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# UniSA News

October 2012



## Work-life pressures put squeeze on Aussie workers

A UniSA report has found that Australians are still facing a big squeeze when it comes to work-life pressures. [More...](#)



## Advancing Australia in the Asian Century

Former diplomat, ambassador and expert on Australian-Asian relations, Richard Woolcott AC, will examine Australia's role in the Asian Century, when he presents the Annual Hawke Lecture. [More...](#)



## Food talk key to kids' healthy diets

How parents communicate at the dinner table could be one of the secrets to establishing healthy diets for children and adolescents, according to UniSA researcher Dr Natalie Parletta. [More...](#)



## Global Experience ignites humanitarian passion

As the asylum seeker debate in Australia rages, UniSA graduate Kyla Raby is working on the front line. [More...](#)

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## From the Chancellery

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When I look back on my student days in South Africa, I recall long hours of studying fuelled by a passion for learning and a hunger to succeed.

I was determined to contribute to my chosen field of expertise - that being molecular microbiology and the genetic tailoring of yeast strains for the production of various industrially – important commodities.

From the moment I commenced at UniSA last December, I recognised that same passion and determination as qualities that define our University. UniSA is similarly young, celebrating its 21st birthday this year, and its comparative youth represents a decided strength that brings with it the energy, opportunity and flexibility to succeed.



However, despite this relatively short timeframe, the University's achievements should not be underestimated and it can be proud of its stellar research trajectory that is fuelled by the expertise, drive and commitment of its researchers and those who support them.

Among global institutions aged 50 years or less, UniSA sits 23rd in the QS World Rankings and 65th in the Times Higher Education (THE) rankings. It is also sixth in the THE rankings for institutions aged 25 or less.

Over the past nine months, I have been privileged to discover UniSA's research prowess first hand. Through a process of constructive engagement with staff and stakeholders, I have gathered comprehensive data and information to determine the direction of the University's research and innovation agenda.

Throughout this process, I have listened carefully and consulted widely. My findings form the foundation of a new framework that has been approved by the University Council and will now be implemented throughout the University.

This framework will be rolled out across the University in the near future, and I look forward to detailing its vision to academic staff at all of our campuses following the upcoming release of the Excellence in Research for Australia (ERA) 2012 results.

As we look to the future, the higher education sector faces many challenges. We are not immune from the economic uncertainty that faces society as a whole. Unpredictability coupled with technology is defining a future we struggle to foresee or control. As researchers, innovators and educators, we have a responsibility to respond, and my work over the past six months has been dedicated to the design and delivery of a framework for that response.

I use the word 'framework' deliberately.

Researchers require freedom, but within carefully defined boundaries. Our objectives are clearly defined in the new document, entitled '*Excellence with Relevance*': *Research and Innovation 2013-2020, A Framework for our Future*. Underpinning the framework is an ambitious goal to position

UniSA among Australia's top 10 universities by pursuing a strategy of research *Excellence with Relevance*.

Excellence means we will not compromise on quality. Through rigour and dedication, we will continue to raise the bar, thereby ensuring our research programs meet the highest academic standards.

Relevance means we are no 'ivory tower'. As a university, we have the opportunity and the responsibility to build even closer engagement with industry, government and the wider community.

We have the potential to become a 'hub' for expertise, solutions and leadership that crosses disciplinary boundaries. This does not rule out theoretical research, because such work is also fundamental to our pursuit of excellence.

The framework is designed to be bold. Built on the aspirations and directions of our Horizon 2020 strategic blueprint, *Excellence with Relevance* establishes a means by which we can respond with dynamism and design to the challenges the higher education sector currently faces.

By addressing real-world problems with rigour, UniSA will become even more widely known as an institution that actively and practically addresses society's most pressing issues.

*Excellence with Relevance* leverages maximum benefit, and return on investment, from UniSA's world-leading expertise. It promotes productivity, thereby making it easier for researchers to engage with their work, and with each other. Both within the University and beyond, as well as driving cross-disciplinary and trans-disciplinary collaborations nationally and globally.

It also positions UniSA as an organisation that works closely and productively with industry, government and the wider community, and one that is on a fast track to achievement and recognition.

*Excellence with Relevance* articulates a collaborative vision and purpose. Its aim is to streamline research by supporting a culture that enables and rewards productivity, and by ensuring that UniSA earns further recognition as a leader in research and innovation.

