



NEWSLETTER

Exciting News!! Course Approval Announcement



Dear ASLI Community,

It is with great pride that Australian Study Link Institute (ASLI) has received official approval to deliver four new nationally recognised qualifications in the Community Services and Health sector at our Melbourne campus.

This is a significant milestone in ASLI's journey and reflects our ongoing commitment to expanding high quality education that responds to Australia's growing workforce needs. As demand for qualified professionals continues to rise across the health, disability, mental health and community services sectors, these new qualifications will provide students with valuable opportunities to gain practical skills, nationally recognised qualifications and rewarding career pathways.

This achievement would not have been possible without the dedication, professionalism and commitment of our academic, compliance and administrative teams, who have worked tirelessly throughout the approval process. We sincerely thank everyone involved in making this possible.

Our Newly Approved Courses

We are proud to offer the following four qualifications:

- CHC33021 Certificate III in Individual Support, Duration: 56 weeks
- CHC43121 Certificate IV in Disability Support, Duration: 38 weeks

- CHC43315 Certificate IV in Mental Health, Duration: 40 weeks
- CHC52025 Diploma of Community Services, Duration: 94 weeks

These programs cover a broad range of skills essential to the community services and health sectors including but not limited to, person-centred care, mental health support, disability services, crisis response, case management, legal and ethical compliance, and much more. Each course combines structured classroom learning, assessments, and hands-on work placement to ensure our graduates are truly job ready.

At ASLI, we believe that quality education goes beyond classroom learning. Our training programs are designed to provide students with a balanced learning experience through face to face classes, practical learning activities, industry relevant assessments, and structured work placement. Students are guided by experienced trainers who bring valuable industry knowledge into the classroom and receive ongoing academic and learner support throughout their studies. This combination of theory and practical experience helps graduates develop the confidence, skills, and workplace readiness that employers value.

Australia's health and community services sector continues to grow, creating strong demand for skilled and compassionate professionals.

A Factors such as an ageing population, increasing awareness of mental health, expanding disability support services, and greater investment in community care have led to a wide range of employment opportunities while building a secure and meaningful profession.

At Australian Study Link Institute (ASLI), we are committed to providing a supportive, inclusive, and student-focused learning environment where every learner has the opportunity to succeed. Our experienced and qualified trainers deliver practical, industry-focused education from our modern Melbourne campus, supported by quality learning resources and student support services. We also maintain strong relationships with industry partners to ensure our training remains relevant to current workplace expectations. By choosing ASLI, students gain a nationally recognised qualification while developing the knowledge, practical skills, and professional confidence needed to succeed in Australia's growing health and community services industry.

All courses are delivered by experienced trainers at our Level 2, 123 Lonsdale Street, Melbourne VIC 3000, with structured training and scheduled breaks throughout the program.

We would love to hear from you. Whether you are a prospective student, a friend, an employer, or a community partner, we welcome your enquiries.

For information about course fees and enrolment, please do not hesitate to reach out to our team via email: apply@asli.vic.edu.au.

We look forward to welcoming you to the ASLI community.



Mr. Pawandeep Singh Aulakh
Chief Executive Officer

What's Next at ASLI?

New Intake - Enrolments Now Open for CHC & Short Courses

Next Intake: 15th July 2026

As per our CEO's announcement, I am thrilled to confirm that enrolments are now open for our upcoming intake across the following approved programs, with the next intake commencing on 15th July 2026. We strongly encourage you to register your interest as soon as possible!

- CHC33021 Certificate III in Individual Support
- CHC43121 Certificate IV in Disability Support
- CHC43315 Certificate IV in Mental Health
- CHC52025 Diploma of Community Services

These are incredible pathways into one of Australia's most in-demand and rewarding industries, and we could not be more excited to welcome our next cohort of students through the door. Whether you are just starting your journey in community services or looking to advance your existing career, there is a qualification here that is the right fit for you.

Do not miss out places are limited and the 15th of July intake is just around the corner. For enrolment enquiries and fee information, please contact us at apply@asli.vic.edu.au



Graduation Ceremony 2026

Save the Date!

