





**Wellbeing**



**Community**



**Growth**

The **UQ Association of Postgraduate Students** champions a view of students as active contributors rather than passive recipients of education. UQAPS projects therefore prioritise student led ideas, promote leadership within academic and professional contexts, and apply student centred learning design principles that emphasise adaptability and agency.

## **The peak representative body for UQ postgraduate students**

**Run by students and representing more than 22,000 coursework and higher degree by research students, UQAPS brings postgraduate voices directly into University decision making, national policy conversations, and sector wide advocacy.**

Beyond the meeting rooms, we help turn a sprawling research university into a community through large scale social events, networking opportunities, and peer led initiatives. We also delivers practical support where it counts, from conference and symposium funding to thesis editing, helping postgraduates not just survive their degrees, but get more out of them.





## Opportunities to learn, lead, and progress.

UQAPS growth programmes are designed to strengthen postgraduate students' academic development, career readiness, and long-term progression beyond their degree.

Through Student Symposium and Workshop Support, we enable postgraduates to design and deliver discipline-specific symposiums, conferences, and workshops that build research capability, presentation skills, and academic networks. Academic Editing Support assists students to refine written work and publications. Professional Development Workshops provide training in transferable skills such as leadership and communication, while Individual Student Bursaries reduce financial barriers to participation in academic and professional opportunities.

We also supports structured career exposure and leadership development through UQ partnerships, including the Three Minute Thesis and Visualise Your Thesis programs, as well as First Aid and CPR courses and cohort-based initiatives that build employability.



UQAPS works in collaboration with the UQ Graduate School to support HDR success, alongside UQAPS-led growth initiatives for HDR candidates such as research symposiums, academic editing assistance, conference attendance and targeted professional development.

## Community that feels like connection.

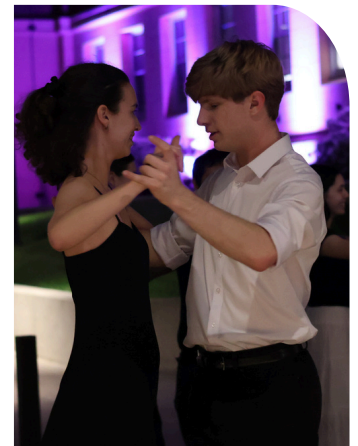
**Our postgraduate-focused community building focuses on creating connection, belonging, and continuity throughout the postgraduate journey, from first arrival on campus through to long-term engagement.**

Orientation and transition initiatives such as semester inductions, the Welcome Party, Coursework and HDR Mixers, Orientation Giveaways, Postgrad Jumpstart, and the Postgrad Passport help new and returning postgraduates navigate university life, build early social networks, and develop a sense of identity from day one.

Across the year, community events and social and cultural engagement activities sustain participation and strengthen belonging beyond orientation. Flagship programmes such as GradFest and the Postgraduate Gala Series, provide regular opportunities for students to connect socially and celebrate milestones. Cultural and themed events including the Yoichi Festival, Food Festival, Holi, Spooky Eats Night, Movie Nights, and initiatives supporting international students create inclusive, low-barrier spaces.



To ensure this sense of community is shared equitably, campus delivery and enabling infrastructure underpin our work across all UQ locations. Events and activations at Gatton, Herston, and Dutton Park reduce geographic isolation and support participation across campuses, reinforcing that community building is embedded across the university rather than confined to a single site.



# Support for your wellbeing, every step of the way.



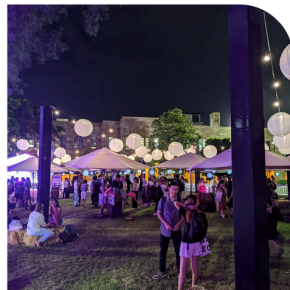
## We represent all postgraduates.

UQAPS exists for every postgraduate student across every campus, discipline and stage of study.



## We support your journey.

From wellbeing and advocacy to career growth and community connection, UQAPS supports postgraduate life beyond the classroom.



## We create connection.

UQAPS connects people, campuses and experiences building a stronger postgraduate community.



## We bring clarity.

In a complex university environment, we help students navigate opportunities, services and support with confidence.



**UQAPS wellbeing is built around a simple premise: postgraduate students do better when their basic needs are met, their mental health is supported, and they feel included and connected.**

Our wellbeing programs are practical, targeted, and grounded in the everyday realities of postgraduate life across all UQ campuses, recognising that cost-of-living pressures directly affect academic success and personal wellbeing. We provide food initiatives such as Food Trucks at St Lucia and Gatton, fresh fruit and coffee supplies at the student hubs, and external campus coffee vouchers to support students who study away from central facilities. HDR Wellbeing Hampers provide targeted support during high-pressure periods, while the Rent Relief Grant offers short-term financial assistance to those experiencing acute hardship.

We also prioritise mental health and peer support, focusing on prevention and stress reduction. Sports and wellbeing activities encourage physical movement and social engagement. During peak academic pressure points, UQAPS delivers SWOTVAC and exam support initiatives designed to ease stress and create supportive study environments. Peer Support Sessions through the Postgrad Buddies program provide structured, student-to-student support, helping postgraduates share experiences and navigate challenges together in a low-barrier, non-clinical setting.

Finally, equity, inclusion, and cohort-specific support underpin all our wellbeing work. Our programmes aim to promote inclusive participation and recognise that different student groups face distinct challenges. Initiatives such as NAIDOC Week acknowledge and celebrate Aboriginal and Torres Strait Islander cultures, while broader equity and inclusion activities work to reduce barriers and foster belonging. Targeted support for medical students reflects the unique academic intensity and placement demands of their cohort.



