

1st ISSUE

POINT

MAGAZINE

Exchange Student

from Canada tells us his experience in Australia

Study-life balance from a Mathemagician **Brody Foy**

STIMulate

Maths, Science and IT help for FREE!

10 Tips for 20s

What's important in 20s life?

New Student Magazine

Style Fix

Do's and Dont's



POINT

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Editors' Letter

What's the **POINT**?

Hi everyone!

みなさん、こんにちは! Min na san, konnichiwa (Japanese)
大家好! Da jia hao (Mandarin)

Welcome to the first issue of The Point Magazine, the main output of the new Student Hub Office Project, or SHOP! SHOP is a new, student-run program which aims to provide students with opportunities to develop their professional skills, while working on various projects designed to connect people and communities. Our team is made up of many different students who are united in this project by a passion to mentor and build a strong university community.

The Point Magazine aims to encourage the understanding of diversity in culture and lifestyle around campus, creating opportunity for unity and the growth of students as well-informed global citizens. Our first issue includes various perspectives on campus-wide activities and beyond, providing an alternative view which features the contributions of domestic and international students from all walks of life.

This project would not have been possible without the help of our hardworking team. We'd like to extend a HUGE "thank you" to: Anthony, Ashleigh, Ayaka, Bernie, Elham, Joanna, Jonathan, Ksenia, Masaya, Linh, May, Rahul, Rhianna, Sadie, Shoko, Tsubota, Vanessa, Vy, Wendy, and Wesley. Furthermore, we'd like to thank Victoria and Pamela for providing us with guidance in virtual communication and peer mentoring.

We hope you will join us in the future development of our project. Remember, The Point Magazine is by students, for students, so if you have something you would like to contribute, we'd love to hear from you!

Sae & Alice

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or find us on Facebook!



Hey there! I'm one of only 1000 copies of the new Point Magazine. Make sure you hand me to a friend (not the bin) when you're done reading!

the POINT magazine creators

the Point magazine:

A new quarterly student magazine by students, for students. Representing stories and voices from the community to represent and educate all students beyond our textbooks.



Sae

Hi everyone, my name is Sae and I'm the project manager of The Point Magazine. I am in the final year of Bachelor of Engineering, majoring civil. I love cooking and reading. Hope you enjoyed the magazine!

Alice

Hi, I'm Alice, the Editor of The Point Magazine. I study Architecture and love to travel and draw. Together with the Operations Team, we hope to bring you interesting and informative articles. Happy reading!

Alex

Hey there! My name is Alex and I'm head of the Entertainment section of this fine publication. I am in my second year, studying a double degree Bachelor of Laws and Creative Industries (majoring in Entertainment Industries). If I were stuck on a deserted island, I would bring an unbelievably strong WiFi signal so at least I could Instagram my last moments that would be set to a playlist I'd made earlier.

Yee Ling

Hi everyone, I'm Yee Ling. I am studying Bachelor of Business (majoring in Public Relations). I hope you enjoy the articles and will be inspired by some of them.

Carina

Hi there! My name is Carina and I'm one of the writers for The Point Magazine. I am in my third year studying a double degree in Journalism and Business, majoring in PR. Hope you enjoy this copy and many more to come.

Heidi

Hi! I am entering my final semester of a double degree in Business Management and Creative Industries Music. This diverse study reflects my interest in dabbling in a variety of sporting, cultural and academic pursuits in a search for new experiences and friendships. I am both scared and excited about graduating, becoming a 'real' grown-up and beginning the search for a satisfying and enjoyable occupation.

University 101: Being Independent

Are you a new student starting university? Carina shares her experience when she started university and tips to make your first year at university more enjoyable.

When I first started university, it was pretty daunting. I didn't know anybody else doing the same course I was studying, I didn't know what to expect and I made a huge mistake in not attending orientation week. I blindly jumped into university and found myself in the deep end; I copped it bad.

I remember it was my second week of university, I was sitting alone at Starbucks and I felt miserable. I had never been alone drinking or eating at a café or restaurant before and it hit me hard. I wasn't accustomed to being by myself. I was familiar with having friends sitting around a table chatting away but newsflash, I wasn't in high school anymore, there are no school bells and set lunch times, no uniform and no teacher to tell you to go to class and lectures. Instead, I found out you had to do

your own research and allocate your own study time.

It was definitely not long before I realised that university was all about being independent. It made me think about all the other students who were facing the same predicament and how many other international students and students from regional areas had to cope with being on their own for the first time.

Eventually, I learnt to embrace the independency and learnt to adapt to the university lifestyle. I guess once you've got a hang of it, it's not so bad. Now I savour the solitude and can eat alone lunch without a worry.

Here are my tips to adapt to university lifestyle:

Go to orientation week!

Orientation week was set up for our advantage, so make the most of it. It's the week you learn all the things you need to know about QUT and the university lifestyle. There are tours and course information and it's also a great opportunity to make friends, which brings me to by second point...

Make friends

Some of the friendships you make in uni can last a lifetime. Making friends whilst in uni makes your life a whole lot easier and fun! When you friends with the people who are studying in the same course, you can study, prepare for exams and assessment collaboratively.

Join social clubs

Get involved in your uni campus by joining one or more of the various kinds of clubs, groups and committees that currently exist. There are social justice clubs, sporting groups such as tennis, rowing, basketball, religious groups, and groups for international students. Join a club that best suits your interests.



University is tough.

