



Bringing our community together

It's what we do

While we can't get together at any in-person events – not yet anyway – we still want to reach out and connect.

And that's why we're launching our Connection Series – to bring us all together as best we can.

This is the first of a series of emails where we'll share some of our favourite stories about Charles Sturt alumni, our tips for staying well (and happy) during these challenging times and useful resources to keep you entertained, informed and on track. Check out our first collection of videos, podcasts, articles and online events below.

Watch

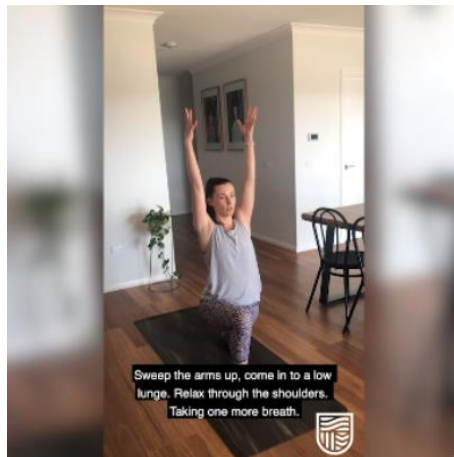
["The world is resilient."](#) Journalist and alumna Anna Coren checks in with us from a deserted CNN newsroom in Hong Kong.



[Coping with change.](#) Tips from Charles Sturt's Associate Professor Gene Hodgins from the School of Psychology for helping us to cope and adjust to change.



[Yoga moves.](#) Charles Sturt's Dr Tegan Hartmann, Lecturer in Exercise Science, takes us through an easy yoga routine.



Listen

[Providing vital healthcare for our regions.](#) In this [Charles Sturt Stories'](#) podcast episode, Melissa Nott, Lecturer in the School of Community Health talks about the vital, practical and impactful ways in which Charles Sturt is helping to improve health for our communities.

Read

[Making a career pivot with online learning.](#) After 14 years of primary school teaching a postgrad online course helped Sally Dare pivot her career path to helping people in a whole new way.

[Gender \(role\) bending.](#) Dr Angela Ragusa's, Senior Lecturer in our School of Humanities and Social Sciences explains why COVID-19 has transformed the Australian family.

Get inspired

[Register now](#) for *Stan Grant in conversation with Mina Guli* on 16 June 2020. Presented by Charles Sturt University Innovation Hubs, at this online event you'll hear how Mina's sense of purpose drove her to become one of Fortune Magazine's top 50 leaders in the world and bring about huge change on the issue of the water shortage crisis.

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

We hope this email has you smiling and feeling a little more connected to your alumni community!

