

2nd ISSUE

# POINT

Student Magazine

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thriving writer and  
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Benjamin Law

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Thank you for reading our second issue!

Who writes The Point magazine?

We are members of a student project called "SHOP". Our team members are all from different study areas and from different backgrounds. Some of us are international students, some are married and have kids, and others are still teenagers.

So why read The Point magazine?

The objective of The Point magazine is to provide students information about study, life and opportunities. The opportunities for students to get involved, stay connected with university and utilise their uni life as much as possible. The project, SHOP, provides students to get involved in magazine publishing and other work such as human resource, external relations and marketing. One of our organisational values is diversity and we would like to accommodate different views however, our magazine does not include any comments that promote particular political views or religious views.

Who funds The Point magazine?

We have received \$2,000 from SCAP grant which was spent to print our first issue. We are still working towards being self-sustainable by providing advertising opportunities on our magazine to businesses.

Contact

If you're interested to be involved in our work, contact us via email: [SHOPatQUT@gmail.com](mailto:SHOPatQUT@gmail.com)



# READING WITH GIANTS

## QUT Literary Salon with Chris Somerville



There is a dimly lit room filled with mellow faces. We crowd around and on the lounges. Our thighs all touch. Red wine spills on the coffee table. Lips hover over the microphone. They could be kissing in secret, in plain sight. And then a poem spills out like smoke. Everyone is watching.

On the 11th of September, QUT's creative writing faculty hosted the first public reading of many to come. The night featured some of the best creative writing pieces from final-year-students for peers and distinguished guests. We're calling it an exercise in creative practice: a chance to share our work with authors, academics, peers, and curious passers-by.

Others call it an excuse to drink. For us students, though, it's an excuse to be close to talented people.

Chris Somerville, critically acclaimed author and QUT graduate, read for the debut event from Aquarium, a short story from his collection, We Are Not The Same Anymore (UQP). To have a professional, someone who began on a similar path to us, join us in sharing his creation, provides invaluable inspiration. For writers (and indeed for many other professions) becoming a part of the industry is key for gaining connections, and thus, opportunities: especially because Brisbane's writing and publishing industry can fit easily into a small room.

I highly recommend that other disciplines run events such as the QUT Literary Salon, even if it is an informal evening with other peers, where you can share your project and motivate one another. The event could even double as a presentation to potential employers and networks if the event is somehow valuable or entertaining to professionals.

Even if you are not presenting work yourself, being a part of a supportive community, in a friendly atmosphere, can motivate you. For the QUT Literary Salon, I acted as a compère for the event, introducing writers and entertaining the guests, so to hold the event together. If you have a friend who would like to join you as compère, then you could run a classic straight man vs funny man routine, like fellow writer, Ben and I did. In this case, we were able to showcase our public speaking skills and our writing skills through quirky comedy, while working closely with our talented fellow writers and guests. For those of you in business degrees, nailing a compère role could also prove your marketing and PR skills through persuasion and confidence. Con-

sider going even further and call yourself a Master of Ceremonies, and run the event yourself. Event Management Experience? Check. Are we starting to feel as though running a Show and Tell event is a plus for your practice and for your résumé?

Moreover, standing alongside talented people, and acknowledging the value of their contribution for others, highlights the value to your own practice. If anyone has ever felt so jealous of someone



that it hurts—so jealous that they want to become that person—then you might understand how empowering that feeling is to get a move on and improve whatever it is that you are doing yourself.

Furthermore, the experience presented the opportunity to interview Mr Somerville for all of The Point's good readers.

Before the event, Mr Somerville was so generous as to answer three questions. While I was tempted to ask 'Where do you get your ideas from?' and 'How do I become you?' I settled on something that might be relevant to our readers.

\* \* \*

Me: What kind of writer do you see yourself as, or, what do you hope to achieve with your work?

Chris Somerville: Back when I started out I probably had a clearer idea of what I wanted to do with writing fiction, possibly because when you're younger you might be a bit more forceful on yourself about it, not because you're dumb or anything, but I think if I'd said to myself I have no idea what I'm doing I wouldn't have written a word. Now it's a bit different. Certainly the editing process is important, when I was editing stories from my book a lot of my editor's note would be 'What is this here for?' You know? 'What is this about?'

I'm kind of suspicious of writers who know exactly what they're doing all of the time with their work. I mean, why wouldn't you want and try something new?

At the moment I think what's important is story and plot. Voice is important too, but I think without something at stake in the story, what's the point? At least this seems to be what I'm thinking about more often than not these days.

Me: How much of your life is in your writing? [Can you separate the writing process from your own everyday experiences?]

Chris Somerville: It's hard to say, because really what I have is the pattern of my thoughts and most

characters I write about generally share this same pattern to some degree. I think it's one of the best things you can tell to students, that the way you think about things is fairly unique and perhaps that's something they should try to take advantage of.

But I also think that real life, when compared to a story, is actually really boring. I wrote a very long, almost 9000 word, story that was based on real life and it was pretty dreadful, and I ended up cutting it down, with editorial help. I think it just kept getting longer and lon-



ger the more I tried to search for a point to the whole thing, which real life doesn't seem to provide all that often.

Me: Do you write for the reader or for yourself? [How do you balance these motivations? Do they conflict?]



# Impossible is... NOTHING



Contact: Present Hussain Awami | 0421 739 048 | [hussain-awami@live.com.au](mailto:hussain-awami@live.com.au)

## In the beginning...

It has been a year since QUT Soccer Club was established. Because of the efforts of its members and club committees, there is well-organised training and competitions for the team. To students who are interested in joining the club, now is the perfect chance for you since the membership is free for this year! At the moment, the team is participating in the current season of Queensland Independent Football. Training takes place on every Wednesday night, and involves developing basic sports skills, soccer practise, and a game to end the night.