Most university students who I know basically support themselves whether they live at home or rent, which can be very difficult while juggling university studies. When completing work experience or prac, often students are forced to reduce their work hours creating greater restrictions on their budget. The following guidelines have assisted me to live on a student budget.

1. Many people buy gym memberships to encourage them to exercise or to attend a variety of classes. Running is one of the most vigorous ways to exercise and an extremely efficient way to burn fat. Rather than paying to run on treadmills, why not run in the open breathing fresh air for free!
2. Sometimes I feel the main challenge of the day is getting out of my comfy, warm bed. Getting up half an hour earlier to catch public transport rather than drive to uni or work is often unappealing. However the cheaper student fare and 30% discount for using a go-card adds to a significant saving as opposed to the inconvenience and cost of petrol and searching for a car park.
3. Students could easily spend \$10 buying lunch each day however spending an extra 10 minutes preparing lunch at home could save at least \$5 per day equating to a saving of at least \$25 per week

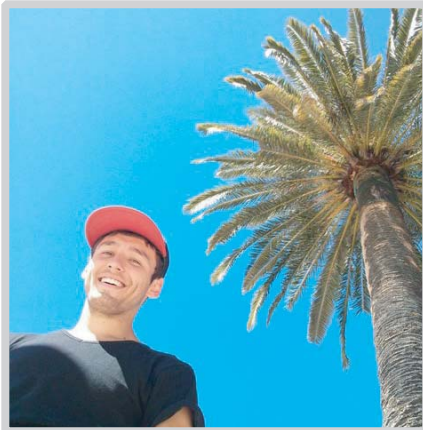
4. Want to wear a new outfit on the weekend but can't afford it? Shop ahead of time in the Christmas, Boxing Day or end of season sales, keeping in mind future events you will be attending. By doing this you can own a range of outfits to choose from and avoid paying a premium when buying at the last minute.
5. When going out to dinner with friends, take advantage of Brisbane restaurants' nightly specials by doing a quick Google search. This will ensure you are getting value for money. Remember your friends don't want to cover your costs, so have small change on you!
6. When clubbing, head into the city before cover charge starts (generally before 9:30-10:30pm) and check out the Nightlink bus routes at www.translink.com.au to see if there's a bus that stops near your house. This would save you the extreme taxi fees and reduce your night's spending significantly.
7. Don't buy bottled water! It takes a minute to fill a bottle at home and it is cheaper and basically the same quality as bought water. Bringing water from home saves your pocket and the environment.

These tips will help you to have a rich social life while surviving on a student's income.

Heidi Everingham



EXCH



Leonard Vincent

The 3rd year Business student from HEC Montreal, Canada.

Exchange student at QUT from February to July, 2013.

- Why did you decide to go on exchange?

I like travelling and I have always wanted to go to Australia. Plus, studying abroad in an English speaking country was a great opportunity to improve my English.

"I tended to compare everything to my home country.."

QUT International Student service organises weekend and day trips to visit places around Brisbane. They also organise many social activities for exchange students giving us the opportunities to meet new people and make new friends.

Initially, I did not believe this exchange would bring me much more than a language experience. I was wrong. In fact, this exchange was a life experience and offered me many opportunities for personal growth.

- What do you like about QUT?

QUT's teachers are friendly and close to students. QUT provides many services to students from social activities to learning support services.

Concerning the learning support, an Advance Program provided by the QUT Language and Learning Support Services is offered to international students. This program includes four different English classes: Talking point, Academic writing and

- What was your first impression of Australia?

I found everything strange when I first arrived. I tended to compare everything to my home country. I also felt uncomfortable with the lifestyle which is very different from the French. However, overtime, I have come to accept and even appreciate those differences. Doing an exchange has allowed me to see my home country from another perspective and



A N G E

by Leonard Vincent



presentation skills, Grammar Matters and Pronunciation sessions. I registered to all these classes, and they really helped me to improve my English.

In addition, East West provides a language exchange program which allowed me to find three students who were also interested in doing a language exchange. I taught French to them and they helped me to improve my English through this program. These students are now 'very close friends' of mine.

Finally, QUT language services helped correcting all my assignments to be written in proper English.

- What are some of the problems you faced when you first came to QUT?

The Australian accent was an issue at the beginning of my exchange because I had some trouble understanding the teachers. In general, everything else went smoothly since QUT services helped us a lot.

"Doing an exchange is a once in a life time experience."

The Orientation was very useful and got me to start off on the right foot.

- What are the main differences between your university and QUT?

The education system is different from what I am accustomed to. Classes are divided into tutorials and lectures. It took me some time to get used to the new routine and organise myself.

The library's manner is also very different. In QUT, students can discuss freely in the study area, which surprised me. I was used to a very quiet library back in Canada.



- What special experiences have you had since coming on exchange?

During the orientation week, I attended a session which was only for exchange students. At the end of this session they called a few names including mine and asked us to come to the front of the room. Then, they started to sing happy birthday and brought us some cupcakes. The students they called were those who had their birthday in February. It was a nice surprise and the gesture showed me how friendly and welcoming the Australians are.

Furthermore, during my exchange I had the chance to get to know more about the Australian culture through Australian food (Vegetemite, Tim Tam, meat pies), beers (Ginger beers, XXXX), animals (Kangaroos, Koalas), Aussie expressions (Cheers, mate, no worries, Giddy, etc.) and sports (Australian football and rugby). Also, I had the chance to learn more about the culture from my Australian friends. I kind of feel like an Aussie now; drinking Australian beer, eating Tim Tam's and saying cheers mate instead of thank you.

