Tips on finding a part time job

Kunal Mehta
MBA, Melbourne

As this is probably a totally new environment for those who are starting this semester, it may be quite useful for you to have some knowledge on how you can look out for casual and part time jobs in Australia. The first step you need to take is to apply for a Tax File Number (TFN). You can apply for one online from the website www.ato.gov.au. This is extremely important as no employer will hire you until you have a valid TFN. This is important for tax purposes. If you do manage to get offered a job without a TFN, you will be charged the maximum tax rate until you have one. This will mean that almost half of you pay will “disappear” in tax! I’m sure no one wants to see their hard earned money disappear unnecessarily!

The best way to apply for various jobs is to go online and upload your resume on websites such as www.jobseek.com.au & www.mycareer.com.au. In order to apply for jobs, even casual and part time ones, it is very important to have a good resume. Information on creating a professional and acceptable resume can be found by doing a Google search. Please feel free to ask an opinion from the careers advisor on your campus as well. It is also imperative in Australia to have a good covering letter attached with your resume when applying for a job online.

Make an attempt to read the major newspapers in your city every Saturday as they have a very good employment supplement. While you do all this, also be on the lookout for casual openings in shops and restaurants while you travel. It is very common for small businesses to put an advertisement in their front office window advertising for jobs. You can make an attempt to ask them for a proper appointment or an interview.

Another point you may want to keep in mind is that you need to have decent formal clothes. A white shirt and black trousers are the mostly commonly accepted for men and can even be the required dress code in many jobs.

The Importance of Reading your Student Email

One of the most important tools available to you as a student at Australian Catholic University is your student email address.

Checking your email 2 or 3 times a week is essential as you will be sent a lot of information regarding your studies, your visa and things happening on campus.

Failing to read your email and act on advice or instructions given may have serious consequences. It may also mean that you miss out on useful information about what is happening on your campus.
Delicious Recipes: Easy to Cook

Hyderabad Biriyani

Preparing the rice:
750 gm Basmati Rice soaked in water for 30 minutes.
In a large deep rice-pot, pour 3 tbsp. ghee to fry a few sticks of cinnamon, a few pods of cardamom & 1 or 2 bay leaves. Drain out the rice and stir-fry this with the spices for a few minutes. Then add 3 ½ cups of water and cook the rice (with salt) until it is half-boiled. Drain off excess water and let the rice cool in a strainer.

Grind separately:
1 large pod of garlic
1 large piece of ginger
b) 3-4 green chilies
½ a bunch of chopped coriander leaves
½ a bunch of chopped mint leaves
c) 2 tbsp coriander seeds
2 tsp fennel (Shahi Jeera)
2 tsp khuskhus seeds
3 each of cardamom, cloves & cinnamon
a handful of chopped cashew nuts

Preparing the meat:
(Vegetarians can substitute meat with carrots, green peas, cauliflower, potatoes).
1 kilo boneless mutton or chicken cubed and soaked in ¼ cup lime juice for half an hour.
Marinade the above for another hour after smearing with (a) and:
½ litre curd.
½ tsp turmeric
1 tsp chili powder

Heat some oil in a saucepan and sauté until golden brown 3 large red onions thinly sliced. Add (b) and (c) until the mixture begins to splutter. Cook the marinated meat in this with just enough water to make a thick gravy.

Arranging the Biryani
1. Grease an oven-friendly container and arrange alternate layers of rice and meat, beginning and ending with rice.
2. Dissolve ½ tsp saffron in ¼ cup of milk and pour over the rice.
3. Place a moist cloth on top of the container and cover with a lid to seal tightly. Place the container in a pre-heated oven for 15 minutes.
4. Transfer the Biryani on to a serving dish, mixing the rice and meat gently.
5. Garnish with roasted almonds, cashew nuts and raisins, crisply fried onions slices, coriander and mint leaves. Top with halved hardboiled eggs.
6. Serve hot with salad, chutney and papadums.