On a typical uni day, I am very lucky to meet the busiest guy that I have ever known. His name is Hussain Awami and he is president of QUT Soccer Club. It was a nice and shiny afternoon, and he was very happy to meet me for an interview, which is usual for him. He has founded QUT Soccer Club on his own, taken up leadership roles, and somehow balances uni with work. How does Hussain Awami do it? Read on to find some of his secrets.



## Feel the burn...

QUT Soccer Team was established in early 2013. Since QUT would like to encourage students to participate in sports rather than solely studying throughout their uni life, so QUT started asking students to build different sport clubs, like netball, soccer and touch football clubs. Hussain Awami was nominated to start the soccer club by himself. Awami admits that developing the club was tough at first: he had to gather funding; recruit players, teams, and committee members; promote the club on social and print media; and coach the teams until a permanent coach was found. After building this framework,

Awami found that managing the club was much easier for him. From here on, Awami's duties predominantly involved overseeing the teams and housekeeping, such as mapping a direction for the club, booking fields for practise, and treasury duties, such

as buying jerseys and collecting membership fees.

The major challenges that Awami faces in sustaining the club, unpredictability, revolve around finance. He says, "With limited time and money, it was very hard to get better equipment and fields. It

*'When it comes to football, backgrounds, religions, race or even gender doesn't matter, everyone is welcome.'*

– Hussain Awami

was a hard time for me to maintain the club. However, my passion in football didn't let myself give up. I don't want to see the club disappear, so I tried my best to find support and funding."

When SCAP funding—an initiative that supports QUT Student Engagement, the Student Guild, and volunteers—became available through QUT, Awami found his safety net. With the financial assistance, Awami has that little bit less to stress about and the club has massive new opportunities.

Without difficulties of acquiring high quality equipment and practise spaces, Awami can focus his energy into growing the club. He says,

"Since most of the players in the club have potential to get into the Brisbane League, I believe in the future they can bring the club to

partner with different leagues in Brisbane or Australia. I would like to see the teams in the club become more competitive and well known in the future."

QUT and the Soccer Club are certainly very fortunate to have such a passionate and dedicated leader, who obviously cares about soccer and fitness and wellbeing in his fellow students. Here's to hoping that Awami can continue to unite the QUT community.



# LAYING DOWN THE LAW

Interview with thriving writer and QUT graduate - Benjamin Law

“You should be throwing out so many ideas that rejections don’t sting” - Benjamin Law



During the Byron Bay Writers Festival, two of The Point’s contributors were lucky enough to interview Benjamin Law, author of *The Family Law* and *Gaysia: Adventures in The Queer East*. Mr. Law was so generous as to describe his ongoing relationship with QUT, from his days as an undergrad to his intermittent guest appearances today. Read on to learn how Mr. Law made the most of his time at QUT and why he gives back to current students.

\* \* \*

*Reporter:*

For the Enhance Conference at QUT, what motivated you to come along and what did you get out of it?

*Law:*

Look, it’s been a while since I’ve been back at QUT. I mean, I studied there. I taught there for long time as well. I can always remember how I was always annoyed when people came and talked to me about how the degree was such an abstract exercise in what you’re doing and how it relates to the real world, as QUT always says. I’ve always valued when people who have graduated or who started up in the field that I wanted to be in came back to talk to us, so I thought I’d do the same. And for us, you know, it’s Brisbane: there are only so many opportunities for me to come back now.

*Reporter:*

How was your uni life and what sort of things were you involved

with?

*Law:*

When I was at uni, I was doing my Bachelor of Arts in creative writing and then I was involved with editing a student magazine as well. Well, I was writing for a student mag in my second year, then in my third year, I was editing it myself. It was called Utopia then.

*Reporter:*

Oh! Was it Qutopia. Like, Q-U-T-O-P-I-A?

*Law:*

No, it was just Utopia with a ‘U’. It would have been cleverer with a ‘U’ now that I think about it.

So I was doing work experience with the magazines, and writing music articles, and stuff like that. But I had a really long time at university; I was there for seven years because I did my PhD and my Honours there as well. The whole time I spent studying at university, I was freelancing. But the university career is great; it gave me all the skills I sort of needed once I decided that I wanted to do this properly.

*Reporter:*

What was your experience writing for Utopia?

*Law:*

Uh, it was good. I mean—look, when you’re that young—I would’ve been 19 and writing, you think back on a lot of stuff you wrote for student magazines... I’m pretty grateful to live in a time where not everything was archived online, so you won’t be

able to find some of the more hideous stuff that I used to write. But it was really fun. When I was editing it with five of my friends, you have that little bit of a pressgang vibe, using InDesign and Photoshop for the first time. I had a lot of fun with it. It was really hard but it gave me a lot of sympathy that I still have now for the actual editors that I work with.

*Reporter:*

How important do you think grades are?

*Law:*

I think I might have even mentioned this at the conference. Especially in a creative writing degree, or a creative degree in general, marks aren’t the be-all/end-all. When you’ve got someone who is producing a theatre show or when you’ve got someone who is an editor, they don’t really care what GPA you’ve got. The last thing on their minds is whether you’ve got a track record in doing well in your field or not. I think so much of the “creative process”—in quotation marks—is all about trial and error. I think university is a good way about getting the errors out of your system.

When I started my degree, I had no idea what I was doing. I was getting a lot of fours. I did well by the end of my degree, but really, it was a huge learning process. I think you’re allowed to screw up. When I was a tutor, I encouraged it.



*Reporter:*  
I definitely agree with you on that. And by the way, fours are fine. In terms of the creative industries field, it seems like experience is a bit more important than marks. What are some of the most memorable and valuable experiences you've had that contributed to your current career path?

*Law:*  
Getting published for the first time, even though it was just a local street press magazine. When I was a teenager, I had my Letter to the Editor of The Rolling Stone published. Starting to write for magazines like Frankie and QWeekend, and then later, The Monthly. And then also, getting my first book published.

*Reporter:*  
You seem to be pretty good at getting gigs. What sort of tips have you got for current students looking for gigs or work?