E X C H

by Leonard Vincent



- What experiences have you gained in the exchange that you think will set you apart from other students?

"The Australian accent was an issue at the beginning of my exchange because I had some trouble understanding the teachers"

An exchange is a life experience. I have learnt a lot about myself, others and the world around me. It has made me a more rounded person and given me a broader outlook. It has also allowed me to meet people that I would have never had the chance to meet.



Doing an exchange means arriving in a place you don't know anything about and where you don't know anyone. It may sound challenging but it is not really since all exchange students are in the same position. The only way to make friends is to talk to people. I am now more confident and friendlier as the exchange has forced me to talk to people and socialise. These people have become my good friends. They were all willing to make new friends so it was easier to get along.

A N G E

It is interesting to reflect back on my five months here in Australia. When I arrived I was lost, I knew nothing about Brisbane and had no friends. Now I have a lot of good friends, some new habits and routines. I can definitely say that I feel at home in Australia now.

For most of the people who do an exchange, it is the first time they are away from their family. For those, it might be a bigger challenge but it offers many benefits. Doing an exchange forced me to become totally independent.

I was forced to do everything by myself. I had to look for accommodation, open a bank account, take care of my health insurance, etc. Also, I had to do the everyday tasks such as groceries, laundry, cooking, etc. I had to take all of these tasks into account when making my schedule. Doing all these chores by myself forced me to become more organised.

Overall my exchange in Australia has offered me many opportunities for personal growth and I highly recommend it to anyone who is considering it.

- How has going on exchange broadened your perspective of the world?

As I said previously, I have become more open-minded. I think that living abroad has allowed me to see my home country from another perspective. I have seen how things can be different in other countries.

"Doing an exchange means arriving in a place you don't know anything about and where you don't know anyone."



These differences come from the way of life, the way people behave, the food, the expressions, etc.

I learnt that the way things are in my home country is not the only right way.

- Understandably going on exchange is quite costly, what measures did you have to take to make your trip more affordable?

I worked the last two summers and saved most of the money I earned for my exchange. In addition, I got \$2000 scholarship from my home university.

I did not want to have to work while in Australia. I wanted to fully enjoy the exchange.

- Would you consider coming back to Australia some day?

Yes I would consider coming back to Australia. I like the Australian culture, people are friendly and welcoming, the weather is good and the minimum wage is high. If I ever come back to Australia it would be to find a job and settle down.

Need Maths Science & IT help?

Liam is one of the students who regularly go to STIMulate, the maths science & IT drop-in sessions at QUT. He tells us his experience at STIMulate.

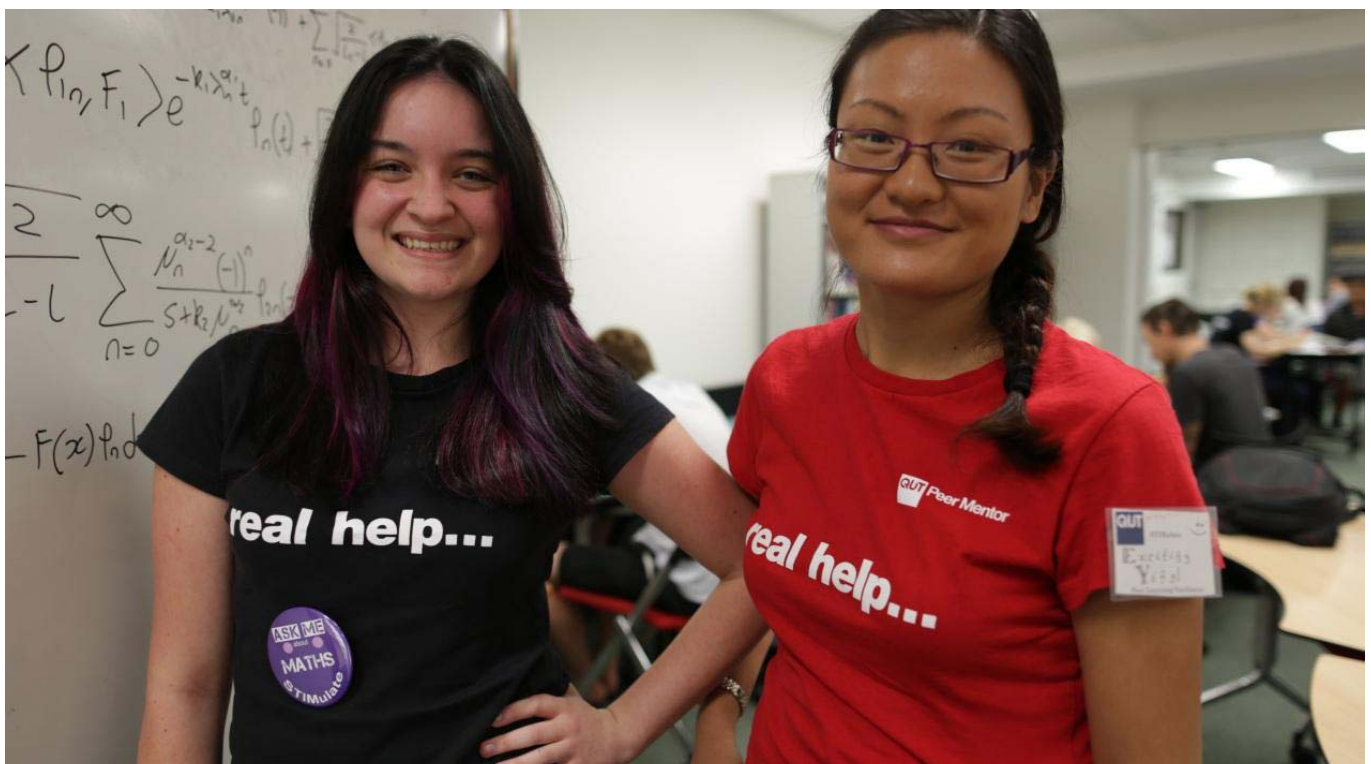
One of the coolest things for me about QUT is the STIMulate centre. In room O304, there is a group of PLF's (Peer Learning Facilitator's) or tutors who willingly give up their time to help with any Science, Mathematics or Information Technology (IT) questions students may have. They operate almost consistently from 9-5 Monday to Friday. These students offer it completely free and without any personal benefit. There is no question too small or answer too big.