Kueh Dadar

Filling Ingredients:
1 coconut (grated white part)
150g gula melaka/ palm sugar* (dissolved in 30 ml hot water)
11/2 tbsp sugar

Method:
1. Combine half of the coconut milk with flour. Add in the egg, food colouring and corn oil; beat mixture till well-combined.
2. Gradually pour in the remaining coconut milk. Continue beating for 5 minutes.
3. Let batter stand for 30 minutes.
4. Heat up an omelette pan. Pour some batter onto pan.
5. Tilt the pan so that the batter is spread evenly thin. When sides turn dry and brittle, remove kueh.
6. Repeat this process till all the batter has been used up.
7. To prepare filling: Fry the grated coconut till just heated. Add in the dissolved gula melaka and sugar; stir till mixture is well-blended.
8. When cool, spread 2 teaspoonsful filling in the middle of the kueh. Roll up kueh and serve warm.

Kueh Dadar Tip:
Palm sugar is also known as gula melaka and can be found in Asian grocery stores.
Dealing with Failure: A necessary part of life.

Rosemary Williams
Counselling Psychologist
Counselling Service

‘The mystery of life is not solved by success, which is an end in itself, but in failure, in perpetual struggle, in becoming.’


Failure is as much a part of life as success - whether we fail units in our courses; or lack sensitivity in our relationships; or mess up that job interview; or make a hash of any number of things. Failure is an inevitable part of life and is by no means something we should regard as a scandal or a shame.

Sometimes our failures are hard for us to fathom. We wonder how they happened. It is as if the process of failing is outside our awareness. It is as if we deny what is actually occurring before our eyes. Yet dealing with failure involves facing its reality and taking responsibility for it. This can be a harder task than it seems for the feelings that accompany failure can be very painful. We can feel grief, shame, bewilderment, despair and anger. It can be difficult to acknowledge our part in our own failure and we may prefer to blame something or someone outside ourselves.

In owning our own failure, though, we can reach beyond it, in the perpetual struggle to become more fully ourselves. For example, if we discern that our lack of sensitivity in relationships results from a fear of being hurt, we may, through counselling perhaps, come to understand that a previous hurt is unresolved and is still directing our lives. And, by acknowledging a past hurt, we draw an unclaimed aspect of ourselves to ourselves, and we become richer and more authentic people because of it.

If we fail units in our studies, we rightly reflect deeply on how this has happened and how we can begin to address it, so as to make the future different. We might seek help on our motivation, procrastination, time management, exam anxiety or assignments from the Academic Skills Unit. In so doing, we may find different, more effective ways of proceeding and discover strengths that we did not know we had.

Failure, then, is always an invitation to grow and develop and to become more fully human, more fully ourselves. Failure is a calling - a calling to look more deeply at our lives. In fact, at the end of the day, it’s hard to know whether failure is good luck or bad luck. There is a Chinese story of an old farmer who had an old horse for tilling his fields. One day the horse escaped into the hills and when all the farmer’s neighbours sympathised with the old man over his bad luck, the farmer replied, ‘Bad luck? Good luck? Who knows?’ A week later the horse returned with a herd of wild horses from the hills and this time the neighbours congratulated the farmer on his good luck. His reply was, ‘Good luck? Bad luck? Who knows?’ Then, when the farmer’s son was attempting to tame one of the wild horses, he fell off its back and broke his leg. Everyone thought this very bad luck. Not the farmer, whose only reaction was, ‘Bad luck? Good luck? Who knows?’ Some weeks later the army marched into the village and conscripted every able-bodied youth they found there. When they saw the farmer’s son with his broken leg they let him off. Now was that good luck? Bad luck? Who knows? We ought not make the judgement too readily, then, that our failure is a bad thing. We need to see our failure in the context of what follows it and to be aware of how it can open up new possibilities in our lives.

We need to remember how it calls us to depth and change and to new understandings of life, work, study and relationships.

Some writers depict human life as failure. I am more hopeful because, as we proceed through life, we can gain so much wisdom from our failures. And, no matter how defeated we might feel by life sometimes, ‘stuff happens’. Unexpected events take place and change things.

We encounter new students, colleagues, friends and partners. We gain fresh knowledge and understanding. We find new work. Our circumstances alter. We need not feel defeated, finally, because it is not the end of the story. It is not the conclusion to the chronicle of our lives, which renew themselves, gently and firmly, again and again and again.
Looking at Nursing from an International Perspective

Mary Hemant
Education, Melbourne

Looking at Nursing from an International perspective

Ever wondered what motivates people to leave behind their beloved homeland in search of greener pastures across the seven seas? Ask any migrant in a foreign country and you’ll hear a wide range of reasons for taking that first step towards … wherever land.

