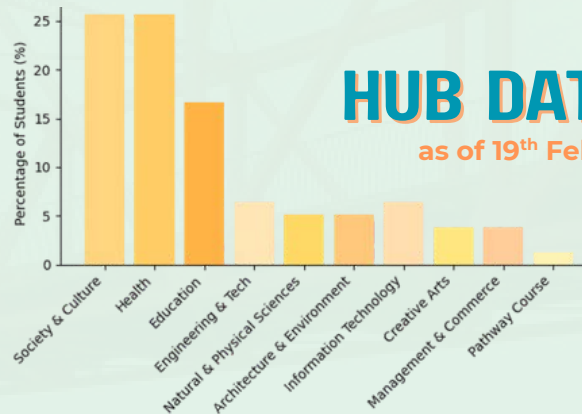


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78
Students



Student Enrolment by Fields



HUB DATA
as of 19th Feb 26

Student Friendly Recipe

Yogurt Cinnamon Scrolls

25 Min, makes 8-10



INGREDIENTS

Dough

- 1½ cups plain thick Greek yoghurt
- 2 cups self-raising flour

Filling

- 2 tbsp butter, softened (cheap spread works)
- 2-3 tbsp brown sugar (adjust to taste)
- 1½ tsp cinnamon

Optional glaze - ¼ cup icing sugar + 1-2 tsp water or milk



METHOD

1. Make the dough - Mix yoghurt and flour in a bowl until a soft dough forms. Tip onto a floured bench and gently knead 1-2 minutes until smooth.
2. Roll into a rectangle about ½ cm thick.
3. Add filling: Spread butter thinly over dough. Sprinkle with brown sugar and cinnamon.
4. Roll tightly into a log & cut into 2-3 cm thick scrolls.
5. Place scrolls in a lined pan, just touching and bake at 180°C (fan) for 18-22 minutes until lightly golden.
Drizzle glaze over warm scrolls (optional)

ANSWER:
Knowledge