Students have walked in doing a Chemistry degree and not understood what an atom is. Some Creative

“ Their discussions range from the arguments about the partial differentiability of different 4-dimensional objects to the best type of cheese to eat with what side.”

Industries students have asked questions about “finding x” and fractions. Uncountable amounts of students walk through those doors and the tutors always give their 100% and answer to the best of their knowledge.

The other cool thing about the room is the atmosphere. Although not for everyone, the room is also a collaborative learning centre, often the hang out of Mathematics and Science





students. Their discussions range from the arguments about the partial differentiability of different 4-dimensional objects to the best type of cheese to eat with what side. They are a comforting family who are more than happy to have anyone else join. Be careful though, once a part of the group,

They will always remember and welcome you. Simply

“Uncountable amounts of students walk through those doors and the tutors always give their 100% and answer to the best of their knowledge”

open your mouth and you become one of them. One of the coolest memories of that room was when there was a vaguely written message on the board mentioning someone, while drunk, baked muffins. “If anyone

wants a muffin, they’re in the fridge. I’m not dead yet so pretty sure they’re OK to eat.” Surprisingly, those were some of the best free muffins I’ve had.

This room is more than just a centre for mental stimulation. Often when upset, just sitting in there and listening to the other students who have just as many problems about exactly the same things is a kick. A pick-me-up that reminds you; there are others procrastinating.

Honestly, there is no way this room can be under-recommended. There are peak times during which the PLF’s can be flat chat due to the sheer number of people needing help but there are other times where they sit there doing nothing. The main issue is, actually admit

when you’re having trouble. Perhaps the tutor wrote e^x on the board or mentioned that everyone should have a clean firm grasp of Excel

“The main issue is, actually admit when you’re having trouble”

and your stomach hit the floor. Maybe you remember vaguely a year 10 teacher showing you normals and you thought “Huh... that’s standard.” The PLF’s will help you no matter what with almost any question. Just don’t be afraid to ask for help because they’re always willing. No question too small or answer too big.

Info:

Facebook.com/STIMulateQUT
GP - 0304
KG - Library Lv 3
CB - Library

Maths:
stimulatemaths@qut.edu.au

Science:
stimulatescience@qut.edu.au

IT: stimulateit@qut.edu.au



Liam Polkinghorne
Bachelor of Mathematics at QUT

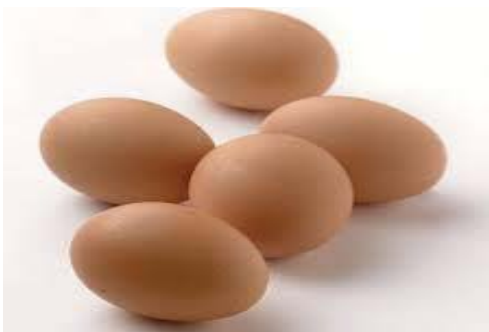
Brain Food for Memory

Need help remembering what you've just studied? Research suggests eating 'brain food' can enhance learning ability, boost memory power and improve memory retention. Here are the lists of foods that can be effective study aids.

- **Fish** – wild salmon, mackerel and trout are rich in omega-3 fatty acids. According to the University of Maryland Medical Center, these fatty acids are highly concentrated in the brain and it helps to boost memory power.



- **Eggs** – eggs are a good source of protein. Registered dietitian Elisa Zied states that eggs contain choline, a precursor to a neurotransmitter needed for good memory.



- **Berries** – Studies have shown that diets rich in blueberries can significantly improve both the learning capacity and motor skills of individual.



- **Nuts and seeds** – They are a good source of vitamin E and higher levels of vitamin E correspond with less cognitive decline as you get older.



- **Chocolates** – Dark chocolates (at least 70% cocoa) contains flavonoids, a type of antioxidant that is good for brain health.



Yee Ling Tee

10 Life tips for twenty-something year olds

!

Lets admit it, our early twenty's are the best time of our lives, we're studying, working, reaching our goals, partying hard, dating and finding our mark in this world. By the time we're 25-ish, we know how to drive a car, how to pay bills, walk in heels, how to tie a necktie and we know what kind of genre of music we're into despite what our ex or roommate used to play. Our life can look different by the time we're 25- single, dating, engaged, married. We are working dream jobs or jobs that earn just enough to pay the rent. We all hear about the daunting mid-life crisis but quarter-life crisis can happen too, there's a pressure to get many things done while we're young.