Understandably, every single one of them has a different tale to tell. But one common thread of truth unites them all – they are where they are because their own country could not help them attain their full potential or achieve their deepest aspirations. In spite of the pain of leaving the war-ravaged, poverty-stricken, disease-riddled, unemployment-burdened lands of their birth, an expatriate always has a heartstring that pulls them back ‘homewards’, so to speak.

What then, could possibly make them so ready to take up the challenges of being an alien on unfamiliar soil? ISV decided this month to talk to one of the largest communities of migrants in Australia: Indian nurses in the health system here. I asked them about their perspectives of practicing their nursing profession in Australia compared to their experiences back home.

Almost everyone I talked to agreed that their greatest inspiration to come here was the autonomy that nurses have in the medical field here. This is unmistakably evident in every sphere of their work, be it in high-care aged facilities, in private and public hospitals or in nursing homes.

This is in stark contrast to what we have in India, where doctors have a strong monopoly in the medical hierarchy. They have the final say in all aspects of a patient’s health condition. Nurses and other medical staff are treated like subordinates who are expected to silently follow the rules and obey orders almost in a servile manner.

According to Isha, doctors in the Australian medical system are warm and friendly in their dealings with nurses. This is very uplifting to the morale of overseas nurses who come here with a totally different outlook, in their expectations from doctors in particular. What is most notable is that nurses’ opinions really do matter. In fact, Australian doctors truly respect the information they get from their nurses. And rightly so, considering that it is always a nurse who spends all their time assessing and caring for their patients. Doctors ordinarily come by only on their daily rounds or in the event of an emergency, apart from surgical teams performing operations.

For all the hard work that nursing traditionally involves, salaries back home are demeaningly low. Until recent times, the nursing profession (especially for Indian women) was one that society generally looked down upon and held no respect for. For holistic care, the ideal nurse-patient ratio ought to be 1:4 in general and 1:1 in an ICU setup. In most of the Indian hospitals, this ratio is unbelievably disparate ranging from 1:12 to 1:16 which could spell disaster in terms of individual care needed for patients.

Winnie feels that one of the most important facets of her nursing experience here is the freedom to express one’s personal views.

This provides more independence in exercising the role of an ideal nurse, not only as a clinician, but also in acting as patient advocate, coordinating with family members and other carers.
Looking at Nursing from an International Perspective (Cont.)

Others like Simna talked at length about the sense of responsibility they felt in the Australian context. There is definitely much more of self-reliance, resulting in less dependency on senior health professionals like doctors or nursing supervisors. After the initial diagnosis, she says, 90% of the patients’ road to recovery depends largely on one of the major duties of nurses: to develop an effective and practical therapy management plan for the patient. Whereas in India, the nurse would function merely as a subservient handmaid, here they are respected to the extent where much of the information is provided to doctors by nurses themselves.

Nurses feel highly valued here, says Ligi. Stress levels in the workplace are therefore comparatively very low especially because of the low nurse-patient ratio, leading to ultimate job satisfaction. However, one has to be competent in order to become more confident here. Ongoing education in the profession encourages this.

On the flip side of the coin, everyone felt that some aspects of nursing like canulation and injections need special competency skills and extra training in Australia. This is despite the fact that Indian nurses have been carrying out these procedures all through their nursing careers in India and the Middle-East. Naturally, such a change can be quite exasperating for some of the more experienced nurses.

It could also become a major hindrance when it comes to administering emergency procedures where nurses feel their hands are tied, not because of a lack of knowledge, but because they cannot intervene for want of a certificate. The wait for a trained professional or the doctor can be especially frustrating in a life or death situation.

From the male viewpoint, Vijigeesh expressed feelings of joy in learning from evidence-based, hands-on experience as opposed to the parrot-like method of learning back home.

Joby agreed, but lamented on the lack of sufficient group effort and team-work, especially when it comes to understanding the needs of a colleague and working accordingly. Perhaps, paradoxically, this has something to do with the sense of independence and a natural feeling of unaccountability, leading to ambition-driven goals rather than group commitments. Joby missed this feeling of team spirit when he recalled some of his experiences in Indian hospitals.

