



The Hub Huddle

Newsletter Edition #4

Belonging Begins Before Confidence and has nothing to do with degrees!

by Nicole & Joline Shervey

STUDENT HIGHLIGHT Meet Nicole

"You know you belong here, yes?" I said, pointing to the people at the Black Coffee network meeting in Logan. **Nicole, our Bachelor of Psychology student, stared at me. "I have to think about that,"** she replied, shaking her head. **"Why does this challenge me so much?"**

Nicole is a mum, a mental health support worker, who has started stepping into community spaces with us. Has she finished her studies? No. Is she already an expert in psychology or community work? No. Does she want to make a meaningful impact? Absolutely. That is exactly what the Study Hub is about.



Nicole embraced the encouragement and her growth shows in real time. Her studies and life experience already gave her strong roots. Sometimes all someone needs, is opportunity. Because every theory studied eventually needs a practical place to land in real life. And that process can, and arguably should, begin before graduation. Yes, being the new kid on the block might be intimidating. The language, the culture, all of it takes time. However, feeling "ready" is not the entry requirement. Showing up is. Choosing to participate is. Making ourselves belong.

By valuing our own input, we build that confidence. Because shared willingness and community vision, not degrees, are the common denominators. Belonging follows the decision to believe we have something to contribute. Our vision qualifies our participation, not a degree.

So as I leave the event, Nicole waves goodbye, pulling up a chair, right where she belongs, shaping new community connections.



BUSY Study Hubs



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Get Involved...

Want to be featured in our next newsletter?

Share your story with the Hub!

Contact us on Beenleigh@sbusystudyhubs.com.au

“True belonging only happens when we present our authentic, imperfect selves to the world; our sense of belonging can never be greater than our level of self-acceptance.”

Brene Brown



Pearl's Tautua ~ Service Talks ~

Dear Hub Students,

I want to genuinely acknowledge each of you and the purpose you bring into our space. You come from all walks of life, and together you create something special here—a community built on respect, effort, and shared growth.

**SHINE
SHINE
BRIGHT!**

As we move through exam period, I recognise the focus, discipline, and resilience you are showing. It reflects your commitment to your goals and the future you are building; for yourself, your aiga (family), and the people and communities who will be strengthened by your journey. At the Hub, success is more than results—it is about showing up, backing yourself, and supporting one another along the way.

For those nearing the end of your study journey, take a moment to see how far you've come. You are stepping into your next version.

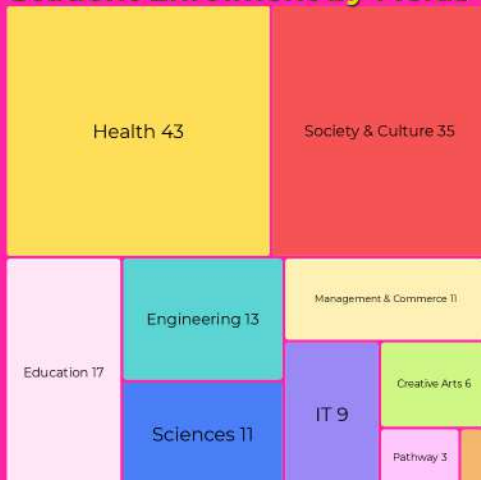
Move forward with pride and purpose, carrying everything you've built and learned into what comes next.

For those nearing the end of your study journey, look how far you've come! This isn't finishing, it's stepping up. You're moving into your next level—carry everything you've built, learned, and overcome into what comes next. Own it!

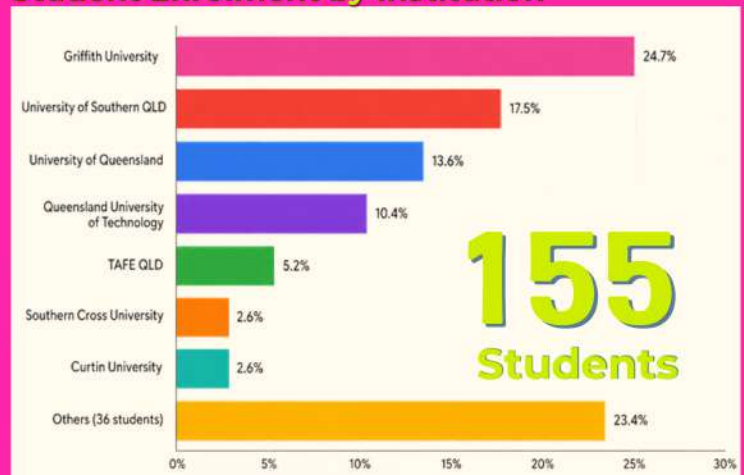
July we celebrate the Hub's 1 year Anniversary - a milestone that belongs to all of you!

