



## ASLI NEWSLETTER

Dear ASLI Students,

Are you eager to take your career to the next level? Don't miss this chance to gain valuable insights and practical skills at the Study Melbourne event designed to help you succeed in today's job market.

What to Expect:

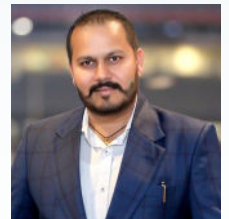
- **Effective Communication:** Learn how to express your ideas clearly, listen actively, and adjust your communication style to different situations.
- **Job-Hunting Tips:** Discover strategies for finding job opportunities, writing compelling resumes and cover letters, and using networking platforms like LinkedIn to connect with employers.
- **Interview Prep:** Get advice on how to be confident, genuine, and use body language to make a great impression during interviews.
- **Starting Your Career:** Receive guidance on how to overcome self-doubt, learn from failures, and stay motivated even when facing challenges.
- **Boosting Creativity and Confidence:** Learn how to highlight your unique strengths and passions to stand out in professional settings.

This event is free for international students, but spaces are limited, so be sure to register early.

**When:** 5th September 2024, 5:00 PM - 6:30 PM

**Where:** Study Melbourne Hub, 17 Hardware Lane, Melbourne

**Register:** <https://events.humanitix.com/confidentcommunicatorevent>



Pawandeep Singh Aulakh  
*Chief Executive Officer*

### *Important Dates for September 2024*

⇒12: Orientation for September intake

⇒12: R U OK? Day

⇒15: September intake CoE start date

⇒15: September fee due date

### Join the Fun! Guess the Kitchen Essential

We are excited to announce a fun and interactive way to gear up for the ASLI Masterchef competition! Welcome to our "Guess the Kitchen Essential" poll series! Each day, we will challenge you with a question about key kitchen items, whether they are ingredients, cooking techniques, or equipment. Test your knowledge and see if you can identify the right answer from the options provided. It's a fun way to refresh your kitchen skills and learn something new!

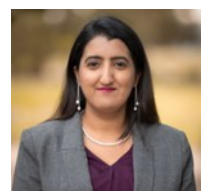
#### Here's how it works:

We will post a new poll each day on our facebook page ( <https://www.facebook.com/australianstudylinkinstitute> ) or via email with a hint about a common cooking ingredient.

- You'll choose from a list of options and see if you can guess correctly.
- Each poll is a chance to learn more about ingredients and have some fun!
- Participate in as many polls as you can and see how well you know your kitchen staples.

Stay tuned for our polls and let's see if you can become the ultimate cookery expert.

Best of luck and happy guessing!



Gulbeen Dhillon  
*Training Manager*

## Join us for R U OK? Day 2024 – A Conversation Can Change a Life

We warmly invite you to join us for a special morning tea on Thursday, 12th September 2024, in recognition of R U OK? Day. This is more than just an event. It's a chance for us to come together as a community and support one another.

R U OK? is about looking out for those around us, recognising when someone might be struggling, and having the courage to ask a simple yet powerful question: "Are you okay?" This movement is close to our hearts because it reminds us of the importance of connection and the impact we can have on each other's lives. Whether it's a classmate, a friend, or even someone you've just met, your willingness to listen and offer support can make all the difference.

Mental health is something we all need to be mindful of, not just for ourselves but for those we care about. By participating in R U OK? Day, we are taking a step towards breaking down the barriers that keep people from seeking help. Let's create an environment where it's okay to talk about how we are really feeling.

On 12th September our morning tea will be a relaxed and welcoming space where you can share a conversation over a cup of tea or coffee. It's a moment to pause, reflect, and connect with the people around you. Remember, you don't need to be an expert to help, you just need to be there, with a genuine heart and a listening ear.

But R U OK? Day doesn't end when you leave the morning tea. If you notice someone on the train, bus, or even while walking, who seems sad or might need a conversation, don't hesitate to ask them, "Are you okay?" You never know your simple question could be the one that changes their life.

To show your support, we encourage everyone to wear something yellow on the day. Yellow is the colour of hope, and by wearing it, we are collectively saying that we care, we are here, and we are ready to listen.

So, mark your calendars for Thursday, 12th September 2024, and let's make this R U OK? Day one to remember. Let's show that at our campus, no one is alone, and that a simple conversation can truly change a life.



Roopsirat K Sekhon  
**Campus Manager**

## *DEDICATED SECTION TO ASLI 'S SHINING STARS*



### Welcoming Xavier Luis Alonzo Vergara to MasterChef 2024!

We are thrilled to introduce Xavier Luis Alonzo Vergara, a remarkable participant in this year's ASLI Masterchef competition. Xavier's journey to our culinary school is as inspiring as it is diverse.

Born in Balanga City, Bataan, Philippines, and raised in the quaint town of Puerto Rivas Itaas, Xavier has always harbored dreams of studying abroad. His aspirations led him to Australia in 2022, where he quickly immersed himself in Melbourne's rich culinary culture. Sampling local delicacies sparked his interest in the art of cooking, pushing him to explore this passion further.

Despite initial challenges in the kitchen due to his lack of experience, Xavier was undeterred. He took a barista course while studying project management, although he didn't pursue a career in coffee making. His determination and love for food saw him working as a housekeeper in a hotel, and later, as a kitchen hand at Zinc in Fed Square. It was in this role that Xavier truly discovered his passion for cooking, preparing, and serving food.

Eager to build on his newfound passion, Xavier decided to shift his focus to culinary education. His research led him to the Australian Study Link Institute (ASLI). With encouragement from his agent, Xavier enrolled at ASLI, where he has been honing his skills ever since.

Xavier speaks highly of his experience at ASLI, praising the knowledgeable and supportive instructors who provide invaluable feedback and techniques essential for becoming an outstanding chef. He is grateful for the opportunity to learn and grow in such a prestigious environment and is excited to continue his culinary journey here.

Join us in cheering for Xavier as he showcases his culinary talents in the upcoming ASLI Masterchef competition. We are proud to have such a dedicated and passionate student represent our institution.

