

# ACOSMOPOLITAN

### THE OFFICIAL NEWSLETTER OF THE FACULTY OF MANAGEMENT (LEARNING)

## Shaping Tomorrow's Community Leaders: Insights from the Diploma of Community Services at

**ACOS** 

By NAZIA BEGUM, Trainer - Diploma of Community Services.



### Education as a Catalyst for Change

At ACOS, we believe education is a powerful tool for change-and nowhere is that more evident than in the Diploma of Community Services. As a trainer in this program, I'm proud to work alongside students who are committed to making a genuine difference in the lives of individuals, families, and communities.

### The Current Landscape: Where We Are Now

The community services sector in 2025 is marked by both urgency and opportunity. Rising rates of housing insecurity, increasing mental health issues, and the ongoing cost of living crisis have placed enormous pressure on frontline services. Community workers are no longer operating in silos; they are part of integrated care systems, often working collaboratively with health services, legal support, education providers, and government agencies.

In recent years, we've seen a sharp rise in demand for services in:

- Mental Health Support Especially postpandemic, with increasing focus on early intervention and trauma-informed practice.
- Youth and Family Services Including programs that address intergenerational disadvantage and support children in out-of-home care.
- Disability and Aged Care Driven by the NDIS and an ageing population, both sectors require skilled, ethical workers.
- Culturally Safe Practice There's a strong push for culturally responsive care, especially in First Nations communities and CALD (Culturally and Linguistically Diverse) populations.

The workforce is growing, but so is the complexity of client needs. Workers must be equipped not just with knowledge, but with emotional intelligence, cultural sensitivity, and a deep ethical foundation.

### **Industry Insight**

"We're seeing a real shift in expectations. Employers aren't just looking for qualifications-they want graduates who understand trauma-informed care, who can handle complex case loads, and who truly listen."

## Empowering Students to Lead with Confidence

Here at ACOS, we prepare students not just to meet industry standards, but to challenge them-advocating for equity, inclusion, and systemic change. Our students leave equipped to take on roles in case management, youth services, family support, housing assistance, and more. But just as importantly, they leave with the confidence to be part of the solution in a time when strong community leadership is essential.

### **Student Perspective**

"The course has completely reshaped how I see people and systems. It's not just about giving help-it's about walking alongside someone, understanding their world, and fighting for what they need. The support from my trainer and peers has been incredible."

### Bea Beltran, Diploma of Community Services Student, ACOS



Photo grabbed from: ACOS facebook page

## **COMMUNITY & EDUCATION**



Sector Snapshot: What's New?

- NDIS Review Recommendations Released - summary + implications.
- New Safeguarding Frameworks in Aged Care.
- The rise of digital case management tools and remote service delivery models.
- Cultural safety priority Expanded training for services working with Indigenous and CALD communities.

Positive Changes in Australia's Community Sector after Recent Labor's Election Win.

"Funding That Grows Futures"

Labor committed an extra \$25 million in indexation and long-term funding, helping services stay open and grow. This ensures community organizations can retain staff and meet rising demand.

"Jobs You Can Count On"

The Secure Jobs and Funding Certainty (SJFC) Roadmap supports 240,000+ community workers. It promotes permanent roles and reduces insecure, short-term contracts.

"Mental Health, Made Local"

Labor is expanding community-based mental health services and peer support programs. This improves early intervention, especially in regional and remote areas.

"Skills for the Future"

The government is funding training and upskilling in mental health, aged care, and disability support. This addresses workforce shortages and boosts career opportunities.



## **COMMUNITY & EDUCATION**



### Performance Development In

By Belinda Paz Tapic

Performance development in community services means helping workers improve their skills, knowledge, and performance so they can support clients better. It's an ongoing process that includes training, feedback, setting goals, and regular supervision.

In community services, we support people who may have complex needs, such as those living with disabilities, mental health conditions, or older adults. Because of this, it's important for workers to keep learning and improving so they can provide the best care and support.

One way performance development happens is through regular meetings with supervisors, managers, or team leaders. These meetings give staff a chance to talk about what they are doing well and what areas they can improve. For example, if I support someone with challenging behaviours, I might ask for extra training or advice from the organisation on how to manage those situations better to prevent harm, reduce stress, and ensure the safety and well-being of both the client and the support worker.