Here ten helpful tips to avoid quarter-life crisis while you're in your 20's:

1. Find a job you love. Don't work for money and build your dreams.
2. Get out of debt and stay out of debt.
3. Give the best to your friends and family.
4. Don't get stuck, keep moving forward, take classes and take a risk or two.
5. Get some counselling.
6. Seek out a mentor, meet someone who has a lot of life experience and who can give you good advice.
7. Volunteer in charitable causes or something you strongly believe in.
8. Immerse yourself in your own religion.
9. Take a break and travel.
10. Live in the moment, without fear or expectation of the future.

Written by Carina Nguyen

My name is **Brody Foy**

I think the literal translation of this is that Foy means Raven, and Brody means 'from a muddy place'. So I guess that means I'm a 'Raven from a muddy place'. I think this is a pretty cool name to have, as it inspires me in a whole 'no matter where you come from, you can still soar' kind of way.

I like to think of myself as an energetic, happy and slightly bizarre person. I like to sing badly, dance worse, and as frustrating as it can be I'll always try to be an optimist as I think the world needs more of them. More practically though, I'm a final year student at Queensland University of Technology, studying mathematics. Even while people read this, I can still see the shocked horror reactions from 90% of them (the other 10% are probably maths, physics or engineering students). Everyone else seems to hate math, but I honestly can't get enough of it!

I guess for me, mathematics always seemed like the obvious choice. I loved it in high school, and so when it came to choose a future path, I didn't even hesitate. I think that maths in a lot of ways is just a different way of thinking, and if you teach your brain to work that way, you really grow to love it! As far as the degree goes, it isn't as bizarre as people seem to assume. There are around 300-400 of us (including double degrees), and yes, there are even some girls. The girl-guy ratio isn't actually as skewed as most people would think, although still not ideal, probably

sitting something around 1 girl for every 2 guys. Funny thing is though that the girls usually outperform the guys, especially in statistics. So for any girls considering taking the maths route, don't be afraid! We are a friendly bunch, and there is plenty of your own kind in the mix.

So I was asked to write this article because earlier this year I was named QUT Student Leader of the Year, and earlier still was named QUT Campus Volunteer of the Year. This is something that I'm usually hesitant to mention, as I think there are so many people at the university doing really amazing work, that don't get credit, so I guess I feel a little guilty when I get it.

I'd say I was awarded these things mainly due to my energy and happiness. These are the two things that have really pushed me to get involved in everything that I can. When I say that I really do mean everything that I physically can. There is a running joke amongst my friends that I must have some giraffe blood in me, because I mustn't sleep (Fun Fact: Giraffes sleep on average for 30 minutes a day). It's also a bit of a joke on my height, as I stand up at around 200cm.

But in regards to work, engagement and volunteering, I've always operated on a theory



of 'I'd rather be busy than bored'. This keeps me motivated, and keeps me pushing through when things get quite hectic and busy (especially around exams!).

So currently a few of the main QUT extra-curricular activities I'm involved with are the STIMulate volunteering tutoring program, College of Excellence, EastWest, QUT Connect, QUT Student Conference and the School of Mathematical Sciences Advisory Committee. I'm also a Campus Life Leader, President of the QUT Mathematics Society, Student Ambassador and I run tutorials for a couple of the first year maths classes. In my (slightly limited) spare time, I play dodge ball, netball and

occasionally volleyball. I also love to play guitar, and have been lucky enough to perform at a few QUT functions over the years. People often ask me how I find the time to do all of this alongside my studies. This has always seemed like an odd question to me. If something is important to you, you make the time for it, pure and simple.

I guess I'm quite lucky, there are a bunch of different things I'm passionate about. First and foremost I'm passionate about mathematics, as crazy as that seems. I really do just live and breathe the stuff. Beyond this though, I'm really passionate about education/teaching, about working with youth and about public



I like to think of myself as an energetic, happy and slightly bizarre person. I like to sing badly, dance worse, and as frustrating as it can be I'll always try to be an optimist as I think the world needs more of them. More practically though, I'm a final year student at Queensland University of Technology, studying mathematics.

policy (I'll come to this one a bit later). These passions really do drive me, and make it really easy for me to sacrifice my time to them, as really it doesn't feel like a sacrifice at all! So if anyone reading this wants to get involved with things, honestly, just go find something you're passionate about, and it will grow amazingly from there.

That said though, I always make my studies my first priority. It's really good to get involved with the university. But at the end of the day, it's also important to remember why you are there. So my current GPA is 7.0, which is something I can often be very hesitant to tell people about. This is because when I do, people often react by treating me like I'm a savant. I can assure everyone reading this that I am not. I'm just lucky enough to be in a course that I love, which makes studying for it a lot easier and more fun. I think being busy actually helps my studies, as it means I really

can't waste time. So I've learnt to study as efficiently as I can.

I'm sure it makes me sound incredibly nerdy, but I think if you approach it correctly, study can actually be a lot of fun (because after all, you should enjoy your course!).

Then again, I'm a little crazy/nerdy/sleep-deprived, so I'm not sure how valid my opinion is.