*Law:*  
It depends on what type of work you're looking for, I guess. But in terms of writing, it's about pitching to editors nonstop. I mean, you have to proceed with the knowledge that a lot of your ideas are going to be rejected. You have to be prepared for that. So having lots of ideas and making sure that you're lodging them all somewhere, and then not having reservations about telling people what you want to do,

I think is really important as well. There are some specifics of the writing and publishing industry that you need to know, but that's my more general advice that I have to offer.

*Reporter:*  
So having your own opinions and not giving up is quite important?

*Law:*  
Yeah, I mean, it's almost a cliché to say it, but I think it's true: you have to accept that rejection is part of the process. Being heard is part of that as well.

*Reporter:*  
Hypothetically, if writing did not work out for you, would you ever think about doing anything else?

*Law:*  
I'm probably not great at anything else: that's the problem. I'd love to be a pediatrician, but I've always been pretty shit at science, so I don't think that would be a great role for me. I guess I like teaching, because I've been a teacher at university, but yeah, umm... that's probably Plan B. I think I've been writing for so long that I've got to a stage where I probably wouldn't be able to do anything else.

*Reporter:*  
You've developed a maxed-out passion. Good on you, I reckon. How do you deal with rejection?

*Law:*  
You should be throwing out so many ideas that rejections don't sting. I mean, rejection will be a part of the process: pitching stories ideas that get rejected, and all of that sort of stuff. I guess it's just about pitching so much that the ratio changes and you get more Yes than No. Have so much work that you have to keep moving forward anyway.

*Reporter:*  
So it's about having the right mindset to keep moving?

*Law:*  
Yeah. And if you're feeling really down, go for a swim.

*Reporter:*  
How long does it take for inspiration to kick in?

*Law:*  
It depends what you're talking about, really. I mean, if I'm writing a nonfiction article, I have to do all the research anyway, so it's not about inspiration, it's about finding information. For a story, it depends when inspiration strikes. It's more random than that. Ideas for stories will come from conversations or reading news reports, and stuff like that. It's less about inspiration for me, and more about being a Bowerbird and making sure that I'm harvesting all the ideas.

*Reporter:*  
Which three people, dead or alive, would you like to invite to a picnic?

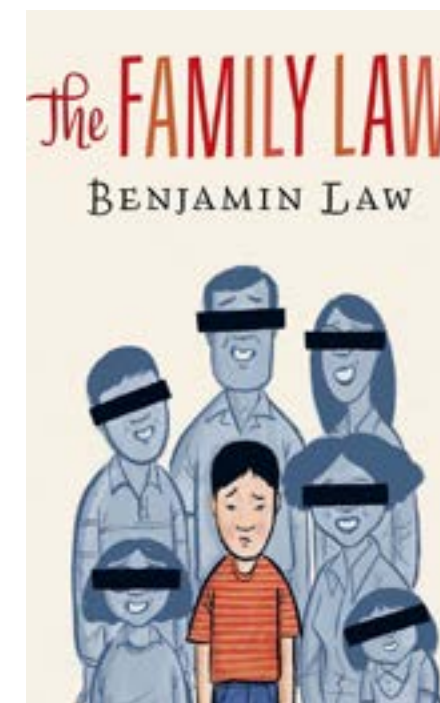
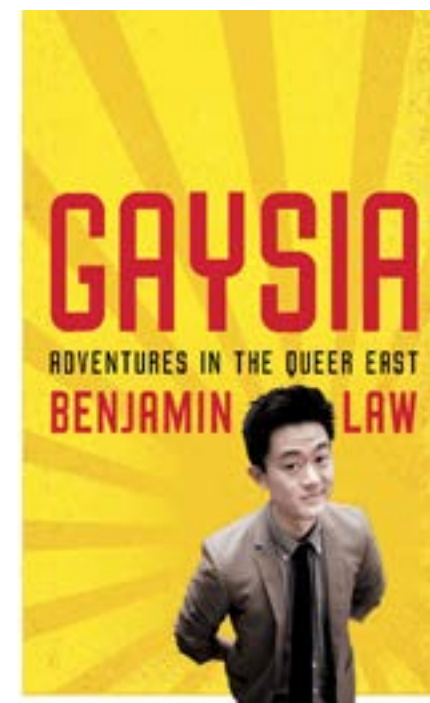
*Law:*  
Let's say, Bjork, David Attenborough, and, umm... and a monkey. Because then David Attenborough could talk about the monkey and say interesting things about it.

*Reporter:*  
Finally then, do you have any final bits of wisdom to share for students?

*Law:*  
Yeah. Work hard, but the degree is not the be-all and end-all. When you have good lecturers and good tutors, they're rare, so make sure you pick their brains and use them as the mentors they are. Don't take your degree for granted,

because they're expensive as well. And look for opportunities outside of your university, like work experience.

## Ben's Collections:



### Contact

Benjamin is represented by Benythron Oldfield at Zeitgeist Media Group. For screenwriting work, he is represented by Jennifer Naughton at RGM. For book and publicity-related enquiries, email Elke Power at Black Inc. Books.

If you'd like Benjamin to speak at your school, university, writers' centre, library, business event or community centre, get in touch with his speaking agency Booked Out. Otherwise, say hello directly by emailing Benjamin here. You can also follow him on Twitter.



## Jamming with the QUT Music Society

We first met in a dark room in the bowels of X block. Almost 50 of us sat on the dusty backstage floor. After three rehearsals we assembled in front of a few hundred people and performed one of the most technically complicated contemporary works of musical art of the 20th century: Queen's Bohemian Rhapsody.

This was to be the spark that ignited our musical fires. The exhilaration of the performance did different things to everyone. Many had practised music in high school, but had long since given it up. For them, it brought about a kind of nostalgia and yearning that many

of us had lost. Others had never really put their musical passion to practice. For them, it was the first taste of performance music, which was received with intrigue and enthusiasm.

Many of the performers had spent their time at uni struggling to maintain their musicality as well as their degree. For them, it was the first of many opportunities to reignite their passions in the university setting. For all involved, it was a uniquely cohesive experience that would form the sturdy foundation of the QUT Music Society.

