

EVOLVE



ECEC Students Get Hands On

Benefits of Practical Courses

Editor's Note



We hope that you are enjoying the mid-term break and that you're finding time to relax before term 4 kicks off! As well as news of what our students have been getting up to both on and off campus, this issue includes some useful tips on how to relax and de-stress. You may be surprised to learn that a lot of what determines your attitude is how you project it to others, as we can learn from the two frogs who fell into a deep hole while hopping along a riverbank:

Other neighbouring frogs rushed to the scene. Upon seeing the depth of the hole, they discouraged the two frogs from even bothering to try to jump out to save themselves. Ignoring their comments, however, the two frogs jumped and jumped to try to save themselves. The other frogs were yelling at them to not bother, as they were as good as dead. One of the frogs took heed to what the other frogs were saying, and gave up and died. But the other frog persisted. He persisted and tried as hard as he could to jump out. Once again, the frogs took pity on the trapped frog, and yelled at him to stop and accept his fate. Despite the discouragement, the trapped frog jumped as hard as he could, and eventually, he jumped out. When he escaped the pit, the other frogs said to him, "Did you not hear us?" The exhausted but alive frog explained to the others that in fact he was hard of hearing, and thought that their yelling was them encouraging him the entire time.

Regards,

Zeb Pinder

Hospitality students cooking up a storm

Buffet

Hospitality's Commercial Cookery Students have been flexing their culinary muscles all quarter, putting on a range of spreads from smorgasbords to cocktail happy hours and from buffets to degustation dinners.

Staff and students were treated to a spread of mouth-watering delights at Main Campus Basement on Wednesday, 20 September last week, when Commercial Cookery students presented a menu of rabbit cassoulet with braised red cabbage, goat curry with saffron pilaf rice, spaghetti bolognese, crunchy rice noodle salad and baked cheesecakes. At \$2 a head for such buffets, you can't go wrong!



Brekkies, Market Days and Degustation Dinners

Indeed, RGIT’s Hospitality Department has been busy this quarter serving quality meals filling staff and student bellies from sunrise to sunset. Commercial Cookery course students served the most important meal of the day for the week of 21-25 August, with hospitality students holding market days and serving degustation dinners at Om Restaurant, Level 1 of Melbourne Main Campus as part of their training. Over 179 students indulging their taste-buds over the three weeks.

Lana, Director of Studies (English) gave a 5-star review. Here’s what she had to say:

"What a beautifully cooked menu. Hot paella with crunchy sausage! Succulent veal with mushroom sauce on a bed of creamy cabbage! Cucumber and smoked salmon cream! Roast beef and mustard cream canapés! Snapper with fennel! Asian salad! And much more ... It was Yum! Yum! Yum!"



Happy Hours

Hospitality students had the opportunity to put their hands-on training to the test at OBAR6, Level 6 of RGIT Melbourne Campus. Happy Hours saw alcoholic and non-alcoholic beverages served by hospitality students and their Trainer in accordance with Operate a Bar (SITHFAB202), learning performance outcomes as well as skills and knowledge required to prepare a bar for service. As well as these skills and knowledge, students also learned how to professionally and warmly take drink orders, prepare and serve drinks, and close the bar at the end of each successful session. For the price of a gold coin, RGIT staff and students mingled while enjoying a beautifully prepared cocktails, beers, wines and soft drinks.

Cheers!



Excursion to Immigration Museum

Diversity exhibition visit

Nineteen of RGIT's Business and Management Department Cert. IV and Diploma students, along with Trainers Sourabh and Joanne, had an excursion to the Immigration Museum in Melbourne on Monday, 18 September 2017. The Museum tour, which included a walk down Flinders Street, was designed to give students the opportunity to focus on subjects ranging from 'diversity' to 'customer service'. Trainers Sourabh and Joanne enjoyed the shared experience as well as



discussions with the students. Joanne gave this report:

Immigration Museum staff member, Chris, gave an introduction to the Museum and invited us to ask questions before a tour of the 'Diversity' exhibition with a range of cultural exhibitions and interactive educational displays. We also viewed the history of the Victorian and South Australian Goldfield treks from the upper floor to ground level, and some of use left a personal wish note

in the Wishing Tree – another interactive and engaging exhibit. We also enjoyed the ground floor Immigration area, which showcases history including 'Life on Ships' over the years, and the 'Discovery' area where students browsed the gift and book shop before enjoying a coffee with staff. The walk back to Campus gave students time to reflect on current topics in the classroom, such as managing diversity in the workplace and managing quality customer service.



Thank you RGIT team for supporting this educational and enjoyable excursion.”

