



AIAS Newsletter

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Graduation celebrates the culmination of a course of study

Graduation Ceremony, Saturday 19 December 2009

Summer's arrival means it is graduation time! The Institute invites all graduating students, their families and friends to the 2009 Graduation ceremony and dinner. Bring as many people as you like. Tables will be arranged in lots of 10. Children get a reduced rate.

Last year's ceremony attracted over 300 people from across Australia and overseas.

Graduation is attended by industry professionals, and there are industry prizes as well as outstanding achievement awards. So join us to celebrate your accomplishments with fellow students, lecturers and staff.

It will be held on Saturday 19 December 2009 at 5.30pm for a 6pm start, at the Suncorp Stadium (Lang Park), on the corner of Caxton and Hale Streets in Brisbane.

The cost of \$70 per head includes a three course buffet meal. There will be a cash bar available for drinks. Dress is formal (suit or coat with a tie), and no jeans please. Graduates of Diploma courses and above must hire academic dress at a cost of \$60, which includes a gown, hood and mortarboard.

Please **reply**, with your payment, to any staff member in AIAS administration by **Monday 7 December 2009**.



Dates for your diary

4 December 2009
End of semester 3

7 December 2009
Summer School commences

11 December 2009
Semester 3 assessments finalised

19 December 2009
Graduation 2009

24 December 2009 – 4 January 2010
Summer School mid-semester break

19 February 2010
Summer School concludes

22 February 2010
Start of semester 1



We wish all students and staff at AIAS a happy christmas, and a productive and wonderful new year

Sports factoid

Some of the earliest gymnasiums were in Greece in about 900BC. The athletes in these gymnasiums were all males, and they used music to practise their skills and stamina. This was done in the nude by all athletes.

Even when the first of the modern Olympic Games was held in Athens in 1896, there were no females among the 311 athletes. However, all athletes were clothed at this event.

The first women to compete in the Olympic Games did so in Paris in 1900. They were clothed.

Did you know?

About one-quarter of all Australians visit a natural medicine practitioner for their health problems. In 2002 it is estimated that Australians spent \$2.3 billion on complementary therapies and therapists. This amount has been increasing each year.

Women are the most frequent users of complementary health care, with the most common items being herbal medicines, ginseng, Chinese medicines, and aromatherapy oils.

A large proportion of people self-prescribe complementary therapies.



natural
medicine



beauty
therapy



sport &
fitness



hair-
dressing



massage
therapy



aged
care



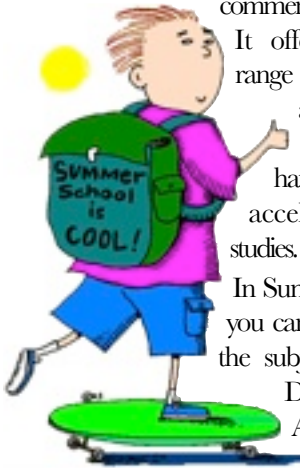
english
college



hospitality
college

Summer School

On 7 December 2009 Summer School commences at AIAS.



It offers a wide range of subjects and courses, and is a very handy way to accelerate your studies.

In Summer School you can do most of the subjects for the Diploma and Advanced Diploma of

Naturopathy, a Certificate IV in Massage Therapy Practice, and a number of subjects in Beauty Therapy, Fitness, Allied Health (Physio Assisting), Sport, Hairdressing, and Hospitality.

Check it out.

The next AIAS Newsletter will be a special edition about new and exciting developments at AIAS. Watch this space!

Study tip

Some people can study quite effectively by simply sitting in a room and reading their text or course notes. These fortunate people can concentrate without effort, and absorb what they read.

Most people, however, need to take some action to remember study materials. In most cases, the best solution is to take brief notes that organise the topic you are reading about. This provides a structure to the content, helping it to stick inside your memory neurons.

Another trick is to explain what you have just learnt to someone else, although finding a willing partner for this, and one who will stay awake, can prove to be very difficult. In which case, try your dog, cat, budgie or goldfish.

Herb corner: Living in a sunburnt country

I hear people saying how much they love living in this beautiful country. However, if you happen to have fair skin you need to be careful about sun exposure. Too much and a sun-burn is sure to follow!



How happy I was to learn about Aloe vera. Wow! I could not believe my eyes at how well it worked. Overnight too.

Do you recall glowing at night, or trying to wear clothing over sunburnt body parts? Suffer no more with a simple application of pure, straight-from-the-plant Aloe vera gel.

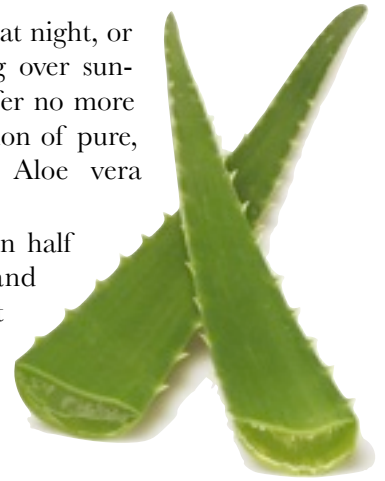
Cut a section of the leaf in half to expose the gel and apply to the burnt areas (remember to

cut off the sharp spikes first!). Reapply every 20 minutes or so over a period of at least two hours. Re-assess later and if necessary, apply some more. Keep away from eyes.

Please note that the bottled Aloe vera from the chemist or supermarket is not going to have the same effect.

Why not grow your own aloe plants around your house? They are hardy, fast growing and require minimal attention.

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



Student profile



For this Newsletter we interviewed AIAS student **Kim Meacham**.

- * **What are you studying and when did you start?** I started studying full time in January this year and have completed the Certificate IV in Fitness. Currently I'm studying the Certificate IV in Allied Health Assistance.
- * **What made you choose AIAS?** Reputation and location. The college is handy to home and the people I have spoken to who have studied here highly recommended it.

- * **What's the best part about being a student?** The lifestyle. The interesting people you meet in the class. Also the lecturers have made it fun and have encouraged us to keep going.
- * **What's the worst part about being a student?** The lack of money!
- * **What's your favourite subject?** Sports Trainer because of the interaction, which I really enjoy.
- * **What do you plan on doing after you graduate?** I'm currently working part time in a Sports Physiotherapy Clinic and after graduation I plan to go full time. My goal is to be a Sports Trainer.
- * **Have you any tips for fellow students?** Enjoy it. Work hard and you will get there in the end.
- * **If you were an animal, what would you be?** A lizard. Because you get to lie around in the sun all day!
- * **What's your favourite pastime?** Playing sport with my son. Going to the beach and teaching dance.