As its name indicates, it truly does provide a framework for our future.

**Professor Sakkie Pretorius**  
**Deputy Vice Chancellor & Vice President: Research and Innovation**

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## Akol helps educate on healthy legal habits

[Back to story index](#)

by Kelly Stone

For Sudanese refugee and final year Law student Akol Malak (pictured right), volunteering in UniSA's Legal Advice Clinic allows him to reap many rewards.

Not only is he able to help people with limited access to legal assistance, he is also playing a role in providing community legal education to refugee and disadvantaged communities in Adelaide's north.

Malak, 25, was among a small group of students who developed a presentation under the supervision of managing solicitor Matthew Atkinson for the Burundi community at Davoren Park.



The Healthy Legal Habits presentation, given by Malak and fellow students Nadine Rachid, Sarah Sisombath and Nicole Spagnoli with an interpreter at Davoren Community Centre, provided information on issues such as dealing with the police, family law and tenancy.

"Providing community education as part of my work in the clinic is really rewarding," Malak says.

"It's enabled me to give back to the community and help other refugees who are settling into a new country like I was a few years ago."

Malak says he was inspired to study law after coming to Australia in 2003 following nine years of living in Kakuma Refugee Camp in Kenya.

"When I came to Australia I initially found it difficult to reconnect and integrate into mainstream society, partly because of not understanding the law," he says.

"I thought studying law would help me know my rights and responsibilities as a new citizen of this country and to be able to help educate other people who are potentially having difficulties due to lack of basic knowledge of the law."

UniSA's Legal Advice Clinic provides confidential and free legal advice to members of the community.

The clinic provides a valuable opportunity for students to give advice to real clients under supervision by a managing solicitor, and provides access to justice for people who may otherwise not be able to get it.

Malak says working in the clinic provides vital experience in preparing him to be a work-ready legal professional once he finishes his law degree. It has enabled him to gain experience working on cases ranging from defamation and assault, to neighbourhood disputes, debt and family law.

“A typical day in the clinic involves interviewing clients, writing and drafting letters, preparing pleas and affidavits, research, and administrative work in managing clients’ files,” he says.

“The best aspects of working in the clinic for me are being able to provide confidential and free legal advice to people who need it, and gaining vital practical experience in a legal practice environment.”

School of Law Professional Programs Director Rachel Spencer (pictured above), says no two days in the clinic are ever the same.

“Our students learn to expect the unexpected, which is preparing them for real-life work in legal practice,” she says.

“Working as a lawyer requires not only analytical skills and communication skills but also a high level of maturity, empathy and sheer hard work.

“While they are providing a service to the client, our students are also involved in ongoing learning. In the clinic environment, students constantly have to check legislation, read new cases and apply legal theory to new fact situations.”

More information about UniSA’s Legal Advice Clinic is available [here](#).

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# UniSA News October 2012

## It's all about the shape you're in

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by Michèle Nardelli

For UniSA's Dr Grant Tomkinson (pictured right, on LHS), 2012 Tall Poppy winner and senior lecturer in health sciences, the shape people are in really matters.

For the past nine years his research looking at children, elite athletes and everyday Joe's and Jenny's has all come back to the significance of human size and shape, how our body dimensions and our fitness relate to how well we fare in the world.

One of his most important studies internationally has been to track trends in the global fitness of children across 50 countries dating back to 1910.

The project assembled the world's largest dataset of children's fitness with an analysis of records from 75 million children.

This research into the long view was the first to identify and demonstrate a trend of global decline in aerobic fitness (the ability to perform prolonged and strenuous exercise) in children from about 1975 onwards. His work has shown about a 15 per cent decline in aerobic fitness in children since 1975.

But the heartening news is that his most recent work suggests this downward trajectory seems to have plateaued in Australia.

"We are quietly optimistic on this score, because the trends as we see them are showing that similar to the apparent plateau in children's obesity, the steady decline in fitness has also slowed or possibly stopped," Dr Tomkinson says.

"If we are optimistic it may mean awareness about the importance of physical activity and exercise is cutting through at an individual level and that Government initiatives to increase children's activity might be having an impact on fitness.

"But we really can't afford any complacency because any further decline in fitness will see these children experience health problems as they age."

Dr Tomkinson's passion for his research has been defined by his everyday passion for sports and fitness.