As we grew through semester one, Vocal Collective became Vox Pop, Jazz Group became Blackbirds, and QUT Music Society became QMuSo. But the development was deeper than the names. With networking events such as the Good Craic Festival and the founding of the monthly Open Mic Night at the Botanic Bar, QMuSo started attracting attention to itself.

### Keys of QMuSo

The QUT-based music club was established in November 2012. To date, there are over 400 musically-charged members, who together, can play instruments from all

over the globe, including: electric and acoustic guitar, bass, violin, viola, cello, flute, piccolo, clarinet, alto saxophone, tenor saxophone, baritone saxophone, trombone, trumpet, French horn, tuba, drum kit, piano, triangle, glockenspiel, and the African nose flute. From this eclectic talent emerged a chamber orchestra, jazz band, flute ensemble, and guitarist guild, with new teams frequently rising and merging.

The companies rehearse concerts and practise their art together on the weekends in a converted office space in Y-block. As the society grows, QUT and QMuSo co-ordinators search wider for a more permanent, crowd-friendly space. For the musicians, to play their instrument is to develop their talent, and by doing so with like-minded students, they maintain their motivation. To feed and harness that rekindled or ever-heating fire, QMuSo co-ordinators bring in professionals for band workshops where everyone has the chance to be educated and inspired.

It's not hard to see how all of this energy conspires into dynamic performances. QMuSo hosts monthly events, such as Open Mic Night and Jazz on the Lawn where the members can showcase their aptitude, entertain, and captivate. There are other performance opportunities throughout the year, which QUT or another organisation might run.

If anyone is interested in joining or would like to learn more, QMuSo recruits during Orientation Week Stalls, on Facebook, or through the online form, LINK ME. QMuSo above all else appreciates for individuals and groups who are enthusiastic about their music. They take on staff and students of all talent levels and interests, from upcoming rock bands to vocal soloists and orchestra clarinetists, to the casual player looking for a mate to jam with.



### About the QMuSo leaders

🎵 Can you briefly describe your position and duties in the club?

As leaders of the society, it's our job to keep the society alive. We do this by organising events and rehearsals, and by promoting and answering a lot of emails!

🎵 For how long have you been members?

Some of us have been involved since the very beginning and we eventually grew and took on more leaders.

🎵 Why do you want to step up to be a leader in the club?

We felt like this was something QUT needed and this was our chance to contribute while doing

something we loved: playing music!

🎵 How many hours do you spend in this role?

2 hour meetings, 3 hours jamming, 1 hour paper shuffling, 1 hour miscellaneous

🎵 How do you strike a balance between university and this position?

Being a team of students, everyone is happy to help each other out if things get overwhelming, but we generally avoid that by proper planning and distribution of the workloads. Planning your week in detail definitely helps. A lot of the time, we're having so much fun that it doesn't even feel like work!

🎵 What is your biggest challenge in this position?

Sometimes members lose motivation, so it's about keeping everyone committed and on track. Eyes on the prize!

🎵 How do you cope with the responsibilities?

By keeping the job fun! Being musicians ourselves, it's one of our biggest pleasures to get up on stage and play.

🎵 How do you see the future of QMuSo?

It'll expand into something of a booking agency where we can work with artists to get them playing more events and in learning spaces so they can continue to develop their musical skills. These are the main missions of QMuSo.





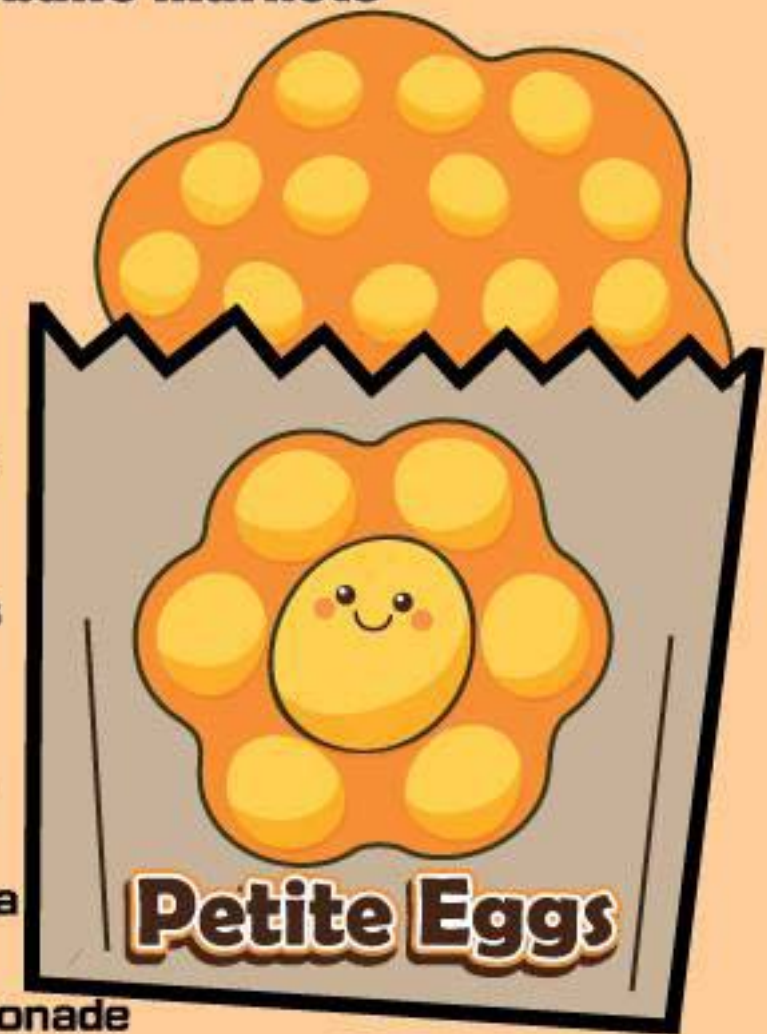
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Iced Ribena Lemonade



For business enquiries, please call 0433 066 363



# This is Australia



Budget travelling in Sydney is a little bit hard as there is so much good food and so many shows that you cannot resist discovering. There is no doubt that tourists must visit the Sydney Opera House to take a few pictures with the historic design.

