

# EVOLVE



## **RGIT Australia Childcare Students Get Creative**

**Meet RGIT Australia's  
Student Welfare Team**

**How to Take Care of Your  
Mental Health While Studying**

# Welcome from the Academic Principal



Thank you for reading RGIT Australia's 10-year anniversary issue of *EVOLVE*.

As we emerge from the cold of winter into the spring sunshine, it is important to celebrate the achievements of the year so far. There have been many great examples of RGIT Australia students exceeding expectations with their project work and consistent class attendance.

While we often emphasise the positives, it is also necessary to reflect how students can keep being productive and focussed on their studies, and the many distractions to student life.

It is wrong to ignore the many struggles we all face in work, and as an international student undertaking studies in a new country, like Australia.

Finding a home, a job, and having the resources, both financial and emotional to survive the journey, takes a lot of energy. The first step towards overcoming these struggles is to talk about them.

Here at RGIT Australia, we have a team of staff who work to assist our students in dealing with the many struggles they face. Please make sure you check out the article on the importance of good mental health while studying in another country included in this issue of *EVOLVE*.

May the warmer months inspire you to keep up your attendance and participation in your studies.

I also take this opportunity to introduce to those new



students on campus. Feel free to come and talk to me about your studies in Room 301, Victoria House Campus or email me at [peter.j@rgit.edu.au](mailto:peter.j@rgit.edu.au). I look forward to speaking with you soon. Thank you.

**Peter Robertson**  
Academic Principal

## Term 3, 2018 Orientation Days





## Editor's Note



With each new issue of *EVOLVE*, RGIT Australia's staff and trainers see a new intake of bright eyed students from all corners of the globe venture into new territory to embark on a brand new adventure.

For most staff, we meet you for the first time in person at Orientation Day. For students, however, you will have spend many months of even years planning your educational journey in Australia.

We are excited to be with you on this journey, and love hearing your stories and sharing in your experiences and successes.

Speak with the *EVOLVE* Editorial Team on Level 8 at RGIT Australia's Main Campus or email [communications@rgit.edu.au](mailto:communications@rgit.edu.au) and share your story with us.

Kind regards,  
**Zeb Pinder**  
Editor-in-Chief



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# Great Ocean Road and Twelve Apostles Excursion

RGIT Australia's General English (ELICOS) students enjoyed their excursion to the Twelve Apostles on Wednesday, 22 August 2018.



88 ELICOS students and their teachers were excited to take in the beautiful beach and coastline scenery the Great Ocean Road, one of the world's most scenic coastal drives, as well as other prominent landmarks of one of Australia's most spectacular tourist attractions. The excursion provided the opportunity for students to see scenery which many international students do not have the opportunity to visit while studying in Melbourne.

The Great Ocean Road, built by returned soldiers between 1919 and 1932, and dedicated to soldiers killed during World War I, is the world's largest war



memorial.

The subsidised excursion saw students and teachers travel by bus on the Great Ocean Road, one of the world's most scenic coastal drives, before arriving at The Twelve Apostles in the afternoon.

RGIT Australia's English Department organises many excursions for students in Melbourne's Central Business District (CBD), but last week's regional excursion proved a very special, and one of RGIT Australia's largest.





## RGIT ELICOS students enjoy Melbourne CBD barbecue

RGIT Australia's Melbourne General English (ELICOS) students made the most of the sunny weather earlier this month when they had a barbecue in Melbourne Central Business District (CBD) on 7 August 2018.

RGIT Australia's regular ELICOS barbecues are aimed at providing students with an informal, out-of-classroom setting to play games, socialise, and have fun while they learn English.



## RGIT Australia Childcare Students Visit Koorie Heritage Trust

RGIT Australia's Certificate III in Early Childhood Education and Care (ECEC) students visited Koorie Heritage Trust at Federation Square, Melbourne on 27 August 2018. The aim of the excursion was to teach students how to provide a safe childcare environment for Aboriginal and/or Torres Strait Islander children to fulfill the requirements of CHCDIV002 - Promote Aboriginal and/or

Torres Strait Islander cultural safety.