Setting goals is another important part of performance development. These goals help us focus on what we want to achieve, like improving communication with clients, learning new systems, or giving better personal care such as assisting with hygiene or mobility. Goals help us feel more confident and motivated in our work.

Training and professional development also play a big role, such as training sessions, courses, or online learning, which help workers gain new skills or stay updated with changes in the sector, like NDIS updates, client rights, or cultural awareness.

Feedback is useful, too. It can come from supervisors, co-workers, or even clients. Positive feedback reminds us of our strengths, and constructive feedback shows us areas to work on. Taking feedback in a good way helps us grow and provide better support.



Photo grabbed from: https://au.pinterest.com/pin/420101471469520586/

Lastly, performance development helps make sure that our work matches the standards of the organisation and the needs of the people we support. It helps us do our job well, feel proud of our work, and keep improving.

In summary, performance development is about always learning, improving, and doing our best to support people in the community. It's important for personal growth, team success, and better outcomes for the clients we care for.



Photo grabbed from: https://www.centralfloridalifestyle.com/orlandolocal-stories/9-ways-kids-can-earn-community-servicehours/#google\_vignette

## **COMMUNITY & EDUCATION**

## Experiences in Ageing Support

By Rubilyn Dinglasan

Completing my Certificate IV in Ageing Support was more than just a career improvement; it was an important decision for me. In my home country, the Philippines, taking care of your parents when they get older is a rooted part of our culture. And so, while I was taking this course, I have never felt boredom. It felt like future training, as if I was learning how to take care of my parents when they someday need me in the future. I had always wanted to work with older individuals, and this course provided me with the expertise, knowledge, and confidence to make a significant difference. In the first unit, I discovered the importance of caring for people and serving each client with respect, dignity, and empathy. I have learned a lot in this course, including the right ways to take care of elderly people, assist them with daily activities, and provide for their emotional well-being and

medical needs. I also learned how to handle residents during their 'down moments,' such as when they show signs of dementia. Our instructor provided extensive guidance on how to manage these situations, as this is often one of the most



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Photos grabbed from: https://www.careemploymentservices.com.au/images/slider/aged-care-careersbanner.jpg



Photos grabbed from: https://www.tafensw.edu.au/courseareas/healthcare/courses/certificate-iii-in-individual-support-ageing--CHC33021-02

What impressed me most was the concentration on learning how to communicate and understand other cultures. As Australia's older population grows more diverse, it is critical to understand how to accommodate each resident's specific needs. The trainers were extremely helpful and provided real-world experience to the classroom, making the topic more approachable and engaging.

Choosing to take Certificate IV in Ageing Support was a fulfilling and happy decision for me. I truly enjoyed the experience and have never regretted it, as I continue my fulfilling work in a facility where I can apply everything I've learned.

## Global Affairs & Sports

### Impacts of trade war on World Trade System and Education Field

By Ramkorun Vishnu



As GDM students, I suppose we have all been following up on the recent trade war between the two most powerful countries namely the USA and China. Although it's been put on hold for 90 days as a peaceful sign to see which country backs down first - What are the real impacts on the world and especially the education system?

Global Trade Growth - Through all the negative impacts such as exponential price surge due to tax imports and exports, global trade has seen an astonishing 3% increase as other countries stepped in to replace lost trade between the US and China. This can be considered a positive impact since emerging and competitive countries have a chance to put their available resources upfront and create new market opportunities. Nations with strong trade agreements saw increased exports. At the same time, many multinational companies had to improvise on their supply chain by shifting production away from China to avoid tariffs.

Tech Competition - Since the news outbreak of the dynamic Deepseek invention in China at a far lower cost (US\$ 6M) compared to the US\$100 M ChatGPT, China has already faced a lot of repercussions concerning access to advanced NVIDIA chipset processors. However, this trade war expanded that rivalry to semiconductors technologies as well which put China in a difficult position to rival the USA in the Al industry.

#### The declining result on Education -

Chinese students were facing a stricter visa policy, especially in sensitive fields such as AI & Robotics leading to fewer Chinese students studying in the USA. Leading universities relying heavily on the tuition revenue from Chinese students found a financial strain due to reduced enrolment. Many joint research projects between the USA and China were disrupted due to political tensions and concerns over intellectual property theft.

