

THE STUDENT VOICE

BROUGHT TO YOU BY AIHE STUDENT AMBASSADORS

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FEELING THE END OF TERM CRUNCH?

As the term nears its end, you may feel mounting pressure from juggling exams and assignments. It's the second half of the term that really tests your resilience and time-management skills.

Here are **10 TIPS** to help you relax, reset, and get back on track

1. Prioritize tasks.
2. Break tasks into manageable chunks.
3. Maintain a balanced routine.
4. Seek support from the AIHE team.
5. Utilize resources like tutoring or study groups.
6. Practice self-care.
7. Focus on progress more than perfection.
8. Take breaks to prevent burnout.
9. Get sufficient sleep for cognitive function.
10. Stay hydrated and maintain a healthy diet.

MEET A GRADUATE

Suman Tamang (MBA)



Suman Tamang is an international student from Nepal with a background in IT and software development. He recently graduated from AIHE's MBA program and received the 'Student Leadership Award'.

Tell us about your experience studying at AIHE...

My first semester was pretty hard, although I passed with grades that I was happy with, I had a few problems with assignments because I wasn't accustomed to the education style. However, with practice and more experience, this changed in the second semester when my studies started to flow a lot more smoothly.

What challenges did you face during your study?

The challenges I encountered during my studies were primarily associated with research and structuring my writing to effectively address questions. However, I was soon able to achieve excellence in research and paper referencing. Strong research skills have allowed me to broaden my understanding of business and prompted a shift in my perspective towards money, entrepreneurship, and even investing.

Time management is a significant challenge, but it's also one of the enjoyable aspects. Effectively managing time is a lifelong challenge that extends beyond academics, employment, and assignments. I planned everything a week or two weeks in advance. Although the plan doesn't always unfold as intended, this proactive approach helps in dealing with the uncertainties.

When it comes to resources, the primary support comes from lecturers and AIHE administration, particularly individuals like Elise, who provide invaluable assistance.

How are you making the transition from study to work?

Before graduating, I started incorporating newspapers into my routine to enhance my English skills and delve into the business world. This practice supplements my knowledge. I am actively tracking a couple of real-world companies, with a particular focus on Tesla. This involves staying updated on their yearly earnings and familiarizing myself with their product range. This approach goes beyond theoretical classroom learning, providing practical insights that I can draw from.

Does your qualification make you feel more confident to pursue job opportunities?

Yes, it has given me insights into the business world and how to strategise in areas such as marketing and finance. It has provided a huge step in the right direction and has given me a solid base of knowledge on which I can learn more as I pursue my career.

What advice would you give to students studying at AIHE

Don't feel stressed, if you're not used to international methods of education like assignments and exams. Try to think of it as new skill to learn. You get to learn a lot, like research techniques, how to read, and go through all the research papers, and how to answer questions, specially how to structure your writing. That will stick with you in your whole life which is very important. It is not just about academics, it will shape your future. If you are feeling lost, you can just speak up, there is a lot of help, try the student ambassadors, or staff members like Elise, and lecturers themselves, you can always go to them. And if you want to get better try to follow few businesses, like I follow Tesla and some other tech companies. Read newspapers, especially for the business section, these will always help in a way, not just in academics but in general.



NEWCOMER TO LEADER

Tan Le

In every issue, we share the story of an individual who immigrated to Australia and went on to achieve business success. These individuals have seized the opportunities, we hope their stories motivate you to set ambitious goals.

Tan Le was born in Vietnam, she is best known in Australia as the tech visionary and co-founder of Emotiv - the neuroinformatics technology company.

Arriving in Australia as a young girl, Tan Le faced the challenges of adapting to a new culture and overcoming language barriers. Through determination, she has made a lasting impact on the tech industry.

"The Emotiv headset reads electric signals produced by the brain, opening up possibilities..."

In 2011, Tan Le's Emotiv introduced a groundbreaking product – a neuroheadset that allows users to interact with computers and other devices using their thoughts. This innovative technology has implications not only in the gaming field but also in healthcare, neuroscience research, and beyond. The Emotiv headset reads electrical signals produced by the brain, opening up possibilities that were once relegated to the realm of science fiction.

Beyond her role as a tech entrepreneur, Tan Le is an advocate for diversity and inclusion in the tech world. Her own journey as an immigrant woman

breaking barriers in a predominantly male industry serves as an inspiration for aspiring innovators from all walks of life.

Tan Le's story is a testament to the transformative power of education, resilience, and the pursuit of one's passion. From a newcomer seeking refuge to a leader in the technology industry, her journey embodies the very essence of the Australian spirit – one of inclusivity, diversity, and boundless opportunity. Tan Le's impact extends far beyond the realms of business, making her a symbol of what can be achieved with determination and a vision for a better future.



Image source: (Pattern) Canva | (Portrait) Speakers Associates

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Study break WORDSEARCH

- Innovation
- Friends
- Strategy
- Adelaide
- Student
- Marketing

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 Memories

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 Sun

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 Australia

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 Research

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 Leadership

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 Surf



Congratulations

To the Graduates of 2023

This is an incredible milestone that marks the culmination of your hard work, dedication, and perseverance. Wishing you a future filled with success, fulfillment, and endless joy.

Well Done:

Suman Tamang, on receiving the
Dr. Susan Lambert Student Leadership Award.



THANK YOU

To everyone who attended the end-of-year party, your presence added an extra layer of joy and warmth to the celebration, making it a truly memorable and festive occasion.

Looking forward to more joyful gatherings in the coming year!



Whats On: Get to know Adelaide

Beyond Shopping: The Adelaide Hills Farmers Market, a Celebration of Craft & Community

This bustling open-air market showcases the region's bounty every Saturday, offering fresh seasonal produce, artisanal crafts, and delicious fermented beverages. But it's much more than just shopping. Dive deep, chat with passionate farmers, learn about sustainable practices, get to know the produce better and blend the shopping experience with educational gain.

Community Events: The city of adelaide council

Explore your community's pulse through its vibrant events! The City of Adelaide council orchestrates these gatherings, fostering unity and a sense of belonging. Beyond just events, they are responsible for numerous services and facilities, enhancing community life. Join in for engaging sessions like English conversation meetups, rejuvenating yoga classes, or treasure-hunting at recycled book sales.

Dates for your calendar.....



Is there something you'd like to see in this newsletter?

Let us know by reaching out to one of the AIHE Student Ambassadors....



June Rivera
1st Year MBA



Suman Tamang
MBA Graduate 2023



Nicola Ince
1st Year MBA



Audy Alfiyyah Mulyadi
1st Year BBUS