I love ACU!

Ashish Attri
MBA Graduate
Melbourne

It was a July afternoon when I first stepped into ACU Melbourne, to be precise it was the 19th July 2009; it was my second day in Australia and I was supposed to come for the orientation. I came and that was the beginning of a relation which I will try to keep alive the way it is forever. Although I am no longer a student at ACU, I am planning to be a student again and this time as a PhD scholar so that I can finally join the university as a teacher, the university I am so very much in love with.

I am often asked by friends, what’s so special about this University and I can’t properly explain, but there is really something strange and unique about the relation I have with my ACU. I sincerely consider this university my second home, each time I visit it I cherish each moment I have spent here.

The Forbe room on the second floor was literally my room. I have spent more hours in this room as compared to any other place else in the whole University. Apart from that I will always remember the friendly and cheerful staff at the Library, who never failed to loan me a laptop even though it was 8.30 at
night. I owe my sincere thanks to each and every member of the Library staff, they are literally angels. I love them and thank them from the core of my heart.

The International Office staff is also on my list of priorities when it comes to thanks for my pleasant stay. The International Advisor deserves a special thanks, as she and her staff are simply the best. I will also take this opportunity to thank the Counsellors; they are really great at caring for students.

My thanks also goes to the security staff at the university, they are very friendly and add to that each and every individual I have ever come across at my University, each and every one of you are great in your own respect.

Last but not least, the Business school, which has given me the opportunity to get my Masters and even try for my further education, deserves my special thanks. I really thank each and every teacher and staff member of the Business school. You people have given me the best treatment ever possible. Thanks a lot.

Well that’s all for this time and a special thanks to Maria for letting me be part of ISV and the biggest thanks of all to my best friend Neha Sharma for writing all those articles for ISV with me and for being with me and supporting me during all the best and worst times of my life. Thank you Nonu.

Will see you next time.

God bless you all and God bless ACU.

Aashish
MUC at the Brisbane Ekka!
On Saturday 20th August ACUmates took a group of students along to some of Sydney’s most famous attractions! After we met at the steps of The Sydney Town Hall we walked through the city to Darling Harbour and followed the water around to Sydney Aquarium at King Street Wharf. With the amazing weather we were having, it made it a lovely walk!

At King Street Wharf we soaked up some more sun before going into the Aquarium. As soon as we walked in, there was big crowd around the first tank with people taking photos of a cute little platypus swimming around in his tank. After that there was an amazing array of fish, turtles, crabs octopus and so much more! After we saw the dugongs in one tank we went through to the shark tank where you go underwater through glass domes to see the sharks, stingrays, fish and a giant (and very lazy) turtle.

After enjoying a quick snack we made our way to one of Sydney’s most famous attractions, Sydney Tower (also known as Centrepoint Tower). The very impressive 305 meter high tower (which is the same height as the Eiffel Tower) really sticks out in the Sydney city skyline. We boarded the lifts that travel at 7 metres per second up to the Observation Deck of the tower to get an amazing 360 degree view of Sydney. What an amazing view it was as students saw the Harbour Bridge, the buildings around our North Sydney campus, Hyde Park, Sydney Airport and so much more!

We then watched the sun set on what was a beautiful day in Sydney with our new mates!

Josh Ang & Rachel Carr, ACUMates
ACUMates September events

In September ACUMates has some great events planned! Check out the table below with everything we have coming up!

Don’t forget to “Like” us on Facebook by visiting [www.facebook.com/ACUMatesNorthSydney](http://www.facebook.com/ACUMatesNorthSydney) or [www.facebook.com/ACUMatesMelbourne](http://www.facebook.com/ACUMatesMelbourne) to get all the latest information and event invitations!

In September ACUMates has the following planned in Sydney:

<table>
<thead>
<tr>
<th>Week</th>
<th>Date and Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7</td>
<td>10th September</td>
<td>MASKA day in Manly</td>
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<td></td>
<td>11.30am – 4.30pm</td>
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<tr>
<td>8</td>
<td>15th September</td>
<td>Cultural Fiesta</td>
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<td>9</td>
<td>24th September</td>
<td>Blue Mountains day trip</td>
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<td>ALL DAY</td>
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In September ACUMates has the following planned in Melbourne:

<table>
<thead>
<tr>
<th>Week</th>
<th>Date and Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6</td>
<td>2nd September</td>
<td>Snow trip to Mt Buller</td>
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<td>7am – late</td>
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<td>8</td>
<td>14th September</td>
<td>Cultural Diversity Day</td>
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<td>11am – 4pm</td>
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<td>8</td>
<td>16th September</td>
<td>Dinner and Into the Woods</td>
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<td>6 – 11pm</td>
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<td>9</td>
<td>21st September</td>
<td>Morning Tea</td>
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<td></td>
<td>10.30 – 11.30am</td>
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For more information:


Email: North Sydney: joshua.ang@acu.edu.au or Melbourne: rachel.carr@acu.edu.au
North Sydney Cultural Fiesta

Cultural Fiesta Concert

SHOWCASE YOUR TALENT

5PM-8PM
Thursday 15 September
RYAN AUDITORIUM

SIGN UP NOW!

To perform at this night sign up with the Student Association or the International Office or just come along to watch the free concert! Join us for Dinner on the night – stir fries and rice (dinner vouchers can be purchased prior to the night from the MAIk SA office, International Office, Campus Life Office or the Uni courtyard on Wednesdays)
For more details, contact Emily Late International Student Adviser on 02 9739 1084
Strathfield Cultural Diversity Night

Singing & Dancing & Poetry & Drama & World Foods

Cultural Diversity Night

08.09.2011

For more information visit the SCSA office today or email us on scsa@acu.edu.au
Managing stress

Rosemary Williams
Counselling Psychologist
Counselling Service
Melbourne

'A poor life this if, full of care,
We have no time to stand and stare.'