This war has made companies and countries reconsider their trade policies and improvise accordingly. Whether beneficial or not, the trade war has reshaped the global trade dynamics and altered the landscape of international education.

### From England to the World: The Rise of the Premier League



By Randal Clint Marquez

The Premier League stands as the top tier of the English football league system and is widely regarded as the richest and most competitive football league in the world. Established in 1992, it replaced the old First Division in the English Football League and brought a new era of commercial success and global viewership to English football.

Comprising 20 clubs, each Premier League season runs from August to May, with every team playing 38 matches both home and away against each opponent, with a total of 380 games played in a season. The league operates on a system of promotion and relegation: the bottom three teams at the end of the season are demoted to the Championship, the second tier of English football, while the top teams from the Championship are promoted.

A win earns a team 3 points, a draw 1 point, and a loss none. The stakes are enormous, not only for survival but for European qualification. The top four teams secure a spot in the prestigious UEFA Champions League, while teams finishing fifth to seventh usually qualify for the UEFA Europa League, based on cup results and fair play standings.

As the most-watched sports league globally, with a massive international following, the Premier League matches are broadcast in over 200 countries, showcasing world-class talent and fierce competition. Much of its financial success is attributed to its independent control over TV rights. Between 1992 and 1997, these rights were sold to satellite television for £427 million, and by 2001, the deal had soared to €1.48 billion-demonstrating the league's exponential growth. Financially, the Premier League is unmatched in Europe and the world, home to 11 of the richest football clubs in the world. Its wealth and popularity have made it a magnet for top players and managers from around the globe, further enhancing its reputation.

Since the leagues' establishment three decades ago, the Premier League has transformed from a domestic competition into a global powerhouse, being a frontrunner in setting standards in entertainment, revenue, and sporting excellence.

## Global Affairs & Society

### Mental Struggle of Australian International Students

By Joyce Ann Marie Gendraya



Studying overseas and pursuing international education is a dream shared by many. Just imagine all the doors of opportunities awaiting us once we finish our chosen courses. Sounds exciting, doesn't it? All the things we've learned being applied to our dream job sounds good. Everybody would be thrilled just thinking about those possibilities, thus, a plethora spread their wings and explored the world to seek those chances given to them. And Australia is one of the most popular destinations for international students. Students who are looking for high-quality education and global exposure. And for thousands of students who choose Australia as their academic destination, the opportunity promises world-class learning, cultural exchange, and personal growth. However, beneath the vibrant and promising future Australia can offer lies a growing and often overlooked crisis, a silent struggle and a quiet battle that plenty have to face. and behind the excitement and ambition hides a harsher reality - many international students are mental health crises and immense facing academic, financial, and cultural pressures, adding to the silent battle of homesickness, family pressure expectation, and and cultural disconnection and adjustment far from home.



Photos grabbed from: https://www.myassignmentservices.com/blog/10-challenges-faced-by-international-students-inaustralia



Photos grabbed from: Photos grabbed from: https://themigration.com.au/blog/challenges-of-internationalstudents/

Based on interviews with colleagues and friends who have embarked on this journey, the beginning often feels like a dream. The excitement of arriving in a new country, meeting people from different backgrounds, and immersing oneself in a vibrant academic environment gives a sense of hope and freedom. But as the days turn into weeks and months, the initial thrill begins to fade, and reality sets in. Many international students start to feel the weight of being far from home - the missed birthdays, the unfamiliar food, the struggle to connect deeply with locals, and the constant pressure to succeed both academically and financially. The language barriers, part-time job stress, and the pressure to meet family expectations back home often lead to feelings of isolation, anxiety, and depression. What was once an exciting new beginning slowly turns into a quiet struggle - one that's rarely discussed openly yet deeply felt by many.

