



AIAS Newsletter

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Ever thought of combining on-campus and distance study?

Why not mix it up a little?

Have you ever wished that you did not have to face the other commuters headed to Stones Corner for yet another class? Have you ever had commitments that make it difficult for you to leave home to study some days? Do you sometimes wish you could sleep in instead of going to a class?

Perhaps you should think about combining on-campus study with distance education subjects. Many students are doing this already, and are reaping the benefits.

Get the best of both worlds.

Many subjects at AIAS are offered both on-campus and by distance education. There are advantages and disadvantages to both types of study, although there is no difference in what you learn.

But if you have the self-discipline needed for distance study, you get to study when you want, and where you want. You don't need to travel from home. And support for your study is only as far away as an email or a phone call.

When you next enrol in a batch of subjects, think about whether you could benefit from studying at least some of them by distance education.

Important dates for your diary

- 22 May 2009**
End of semester 1
- 29 May 2009**
Semester 1 assessments finalised
- 1 June 2009**
Semester 2 starts
- 27 June – 5 July 2009**
Mid-semester break
- 28 August 2009**
End of semester 2
- 4 September 2009**
Semester 2 assessments finalised
- 7 September 2009**
Semester 3 starts
- 19–27 September 2009**
Mid-semester break
- 4 December 2009**
End of semester 3
- 11 December 2009**
Semester 3 assessments finalised



Naturopathy factoid

It was a Polish Biochemist, Kazimierz Funk (what a name!), in 1912 who first gave the name 'vitamin' to that class of chemicals that is known to be essential for life.

He actually called them vitamines, deriving this from two words: vital and amine. He thought all vitamines were amines, with the word 'vital' indicating their importance for life.

In 1920 the final 'e' was dropped from the name in recognition that not all vitamins are amines, but the rest of the name has stuck until today.

Did you know?

James Stone migrated from England to Australia in 1857, and in 1875 bought one acre of land on the corner of Logan and Old Cleveland Roads. He built a two-roomed hut on his land, and then tried to open a hotel. However, he could not get a liquor licence, which meant he could only sell home-brewed ginger beer.

Stones Corner, where the headquarters of AIAS is based, was named after James Stone. Today the AIAS does not sell ginger beer, nor does it make any on its premises.



natural medicine



beauty therapy



sport & fitness



hair-dressing



massage therapy



aged care



english college

Student profiles: Hairdressing

Hairdressing at AIAS is an extremely popular course, attracting students both from within Australia and from overseas. The facilities are the best available, and the teaching is top rate.

Take the time to check out the Hairdressing School. And while you're at it see if you can get an appointment to get your own hair to be done.



On the dryer is Sang Hee LEE who is enjoying her studies at AIAS. She also enjoys living in Australia, having come from Korea. Having her hair dried by her is fellow student Fumika TAKEUCHI who wants to apply for residency here in Australia. Their public clinic days for hairstyling days are on Thursday and Friday should you wish to come in and have them fix your hair.



In this photo are Balwinder PAL from India, who was recommended to study at AIAS by his cousin. He is receiving a head massage from fellow student Chhatrapalsinh ZALA, also from India. Chhatrapalsinh, who was recommended by his foreign agent to study at AIAS, lives with family members here in Australia.

Study tip

When you have just been taught about something you did not quite understand, look up other explanations of that topic from other sources. Often these other sources may explain it in just the way that makes sense to you.

For example, if your anatomy text explains how the semicircular canals work, but it did not make sense to you, look this information up in other texts in the library, or go online to see how others present the details. While online, look for sites that have interactive exercises that may help you to understand the topic.

There are many outstanding websites that are free to access and that help you understand concepts you are learning. Start with Google and see where it leads you.



For this Newsletter we interviewed AIAS student **Mathew Allan**.

- * **What are you studying and when did you start?** I'm studying the Advanced Diploma of Naturopathy.
- * **What made you choose AIAS?** Its professional website and very helpful staff.
- * **What's the best part about being a student?** I am going to come away from my study with a wealth of new information that will not only benefit me, but also those who listen to me.

Student profile

- * **What's the worst part about being a student?** Having to stick to a schedule, I've never been a really organized person so its a real test for me.
- * **What's your favourite subject?** Nutrition (so far).
- * **What do plan on doing after you graduate?** Create my own practice so I can help better the lives of others.
- * **Have you any tips for fellow students?** The only thing standing between you and what you want to achieve is fear of failure.
- * **If you were an animal, what would you be?** I would have to say a wedge-tailed eagle. The sky's the limit.
- * **What's your favourite pastime?** It would have to be bush walking in the Warrumbungle National park just outside of Coonabarabran. You can walk for days and see nothing but nature.