The students learned about Aboriginal and Torres Strait Islander culture and heritage at the Trust, which holds over 60,000 items in its collection, including paintings and artifacts, books, videos and photographs. The Trust's wide collection, as well as an interview with an Aboriginal lady, proved especially valuable in developing

students' understanding of Aboriginal and Torres Strait Islander culture and heritage. The excursion proved especially worthwhile for the class of international students, who come from a wide range of diverse countries including Thailand, Nepal, Korea, Italy, Colombia, India, Bhutan, Myanmar and Sri Lanka.



## RGIT Australia Childcare Students Get Creative

RGIT Australia's Early Childhood Education and Care (ECEC) students had fun on an excursion to Reverse Art Truck Inc. in Ringwood as part of CHCECE018 - Nurture creativity in children on Thursday, 9 August 2018.

The unit, Nurturing creativity in children, is aimed at teaching students how to encourage young children to use their imaginations by playing with open-ended materials. Students put their creativity to the test, when they learned how to nurture young imaginations and creativity using solely recycled materials.



Students were divided into four groups and asked to pick a topic for their project. Students worked together to create some amazing projects.

Students learned to place importance on process, rather than the product final product. This is especially important for younger children.



# How to Take Care of Your Mental Health While Studying



*This article was supplied by Carolina Gonzalez, a Brisbane International Student Ambassador. Carolina moved to Australia from Chile in 2011 to study a Master of Mental Health and loved it so much she chose to do her PhD in Psychology in Australia.*

Studying overseas is a great opportunity for personal and professional development; however, it can also lead to some significant personal challenges. I believe that all of us deserve to enjoy a complete life with strong mental health. We talk so much about being mentally ill that we forget about how to stay mentally healthy.

## MENTAL HEALTH OF INTERNATIONAL STUDENTS IN AUSTRALIA

A number of studies have shown that international students are at risk of psychological problems. It makes sense: different culture, different country, and different expectations can create significant challenges. A survey of international students in an Australian university conducted in 2008 found that international

students showed higher levels of symptoms related to depression, anxiety, and stress than Australian students.

These are very serious issues, and below are some tips to help deal with them.

### 1. Practice your English

If English is not your first language, you need to overcome this communication barrier. Fortunately, Australia is a friendly country where people support your English and encourage you to talk.

Remind yourself that to learn a second language is challenging in itself and it's amazing that you're doing it. You're brave enough to accept the challenge!

### 2. Form a Social Support Network

Studying in a new country can be very isolating. All of us face different challenges, but we have a common factor: Australia is our second home. Back home, you grew up around the same people, but here you have the opportunity to meet new people and learn from them.

There are social media groups of international students in your city and sometimes from your own cultural background/country. Contact them! Be part of them! Contact the staff and counselling and support

services from your institution and connect with groups in the community. Depending on what you prefer, you can engage in sport, religion, politics, culture, and so on.

### 3. Have Realistic Expectations

Your studies in a foreign country are always going to be very difficult, whether English is your first language or not. It is important to work towards clear academic goals but remember to pace yourself. Instead of looking for the end, enjoy the process.

If you set small and achievable goals you will enjoy the process more, and suddenly you will see how your efforts are resulting in better academic performance. Having said that, academic performance isn't the only endpoint. The richness of studying overseas is more than marks – you need to allow yourself a balance between academic/personal life.