While Australia continues to be a land of opportunity for countless international students, it's important to recognize the hidden challenges that come with such a journey. Beneath the surface of academic excellence and global exposure lies a need for stronger mental health support, cultural inclusion, and community awareness. The silent battles of international students should unnoticed or unspoken. not go acknowledging their experiences and giving them a voice, we can begin to build a more empathetic and supportive environment - one that not only nurtures academic success but also promotes emotional wellbeing, resilience, and belonging. That's why, if you know someone who's far from home, don't forget to get in touch and simply ask them, "How are you?" - because sometimes, that small gesture can mean the world to someone silently struggling in a new place.

## STUDENT EXPERIENCES



# A New Chapter Begins: My First Step into the Graduate Diploma of Management (GDM)

By Niña Chelle Rendon

GDM-just three letters, yet they represent far more than an academic acronym. Starting something unfamiliar often brings a mix of emotions: anticipation, excitement, and a touch of uncertainty. That perfectly describes how I felt on the first day of my Graduate Diploma of Management journey.

The moment I walked into the classroom, I knew this experience would be unlike any other. It didn't merely mark the beginning of a course; it felt like the start of a significant new chapter in both my personal growth and professional development.

As I settled into my seat, a sense of anticipation washed over me-not from nervousness, but from a deep realization. This was more than just an academic pursuit; it was a reflective moment that allowed me to recognize my potential and imagine the leader I aspired to become.

A significant part of that initial spark came from our instructor, Mr. Irshad. His teaching style was lively and unpredictable-often calling on students at random to engage in discussion. This method did more than maintain attention; it infused the classroom with vibrant energy. It quickly became clear that true education isn't simply about receiving information; it's about building connections, sparking inspiration, and nurturing the potential within each student. This is the kind of teaching that transforms minds and hearts, not just informs.

Since that first day, the GDM program has become a catalyst for my growth. It has encouraged me to explore parts of myself I hadn't fully acknowledged before. Reflecting on my role as a Pharmacist Assistant Store Manager at a major retail pharmacy in my home country, I now recognize how dedicated I was to supporting my team.

Yet, I often questioned my effectiveness as a leader. I wasn't the most vocal person in the room, avoided conflict, and struggled with clear communication.

These doubts lingered, and I found myself wondering-was my quiet, empathetic leadership style truly enough?

The time has finally come for me to take a meaningful pause and deeply reflect on my past approach to leadership. Since beginning this journey, each week has brought a renewed sense of purpose and enthusiasm that fuels my commitment to learning.

Every class session presents an opportunity to explore new ideas and gain valuable insights, especially with guidance from our instructor, Mr. Irshad. The knowledge I'm gaining goes beyond theory, providing practical tools I can apply not only in my current role but also in shaping the trajectory of my future career. I firmly believe that, with time and dedication, I will grow into a confident and effective leader. This educational experience has significantly strengthened my selfassurance and inspired me to lead by example with courage, compassion, and clarity of purpose. It is a powerful reminder that growth is continuous and that we must always remain open to new beginnings. Ultimately, every step forward is more than just progress; it is an opportunity to create something extraordinary both within ourselves and in the wider world.

I am genuinely excited about the path ahead as I work toward completing this course over the next twenty-three months. I am confident that the Graduate Diploma in Management will equip me not only with practical skills but also with a renewed sense of confidence and commitment. It will teach me that true leadership grows from within and, when carefully cultivated, has the power to create meaningful and enduring change.

As I continue this journey, I carry with me not just academic insights but also a deeper belief in who I am and what I bring to the table. Perhaps that self-discovery is the most valuable lesson of all.

## STUDENT EXPERIENCES

## Stepping Into Australia's Cool Embrace

By Francess Ann Barba



Leaving the Philippines to study in Sydney, Australia, was both exciting and emotional. Saying goodbye to my family and dog was incredibly difficult, but I knew this new chapter was an important step toward building my future.

After a long and tiring flight, I finally landed in Sydney. I was warmly welcomed at the airport by close relatives. The moment I stepped outside, I was amazed by the cold, crisp air, about 20 degrees Celsius. Coming from the sweltering summer heat of the Philippines, the sudden drop in temperature was a shock, but a refreshing and welcome one.

As we drove to their home in Merrylands, another surprising detail caught my attention: cars were driving on the left side of the road! It felt so strange and disorienting. It was a small yet powerful reminder that I was truly in a different country.