A few paragraphs back I mentioned being passionate about public policy. So without a real link to the current paragraph, I'm going to mention that. Outside of QUT I am really lucky to be State Director of a youth organisation called Left Right Think-Tank. Left Right is essentially about getting youth involved in public policy and getting the government to take youth opinions more seriously. I think this is a really cool thing, and love being a part of it. I'd definitely recommend that everyone should join a youth organisation, or student society or

group of some sort while at university. This is for a couple of reasons. Firstly, you are for the next years going to be completely saturated by these groups, uni is the best place to get involved with them, because there are so many around! Secondly, you will learn such a diverse range of skill sets, and meet really amazing people; you get this incredible exposure to things outside your course! Being State Director of Left Right has taught me this incredible amount of skills around managing teams, running a business, dealing with communications and sponsorship – skills I never would have dreamed of getting from my degree. Because of this I have a running bet that you'll never find a more extroverted mathematician than me.

Okay so I think I've rambled here enough to satisfy the editor, so I'll leave with one final

thought. Getting engaged with the university, taking hold of the opportunities, and volunteering are all really amazing things. But make sure you know your limits. Because what I didn't mention is that alongside all the things I do, I still set aside time each week to have coffee with friends, play videogames with my roommate, call my parents and spend time with my girlfriend. Balance is the most important thing of all, no one should burn out. You are of far more use to the world if you know how to pace yourself.

The final thought to share is that most of the time, when opportunities come our way, we stop and try to think 'why should I do this?'. This is a bit of a cop out, and can often lead us to look for excuses not to try new things. So instead of asking why, ask why not!

My main study tips for people are:

1. **Revise as you go. Don't leave it all til the very end.** I know when assignments are due, and the exam is far away, it's easy to let study drop. But research shows you retain information much better if you revise earlier than later.
2. **Pomodoro Time!** Pomodoro time is when you study really intensely for 25 minutes and then take 5minutes off to do something fun. Having this constant switching helps you motivate yourself and stay fresh.
3. **Turn it into a game.** Set yourself challenge tasks, if you are nerdy like me, think of completing each question like gaining skill points. Or if you live in a share house, set up a points system with you and your housemates.
4. **Study smarter, not harder.** Recognise when you aren't in the right mindset to study, and either do something to change that mindset, or set it aside til a little later, when you feel sharper.

Behind the Catwalk



Christine Quach - Casting Agent

My main role consisted of recruiting models from casting calls and browsing model profiles on modelling websites. This role requires clear communication, realistic expectations of models and being adaptable to changes. This job was tricky as a full time student at UQ as I frequently received inquiries from models. I also had to keep track of the models I have contacted and follow up on those that I have not had replies from through various social medias such as Facebook, email, SMS and modelling websites. Not to mention, participating models changed every few weeks and reviewing messages to potential models as well as courtesy replies to models declining the show.

The show was also unlucky to coincide with university exams and to have the northbound Caboolture train line shut down for that weekend. Despite these setbacks, the show maintained all of the model positions as carpooling was organised, urgent model castings were posted, our lovely coordinators had filled in some spots and using the old word of mouth method proved to be very handy in finding models. Overall, it is always rewarding to meet the models and to see their personalities shine when they strut down the catwalk and help each other with clothing changes. No cattiness and drama here! As gorgeous as models are, they are also very approachable and hardworking individuals.



Deborah Tech - All-rounder Assistant + MC + last minute model

All-rounder assistant. Such glamorous name for, a runner (And just in case no one gets it as usual, it's the sarcastic me talking). The main reason I raised my hand for the job is my aspiration for organising and managing events. However, browsing through my mental list of employment history, I have never organised a fashion show. Such is a perfect time for me to step out of my comfort zone – fashion has never really been my area of expertise.

The real 'stepping out' began on that Sunday morning at 7am! One of the models fell ill, so Alice decided to give me that push despite the fact that I am a short tiny Asian. I learned that those girls that we see and envy so much. Those girls who strut down the red carpet, posing in the

poster, smiling at you from the giant TV screens. They are no different from us. They can be professional and opinionated.

They get a bit anxious too before the walk. They encouraged and supported each other. And most importantly, they gave poor Deborah a 5-minute crash course before the "official strut". Basically, I have to brainwash myself into thinking that *"I am hot stuff and everyone will be jealous of me"*. Superficial as it may sound, it worked.

Everyone knows that they have to be adventurous, try new things and live the moment, but how many of us really materialize it? We all have this list of things we want to do while we are 'young', but somehow we manage subconsciously convince ourselves to forgo them. So I guess



all in all, put yourself out there (even if you don't know where the road will take you). Once the adrenaline kicks in, things will fall into place. They may not be as you had planned, but will definitely be a worthwhile ride (or walk)-true story.

I am really glad to have worked with a team of ambitious, strong-willed and creatively talented young ladies. I'm thankful for the new experiences and beautiful friends. Despite my embarrassment for the photos still sitting on my Facebook wall, I am glad I had taken on the challenge and proved the stereotypes wrong – shorties can rock the runway too!

Alice Hung - Marketing and Liaisons + last minute model



I was in charge of liaising between all the stakeholders before the event and on the day. This involved: Sunshine Coast Environmental Council (event organisers); hair dressers; make-up artists and designers. Since this role involves communication with so many people, I had to be super organised as well as a very clear communicator.

But on the day before, I was told that our fashion parade would be moved forward by a whole two hours! This means I had to inform the make-up artists and hairdressers about the time change and to reschedule the appointment to an earlier time. The hairdresser was indeed not happy and gave me an earful over the phone! However I understood that it would indeed be stressful for them as no well-established business would want to compromise their quality of work due to a reduced timeframe.



Sometimes you've just got to not take everything personally and get on with the job. So I just kept smiling and re-arranged a time. And it was all worth it in the end because in the end, the hair and make-up were all brilliantly and skilfully executed.

