



The Hub Huddle

Newsletter Edition #3

Reinvention: Not all Journeys are Linear

or the Courage to Pivot

by Ben Higgins & Joline Shervey

Currently pursuing a Bachelor of Business at UniSQ as a mature-aged student, Ben is driven by a passion for learning and a knack for business.

As a middle child in a family of five, he is a natural collaborator and negotiator. Quick on his feet, his entrepreneurial spirit has led him to own two restaurants and manage a hotel for four years in Newcastle, before working for 12 rewarding years in the not-for-profit sector, honing his skills in marketing and fundraising.

STUDENT HIGHLIGHT Meet Ben



Ben's fearless approach to changing lanes has allowed him to shape a non-linear path, with each step building on the last. In his different roles, he has demonstrated resilience and flexibility. Approaching challenges from multiple angles, he is a problem solver, pattern seer, communicator, organiser and critical thinker.

Part of the excitement comes from pursuing expansion and leveraging skill sets.

After graduating from his business degree, Ben is exploring the potential of a double degree in law or accounting to further his capabilities.

In conclusion, reinvention represents opportunity. Reinventors, like Ben, are not locked into one identity; they pivot, grow, and align their path with changing goals or values, sometimes staying ahead of the curve rather than behind.

Get Involved...

Want to be featured in our next newsletter?

Share your story with the Hub!

Contact us on Beenleigh@sbusystudyhubs.com.au

“If you are not where you want to be, do not quit; instead, reinvent yourself and change your habits.”

Ralph Marston.

”



Pearl's Tautua ~ Service Talks ~ **I AM PROUD!**

I am incredibly proud of the strong student-led culture we continue to build within our Study Hub. Every day, I see students supporting one another, sharing knowledge, and creating a welcoming space where connection and belonging truly matter.

Our Hub is more than just a place to study — it is a community where students feel empowered to take ownership of their learning and stay connected to their peers and the wider community. Through ongoing engagement with our stakeholders and community partners, we are strengthening the support networks that help our students thrive.

A special thank you to **Queensland University of Technology (QUT)** for their generous support in helping to fill our student pantry. Your contribution makes a meaningful difference in supporting student wellbeing and ensuring our learners feel cared for and supported throughout their study journey.

Watch this space as we continue to grow together as a connected, student-led community.



The Buzz

BRAINBOOST

Reset your Body^{x2}

Ear Massage / Earlobe Pressing

Gently rub your earlobes or massage the outer ear, including light pressure around the tragus. This is a simple grounding technique that some people find calming and helps shift attention back to the body during stress.

Research has explored auricular (ear-based) stimulation as part of vagus nerve pathways involved in stress regulation. However, most scientific studies focus on clinical stimulation methods, not simple massage techniques.

Research context

Studies on transcutaneous auricular vagus nerve stimulation (tVNS) suggest potential effects on stress and autonomic regulation (Hein et al., 2013; Clancy et al., 2014).



The Butterfly Hug

Cross your arms over your chest so your hands rest on opposite shoulders. Gently tap left and right in an alternating rhythm while breathing slowly and steadily.

This technique is used in EMDR-informed practice as a form of bilateral stimulation, which may help some people feel grounded and calm during emotional stress. It is commonly used as a self-soothing strategy to support emotional regulation and relaxation.

Reference

Shapiro, F. (2018). Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic Principles, Protocols, and Procedures.

Study Doubts?

Wellbeing Corner

'It's all too much!' - 'I am not good enough. I am behind.' -

'What if I am simply not smart enough?' - Sounds familiar?

Study doubts can feel like evidence that we aren't capable, that we are fighting an uphill battle against ourselves. Worse, we might compare ourselves to others who are simply 'other people', standing somewhere else. Ultimately, incomparable.

Research shows these doubts frequently emerge when learning new, challenging skills, suggesting our capacity is actually expanding, not lacking. Self-doubt can therefore signal potential growth opportunities. We are in new territory. We are becoming more than we were before we began studying.