Once we got home, I dropped off my luggage and took a few minutes to settle in. Despite being in an unfamiliar environment, the house felt warm and comforting.

Later, we walked over to Stockland Merrylands to run some important errands. I got my photo card at Service NSW and then went to Vodafone to set up my mobile service. I was surprised that I was able to walk out with the service I wanted without paying a single dime. It felt strange and even a bit suspicious, but I was assured that this was normal and that the billing would come later. That kind of trust from a provider was something I had never experienced before.

For lunch, I had my first meal in Australia, a large naked burrito from Mad Mex. I finished it in less than five minutes. I was so hungry and exhausted that taking a photo didn't even cross my mind.

Back home, I applied for my Tax File Number (TFN) and created my Unique Student Identifier (USI), both essential for my studies and part-time work. By the afternoon, the fatigue hit me hard. I had been awake for over 24 hours and finally allowed myself to rest.

That first day in Sydney was filled with new experiences, emotions, and surprises. It was overwhelming, but it marked the beginning of a hopeful, exciting new chapter.

### My New Experience as a Receptionist: A Brief Reflection

By Marichael Grutas

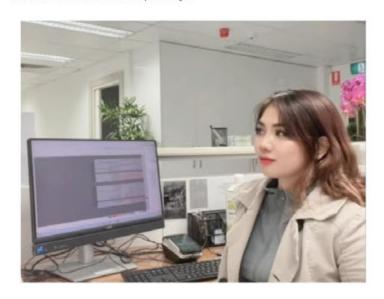


Working as a receptionist has been a refreshing and fulfilling new chapter in my professional journey. Coming from a seafaring background, the transition may seem unusual at first glance, but I've come to realize that there are surprising similarities between being a sailor and a receptionist, along with some notable differences.

As a sailor, I was trained to stay alert, follow procedures, communicate clearly, and handle unexpected situations calmly. These same traits are essential in my role as a receptionist. Whether it's welcoming guests, managing calls, or handling inquiries, I rely heavily on my discipline, attention to detail, and ability to stay composed under pressure—just like I did on board a ship.

However, the difference lies in the environment. Life at sea was physically demanding, often isolating, and full of uncertainties. In contrast, working as a receptionist allows me to be in a more structured and people-oriented setting. I now interact with individuals face-to-face daily, which is something I truly enjoy. The human connection, the teamwork within the office, and the consistent routine have brought a new kind of fulfillment to my work life.

I am doing my best every day to adapt, learn, and grow in this role. I take pride in being the first point of contact and creating a welcoming atmosphere for everyone. Most importantly, I am genuinely enjoying the job and grateful for the opportunity to GOD to serve in this new capacity.



## FIJI- Your Paradise Away from Home

Ni sa Bula! And welcome to Fiji!

It's that moment when the plane finally touches down and you and the earth both let out this huge sigh of relief. You're not just arriving somewhere new - you're settling back into a rhythm that feels like it's been patiently waiting just for you.

The thing that gets me every time is that traditional welcome song drifting through the cabin like a melody that's so familiar. I already feel the warm tropical air brushing against my face even before alighting the plane. It's the same music that's been greeting travellers since the beginning of time and to forever. It is the island's welcome before stepping outside to actually feel the incredible Written by: Joy Krishna warmth everyone talks about. It is Fiji hugging you tightly and saying Welcome Home!

This stunning island nation in the South Pacific, with crystal-clear waters and genuine smiles, is so much more than those gorgeous photos you see online - it's where incredible natural beauty meets genuinely warm people and creates memories that'll stick with you way longer than your holiday tan.

Fiji has over 300 islands. Each one feels like it has its own personality. You can spend your days lounging on those impossibly soft white beaches in the Yasawa Group of Islands, island hopping from one stunning island to another in the Mamanucas Group or exploring the lush rainforests covering Viti Levu and Taveuni. It's mother nature showing off by the jaw-dropping waterfalls, dramatic volcanic peaks, and coral reefs practically bursting with colourful fish. I guess we're known as the soft coral capital of the world for a reason, hey!