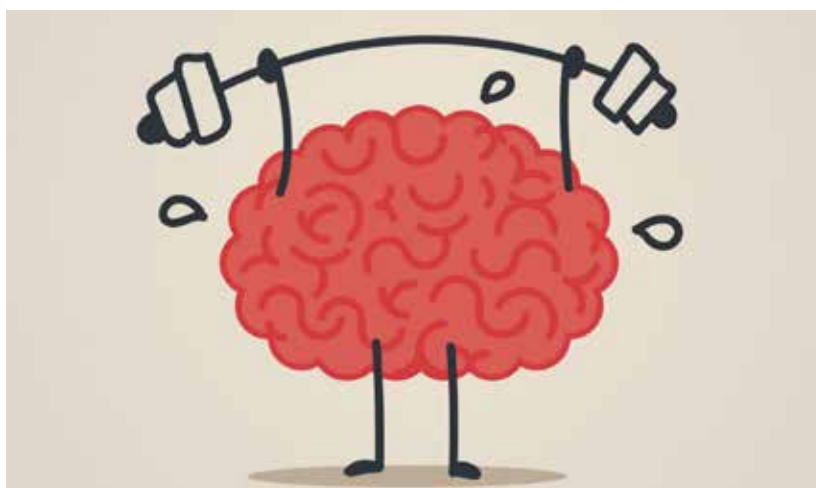
## 4. Be Aware of Cultural Differences

Back home, everything seems easy because it is familiar. While Australia is a diverse and multicultural, sometimes you only discover the cultural differences the hard way. You learn that even how to say 'Hi' is different among cultures.

Do you shake hands, or hug and give three kisses on the cheek? What you see as 'normal' can be perceived as rude for someone else. The key is to talk about it. If there is something that is rude or inappropriate for you, let the other person know. If there are customs that are important to you, share that information with classmates, housemates, teachers, and professors. If they know, they will be more aware, and they can learn from you as well.

## 5. Talk About It

This is the most important: let's talk about how we feel and how we are doing. Broadly speaking,



Australia has a very open culture and you are encouraged to talk about your feelings. You'll be amazed by how many people care about you and are happy to listen to you and support you.

Mental health is not only about you; it's about us. When you are dealing with mental health issues all by yourself, all of us are failing to provide you with the support you need. Let's share it, let's talk about it. Almost every international student will experience varying degrees of stress or mental health worries, but when we talk about it and we support each other, the big personal burden gets shared and less heavy. Remember that there is always someone willing to help.

### RGIT AUSTRALIA'S STUDENT WELFARE TEAM

The Student Welfare Team and student support and welfare staff provide assistance and support services to international and domestic students on a range of matters including general

welfare and coping with change in lifestyle. Our student welfare and counselling staff offer confidential support services and external referrals, where necessary.

See the original article at [www.insiderguides.com.au/mental-health-while-studying-abroad](http://www.insiderguides.com.au/mental-health-while-studying-abroad).



## What's new at RGIT?

# RGIT Australia's Jobs Portal

## Keep an Eye Out for Jobs Boards Around Campus



RGIT Australia's Student Job Portal is designed to assist students in finding work while they study.

### RGIT Australia Jobs Board

View current employment opportunities on RGIT Australia's Jobs Board located at RGIT Australia Main Campus, Level 6.

### Study Melbourne Résumé Checking One-To-One Sessions

Whether you are looking for an internship, casual or professional employment, book in a time with a career consultant to review your résumé.

Industry professionals provide feedback and helpful suggestions to improve your employment outcomes.

[www.studyinmelbourne.vic.gov.au/event/resume-checking-service?sdate=20180823](http://www.studyinmelbourne.vic.gov.au/event/resume-checking-service?sdate=20180823)

### When is it?

Start time: 2:00-4:00pm

Every week on Thursday, until 13 December 2018

### Where is it?

Study Melbourne Student Centre

### How much does it cost?

FREE. Places are limited so please register to attend.

### Working While Studying

Australian immigration laws allow students to work for a limited number of hours while studying on a student visa in Australia. Students can currently work 40 hours per fortnight during RGIT Australia's study periods and work full-time during breaks. However, work is not always easy to find and under no circumstances can students rely on income earned in Australia to pay tuition fees.

For more information visit [www.studyinaustralia.gov.au/english/live-in-australia/working](http://www.studyinaustralia.gov.au/english/live-in-australia/working).

### Work at RGIT Australia

To view all current employment opportunities at RGIT Australia visit [www.rgit.edu.au/staff/jobs](http://www.rgit.edu.au/staff/jobs).

The information provided on this page is intended to guide and assist students and is resourced from third parties. RGIT Australia does not guarantee securing employment with these listings as they are subject to the employer and individual applying. The resources provided are to assist students with their employment application process.

For more information contact [hr@rgit.edu.au](mailto:hr@rgit.edu.au).