Maybe we need to embrace the doubt and see it as a stepping stone, climbing over, digging under, or dissolving through our personal walls of doubt, because our challenges and struggle are key indicators of our learning and growth, not lack of ability.

And aren't we studying because we want to learn and grow?

Source:

Dweck, C. (2006). *Mindset: The New Psychology of Success*.



Glen O'Keefe
General Manager - BUSY Youth, Health
and Community Services

Alignment...



As General Manager, I am very proud of the Beenleigh Study Hub and the important role it plays within The BUSY Group. The Hub reflects our strong commitment to supporting communities through education and employment by providing a welcoming and supportive space for people to learn and grow.

The Study Hub strongly aligns with our vision of empowering individuals to build skills that lead to meaningful employment outcomes. Education is a vital pathway to opportunity, and this program continues to make a positive impact in our community.

We are delighted with the strong utilisation of the Study Hub by students. I would also like to sincerely thank Pearl and Joline for their dedication and hard work, which has been central to the Hub's ongoing success.



Hub Diaries



27 February
Student-led Workshop
Connecting through
LinkedIn



WITH OUR VERY OWN
Joe Horvat

*Support. Connections. Sharing
Knowledge & Learning Together*

“You must learn a new way to think before you can master a new way to be.”

Marianne Williamson

M.C.C.O

MAKING CONNECTIONS - CREATING OPPORTUNITIES



Riddle Time

WORDSEARCH

M Q E F R E S E A R C H E A C
E S U N S C Z L S W Z R X X L
M T D I O E D T T U Y N A B A
O U I N Z R K N U N D O M U S
R D P A K T N R D I O T E L S
Y Y L S G I O C E V C E D E R
B M O S T F W O N E T B U C O
A A M I E I L L T R O O C T O
C S A G A C E L W S R O A U M
H T D N C A D E I I A K T R N
E E E M H T G G S T T F I E O
L R G E E E E E D Y E O O H T
O S R N R T P A O R X C N U E
R I E T O H X R M X J U S B S
D M E L I B R A R Y M S S X R

Certificate	University	Assignment	Quiz
Classroom	Education	Doctorate	Hub
Knowledge	Notebook	Bachelor	
Teacher	Library	College	
Masters	Research	Lecture	
Wisdom	Degree	Student	
Diploma	Memory	Study	
Notes	Focus	Exam	

HUB EVENTS & WORKSHOPS

7 May 5-7pm

Health Student Forum

Shaping Peer Support and Study Success

22 May 10am-12pm

The Launchpad Morning Tea

Connections, Opportunities & Cake
(Open to everyone)

27 May 5-8pm

Game On - Hub game night

Taking board games to another level -
(Open to everyone)

Email us for more info and RSVPs.



BUSY Study Hubs



Like us on Social Media

Student Friendly Recipe

PUMPKIN SOUP with a twist

INGREDIENTS

- 1 kg pumpkin, peeled and chopped
- 1 brown onion, chopped
- 2 cloves garlic, minced
- 3 cups vegetable stock
- ½ cup cream (optional)
- 1/2 tsp cumin (adds warmth)
- Salt & pepper & Olive oil

Serves 3-5 people

Cheese toastie

- Bread slices (sourdough works best)
- Grated cheese (cheddar or tasty cheese)
- Butter



METHOD

1. **Make the soup** - Heat a splash of olive oil in a pot.

Cook onion and garlic until soft. Add pumpkin and cumin, stir for

1-2 minutes to bring out flavour. Pour in stock, bring to a boil, then simmer for 15-20 minutes until pumpkin is soft. Blend until smooth. Stir in cream if using. Season with salt and pepper.

2. **Make the cheese toastie** - Butter the thinly sliced bread, add cheese, and toast in a pan/oven until golden and melted. Cut to fit your bowl (or leave whole for a rustic look).

3. **Assemble** - Pour soup into bowls. Place the toastie on top like a lid, or float it on the soup.

Optional: Add a splash of lemon to the soup to brighten flavours

Sprinkle a little extra cheese on top and grill soup bowl briefly until bubbly.