Joanne Rawson
Business and
Management Trainer

Cert III ECEC students get hands-on

Students discuss benefits of practical course

Certificate III in Early Childhood Education & Care (ECEC) students discussed what they love about their course, how it is helping them to achieve their dream careers, as well as the benefits of studying such practical subjects. We sat down with Kevin, Eugenia and Anupama at RGIT's Victoria House on Tuesday, 29 August 2017, to talk about their class. Kevin is studying ECEC to better acquaint himself with children in achieving his dream career in children's nursing. Even in his volunteer role working with young kids, Kevin can already see that even older kids and big kids alike learn new things every day. The world is full of new experiences, especially for young children, and what may seem like a simple task may be an incredibly rich, new experience. Making clay for kids is a whirlwind of new experiences of colour, textures, maybe even tastes and interacts with other



kids. What Kevin enjoys most of all about his course, is just how practical it is. Hands-on learning is what RGIT does best, and rolling your sleeves up and getting your hands dirty is a given in Childcare 101.

We spoke with students Eugenia and Anupama during class, and they testified to the importance of such hands-on activities. Learning how to make modelling clay is multifaceted, with many benefits over certain solitary technologies. The students together spoke of the overall benefits that teaching students how to make clay can have, such as the ability to build confidence, build trust, basic motor skills and abilities, language development



and creativity. As well as gives them mindsets for sharing in the future, kids have the opportunity to get creative and learn how to mix colours. The students spoke of the sense of accomplishment in the task that kids will realise in making their own clay, which is completely non-toxic, complimenting occupational health and safety module of the childcare course.



RGIT's Library and Resource Centre

Need a break these holidays? Browse our range of over 40,000 ebooks on Primo, RGIT's online library. We offer a great range of resources both online and in the flesh. Many RGIT students like Gyum are already taking full advantage of our Library and Resource Centre. If you haven't already, go and check out our library facilities today! Our Main Campus (Level 8) Library facilities including computers, free WIFI access as well as printing facilities. We have a wide range of textbooks, fiction and non-fiction, local and international magazines available. With loads of natural light and city views, communal tables and a quiet and friendly atmosphere, RGIT Library is the perfect place for taking a break or catching up on study.



Encourage yourself to keep up with your peers and come check out the range. In an age dominated by technology, don't underestimate the power of a library! With a nice, calm atmosphere, the library is a cost-effective option to indulge in peace and knowledge.

Our friendly library staff are available to assist you any time between library opening hours of 9am-5pm, Monday-Friday, or you can send them an email at library@rgit.edu.au.

Happy reading!

What our students say



Taeyun KIM - Diploma of Software Development

Even though I didn't have any background in IT before coming to RGIT, it has been a very interesting course for me. I think that the IT industry is very popular and the job market is very promising. The trainer is great and small-group classes allowed me to focus on the material well. I think that gradually, I will learn many things through this course, and I look forward to making my own website on my own.



Eutteum Oh - Certificate III in Commercial Cookery

Overall, I am very satisfied with my course at RGIT. I started working in a restaurant after I started my cookery course. The tuition fees are reasonable, and I am quite satisfied with the quality of teaching. I can focus on my studies at RGIT by using my skills and knowledge learned at school, and apply it in the workplace as well by working there part-time. I want to learn as much as possible at RGIT.

How to De-stress

Looking after your mental and physical wellbeing

Take time out

Even though it may feel self-defeating to schedule time out, it can be one of the best things you can do for yourself, both mentally and physically. You can't study when you're sick or tired – so take care and make the right decisions. Sleep if you need to sleep. Eat as healthy as you can. Read a book, go to the gym or go for a walk. Exercise is very important. Get away from screens. Nobody studies well on coffee after three hours of sleep – and stepping away from your phone or the computer can help those especially suffering from homesickness. Allocate your time well, so that when the time does come to study, you've got fresh legs!



Tell your Trainers

If you're feeling stressed out, tell your Trainers. Our friendly RGIT Trainers are there to help you, so if you're struggling, tell

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them. They'll be able to give you extra guidance, maybe even some leeway on a deadline. Your health, physical and mental, as well as your success, are our priorities. Also, remember you're not in high school. Trainers will treat you as adults with understanding.

Speak with RGIT Student Support and Welfare

RGIT Australia provides good assistance and support services for international students on a range of matters including general welfare, visas and coping with change in lifestyles. And although this most certainly applies to international students studying away from their families and home countries, it also applies to domestic students. You, too, are taking on new challenges such as a new course in a new environment.

We have student support and welfare officers onsite daily who can assist you with issues such as homesickness, financial difficulties and health issues or refer to you the appropriate services.

RGIT student support and welfare officers includes:

1. Zeena Chettri
2. Sujata Shrestha
3. Buddhi Rayamajhi
4. Shusil Tamang
5. Samyog Pradhan

In case of Emergency

For after hours counselling, please contact: Zeena Chettri at 0414 346 945.

For any serious emergency, the CEO, Mr Chandra Yonzon may be contacted on 0481 351 111.

How to make an appointment

To speak with our onsite student support and welfare officers, make a booking through Reception on Level 2, 28-32 Elizabeth Street, Vic 3000 or call (03) 8639 9000. If you require psychological services, our counsellors will refer you to an appropriate service.

For further information on student welfare and RGIT support services, go to <http://rgit.edu.au/students/international/student-welfare>



International Students Work Rights Legal Service

To make an appointment:

✉ info@studymelbourne.vic.gov.au

☎ 1800 056 449 (free call from landlines)



STUDY MELBOURNE