How many of you have been inside the building? It is a great experience to walk inside and appreciate the spectacular design. You might stumble on a rehearsal for a famous opera!

The Rocks Market, which is located at the north end of George Street, is the major tourist market in Sydney. If you ever happened to meet the man who spray paints in Brisbane City sometimes, I can tell you that the man in The Rocks Market will also catch your eye! Also, if you feel the bridge climbing is too costly for you, think about walking up to the Pylon Lookout.

Visitors can enter in the middle of the bridge, which is a wonderful place to view the whole of Sydney.



If you want to have a rest after a long walk and do some shopping in the city, the monorail is a good place for you to chill and enjoy a peaceful moment in the busy city.

Don't forget to take a train to the Blue Mountains if you like bush walking and enjoy nature. It is a fantastic place with cafes, bakeries, and hostels. The trolley tour will take you to most of the scenic attractions and you can drop off wherever you want to walk for a while.

## Tasmania



Someone said that Tasmania is a place for people after they retire. It is true that Tasmania is a good

place to chill and enjoy the moment, which doesn't mean that it's too boring for youngsters to appreciate. Tasmania is a wonderful place for youngsters to refresh their minds and take a break from their busy lives.

There are two main parts of Tasmania: Launceston and Hobart. Hobart is the second oldest city in Australia, and it offers a wonderful blend of cultural heritage; environment; a vibrant art and dynamic sporting culture; and a low stress lifestyle.

Bruny Island is near Hobart, and it will make you want to stay longer and longer. It's because the weather and environment of the island act as a calm and relaxing picture for you. No kidding: even the tap water in Bruny Island is cool and very sweet.

Back to the city, Hounville is another worthwhile place to go, especially the Houn jet! Also, the B&B in Hounville feels like a palace, so we didn't want to leave there either.

For the other parts of Tasmania, Wine Glass Bay, Cradle mountain, and Bridestowe Lavender Estate should be the places on your must visit list.

## Melbourne



Melbourne can be a beautiful place for one to embrace nature with a peaceful mind. Because this was a budget trip, I took off at Avalon airport. I took the train towards The Twelve Apostles through Geelong, then stopped at Apollo Bay, which I believe is not well known.

It is a small place with people enjoying their life there, like a village. There are generic waterfalls and lookouts. The hostel was amazing, as they are very environmentally friendly: they don't use plastic bags for the rubbish bin, and they grow their own fruits.



The journey from Apollo Bay, to Great Ocean Road, to Melbourne City, made a gorgeous road trip, as I saw the sky turn from dark to bright while I was on the bus. Once I arrived in Melbourne, I ate at a place that is very famous for

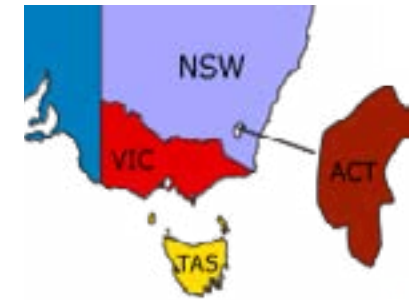
its cake, which is located at Acland Street, St Kilda.



The area was named in 1842 and is still used for selling homemade cakes. Walking to St Kilda Beach from Acland Street takes around 10 minutes, and if you arrive just after dawn, you can spot little

penguins. Don't forget the market near St Kilda, which only opens on Sundays!

There is another famous market in Melbourne City: Queen Victoria Market. There are lots of delicious snacks and fresh food. You definitely don't want to miss the Boreks, where you just hand in \$3 to receive a spinach, cheese, and lamb wrap. The Boreks are easily found, as there are always lots of people waiting in front of the store! It sounds like a typical wrap, but it is worth the money and waiting time.



Australia

**Budget travel tips:**

In order to avoid any traps throughout the trip, it would be wise for unexperienced travellers to join a local tour that can accommodate more people. Also, it will be cheaper as you all are sharing the transport

Taking a walk to where you want to go can save you some money,

and that way, you will not miss any good photo opportunities.

Plan sometimes to stay at a hostel, if only for a while, because you can meet some interesting people and hear their stories.



# Study Path

## Mechanical engineering

Mechanical engineering is a funny major because you need to have the knowledge of every type of engineering but mechanical. There is no mechanical training included in my degree; rather, it is a combination of civil, electrical, and all other majors put together. You can get a job with a mechanical major anywhere around the world yet not do anything related to mechanics. For my five-week vacation work, I was given the title 'Undergraduate Mechanical Engineer,' and worked as an electrical, process, and mining engineer.

That place had an amazing work environment, because everyone was friendly and there was a small party every second Friday with free beer! It could not have been any better. On my first day, I realised that I was the only female mechanical engineer in the office for the five-week period. Although I sat with guys and rarely saw any girls in my classes, it still freaked

me out a little bit. There was potential for intimidation, but all the smart, cute guys around me would take that away in a second. If I still felt intimidated, I would make friends with girls in other departments.

Akin to everyone, I thought that I would be treated differently because I am a girl. This was definitely not the case. I felt a little special for a while, but I knew this would soon be gone if I didn't work my best. There was only one advantage of being a mech girl: I was considered a genius even before I even started working.

This was partly because not a lot of females take up engineering, but the ones that do tend to take it a lot more seriously than men.

Guys, please don't get offended: it was proven in a study. I was even given the opportunity to work on site for a day. I am still not sure

if they were testing me by doing it. Whatever the reason may have been, it was the most amazing experience. If given a chance, I would now work on-site with those huge machines.

I realised that working as an engineer is a lot different to studying engineering. Some people might like it at uni but it doesn't mean that they will like working as an engineer. This is one of the main reasons why vacation work is important for university students.