### Helpful Job Websites

- » [www.seek.com.au](http://www.seek.com.au)
- » [www.jobsjobsjobs.com.au](http://www.jobsjobsjobs.com.au)
- » [www.mycareer.com.au](http://www.mycareer.com.au)
- » [www.careerone.com.au](http://www.careerone.com.au)
- » [www.job.com.au](http://www.job.com.au)



# Meet the Student Welfare Team



## Melbourne Committee:



Ayush



Siddhartha



Kishor



Sheela



Mahima



Laura



Zeb



Niru

## Hobart Committee:



Anil



Brian



Rojina



Sarita

Need support with study stress, finances, academic support, or coping with a change in lifestyle? Speak with one of RGIT Australia's dedicated Student Welfare Team Members.

Make an appointment at Reception on  
Level 2, 28-32 Elizabeth Street, VIC  
3000 or call (+61) 3 8639 9000  
(Melbourne); Level 3, 162 Macquarie  
Street, Hobart, TAS, 7000 or call (+61)  
3 6217 9000 (Hobart) or email  
[studentsupport@rgit.edu.au](mailto:studentsupport@rgit.edu.au).

For more information visit  
[www.rgit.edu.au/student-welfare](http://www.rgit.edu.au/student-welfare).



## RGIT Welfare Team Visits Classrooms, Inform Students About Welfare Options

RGIT Australia's Academic Principal, Peter Robertson, visited General English ELICOS classrooms at Victoria House Campus, Melbourne, to talk with students about the Institute's well-established Student Welfare Team.

Peter, an active member of the Student Welfare Team, encouraged students to feel comfortable approaching RGIT Australia student welfare and support staff with any issues which they may face during their studies at RGIT Australia.

RGIT Australia's Student Welfare Teams in Melbourne and Hobart consist of dedicated staff to assist domestic and international students with various issues, queries and concerns, which include but are not limited to financial

difficulties, health, visas, lifestyle changes and homesickness. The welfare teams are available as on-campus dedicated teams to support students and help with their needs. Where required, the committees will refer matters to the dedicated student services department who will assist students directly through their student support and welfare counsellors.

Members of RGIT Australia's Student Welfare Committee have been visiting classrooms at its campuses over the past weeks reminding students of the Institute's student support services.

Further information on RGIT Australia's Student Welfare support services and contact details can be found at [www.rgit.edu.au/student-welfare](http://www.rgit.edu.au/student-welfare).





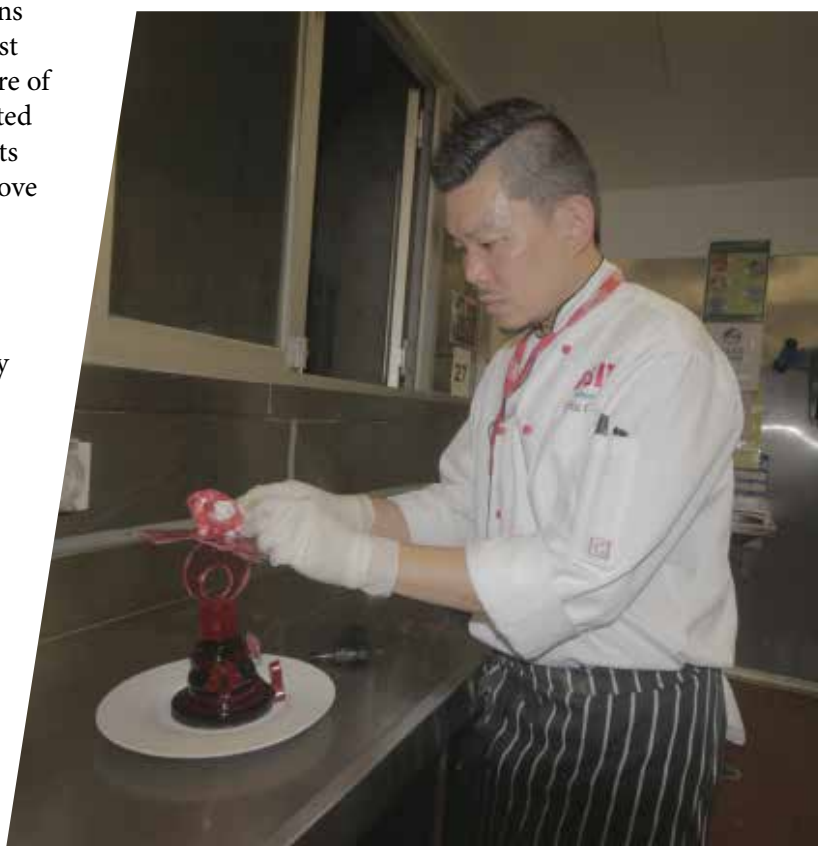
# RGIT Hospitality Trainer Talks Passion, Patience and Skills