Speaking of home still brings a tear to the eye of every member of the migrant population. Somehow it calls to mind the sentiments of the exiles in that beautiful Boney-M song of the 80’s:

By the rivers of Babylon, where we sat down, yea, yea we wept, when we remembered Zion.

All in all though, nurses in Australia enjoy their newfound autonomy as a welcome change from the drudge of a highly stressed, ill-paid job in their homeland. God bless Australia for providing us with these wonderful opportunities to realize our true worth.

Continued from Page 1:

Although you may feel that you receive a lot of email, it really is essential that you read them and clear them regularly to ensure that you have not missed acting on important advice.

It is outrageous to note that some students, even those who have been at the university for more than a year, claim to be unaware that they have a student email address and as such, have not read the emails that have been sent to them.

All students have a University email account and can be accessed via the following link:

http://mail.student.acu.edu.au/

You log in with your Student ID number and password (this is your 8 digit date of birth by default, unless you have changed it).

Please also be aware that you do have the option of forwarding your student email to your own personal account if you find this more convenient.

The most important thing to remember is to read your email. "Ignorance" will be no defence if an email has been sent to you!
Featured Student: Sharmalie Wijesinghe

ISV – The Voice: Sharmalie, you have taken a bold step in deciding to migrate with your family to a country so far away from your homeland. When did you arrive here and what were some of the factors that influenced your decision?

Sharmalie: Yes Mary, it is an unforgettable step in my life. Actually I was a primary school teacher in my country (Sri Lanka). In my heart I always wanted to become a nurse but at that time I did not get the opportunity for some reason. Anyway, I thought to myself “I will one day”. I got married in 1994 and my daughter was born in 1995 and my son was born in 1997. One day I thought, “Why not go back to study and become a nurse like I wanted to be?”, not that I did not enjoy being a teacher as I really did enjoy being a teacher, but nursing is something I had had in my heart for a long time. Unfortunately in my country you cannot study nursing if you are over 25. So I thought I should try to go to a country like Australia to get my self qualified as a nurse. I must mention that without my sister, Shamila who is a nurse in England, I would not be in Australia now as she is helping me financially. So in July 2004 I had to leave my family to come to Australia which was the hardest step for me as a mother who has always been beside my two children. So that’s how I started my journey. After 3 months my family joined me in Australia.

ISV – The Voice: Were the cultural changes and food habits very different from your own lifestyle back home? How did you cope initially?

Sharmalie: When talking about cultural changes, to be honest it hasn’t affected me at all. I respect all the cultures as I respect my own after all we all are humans. We follow our own culture as a family while respecting all the different cultures. When talking about food, our main meals are based on rice and curries. But now I make different dishes at home which we all enjoy.

ISV – The Voice: What about adjustment problems with your children in particular? How do they manage at school with new friends, issues relating to discrimination/racism?

Sharmalie: At the beginning my two children, especially my daughter who was 10 at the time, always wanted to go back to Sri Lanka. However, she slowly adjusted to the environment. Once they started schooling, I made them aware that they are now part of the Australian society. They did not face issues like discrimination or racism, but it took a few months for them to find friends. Since I really wanted them to move with the other children, I invited some of my children’s classmates to my home and arranged a small get together. Then they started to invite my children and in that way they now have a lot of friends. Some of the parents in the school look after my children when I am busy and I look after their children when they are busy. Now my daughter is in grade 6 and at the end
Sharmalie’s Story (Continued)

of the year the school has a “grade 6 play” where my daughter has been selected for the main character.

The reason I am telling these things is that I want everyone to know you must treat others the way you like to be treated. This is one of the things I learnt from my experience which I always want my children to practice.

ISV – The Voice: What are some of the challenges that you face on a daily basis as you juggle between study, part-time work and family?

Sharmalie: I believe life is a challenge and you have to face it. So I face it.

At the beginning I faced a bit of a problem to organise time for everything. I realised that I have to balance everything to manage my life. What I do is I always try to do my study when I am in the university, during my breaks. After I go home I make dinner and spend time with my children. Fortunately they do their homework by themselves but of course I help them when needed. At night I spend about 2 hours on my studies. Normally I wake up at about 6.00 am to start my day, sometimes earlier than that. I work on the days I do not have classes, especially in the morning since my children are in school.