The Fijian people have this amazing way of making you feel like you're part of the family. Before you know it, you might find yourself invited to join a traditional ceremony, sitting around sharing kava (our traditional drink), or digging into a lovo feast where the food's been slowcooked underground and served up with plenty of stories over a meal that's been passed down through generations and genuine laughter spilling out from someone's front porch, or the way music drifts through our villages like it's always belonged there.

People move at the pace that feels right - not because we have to, but because we choose to. We call it Fiji Time - no stress, no dramas. That's when the magic happens, where you start to remember who you are beneath all the rush and noise.

Fiji has so many things to offer. If you want a bit of adrenalin, you can dive alongside reef sharks in Bega Lagoon, find yourself floating above the famous Rainbow Reef with your snorkel gear or getting your heart pumping white-water rafting down the Navua River (scary but the best time). You can also trek through jungle paths to discover hidden waterfalls, catch some serious waves at Cloudbreak, or paddle peacefully through quiet mangrove channels. And the most fun thing is seeing it all from a seaplane or watching the orange-pink-gold sunset and candy looking sky paint the sky while you're sailing across those incredible turquoise waters. You can also take it easy with the magical traditional Fijian massage, unwinding at a spaoverlooking the endless ocean, or just extra chilling in a hammock with fresh coconut water beneath the swaying palm trees. There are also the local markets with handmade crafts or traditional artifacts, exotic fruits, and amazing Fijian Indian fusion dishes that'll have your taste buds doing a happy dance.



Fiji is more like a state of mind than just another vacation spot. Whether you're craving adventure, wanting to dive into a different culture, needing some serious R&R, or planning something romantic, Fiji seems to have this knack for giving you exactly what you didn't even know you needed.

So seriously, what's stopping you? Grab those flipflops, leave all that stress at home, and let Fiji show you what island living is really all about - one heartfelt "Bula!" at a time.



noto credits: Joy Krishna

## STUDENT CENTRAL

In this edition, we feature the personal stories of our students, offering valuable insights into what makes their academic journeys so unique. Through their reflections, we discover their experiences as they go through the ups and downs of the winter season. From braving early morning chills to finding comfort in warm study spaces, winter becomes more than just a backdrop—it shapes their routines, moods, and moments of connection.

#### Certificate IV in Ageing Support 2 class

It used to be everybody's dream, especially to those people who came from the tropical countries to live in a country where they can experience winter season because they have a chance to wear aesthetic and instagrammable outfits to post it on their social media accounts. However, we realized that wearing these clothes and stuffs for winter e.q. beanie, scarf, gloves, boots etc. has a purpose. It's freezing everywhere and every person needs to wear proper clothing to survive.

The "leafless trees" and "frosty nights" convey a feeling of stillness and desolation. Winter has been a struggle for me because of the transition of living from a tropical country now to a colder one. Despite the cold weather and laziness it has brought upon us, I try to be more active, even though our body wants to sleep Iol. But it is really a great feeling every winter season.

## Nharlyn Samantha TOLENTINO - Diploma of Community Services

This winter in Australia feels like it will bring a mix of gentle challenges and meaningful opportunities for me. The cooler weather invites me to slow down and reflect on what truly matters in my life. It's a season where taking time for self-care and rest becomes especially important, allowing me to recharge both physically and mentally. Even if some days feel a bit tough or uncertain, I remind myself that this quieter time can help me gain clarity and a fresh perspective for what lies ahead.

At the same time, I believe winter will bring moments of warmth and connection. Whether it's sharing simple comforts with family or friends or finding peace in my own company, these small joys can make a big difference. Embracing the season's natural rhythm encourages me to appreciate the beauty in stillness and to be gentle with myself. Above all, I hope this winter leaves me feeling supported, hopeful, and ready to welcome new beginnings when the seasons change again.