HUB DATA as of 25th June

Student Enrolment by Fields



Student Enrolment by Institution



HUB EVENTS

30 June 10-12pm

Micro Habits for Study & Life

Wellbeing Workshop with Uni SQ

15 July 5-8pm

Game On! Hub Game Night

Card & Board game entertainment and beyond

24 July 10-12pm

Communicake - Hub Morning Tea
(no RSVP required)

Come, chat, connect & eat cake (homemade)

Date TBA

Hub Open Day:
Soup & Connect Evening.

Open to everyone

Tell others about the hub, show them around & connect with staff

Assignment Stress

Wellbeing
Corner



Assignment stress is a normal part of student life, especially when deadlines overlap and time and energy feel limited.

Research, as well as common sense, tells us that academic stress is closely linked to our workload pressure and poor time management, which can increase a student's anxiety and reduce performance.

Breaking tasks into smaller steps, planning ahead, and prioritising key deadlines can significantly reduce overwhelm and improve focus (Rocket Health, 2024).

At the same time, it is important to recognise when the pressure becomes too much. We all have limits, and part of studying effectively is recognising and accepting them. None of us are machines. Sustained performance requires rest, flexibility, and realistic expectations. To acknowledge our capacity is not weakness, but an important part of maintaining wellbeing and producing better quality work over time. (Nature Humanities & Social Sciences Communications, 2025)

For example, asking for an extension is not failure but a valid strategy, a legitimate way to manage workloads and protect our wellbeing. Universities increasingly acknowledge that flexibility supports student mental health and academic success. So if we are struggling, we need reach out early to supervisors or support services. Managing deadlines is not about doing everything perfectly, but about staying steady, supported, and realistic.

BRAINBOOST

Lowering Stress Tools

1. **Smell something strong** (coffee, eucalyptus, lavender): the olfactory system is closely linked to the emotional brain.
2. **Laugh, even if forced:** it may help reduce stress hormones like cortisol, and the body responds similarly to real laughter.
3. **Rearrange something** in your space (desk, plants, bookshelf). Stress often thrives on feeling stuck. Small changes create a sense of reset.
4. **Sit in direct sunlight** for 10 minutes: sunlight supports serotonin production, which can help regulate mood and stress.
5. **Pet an animal** for 10 minutes: this may reduce cortisol and increase oxytocin, supporting calm and connection.
6. **Walk barefoot on grass:** grounding may help the nervous system shift into a calmer state.
7. **Chew something crunchy:** It can release tension in the jaw and facial muscles and help discharge stress.
8. **Place your hands in cold water** for 30 seconds: cold stimulation may activate calming nervous system responses via sensory nerves.

Source: apa.org/topics/stress

GOLDEN MILK (TURMERIC LATTE) WINTER WARMING DRINK

Serves 2 people

INGREDIENTS

- 2 cups milk (dairy /plant-based)
- ½ tsp turmeric
- ½ tsp cinnamon
- Pinch of black pepper
- 2 tsp honey

METHOD

Simmer milk and spices in a saucepan - whisk until frothy. The longer you simmer the drink, the stronger and more potent (in terms of health benefits) it becomes. Simmer from 10-30 min. Add the honey only at the end.



Optional Twists

- Small slice of fresh ginger
- a pinch of cloves
- Dash of vanilla essence

“Some of us think holding on makes us strong; but sometimes it is letting go.”

Hermann Hesse

Hub Diaries

Black Coffee Logan



29 April



Health Forum Student

7 May

Sports & Wellbeing Industry Talk with Dr. Hoani Smith & PARC



22 May

Game On!

Student-led Card & Board Games



27 May

Support, Connections,
Sharing Knowledge
& Learning Together

Communicake

Morning Tea with Staff & Students

29 May