Now, for what I know many of you have been waiting for our much-anticipated Graduation Ceremony is being planned for the second week of October 2026, between Monday 12th October and Friday 16th October 2026.

This is a celebration of everything our graduating students have worked so hard to achieve, and we are committed to making it a truly unforgettable occasion. While the

the exact venue is yet to be confirmed, it will be held at a prime location very much in keeping with the wonderful venues we have used in previous years. We will share further details as soon as they are locked in, so watch this space!

In the meantime, we need your help. To ensure we choose a day that works best for our graduates, their families, and our staff, we would love to hear your preference.

[To Let us know your preferred day Click here](#)

It takes just a few seconds, and your input genuinely makes a difference in how we plan this special event. Please share the link with your fellow students, family members, and friends who will be joining us to celebrate!

Students - Know Your Rights at Work



Are you thinking of working while you study? Then this is something you absolutely should not miss.

The Fair Work Ombudsman is hosting a free webinar designed especially for students. Whether you are a local or international student, fitting in shifts between classes or stepping into your first professional role, you deserve to fully understand your workplace entitlements and this session will help you do exactly that. Session details are listed below:

Day: Thursday,
Date: 16 July 2026
Time: 3:00 PM AEST
Cost: Free of Charge

Topics covered will include your pay entitlements, working hours, leave rights, and what to do if

Something does not feel right at work. This is practical, real-world knowledge that every student who works or plans to work should have.

We strongly encourage all of our students to register and attend. Knowledge is power, and understanding your rights is the first step toward a fair, safe, and fulfilling work experience alongside your studies.

[Register now to Know Your Rights at Work](#)

There is so much more happening at ASLI in the coming months, and I look forward to sharing further updates with you as we continue to grow and evolve as an institution.

As always, our commitment remains the same to provide every student with an exceptional learning experience in a supportive and welcoming environment.

My door is always open. If you have any questions, feedback, or simply want to have a chat, please do not hesitate to reach out. We are here for you every step of the way.



Ms. Roopsirat K Sekhon
Campus Manager

Simple Ways to Support Your Mental Health



College life can be a rewarding experience, but it can also bring challenges. Managing assessments, classes, work, relationships, and personal responsibilities can sometimes feel overwhelming. Looking after your mental health can help you remain focused, connected, and better prepared to manage difficult situations.

Headspace explains that good mental health does not mean feeling happy all the time. Difficult days and stressful situations are a normal part of life. Instead, maintaining good mental health involves developing healthy habits that help us manage challenges and recover when things do not go as planned.

One way to support your wellbeing is to continue doing activities that you enjoy. Hobbies, sports, reading, music, and other meaningful activities can provide a sense of enjoyment and achievement. College and work can also help students develop skills and feel a sense of purpose, but it is important to make time for interests outside of study.

Connecting with other people is also valuable. Spending time with friends,

family, pets, or members of the community can help reduce feelings of isolation. Joining a club, participating in sport, volunteering, or finding a safe online community may help students meet new people and develop supportive relationships.

Physical activity can also improve wellbeing. Exercise does not need to involve an intense workout. Going for a walk, playing a sport with friends, or completing another enjoyable activity can help manage stress, improve mood, and support better sleep. Starting with a small and manageable activity may make it easier to remain consistent.

Sleep and nutrition are equally important. Getting enough sleep supports concentration, energy, and mental health. Eating nutritious foods and drinking enough water can also support the body and brain throughout the day. Limiting alcohol and other drugs may further improve sleep and overall wellbeing.

During difficult times, healthy coping strategies can make situations feel more manageable.

Students may find it helpful to express themselves through music, art, or journaling, spend time outdoors, set small goals, or practise speaking kindly to themselves.

Most importantly, students should not feel that they must handle everything alone. Speaking to a trusted friend, family member, teacher, counsellor, or health professional can help a person feel understood and supported. Reaching out for assistance is a positive step towards looking after your wellbeing.

Mental health requires regular attention, just like physical health. By making small changes, staying connected, and asking for support, when necessary, students can create a healthier and more positive college experience.