You will learn a lot more working in those 60 days than studying the subject. Those days will be important because you will develop some of the basic professional and engineering skills required before entering the big bad world. So make the most of your vacation work by learning the skills of an engineer, and most of all, by enjoying it.

# Career Mentors

## First Step to the Real World



Maybe you have a work placement in your course or work part-time, but you may still need some guidance or advice in the process of transitioning from a student to a real world employee. The QUT Career Mentor Scheme, funded by QUT, has been in place for more than twenty years, and gives you the opportunity to be matched with a mentor from the field in which you are studying.

During 2013, over 700 students from different faculties were matched with a mentor. If you are moving towards or within the last year of university, the QUT Career Mentor Scheme could be your first step to the real world. What can you expect from the scheme? Mentors are always resourceful and can be invaluable persons in your discipline.

They may provide advice for your career development and instructions on job applications. From this, you can gain further insight and networking opportunities in the industry you are going to work in. What does it

### Things you can do to make it work:

- Contact your mentor immediately after being match with him or her.
- Set up communication methods that are suitable for both of you. Decide where and how you are going to meet.
- Bring your resume to your first meeting with your mentor, as this is a professional way to introduce yourself.
- Set realistic and achievable goals in a time frame and discuss those with your mentor.
- Meet with your mentor regularly. E.g. fortnightly or monthly. Update him or her on your progress.
- Make time to attend the functions that are held by The Career Mentor Scheme and invite your mentor to attend with you. These functions are great opportunities to network with other mentors and mentees.

Where to start? You can register for the Career Mentor Scheme through CareerHub. The registration for 2014 has already opened. Find out more on their website, <http://www.careers.qut.edu.au/student/mentor/>



# ANXIETY ATTACKS

I came home after a nine-hour day at uni, turned on the TV, and got comfortable in my new couch. Never did I realise that I was going to have a major anxiety attack. The following days were spent worrying, panicking, and crying in bed. That night adrenaline had kicked in, which made my hands tremble, and sent chills through my body. I thought that my life was finished. I had some of the most distressing thoughts that I ever had in my life.

I began to worry about my future and thought I might end up on the streets one day. That brief, two-minute attack was followed by two more attacks in the next 24 hours. That was not even close to where my problems began; the next two weeks were terrifying. However, I did not take any chances, and met with a university counsellor as soon as I could.

When I met the university counsellor the next week, my doubts turned into certainty as the counsellor confirmed that what I had was a major anxiety attack. After explaining my situation to her, she said, "Jasmine, it's normal".

She explained that this happens because adrenaline kicks in and your mind enters survival mode. When you realise why you are tired and short-of-breath, you experience what I did and have an anxiety attack—but you don't know what is going on—so you panic even more. I made a couple of mistakes in tackling my anxiety, which is why the next two weeks were terrifying.

Anxiety attacks can arise for a very brief period, usually for two or three minutes, or for weeks at a time. One of the most common reasons for anxiety is stress. Other reasons can be Obsessive Compulsive Disorder, Post-Traumatic Stress Disorder, or other psychological conditions. Girls can even get anxious around their periods: so guys, please don't get offended if your female friend is moody and a bit restless.

In my case, stress was certainly the cause of my anxiety,

because I had just completed my vacation work and was heading back to uni the next day. I had taken no vacation or break from study or work in the last eight months. I am not surprised that my brain eventually went crazy.

Some common signs of anxiety attacks are:

- Shortness of breath
- Chills passing through your body
- Trembling hands
- Distressing thoughts.

If you were to have an attack, you should breathe deeply for a few minutes until that adrenaline stops pumping and you start to feel normal again. Get yourself a glass of water, take a 10 minute walk, or just change the position you're a standing or sitting in. This assists in centering yourself and becoming aware that what you are experiencing is not a real threat.

**Some of the tips that can be followed in the next few days are:**

- See a doctor and a counsellor. One of the worst mistakes people make is to not see anyone about their attacks and try to tackle it alone. Talking to someone can do wonders. It was only after my short trip to the doctors' office that I realised some of my anxiety was caused by iron and Vitamin D deficiency. This deficiency made me feel low, so triggered my anxiety. All the steps I took, the ones explained below, were only taken after the doctor and counselor approved them. The following tips worked for me, but it doesn't necessarily mean that they will work for everyone.

- Don't analyse the thoughts that you have in an anxiety attack. Being the genius that I am, I decided to analyse my thoughts, which made me think that I am a terrible and useless person. My counsellor said that these thoughts should never be analysed because thoughts come and go but that doesn't mean they mean anything. She was one hundred percent right. You have to tell yourself that those are not your thoughts: it's the anxiety.

- Eat right. I don't know what the experts say about eating right, but eating certainly affects your health. Right before my anxiety began, I started craving junk food. Although I am still not sure if that was a sign, it certainly messed up some of my brain cells. Make sure that you eat healthy food: for example, fresh fruits. Try and avoid eating processed food every other day, no matter how delicious those cheese chips are.

- Exercise. Make sure that you exercise regularly. By exercising I do not mean to stress out your brain even more, but exercise enough to provide it with oxygen for it to work properly.

- Meditate and practise yoga. If you are not a physical person, you should take out 15 minutes in the morning and evening to meditate. This is one of the best exercises, because it provides oxygen to your brain, which calms you down and relaxes all your muscles. Yoga has the same benefits as meditation and exercise. But girls, please be careful when practicing yoga during your period. Although yoga has many benefits, it can aggravate the problem if not done in the right way.

- Travel with friends and family. With no vacation or breaks on my calendar I pressured my brain so much that it shut down one day. In a few weeks I will be going on a much-deserved break. This break should have been taken a few months back. Guys, don't forget to take breaks because it takes you away from your worries, relaxes you, and gives your body some time to itself.