Playing sports at an elite level led him to study exercise science and later to take up a full-time position teaching and researching in the field at UniSA.

And today he moves seamlessly from the research lab to the basketball courts or even the school or local playground where he continues to contribute to fitness training in the community, building an important bridge between the theoretical and the practical.

He has also worked with elite level rowers using anthropometry, the detailed measurement of human





body size and shape in 3D, to develop accurate predictors of which athletes will make the best rowers.

"What we found from testing more than 650 rowers and looking at their results was that the most successful rowers tend to be larger and heavier," he says.

"And different parts of the body seemed to be important for male and female rowers – so the most successful males had larger ribcages and upper body strength and females had larger and stronger upper legs.

"Testing for these sorts of things helps refine the picture for athletes so you don't have sportspeople struggling to achieve excellence in a sport that does not suit their body type."

Beyond the rowing circuit, Dr Tomkinson's work with anthropometry is also playing a crucial role in supporting the health and safety of our defence forces.

In the past two years, as leader of a special Australian Warfighter Anthropometry Survey (AWAS), Dr Tomkinson and his team have been taking 84 physical and digital anthropometric measurements of almost 2200 Australian Defence Force personnel between the ages of 18 and 40.

The goal of the project will ensure that when we 'kit-out' our soldiers in uniforms, boots, flak jackets, and even the vehicles and equipment they use, the fit is right.

The million dollar collaborative project with the Defence Science Technology Organisation, will also inform the internal design of new land operations vehicles and sea and air vehicle platforms.

"This is an important dataset for the ADF because we know that Australians are getting bigger, yet the size of the environments in which they work such as tanks and trucks have remained the same for many decades. Using older data or research based on international data will not deliver the right outcomes," he says.

"Sometimes it is the fit of things that makes all the difference to operational safety and efficiency and it is great to know this research will contribute to better outcomes for our men and women in uniform."

Dr Tomkinson was a winner in the 2012 Tall Poppy Awards.

UniSA had three Tall Poppy winners this year, with Dr Hannah Keage (cognitive neuroscience) and Dr Russell Brinkworth (mechatronics) also receiving the award.

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## Improving health care a passion for Science Award winner

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by Kelly Stone

Stephanie Reuter Lange's passion for improving health care for the general population has put her on the path to success as a postdoctoral researcher.

Dr Reuter Lange (pictured right), 33, was recently named a winner in the 2012 SA Science Excellence Awards, in which she won the PhD Research Excellence Award for Health and Medical Sciences.

The School of Pharmacy and Medical Sciences researcher is also one of 25 Australians to receive a 2012 Fulbright Visiting Research Scholarship, which will take her to the United States next year to further her research career.



"I have always been passionate about improving health care and education," she said.

"My research allows me to work directly with the community and see the direct impact that it can have on patient outcomes, as well as educating clinicians, patients and the general public about developments in the field."

Dr Reuter Lange originally started at UniSA working on clinical trials conducted for the pharmaceutical industry, mostly in the area of pharmacokinetics.

"I learnt a lot from this type of work and had the opportunity to manage a wide range of projects," she said.

"Through this, I developed an interest in carnitine deficiency which I was able to expand on as part of my PhD (conferred in 2011). Since then I have worked on a number of projects in the areas of carnitine deficiency as well as pharmacokinetics."

The SA Science Excellence Award recognised Dr Reuter Lange's work investigating the importance of carnitine – a naturally occurring compound that has a critical role in energy production – for kidney dialysis patients and people with chronic fatigue syndrome.

Her research in this area has contributed to the regulation of supplemental carnitine for dialysis patients and has proposed a possible mechanism for the clinical characteristics of chronic fatigue syndrome. It also established, for the first time, a normal reference range of carnitine and its associated compounds in healthy adults.

"Ultimately I hope this research can help improve the clinical management of patients," Dr Reuter Lange said.

"We have found some exciting results with respect to the possible involvement of carnitine in dialysis-

related symptoms experienced by kidney disease patients, as well as the role of fatty acids and carnitine in chronic fatigue syndrome.

“Currently little is known about effective ways to treat these conditions and if our research can shed some light on the underlying mechanisms of the pathophysiology, then we can make some headway into improving the treatment and quality of life of these patients.”

Dr Reuter Lange will head to the US for her Fulbright Scholarship, along with her husband and baby currently-on-the-way, in mid-May 2013. She will be based in Buffalo at the State University of New York until mid-September 2013.