Headspace. (n.d.). How to have good mental health: Tips for young people. <https://headspace.org.au/explore/topics/for-young-people/tips-for-a-healthy-headspace/>



Mr. Alam
Student Support Officer

Take a break. Recharge. Invest in your wellbeing.

Take a break. Recharge. Invest in your wellbeing.

Taking care of your mental wellbeing is just as important as achieving your academic and career goals. Join the “Be Kind to Your Mind Workshop” and discover practical ways to practice self-compassion, reflect on your strengths, and develop positive self-care habits in a supportive and welcoming environment.

Delivered by the Australian College of Applied Psychology (ACAP), this interactive workshop includes creative art activities, meaningful conversations, and an opportunity to connect with fellow students.

Event Details

- Date: Wednesday, 8 July
- Time: 3:00 PM to 5:00 PM (AEST)
- Location: Study Melbourne Hub, Melbourne VIC

Workshop Highlights

- Self-compassion and wellbeing activities
- Creative art-based exercises
- Opportunities to connect with other students
- All materials provided
- Light refreshments available

Register Now: [Be Kind to Your Mind Workshop](#)



Ms. Tamanna Duvedi
Student Support Officer



July - September Student Activities with Study Melbourne

Looking for ways to connect, learn and recharge this term? Study Melbourne is offering a range of student-friendly activities from July to September, including wellbeing workshops, language exchange, English classes, tax information sessions, career support, resume workshops, LinkedIn photo sessions and social activities.

These free or low-cost events are a great opportunity to meet other students, build confidence, improve your employability skills and make the most of your student life in Melbourne.

Students are encouraged to check the Study Melbourne Events page regularly and register early, as places may be limited.

Register now: Visit the Study Melbourne Events page and choose the sessions that support your goals, wellbeing and student journey.

www.studymelbourne.vic.gov.au/events

Important Dates

JULY 2026

- 13: Orientation for July 2026 intake
- 15: July intake CoE start date
- 15: July fee due date

AUGUST 2026

- 12: Orientation for August 2026 intake
- 15: August intake CoE start date
- 15: August fee due date

SEPTEMBER 2026

- 11: Orientation for September 2026 intake
- 15: September intake CoE start date
- 15: September fee due date
- 25: September, the Friday before the AFL Grand Final

Staff Tea Discussion: Mental Health



As part of our commitment to promoting wellbeing and creating a supportive environment, staff recently participated in a tea discussion focused on Mental Health. The session provided an opportunity to discuss the importance of mental health awareness and how we can better support individuals experiencing mental health challenges.

The discussion highlighted that mental health can affect anyone, regardless of age, background or circumstances. Recognising the signs early and responding with empathy and understanding can make a significant difference in a person's wellbeing and recovery.

How to Start the Conversation

- Listen without judgement.
- Use respectful, supportive language.
- Encourage open conversations without pressure.
- Avoid assumptions - everyone's experience is different.

When to Reach Out

- If someone appears distressed, withdrawn, or anxious.
- When you notice changes in behaviour or wellbeing.
- If they seem to be struggling personally, academically, or professionally.

Where to Talk

- In a private, safe, and confidential space where the person feels comfortable.

Where to Get Help

- Manager or Student Support Team
- Employee Assistance Program (EAP)
- GP or healthcare professional
- Counselling and wellbeing services
- Trusted family, friends, or colleagues

Support Services in Australia that are 24/7

- Lifeline: 13 11 14
- Beyond Blue: 1300 22 4636
- Suicide Call Back Service: 1300 659 467
- Emergency Services: Call 000 if there is an immediate risk to someone's safety.

The discussion also recognised that some groups, including young people, international students, culturally and linguistically diverse communities, Aboriginal and Torres Strait Islander peoples, and individuals facing personal or financial challenges, may require additional support and understanding.

The session concluded with a reminder that mental health is everyone's responsibility. By fostering open conversations, reducing stigma and guiding individuals towards appropriate support services and resources, we can contribute to a caring, inclusive and mentally healthy community.



Remember!
A simple conversation, a listening ear, and a supportive approach can make a meaningful difference in someone's life. Together, we can create a caring, respectful, and mentally healthy community.



Jasvir Kaur
Admin Coordinator