ISV – The Voice: Surely you have some personal strengths that have helped you to make a structured plan to organize your responsibilities as a wife and mother alongside all your other roles. Please tell us about them.

Sharmalie: My personal strength is my 2 children! Since my family relies on me and makes me face challenges and reach my goals. I also have a very supportive family which always encourages me for my achievements. I also have a positive attitude towards life, which I believe helps a lot too.

ISV – The Voice: In what way has ACU helped you to achieve your goals and overcome the difficulties you face in this country. What advice would you give to new International students in your position?

As I mentioned in my first article in ISV – The Voice, ACU is my first home in Australia. Whenever I have a problem which affects my studies I always talk to the relevant person in the University, but I always contact the International student office first. All the lecturers and tutors are very helpful and willing to help in every way they can. The advice I can give to new International students is if anything affects their studies, they should contact the International student office. Be honest, be polite, learn to say “thank you”, “sorry” and “please”. The resources you have at ACU are more than enough to help you achieve your goals if you use them. Do enjoy your studies and study hard so you can be so proud of yourself at the end of it all.

ISV– ADS
Second Hand Books for Sale

I have the following text books available for sale for MBA students in at Melbourne Campus.

ACCT 600 – Accounting for decision making ($30)
LEGL 601 – Commercial and Corporate Law ($30)
MGMT 640 – Strategic Management and decision making ($50)
Anyone interested can contact me on my email address kunal5974@gmail.com

MGMT 640 – Strategic Management and decision making ($50)

BAFI 600 – Corporate Finance
LEGL 601 – Commercial and Corporate Law ($30)

You can contact me on the following email naitik_05@yahoo.com

Accommodation:

Room to let for a female student in a warm family house at 5, EverGold Close, Narre Warren South 3805. (Victoria) A fully furnished room with built in robes, ducted heating and air conditioning. Kitchen facilities available. Close to public transport and shops. $ 110 per week including bills. Ideal place for a nature loving person with parks around the area. Walking distance to the gym and the pool. Please call Shanya Cooke on 0432421346 or 03 97052915 for more details.
You will be aware that people often get a fine when they break the law, for example, they may be fined for driving and parking offences, littering and for fare evasion on public transport.

If you break the law and are caught, you will get an infringement notice. This sets out what law you have broken, and how much you have been fined. You should act quickly and don’t leave it until it is too late. There are some avenues that you might like to consider before it is too late. Please note that the longer you wait, the fewer options you may have, and the more expensive the fine you will end up paying.

If you have been issued with a fine, you can pay the amount on the notice within the specified time-frame by following the instructions on the notice. You can also ask for time to pay such a fine or ask to pay by instalments. However, if you think you should not have been fined, you can ask for the fine to be cancelled anytime before the Penalty Enforcement by Registration of Infringement Notice (PERIN) Court order is made. You can request cancellation by writing to the agency that issued the notice, explaining why you think it should be cancelled. They will assess your explanation of the circumstances and decide whether or not to cancel the fine.

If the agency rejects your explanation and you are not satisfied with their decision, you can ask to go to the PERIN Court. You can write to the agency or follow the instructions on the courtesy letter. If the agency rejects your explanation and you are not satisfied with their decision, you can ask to go to the PERIN Court. You can write to the agency or follow the instructions on the courtesy letter. If the agency rejects your explanation and you are not satisfied with their decision, you can ask to go to the PERIN Court.

If you need assistance regarding document preparation, as previously advised in the ISV - The Voice June edition, your International Student Advisor may be able to assist you in seeking legal advice from a private lawyer, Legal Aid or a Community Legal Centre. Don’t wait until the last minute! Always seek legal advice if you are unsure.

What’s On In August
1 August - Swiss National Day
9 August - Singapore National Day
14 August - Pakistan Independence Day
15 August - Indian Independence Day
15 August - Korean Liberation Day
17 August - Indonesian National Day
31 August - Malaysian National Day

University Dates
10 August - Last day to add without penalty
17 August - Last day to withdraw from Semester 2 unit without notation on record
31 August - Census Date. Last day to drop unit without academic and financial penalty