In the last few days I have realised that anxiety is not a mental disorder: it is a lifestyle disorder. All work and no play certainly made me a dull and crazy person. Make sure that you don't stress yourself out. Travel, see your friends and family, eat right, love unconditionally, and you will be all right.



## Life Support - Counseling Services

Are you having difficulties in your life? Do you want to talk about:

stress, depression and anxiety;  
personal development;  
relationship issues;  
study effectiveness;  
finance;  
course and career issues;  
university procedures.

Then contact counselling services. Not only talking to them, they can also help you with any forms to be filled out and getting all documents sorted.

Details: <http://www.counselling.qut.edu.au/>



# Find Out Your Solutions for Study Troubles

Your university study load could be heavy, but your time is always limited. However, you don't need to study alone. You can always look out for support when you feel as though you're struggling or when you want to study better. There are different kinds of solutions that take different lengths of time, so try to recognise which solutions are suitable for your study. Don't forget to Browse online resources. You can find useful online resources and tutorials on library website anytime for your convenience. Spending a little time watching a tutorial may save you more time during study.



## Quick Chat

Chat with a librarian for a few minutes. You can have a short chat with a librarian or peer mentor at the research desk in the libraries.

They can help you with research for your assignments and answer referencing questions. You don't need to make an appointment; just walk in and talk.

## Workshops

Consider attending a workshop [1-2 hours]. The language specialists also offer a variety of workshops, for international students in particular, for improving language and communication skills, such as grammar and pronunciation.

The libraries are running a series of Learning Skills Workshops to meet different students' needs. So keep your eyes open at the beginning of the semester and register online.

## Intensive Support

Have a one-on-one consultation in the library. In the 25-minute consultation, you can sit down and talk with a senior librarian or a Learning Skills Adviser.

They can help you with any problems you have with your academic work, whether it's an individual or group task. They will address issues with time management, analyse questions, aid research, and more. You can make an appointment on the library's website.



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# Cheap Food in the city



## Kadoya - 99 Elizabeth St Shop 29-30



Kadoya is located in Elizabeth Arcade in Brisbane CBD. From Monday to Friday, Kadoya opens 10:00 to 20:30; on Saturday it opens 11:00 to 20:00; and is closed on Sundays. Although the restaurant does not look very fancy compared to Taro Café and Restaurant [famous for its ramen], it provides authentic Japanese food. Elsewhere, it is rare to find a Japanese meal below \$10.

The staff is very friendly. Not only are the main dishes attractive, but the entrées are as well. There are many entrée options, such as creamy and smooth crab croquette and yummy Takoyaki. If you are looking for quick, quality, and cheap meals, this is the place to go.

## Charm Sushi - Albert St(Near Night Owl)



Charm Sushi sits on Albert Street. It offers a diverse range of Japanese recipes. Sushi is one of the main cuisines they sell. Also, you can grab Western fast food such as fish and chips there for only \$6 for a small set. The main dishes are around \$8. The food is not only cheap but also comes with spicy options. If spicy food doesn't suit you, then sweet chilli is available with the tofu and rice.

If you are a big fan of seafood, this place should definitely be given a chance. Teriyaki Salmon with rice only costs you \$9.90. There are also snack foods, such as smooth seafood pancakes and Karage boxes. Check this nice place out!

## AJ Vietnamese: - 70 Charlotte St



AJ Vietnamese: No matter how run-down or drab it might seem from the outside, those who have sat amongst its buzzing interior, been served by the friendly staff, and inhaled generous servings of traditional Pho, will know the pure joy of an AJ's meal. The food is affordable and it has unique flavour. If you have limited time for lunch, this is a convenient place to go as it also located at the end of Elizabeth Arcade.

I recommend the beef noodle soup, which is packed to the brim with clear beef broth, noodles, sliced beef, beef sausage (made in-house), and beef balls. These are accompanied with Vietnamese mint, bean sprouts, and lemon, which is quite refreshing against the flavour from the soup, and it is fulfilling.

## Asia Village Canteen - 99 Elizabeth St Shop 29-30



Asia Village Canteen is the brand new restaurant next to the Asia Village retail shop, on 167 Elizabeth Street, which is quite convenient. The price for most of the dishes is around \$8. It provides much variety. You can choose traditional Chinese food, Japanese, or Thai food.

The food is not very fancy; however, you will be satisfied with the big portions of food because it includes a free spring roll and soft drink. If Japanese or Chinese don't take your fancy, I would recommend Thai Curry Chicken, which has a unique coconut flavour. If you are looking for a balanced meal at its lowest price, this restaurant is a great choice!



# Getting Sick of eating Mi Goreng?

If you're sick of eating bucket loads of Mi Goreng and stumped on ideas for budget meals, this article has some tips for you.

## Invest in a slow cooker

This one is \$19 from Kmart. The great thing about slow cookers



is that you can prepare dinner in the morning before uni, and your meal will be ready by the time you get home. Make sure that you follow the instructions and recipes carefully, because you don't want any accidents.

There are so many budget slow cooker recipes. If you make a lot, you could arrange to split the cost of the meal with your roommates, or freeze it so you don't have to eat the same thing every day.

Make a weekly meal plan and try

to stick to it. You could write it down in your diary, on your calendar, use a template from OneNote or use a recipe or meal planning app. There are so many recipe apps out there to choose from, but these next ones are our favourites.

## Peruse The Meal Guru app for iPad

The Meal Guru app allows you to



set your meal preferences, for example: beef three days a week, fish two days a week, chicken once a week, and so on. You can also exclude ingredients from the meal list. The Pro version is about \$5, but you can add your own recipes. The Pro version also shows nutritional information for each meal and ingredient, and automatically creates your shopping list. It makes planning healthy meals a whole lot easier.

Check out the All Recipes Meal Spinner app

With this app, you can choose the dish type, ingredients, and preparation time, or let the spinner decide for you. If you buy the Pro version for \$2.99 and create an account, you can create your shopping list automatically from the recipes, along with some other added features.