“My time in Buffalo will be spent learning more advanced methods for analysing data,” she said.

“This will ultimately be able to be applied to a wide range of projects in my research portfolio, including my research in carnitine deficiency.”

Dr Reuter Lange was among three UniSA researchers tackling important issues for modern society who were recognised among the state’s leading scientists at this year’s 2012 Science Excellence Awards. Dr Christopher Raymond won the PhD Research Excellence Award for Life and Environmental Sciences for his work in natural resource management planning with rural landholders. Dr Drew Evans won the People’s Choice Award for his advanced materials research and expertise in thin film coatings for commercial applications.

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## Dedication pays off for Resthaven winner

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by Esther Thorn

Determination, dedication and discipline are three words that have become a mantra for UniSA nursing student Arun Thomas (pictured right).

The 23-year-old bid his family farewell and left India five years ago to study a Bachelor of Commerce in Australia.

Faced with supporting himself at just 18, Arun began working part-time at a nursing home, a decision that's taken him down a career path he never expected.

"I loved the fact nursing was about holistic care. We weren't just looking at the patients' health problems but at their whole sense of well-being," he said.

"I also loved it that the staff and patients became like a family because I was so far from my own family."

Arun knew then that he wanted to become a nurse, and after finishing his Commerce degree he successfully applied to do a Bachelor of Nursing at UniSA.

"One of the best things about UniSA is that it's student oriented and flexible," he said.

Arun currently works 20 hours a week at the nursing home as an enrolled nurse and in his limited free time tutors other students.

"That's just me, I love educating and helping other people," he said.

His hard work paid off in May when he was awarded a Resthaven Scholarship from a field of 37 applicants.

"I had to be interviewed by a panel of five people including the Head of the School of Nursing. It was challenging and definitely boosted my confidence level," he said.

The Resthaven Undergraduate Nursing Scholarship encourages study related to aged care and provides financial assistance to students. It awards \$5000 a year for the duration of the degree.

"(The money) will really reduce my workload and allow me to concentrate on my studies and that takes half the stress out of it," he said.

But the greatest benefit is the self-belief he has gained by winning the scholarship.

"It was recognition for all my hard work and it's given me the motivation to achieve more and more,"



he said.

Others have also recognised his talent. He was offered jobs at both a nursing home and a private hospital where he did recent placements.

“My parents always said to me ‘Arun you’ve got a good bedside manner’ and I guess that must be true,” he said.

Arun hopes to continue his career in Australia.

“The people are really friendly and the one thing I just respect and love about Australian culture is that there’s not such a class structure as in India. The people are really open-minded and respect each other,” he said.

Arun has been shocked by the differences between the Australian and Indian health systems.

“It’s very systematic, well-equipped, well-disciplined and low patient load (in Australia) compared to my country. The people who get employed (in Australian hospitals) are very well educated with quality training,” he said.

He hopes his graduation from UniSA’s Bachelor of Nursing will just be the beginning of his educational journey.

“My father always said, ‘life is not about earning lots of money or property – it’s about education alongside determination, discipline and dedication’.”

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## Bush produce PhD a labour of love

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by Esther Thorn

Bush produce and 'meals on wheels' are two gastronomical areas that are usually poles apart, but for UniSA PhD graduate Janelle White (pictured right), the two are inextricably linked.

When the 43-year-old started her thesis on *Indigenous People's Livelihoods and Emerging Bush Produce Industries*, the first thing she had to do was gain the confidence of the Aboriginal Elders.



Dr White had the inspired idea of getting to meet and know people by delivering them food.

"Taking the time to get to know the people you're working with is always so important, but even more so when you're dealing with traditional knowledge and working across cultures," she said.

And so began a seven-year labour of love that took White more than 30,000 kilometres across the country to some of the most remote parts of the land.

"At the time there was a lot of information saying bush produce industries would be good for Aboriginal people but there were not a lot of Aboriginal voices being heard," she said.

"I wasn't an advocate for industry, I was just there to listen to what the communities wanted and had experienced to date."

Once Dr White had developed links in the communities, she was told about bush industries emerging in the most unlikely of places.

Two-hundred kilometres north-west of Alice Springs, White discovered women crafting jewellery out of batwing coral seeds – a kidney bean-shaped seed.