### Clarence Grace BENAOE - Diploma of Community Services

This winter seems like it will be a relaxing and inspirational break for me, going from the heat of summer to the cool, creative energy of the season. I can't wait to go back to my favourite winter activities, like whale watching along the beautiful coastline and going up to the Blue Mountains to experience the snow and really feel like it's winter. But one of the things I look most forward to is getting lost in Vivid Sydney, especially this year's theme, "Dreams." I always feel something special as I explore the beautiful light displays and art exhibitions at Circular Quay, The Rocks, Barangaroo, Darling Harbour, Martin Place, and The Goods Line. Yes, all that walking between exhibits might make me tired, but I think it's a wonderful way to remain active-like cardio with a side of culture! And I couldn't go to Vivid without dining at the great restaurants around Circular Quay. Trying foods from trendy African cuisine to Korean delights and Turkish flavours keeps interesting. And the glow-in-the-dark ice cream in Barangaroo that went viral was just too cool (literally!) to miss. This winter is going to be a lovely blend of creativity, adventure, and flavour, and I can't wait to make the most of every minute. I'll put on warm clothes, carry my camera, and let myself become lost in the wonder of the season.



Concept and Illustration by Shayi Sison

## KENT

Farewell, ACOS (GDM)—An Unforgettable Journey!

MY

last term is finally here, and what a journey it has been! As an international student from the Philippines, stepping into Australia brought a whirlwind of new experiences that challenged, shaped, and made me more independent than ever.

The first surprise? The seasons! Coming from a country where we only have summer and rainy days, experiencing winter, spring, and fall for the first time was magical. Seeing the leaves change color, feeling the crisp air of winter, and watching flowers bloom in spring, all of it made me appreciate the beauty of change, both in nature and in life.



Of course, being an international student wasn't always easy. Job hunting threw me into unexpected roles to save money to pay bills and tuition-cleaning, kitchen assistant (shoutout to my dishwashing skills that led to my nails dying and falling off!), bartender, welding, machine operator, and factory worker. Each job was more than just a paycheck; they were lessons in resilience, adaptability, and the reality of life beyond textbooks. They shaped me into someone who isn't afraid to roll up my sleeves and get things done.

At ACOS, the Graduate Diploma of Management program pushed me further, sharpening my leadership skills and preparing me for the future. Sir Irshad, with his wisdom and guidance, made complex concepts feel practical, showing us how management is more than theories—it's about people, strategy, and vision. I will surely keep this learning throughout my career.

And my schoolmates? What a diverse, fun, and hardworking group! Together, we tackled assessments, exchanged cultural stories, and built friendships beyond borders. The teamwork, laughter, and shared struggles all created memories I will carry with me forever.

This journey has taught me that life is an adventure, full of unexpected turns and exciting moments. Meeting new people, stepping out of my comfort zone, and embracing challenges have made me who I am today.

So, as I step forward into the world, I will take these lessons with me. This isn't goodbye-it's the start of a new chapter. ACOS, thank you for everything. To my fellow GDM students, see you soon.

## SHERYL



heard a saying that one can only stop learning by not living. I believe it's very true. Each beat our heart does is an opportunity of a miles away discoveries and realizations.

As a human being with a functioning mind, there will always be ideas or thoughts, no matter how sensible or not. It is innate in us whether we want it or not. That's why I embrace learning. I practice being curious and respectfully discover views and perceptions that my mind has yet to know. Hence, I got into this course that I had yet to know before and now, my final term. I find this ending as the beginning of a new learning opportunity.

I'm thankful I got exposed to a wider spectrum of thoughts from other students and our trainer. As we get to give our key take aways to every video we watch and oftentimes had our own experiences shared to the class, I got to learn more about business and perhaps, life management. It encourages me to go through far and beyond.

So, even if I'm ending this course, I will begin again another adventure, another learning.

### ACOS 2025-2026 ACADEMIC CALENDAR



2025 ACADEMIC CALENDAR

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2026 ACADEMIC CALENDAR

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Oct 5 - Labour Day

Dec 25 - Christmas Day

Dec 26 - Boxing Day



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Jan 1 - New Year's Day Jan 27 - Australia Day

r 18 - Good Friday

r 19 - Holy Saturday

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Oct 6 - Labour Day

Dec 25 - Christmas D

Dec 26 - Boxing Day

Apr 20 - Easter Sunday

Apr 25 - ANZAC Day

Apr 21 - Easter Monday

Jun 9 - Queen's Birthd

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Jan 1 - New Year's Day

Jan 26 - Australia Day

Apr 3 - Good Friday

Apr 4 - Holy Saturday

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Apr 6 - Easter Monday

Apr 25 - ANZAC Day

Jun 8 - King's Birthday

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Break.		
Public Holiday		

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