



AIAS Newsletter

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You can pamper yourself at AIAS courtesy of our students

An AIAS Beauty Therapy treat

Did you know that the AIAS campus-based professional beauty clinic is open to all students as well as the general public? It is staffed by graduating students who treat clients under the supervision of qualified lecturers.

Our state of the art facility offers a wide variety of affordable beauty treatments to all students at the college.

These include make-up (\$12), manicure (\$15), and facials (\$20).

Students' family and friends are also welcome.

So why not pamper yourself and enjoy a relaxing treatment at our beauty clinic right here at the college.

You'll find our clinic menus available from the main reception. But remember to book in advance because they are very popular and the clinic is only open on certain days.

For more information or a booking, phone 07-3847.5179.

Beauty clinic opening hours

Monday: Closed

Tuesday and Wednesday: 9-11am (By appointment only)

Thursday and Friday: 9am - 2.30pm

Saturday and Sunday: By appointment only

Level 1/28 Old Cleveland Road, Stones Corner.



For your diary

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

Hospitality factoid

While the wealthy elite in ancient Egypt dined well, the workers, the great majority of the population, did not fare so well.

Their diet consisted mostly of bread, beer and onions, supplemented with other vegetables and dried fish when they were available. Often fish was eaten raw, although it also was sundried or preserved in brine. It should not come as a surprise, then, that malnutrition was not uncommon.

It is amazing that the workers had enough energy to build those pyramids.

Did you know?

Since becoming part of Study Group, AIAS has two sister colleges right in the heart of Brisbane. In a purpose-built high-rise at 119 Charlotte Street are Embassy College and Martin College.

Embassy, with campuses in most capitals in Australia, offers English language courses. Martin College offers awards in business, travel and tourism, event management, graphic design, and information technology. Martin College also has other campuses around Australia.

AIAS is now very well connected indeed!



natural medicine



massage



beauty therapy



hairdressing



fitness



professional services



english



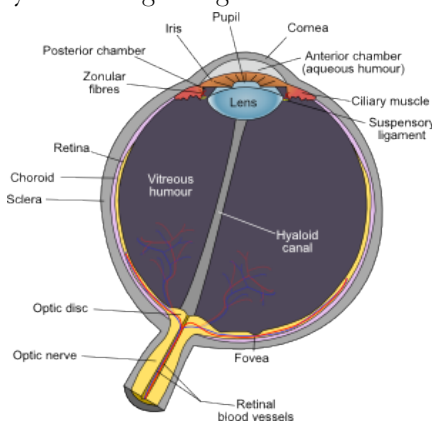
hospitality

The eyes have it

An important thing to recognise as a student is that you read for long periods of time. When you read your eyes are fixed at a relatively short focal length, which requires the muscles that change the focal length of your lens to remain contracted for extended periods.

A problem with this is that it can lead to vision problems later in life, sometimes not all that much later.

A solution is to look up often while you are reading, and focus on objects far away. Make sure also that you read in good light.



Study tip

Often trial exams in subjects you are studying are not available for all sorts of reasons. But this should not stop you from checking yourself out.

Often there are questions in your text books, or in study guides and other materials that accompany your course notes.

In any case, you should also be able to think of questions that are likely to be asked.

Answer these trial exam question under exam conditions to see how you get on. You can mark them yourself by checking your answers against information in texts and course notes.

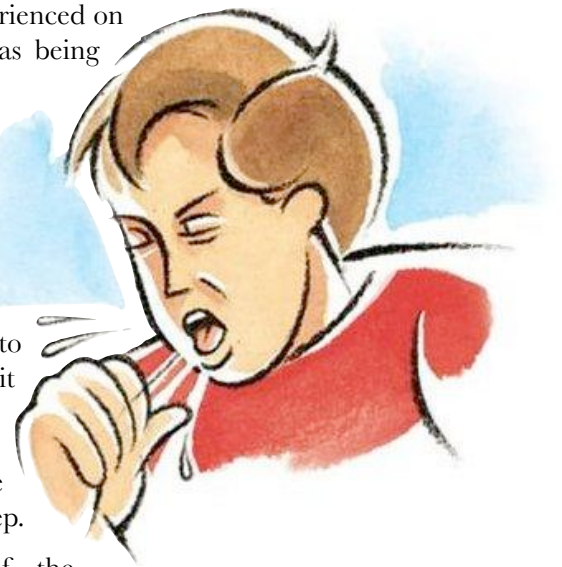
This is invaluable experience that will help to prepare you for the real thing when it finally happens. As it almost invariably does!

The cold weather is just around the corner now

Coughs. Of all the things to be experienced on this planet, coughing has my vote as being one of the less desirable.

When it comes to herbs most people expect the taste to be strong, bitter and generally unpleasant. Well, worry no more with cough season and the kids. Marshmallow root in a glyceract not only has been proven to lessen coughing considerably, but it actually tastes nice too. Only a small amount is necessary to gain some relief from the incessant night time cough allowing for a more restful sleep.

So before you consider some of the antitussive products (those designed to relieve or suppress coughing) from the pharmacy, see your local herbalist for a bottle before the cough season starts. Oh, and this wonderful herb works with adults too!



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

Student profile



For this Newsletter we interviewed AIAS student **Nonsi Kelelo Maphosa**.

- * **What's the worst part about being a student?** I don't like exams but they are getting easier!
- * **What's your favourite subject?** I like Baking and Pastry. It's hands on and cooking is a really enjoyable experience.
- * **What do you plan on doing after you graduate?** After I finish my diploma I'm hoping to be accepted into Griffith University to complete a degree. One day I want to be a top chef and maybe even open my own business.
- * **Have you any tips for fellow students?** Make sure you listen and pay attention in class. If you do this and keep up to date with your reading then when the exams come it won't be as difficult.
- * **If you were an animal, what would you be?** I'd like to be a bird, perhaps a dove - the symbol of peace. I like adventure and the freedom of being able to explore.
- * **What's your favourite pastime?** I love my sport, in particular soccer and netball. I like visiting friends, socialising and helping other people.