



AIAS Newsletter

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Yet more talented students graduate from AIAS

AIAS Graduation in the Garden City

The first ever graduation ceremony for Diploma of Remedial Massage students was held in the beautiful city of Toowoomba on Saturday January 23. In front of proud families and friends, a total of eleven hard-working students received their awards from Dean Cherie Morley.

Lecturer Mr Peter McMurtrie paid tribute to his students, explaining that they had worked diligently over the past two years, studying on the first and third weekends of each month to complete their diplomas.

Industry awards were also presented for outstanding achievement. *Firm and Fold* presented two awards to students who demonstrated great tenacity to achieve their goals and

become professional Remedial Massage Therapists. *Refresh Your Body™* also generously provided three prizes.

Overall the ceremony was a huge success for the College, with graduation photos being published in the *Toowoomba Chronicle*. AIAS wish our new graduates all the very best for the future.



Lecturer Mr Peter McMurtrie with the hard-working Toowoomba remedial massage graduates

Important dates for your diary

2-11 April 2010

Mid-semester break

21 May 2010

Semester 1 concludes

28 May 2010

Assessment finalised

31 May 2010

Semester 2 commences

26 June – 4 July 2010

Mid-semester break

27 August 2010

Semester 2 concludes

3 September 2010

Assessment finalised

Beauty factoid

Kohl is a mixture of soot and other ingredients that is used to darken the eyelids, and to highlight the eyes.

Its use dates back well over 5,000 years, and those of you who have seen images of ancient Egyptian queens would be familiar with the way they used kohl around their eyes.

Earlier forms of kohl contained lead, which had the potential to cause lead poisoning. However, approved kohl preparations today are harmless, and are used safely to create a very attractive appearance to the eye.

Did you know?

Your lecturers are not only highly qualified in their specific subject area, but also have had to complete certain minimum requirements to gain appropriate teaching skills.

At the very least, all teachers at AIAS have completed a Certificate IV in Training and Assessment, or its equivalent. This ensures that they have good classroom skills, and that they understand the assessment needs for any subjects they teach.

They are assisted in their teaching by the new high-tech facilities at AIAS.



natural
medicine



massage



beauty
therapy



hairdressing



fitness



professional
services



english



hospitality

Using a mid-semester break

If you're wondering what to do over the up-coming mid-semester break, then you may find this tip useful.

If you have been a diligent student all semester, you have studied hard, you have completed all of your assignments and gained good marks for them, and you feel confident about your knowledge of the subjects you are studying, then cut loose. Take a break. Put your feet up. Have fun. Do those things you have been putting off while you have been studying hard.

On the other hand, if you have not been a good student all semester and your grades are not as good as they should be, use the break to get more study in.

Does that help you make a decision?



Study tip

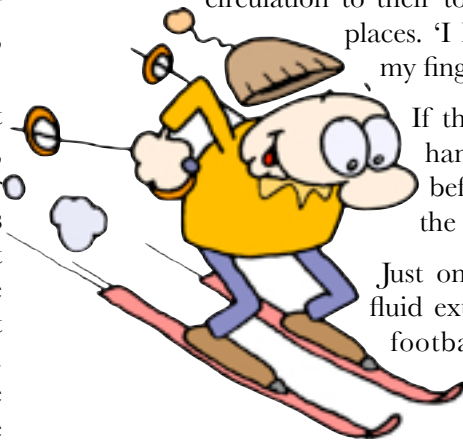
Students used to looking information up on the Internet may be forgiven if they occasionally forget about libraries, and books that are written on paper rather than a screen.

Libraries are a great resource for every student. Text books for the most part are well designed to assist in your learning. Different texts may present information in different ways. This means it is important to use several resources in your study, and not just rely on the given text for a subject.

Use the AIAS library. Distance education students should remember that they have access to public libraries. And most university libraries allow outside students to use their facilities. It would pay to check them out.

I'm off for a skiing holiday!

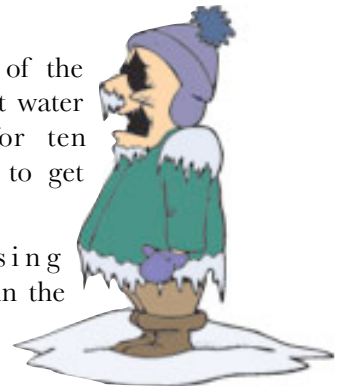
A common complaint that I have heard from people is that they have poor circulation to their toes and fingers when skiing and in very cold places. 'I love to go skiing but my feet get so cold and my fingers hurt if I don't keep moving'.



If this is you, maybe you could try a special foot / hand bath of cayenne daily for a few weeks before traveling to the colder parts of the world.

Just one or two millilitres of the fluid extract mixed in a hot water footbath twice daily for ten minutes can help to get the blood moving.

Be careful using cayenne as it can be rather uncomfortable if it gets in the eyes or on sensitive mucous membranes. Consider using a baby bath to hold the water.



You can experiment and add different herbs like oats for dry skin, or Golden Seal for athlete's foot. Just remember to take care with Golden Seal as it can stain!

Herb corner is written by Dale Deanshaw, a lecturer at AIAS

Student profile



For this Newsletter we interviewed AIAS student **Majid Iranfard**.

- * **What are you studying and when did you start?** The Advanced Diploma of Naturopathy and I started in July 2009.
 - * **What made you choose AIAS?** I started my Diploma at Endeavour College but moved to AIAS after they changed the structure of the course.
 - * **What's the best part about being a student?** I really enjoy studying. It's something that I've always done. It keeps the brain ticking!
 - * **What's the worst part about being a student?** I'm working full time and
- studying full time so sometimes it's hard to fit everything in.
- * **What's your favourite subject?** I really like Clinical Medicine particularly the practical side of it.
 - * **What do you plan on doing after you graduate?** It will be a while before I graduate because I plan to also do the Advanced Diploma of Homeopathy. I would like to have my own practice in Brisbane.
 - * **Have you any tips for fellow students?** Believe in yourself. The college can provide the means but the rest is up to you. If you get 75% correct in an exam that means you still don't know 25%, so you have to keep trying. In real life practice, that 25% could save a life and make the difference between an excellent practitioner and a good one.
 - * **If you were an animal, what would you be?** I'd like to be an eagle to see the earth from a different perspective and enjoy the freedom!
 - * **What's your favourite pastime?** I enjoy doing research. I learn better in my own time. I like going to restaurants and the movies.