## Download your favourite store apps to your smart phone

If you like shopping at Coles or



Woolworths, they both have apps that are great for planning your meals and shopping list. They even tell you which aisle in the store to go to! You can check the current specials easily, and they both have a recipe section where you just choose a recipe and select "add ingredients to shopping list."



## Use point cards and vouchers

Point cards and vouchers can be a good way to save a bit of cash, but don't go out of your way to get discounts; it's more important to stay on track with your study schedule.

## Shop online

Woolworths and Coles offer a delivery service, so if you live far away from a supermarket and don't own a car, it might be a good option for you. However, they have minimum orders if you want free or cheap delivery. Another option is Grocery Run [Groceryrun.com.au], as they offer a flat rate shipping fee of \$11.95.

## Find cheap places to shop near you

Big Fresh is a fruit and vegetable store located on Little Street in Fortitude Valley. It has a great variety of affordable fruit, vegetables, and Asian groceries. The prices are cheaper than many of the other Asian grocery stores in The Valley. Furthermore, the ad-

joining Tommy's Seafood Market has a good selection of reasonably priced, fresh seafood.

Local Markets

There are so many fresh food markets in and around Brisbane. Here are three of our favourites: Jan Powers Farmers Markets - sit on George St and the end of Queen St Mall, in front of the Casino, every Wednesday from 6am-6:00pm.

Kelvin Grove Village Markets are in Kelvin Grove Urban Village, on Musk Avenue and Blamey Street. They run every Saturday, 6:00am-1:00pm.

The Brisbane Markets are found at 252 Sherwood Rd, Rocklea QLD 4106. There is a Fresh Market on Saturday, 6:00am-12:00pm.

## Use recipe websites

- Moneysavingmeals.com.au
- Taste.com.au
- Allrecipes.com.au
- Eatingwell.com
- www.janpowersfarmersmarkets.com.au/category/market-info/
- www.market-minx.com.au/village.html

Have something to contribute?

Do you have some more tips for your fellow poor, starving uni students? We would love to hear your ideas! Tell us your favourite recipes and places to buy groceries.

Email [shopatqut@gmail.com](mailto:shopatqut@gmail.com) and you could have a chance of being featured in our magazine.



# Drowning in study?

## You could save time and money by shopping online

Some of you might be online shopping addicts, while some may have never tried it before. Whatever your case, read on for some useful info and tips. This article weighs up the pros and cons of shopping online and brick-and-mortar shopping. Pros of shopping online: Shopping online saves you time, whether you catch public transport, drive, bike, or walk.

You can save money on fare/fuel and can often find the same products online that are in store for a cheaper price. If you're on a tight budget, there are a lot of comparisons, deal and voucher sites for you to search for the best bargains. It's not only cheaper, but for some people, online shopping helps them avoid impulse buys, as brick-and-mortar stores strategically place items for you to walk past and buy. Everyone has probably gone into a shop to buy one thing, and then found themselves walking out with ten things.

If saving money isn't your number one priority, there is still so much more variety when shopping online. You can find products and brands that are hard to find in Australian brick-and-mortar stores. Sending gifts from online stores is also a good idea, because there are lots of stores that offer free gift-wrapping, whereby some stores will include a message on a card.

### Cons of shopping online

Shopping online can save time and money, but can be addictive for some people, just like Facebook, YouTube and other social networking sites. Time can fly by so fast when you're having fun on the net, so try to set yourself a time limit and budget. Avoiding impulse buys is getting harder to avoid now that e-tailers are coming up with interactive and innovative ways to entice shoppers to buy more.

### Pros of brick-and-mortar shopping

After being stuck at your computer studying all week/day, shopping online may be the last thing on your mind, and no one wants to turn into a hermit. Shopping can be a good social occasion and an excuse to get out of the house, do some exercise, and get a dose of vitamin D.

Obviously, if you live right next to a shopping centre or have a part time job in one, it's probably convenient to shop there. Furthermore, shopping centres can be good places to hangout during summer if you don't own an air conditioner at home.

### Cons of brick-and-mortar

Shopping Opening hours of many stores in Australia, especially in Brisbane, are quite limited and inconvenient compared to other countries. Some international students might be shocked when they first arrive in Australia and see how early the shops close. I know I was when I came back after living in Japan for two years.

As you probably already know, there are so many pros and cons for both ways of shopping. All in all, it just comes down to personal preference and convenience. Read on for some useful info and tips on shopping online.

### Online shopping tips:

- Avoid dodgy websites. Check if the store has a contact number, not just a contact email address.
- Stores that accept PayPal as a payment method are usually safe, as PayPal has strict selling standards, privacy and refund policies.
- Check the sizing information. Lots of websites now have sizing comparison charts, so invest in a tape measure as some also provide measurements.

### Top online stores

Amazon: a bit of everything.

Ebay: a bit of everything.

Asos: clothes & cosmetics + free shipping.

The Iconic: Australian based, for men, women, and children's clothes and cosmetics + free shipping.

Zara, H&M, Top Shop, Shopbop, and Net a Porter are some favourites of many.

### Local online stores

*Blackmilk.com*: a store started by one guy with a love for tights.

*Threadbare.com*: luxury fashion store created by QUT graduates.

*Shugah.com.au*: young women's fashion.

### Deal sites

*Groupon.com.au*

*Scoopon.com.au*

*Brandsexclusive.com.au*

*Hautelook.com*

### Shopping apps

Many of the sites mentioned above have apps as well, so they are good for shopping on the run. You can also find deals around your area.

### Subscription boxes

If you want to try out some new products before you buy the full size, subscription boxes are an affordable option. Check out *Lusthaveit.com.au* / *Bellabox.com.au* for cosmetics.

in store for a cheaper price. If you're on a tight budget, there are a lot of comparisons, deal and voucher sites for you to search for the best bargains. It's not only cheaper, but for some people, online shopping helps them avoid impulse buys, as brick-and-mortar stores strategically place items for you to walk past and buy. Everyone has probably gone into a shop to buy one thing, and then found themselves walking out with ten things.

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