This experience gave me the opportunity to work with a really great team and meet some really down to earth and diverse girls who have chosen to do modelling on the side. It made me realise that along with the beauty and glamour that is often associated with this industry, being adaptable, personable and able to work as a team are also equally important attributes to have.

Alice Hung

Style Fix

Your Do's and Don'ts for Uni Style

Winter is coming and you need to put your best dressed foot forward, to turn heads on campus without doing yours in. During those frosty days, when a cold is lurking around every corner, you need to be prepared to banish those winter blues with a high-dose prescription of style. Here are some style tips to get you ready for those mornings when waking up (and looking good) seem hard to do:

DO:

For the Ladies -



Layer your outfits: When done right, layering can look great and give your outfit versatility. It means that if you start to feel a tad sweaty after walking from the city to campus, you can remove some layers and put them back on when you're freezing your buns off in a tute.

Quick Style Dose: Start with a scarf, cardi and coat or jacket. If you get too hot, you can peel off that jacket but stay toasty with a cardi on.

Try mixing textures: A little leather never hurt anyone. Wearing a great knit piece and a top with leather accents can give a simple outfit that 'WOW' factor without seeming too OTT.

Quick Style Dose: Try wearing a leather jacket over a knitted top or jumper. Pair with your favourite jeans for a simple go-to outfit that will make you look scorching hot while keeping you toasty warm.

For the Guys -



Wear fitted shirts: A shirt that fits makes a huge difference to your overall look. Fitted shirts show off your definition (especially if you lift). Wearing a baggy, ill-fitting shirt may feel great because they're roomy but trust me fellas, the ladies will think you have something to hide (manboobs, persistent chest hair, etc).

Quick Style Dose: If you normally wear a bigger size, try a size down next time you go shopping. Actually, scratch that, go shopping. Buy a shirt that fits well in the shoulders and chest. You may not notice the difference but others will.

Try a sweater: Hoodies are great for the gym and when you're at home but let's be honest, the only reason people wear the hood on a hoodie is if they're about to steal from a convenience store. Chuck on a cool sweater and steal a girl's heart instead.

Quick Style Dose: Get a bit of influence from The Cosby Show and try on a printed sweater. Don't go too overboard with this, try a simple understated print first then graduate to something a bit more daring when you're comfortable with the style.

DON'T:

For the Ladies -

Wear tights as pants: C'mon ladies. Tights are not pants. That's why they are not called pants. Plus they're see-through. People are not staring at you because you look awesome in tights. They're looking because they can see more of you than they expected.

Quick Style Dose: Invest in a pair of good quality leggings. They come in a variety of styles to transform any outfit from "LOOK AWAY!" to "Look at me!"

Use short shorts: Seriously, it's like wearing a denim nappy. If your bare ass-cheeks are visible while wearing it, it's probably a bad idea. You're probably running the risk of catching something when you sit down and in winter there's the possibility of frostbite. Don't think by adding stockings or tights that you're getting away with wearing 'booty-shorts' in winter. Showing less is more, darling.

Quick Style Dose: Wear longer shorts! Or Pants! Or an Astronaut Suit! For an on-trend and edgy look, try wearing slashed or ripped jeans. They cover all your junk in the trunk but still show off your curves.

For the Guys -

Wear ill-fitting clothes: NEWS ALERT - Dude, it is okay to wear clothes that fit you. If you're tired of being a boy and want to be a man, or at least look the part, it's time to chuck out those oversized jeans and that ratty huge t-shirt from that thing that you went to that time. BE A MAN.

Quick Style Dose: Clean out your closet. Donate your old clothing and bring your girlfriend/mum/important woman in your life, for a shopping spree that she will probably enjoy more than you.

Pair jeans with joggers/runners: This style decision is almost as bad as pairing socks with sandals. I get it, joggers are really comfy. But I also know that if you are using those joggers properly, they also look and smell dank as hell. Also, you look like you're trying to emulate Jerry Seinfeld circa the 90's. People will be laughing at you, not with you.

Quick Style Dose: Canvas sneakers, desert boots and boat shoes all make great alternatives to switch in and out of your everyday wardrobe.





To commemorate the first issue of The Point, I've listed (in no particular order) my Top Five picks for best student-themed movies.

The Breakfast Club

A true 80's classic, featuring members of the Brat Pack, including its Queen; Molly Ringwald. For those few who haven't seen it (Dude, it was even mentioned in Pitch Perfect. C'mon!), here's the breakdown: A group of mismatched teens find themselves in detention, but by the end of the day, find out they have more in common than they even thought. It's a film that will have you triumphantly throwing your fist into the air once the final credits roll.

Mean Girls

"That's so fetch." One of the most quotable movies of all time, Mean Girls is basically compulsory watching for any female living in the western world. Written by the brilliant Tina Fey, Mean Girls proves that high school can be mean, but the girls there can be even meaner. Featuring Lindsay Lohan (pre-drug-slash-alcohol-breakdown), Amanda Seyfried (pre-Les-Miserables) and Rachael McAdams (pre-Ryan-Gosling), be set to witness all out guerrilla girl warfare.

Scream

You'll be afraid to watch a scary movie home alone ever again. Students from Woodsboro High are being picked off by a sadistic killer known only as Ghostface. Lock the doors, because after watching Scream, you'll know that if you follow the rules, you just might survive. Fun fact: after the 1996 release of Scream, the use of caller ID increased more than threefold. Just watch the movie, you'll understand why.