One of RGIT Australia's most experienced and dedicated hospitality trainers, Chris Ong, talks about what it takes to create amazing sugar showpieces in Certificate IV in Patisserie.



“

SITHPAT009 - Model sugar-based decorations, is one of the most difficult, yet most rewarding, units in Certificate IV in Patisserie. It requires plenty of passion, patience and skills in order to produce sugar showpieces. In this unit, students get to learn how sugar can be cast into different shapes and sizes, how to pull it into ribbons and roses, and blow it into swans and apples. The sugar is first boiled to over a temperature of 150 °C and then manipulated into various forms. Students only have a thin layer of glove between their bare hands and hot sugar to be able to manipulate into desired designs. Lots of hard work and practice will eventually make their showpieces perfect! I always say to students that to become a pastry chef, you need to be creative and artistic, and most of all, have fun with it!



# RGIT Students and Industry Consultation Session

The experts received a comprehensive tour of RGIT Australia's Main Campus, including its Level 1 Training Kitchen, before an interactive question-answer-session with hospitality students and staff.

The question-answer-session enhanced students'

understanding of the industry and allowed them to ask questions such as how to balance work, studies and personal life. Following the session, the hospitality buffet gave students the opportunity to demonstrate their skills and expertise to the industry experts and all in attendance at the session.



RGIT Australia's Hospitality Department hosted the session which saw industry experts, Front Office Manager, Nish Polu, and Sous Chef, Chandra Kumar, from Melbourne's prestigious Stamford Plaza Hotel, share ideas on how RGIT Australia can best tailor its hospitality training to meet industry needs.

# RGIT Hosts Australian Computer Society IT Consultation

RGIT Australia's Information Technology (IT) Department hosted a consultation and validation session with Australian Computer Society (ACS) Manager of Certifications, Henry Louey, and ACS Business Development Manager, T'arne Whelanon on Tuesday, 28 August 2018.

All of RGIT Australia's courses are designed to prepare students for the industry. Thus, it is essential that RGIT Australia consults with industry representatives to update

its learning resources and assessments to ensure they align

with industry expectations.





# RGIT Childcare Industry Consultation

RGIT Australia's Childcare and Community Services Department hosted an Early Childhood Education and Care (ECEC) industry consultation and validation session at the Institute's Main Campus.



Glenroy Memorial Preschool Director, Maha Mikhail, consulted with RGIT Australia ECEC trainers, Sangeeta Khol and Rizwana Ali, and provided them with insight on how they could improve student assessment tasks. Ms Mikhail's

advice also prompted a number of role plays used in class to be altered to more truly reflect

day-to-day operations of a childcare care centre.

## RGIT Industry Partners Luncheon and Consultation

Operations Manager, Sanushka Rajbhandary, welcomed all in attendance and outlined the aims of the program before a consultation brief was led by Nursing Coordinator, Vergeeniya SV. Department heads and industry partners discussed department

requirements before lunch was served by RGIT Australia hospitality students.

Following lunch, sessions were held to validate documents of each department. Industry partners of RGIT Australia's health, childcare, hospitality

and business and IT departments were given a tour of each department's respective practical spaces, including RGIT's simulated Nursing Lab, Childcare environment and kitchen facilities.





# International Students Work Rights Legal Service

**To make an appointment:**

✉ [info@studymelbourne.vic.gov.au](mailto:info@studymelbourne.vic.gov.au)

☎ 1800 056 449 (free call from landlines)



**STUDY MELBOURNE**