



Connecting our community

It's what we do

Welcome to the August edition of our Connection Series – bringing our community together online.

In this edition you'll find:

- Alumni Awards. Celebrating our alumni who are creating a world worth living in.
- How to keep mentally well in tricky times.
- A free course for business owners and entrepreneurs.
- Podcast advice on effectively using your medications.
- Simple yet strategic marketing advice from an alumnus.

Watch

[Top tips for staying well during tough times.](#) While things continue to be uncertain with COVID-19 and many of us are facing restrictions again we need to stay focused on looking after ourselves. Here are some top tips from Associate Professor Gene Hodgins from the School of Psychology.

1. Keep fostering positive social connections.
2. Check your thoughts and keep things in perspective.
3. Be respectful to the people around you.
4. Ensure you have structure and routine in your day.



Learn

[Free online masterclass series for entrepreneurs.](#) Register now for *Smash the Start-Up Journey: A Masterclass Series for COEs (Chiefs of Everything)*. Organised by the Charles Sturt Innovation Hubs this free course aims to assist regional founders at the helm of a start-up or their own business. Join the September online masterclass [Make it fly!](#) which is delivered by Ben Grozier, co-founder of ClassCover.

Listen

[Indispensable.](#) Do you want to know how to use your medications effectively and improve your health? Indispensable is a new podcast hosted by Bachelor of Pharmacy (Hons) alumna Anna Barwick (née Unger) that shares medication tips from the experts. Anna also runs [PharmOnline](#), an advisory that aims to provide Australians with 24/7 remote access to registered and experienced pharmacists.



Celebrate

[Alumni Awards 2020.](#) More than ever we want to take the time to celebrate you! If you're making an impact and inspiring others through the work that you do, or you know someone who is, be it as a professional or a volunteer, we want to know about it. [Nominations now open.](#)

Read

Time to [Thrive!](#) Read the latest edition of our alumni magazine featuring stories about how our alumni are coping with COVID-19, university and community news and lots more.

[Strategic marketing unlocked.](#) Pete Jeans is a Bachelor of Arts (Communication) graduate and a sessional academic at Charles Sturt University. His new ebook, *The Art of Strategic Marketing War – Pearls of Wisdom*, captures 25 years of strategic insight into business, marketing and planning processes into a short \$4.99 ebook full of ideas that managers can implement tomorrow. Even the foreword is by Charles Crowther, Charles Sturt alumnus and Reporter at Nine Network.



Connect

If you're an alum and keen to get involved in our Connection Series, get in touch! We'd love to hear from you if you're an expert in your field or if you've got a story or an opportunity to share. Please email us your ideas at alumni@csu.edu.au