Stress is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances. Many factors can lead to stress for international students including study problems; money and housing problems; cultural concerns; racism; traumatic experiences in the past and the present; gambling; balancing study with work and leisure; and anxiety and relationship difficulties.

1. Acknowledge the value of now

Remember the importance of living in the moment as opposed to focussing on a checklist of things to be done. Did you enjoy a morning coffee? Laugh with a friend? Pat the cat on the neighbour’s fence?

2. Manage your time

Construct a weekly schedule of the time you’ll spend on particular tasks. This will help to ensure that you give priority to the things you really do want to prioritise. Note that in scheduling work on an assignment, for instance, set your goal by time not outcome. Aim to work for an hour on an essay, for instance, not to complete it. Remember to mark in daily times for relaxation and rest too.

3. Do better with less

Some years ago a spiritual director advised me to ‘Keep your life simple’. We live in an age of complexity, overwhelmed with information, tasks and electronic communications. As someone said recently: ‘We’re drinking from a fire hose of stimuli with no idea of how to reduce the flow’.

We can learn from the haiku, the Japanese nature-related poem of 17 syllables, in which to convey the central message, the poet has to carefully choose only essential words and images. This principle, applied to human life, is that by setting limits, we must choose the essential. Overburdened by incessant demands, we select that of substance so that we can work towards our true goals without distraction. In everything we do, we must learn to set boundaries. So, for example, borrowing 60 library books for a 1500-word essay is likely to prove overwhelming and distract you from your topic. Visiting a casino, with unlimited money to spend and unlimited time to play at the gaming tables, is likely to lead you into large financial losses.

4. Get enough sleep, nutritious food and physical exercise

When we feel stressed, we often neglect what we most
need – good sleep, nutrition and exercise. Try to avoid fatty, salty, sugary foods. Get 7-8 hours sleep a night. Exercise for 30 minutes a day. However we feel, it is important to hold fast to a daily pattern of healthy living.

5. Be aware of symptoms

When we become stressed, we often develop physical and psychological symptoms – sore shoulder muscles, headaches, nausea or feelings of tautness, irritation, mild depression or being strung out. We are inclined to dismiss these symptoms by dulling their pain with drugs, shopping, gambling or pornography; or with sleep, simplistic explanations and psychological denial.

Another way forward is to take these symptoms seriously and to see them as allies who can instruct us about our inner lives. Symptoms are always inopportune and inconvenient for none of us enjoys trying to study, work or play while in some sort of physical or psychological discomfort. But symptoms point us towards truths about ourselves and our existence. A constant feeling of nausea might, for instance, convey a sense of a person being sickened by a recurring event in their lives, like domestic violence, for instance. In revealing ourselves to ourselves, symptoms are our allies calling us to live our lives in ways that are congruent with our deeper selves and our own humanity.

6. Talk out your worries with someone who’s really on your side

Talk things over with a friend or a family member who’ll seek to understand you. Australian universities all have free counselling services in which students can discuss present and past events and relationships that worry them. Sometimes international students are hesitant to use these services because they’re concerned they’ll be viewed as being mad or suffering from a weakness. On the contrary, consulting a counsellor signals strength and maturity. We are each responsible for our own psychological lives and one way to take this responsibility seriously is to seek to discuss the complexity of our circumstances with someone trained to reflect on it. Even so, some international students worry that they will be sent home if they are seen as not being able to cope or that they might face increased difficulties applying for permanent residence if they have a history of attending counselling. Both these fears are completely unfounded.

7. Keep a sense of perspective

Much of what we worry about in life is peripheral to our destiny. The question to ask ourselves is: ‘Will I be worried about this at the end of my life?’

Rosemary Williams
North Sydney trivia & pizza night

On the 3rd August ACUmates, International and MAKSA held a Trivia and Pizza Night. Trivia is a commonly played game at lots of social functions and can get very serious! It’s about knowing lots of ‘random’ information and being able to answer questions with the help of your teammates. Our teams this semester were challenged with Aussie Trivia and World Trivia and here are some examples of the tricky questions:

What is the highest grossing Australian movie?

Australia is well known for its large icons - how many of our ‘big’ things can you name? Extra points if you can say in what town you can find it.

What is the Great Barrier Reef made out of?

Where would you see this emblem the most often?

It was a great night, and after the hard work of racking our brains to answer trivia questions, we feasted on Pizza (as you can see from the photo). Thanks to everyone who helped bring the night together and the students that came.

So if you see a trivia night advertised in your local area, take some friends and go along to check it out. The questions are not always based on Aussie Culture – they can be about absolutely anything. You may find out you are a trivia genius – or if not you will have lots of fun!

Answers to questions: 1. Crocodile Dundee, 2. Big banana - Coffs harbour, Big Pineapple - Woombye QLD, Big Prawn - Ballina, Big Mar-ino - Goulburn, Big oyster – Taree (to name a few) 3. Coral 4. The 50c coin has the Australian Emblem on it.
Brisbane Riverfire

Riverfire is an annual event that celebrates the Brisbane River and the city of Brisbane. It also has the most spectacular fireworks display you will ever see!!!

MUC will organise a group to go to Riverfire on Saturday 3rd September, so check Facebook for updates: http://www.facebook.com/#!/groups/119609568097346/.

World Peace Day

The United Nations’ (UN) International Day of Peace is annually held on September 21 to recognize the efforts of individuals, organizations and governments to end conflict and promote peace.

(http://www.upf.org/united-nations/peace-day)

University Dates:

26 to 30 September    Mid-semester break