Easy A

I'm just going to say it. I think Emma Stone is pretty awesome. She's been in some of the most entertaining movies in recent times (think *Zombieland*, *The Help*, *Gangster Squad* and *Crazy, Stupid Love*), and *Easy A* is definitely one of my favourites. I had "Pocketful of Sunshine" in my head for at least two weeks after watching this. Just Google "Natasha Bedingfield, Pocketful of Sunshine" and be amazed at how annoying catchy the song is. This is highly quotable film that makes Woodchucks seem really attractive. Ladies, keep those eyes peeled.

The Social Network

Don't watch this movie around graduation time because you will feel like you could have done a lot more with your time after you see what another university student achieves. *The Social Network* uncovers how Facebook creator Mark Zuckerberg made a lot of friends along with a few enemies. Jesse Eisenberg stars as Zuckerberg alongside, the new Spiderman, aka Andrew Garfield and the new Lone Ranger aka Armie Hammer, who play Eduardo Saverin (Zuckerberg's ex-BFF) and the Winklevoss Twins respectively. Spot an appearance by particularly popular ex-90's-boyband-star, that's right, JT baby.



Spare

It's 8:00am Monday morning and as I sleepily reminisce the weekend's events and come to terms with the stack of study I should have completed, I look out the window at the school students laden with oversized bags of sports gear, dragging their feet through the gates. My bus is packed with work commuters on their Kindles, iPads and phones enjoying their daily read or consumed with plans of the following week's deadlines and challenges. As I observe my fellow passengers, I imagine my grandmother, one of the 160 000 elderly people in aged care facilities, beginning her week. As she requires assistance to move, she would most likely have been confined to bed for roughly 14 hours since bed time at about 5:30pm. By now she would have pressed the nurse assistance button to receive help to get out of bed and if she is lucky a staff member will have answered her call. Thankfully mum will be arriving soon to take her to the toilet, give her a drink of water and make sure she eats the food that is placed in front of her. I am saddened thinking about the aged home residents who aren't receiving daily visits from family members to assist with these basic and essential needs that staff members are too busy to attend to. No wonder a study found that one in five aged care residents in the ACT are malnourished.

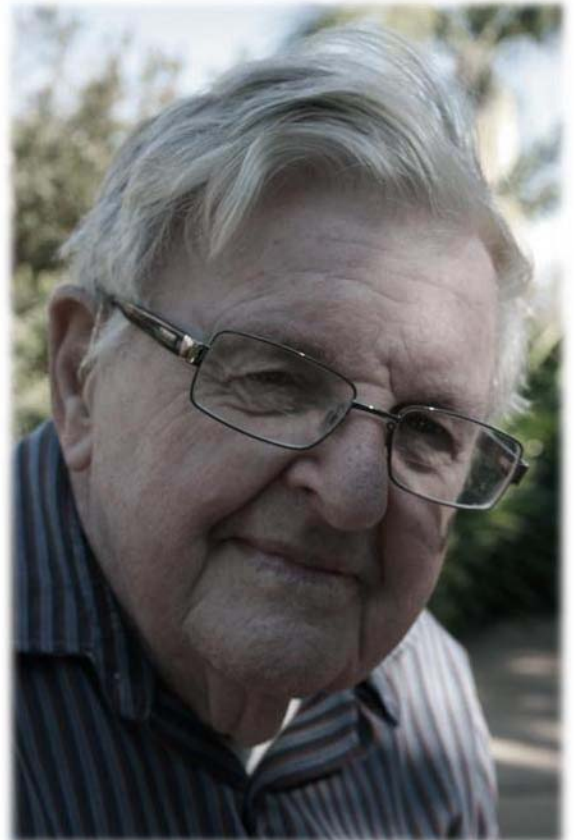
The week flies by and suddenly the weekend is upon me as I travel home. The atmosphere is more relaxed this afternoon and I catch words from the hum of conversation about after work drinks and weekend plans. For my grandmother and many others in aged care facilities, there are no Mondays, Tuesdays, Wednesdays, Thursdays or Fridays. Everyday involves the same monotonous empty routine. Residents are lucky to be taken outside into the sunshine let alone looking forward to weekend plans. Only the lucky few residents whose families or friends take them out have such a luxury.

I have witnessed the eager and jealous faces of residents hoping for a conversation or relief from their boredom from inside dark rooms, turn in my direction as I wheeled my grandmother around the building complex. My sisters and I visited a stroke victim resident who couldn't talk and was restrained to her wheelchair. She had been left in the same position, facing the same blank wall for the four hours that we were visiting our grandmother. Her face lit up as she saw us.

a thought...

I have experienced the joy elderly residents receive from a conversation, wave or smile. The majority of these people are extremely gracious. It makes me wonder how my classmates and I would react to being placed in such situations. 'Biased' tutors, 'unfair' assignment grading and late public transport are only a few examples of relatively insignificant issues regarding which many of my peers openly intolerant.

I have walked through the silent halls of nursing homes and considered the extreme difference a visit would make to each of the resident's lives. These people are desperate for human interaction and as many cannot vote, walk or even speak, their voices are lost. As we fulfil our busy lives they are forgotten. I don't know how to fix the serious deficiencies in Australia's aged care system. However everyone can act to improve the life of those affected by it. As you make your weekend plans, spare a thought for your elderly grandparents, aunts, uncles, parents and friends. It may not be long before you wish your relatives would do the same for you.



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