In Alice Springs an Aboriginal woman named Rayleen Brown is running catering company *Kungkas Can Cook* based on native bush produce.

And in the APY Lands, in South Australia's far north-west, the Amata community has set up the website [bushrub.com](http://bushrub.com) selling a native fuschia medicinal rub online.

"They've used technology to overcome the distance and they're doing really well, they've involved kids at the local school and it has a lot of socio-cultural benefits," she said.

But while there were individual examples of success, overall Dr White was struck by how little long-term, culturally appropriate support there was for these activities as emerging enterprises.

"Aboriginal people have been involved in these enterprises for many generations. They're based on seasonal activities that collectively provide many benefits to people's livelihoods including their health and well-being," Dr White said.

"Most importantly, people wanted the traditional knowledge to be passed on, whether they got a financial return was an additional benefit."

Overwhelmed by the complexity of the issue, at times Dr White wondered if she could finish her thesis.

"I didn't realise how complex it would be, it stretched me in many ways and I didn't know if I could do it (the thesis)," she said.

"I think a PhD changes you, it's like doing a marathon over and over again."

Ultimately it was the relationships she'd formed with the Aboriginal women that kept her going.

She felt she had a responsibility to warn people that if bush industries continue to develop along their current path, they won't provide maximum benefit to Aboriginal communities.

"While (the industries) have the interest of Aboriginal people, they don't have their full support because of a lack of consultation," she said.

"The incorporation of Aboriginal people's perception of bush produce use, customs and values need to be taken into account."

Dr White graduated in August and is currently employed by a private company working with traditional owners whose land is being considered for development or mining.

But her long-term career goal is more closely aligned to her thesis.

I would like to work in the area of livelihood and bio-cultural sustainability," she said.

"I'm passionate about people's knowledge of place and that being allowed to flourish alongside their innate creativity.

Dr White's PhD was supervised by Professor Bernard Guerin from the School of Psychology, Social Work and Social Policy.

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# UniSA News

October 2012

## My Thesis rules

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by Rosanna Galvin

From the similarities between chronic wounds and vegetable soup to how your house could save your life, this year's UniSA Three Minute Thesis (3MT) competition highlighted the innovative research our PhD students are carrying out across the University.

Nine students (pictured right), selected from the University's preliminary rounds, took to the stage to present their theses in just three minutes with second year PhD student Carla Daunton (pictured below), taking home first prize for her talk on chronic wound diagnostics.



A William T Southcott Scholarship recipient based at the Mawson Institute, Daunton went on to represent UniSA at the Trans-Tasman 3MT competition at the University of Queensland on October 11.

By comparing a chronic wound to vegetable soup, Daunton was able to draw out a few laughs and considerably more squeamish responses from the audience, as she explained how her research could save the Australian economy millions of dollars every year.

"Chronic wounds are injuries to the skin that fail to heal properly, typically lasting a minimum of three months," Daunton says.

"Someone can very easily develop a wound on their foot and not even know it's there. If the wound continues to worsen, the result can often be amputation of the limb. Currently, there is no effective diagnosis.

"I'm developing a diagnostic that will inform a clinician on whether a wound is healing properly or whether it is starting to become chronic. The fluid inside a wound is a bit like a veggie soup, it's thick and full of many different things like proteins, some of which are found in higher amounts when the wound begins to fail.

"Hundreds of millions of people are suffering from chronic wounds around the world and they cost the Australian economy \$2.6 billion a year. Chronic wounds can also seriously impact on a sufferer's quality of life, affecting productivity and mobility."

Second place went to Health Sciences PhD student Emily Reeve, who introduced the audience to a photo of her grandmother to illustrate her research into safe medication de-prescribing (i.e. medication cessation). According to Reeve, her grandmother says she takes so many medications that she rattles when she walks.



"My grandmother is an example of many elderly Australians, nearly half of which are taking medication where the risks, such as side effects, outweigh the potential benefits," Reeve says.

"I am developing a unique patient-centred de-prescribing process that is a safe, effective way for patients, like my grandmother, to stop taking unnecessary medications."

Scott Ryan Sleep from the Division of Information Technology, Engineering and the Environment and Najmeh Hassanli from the Division of Business were the equal third place winners.

Sleep impressed the crowd with his demonstration on how Wireless Sensor Networks in houses could save lives while Hassanli took the audience on a journey to Iran with her research into regional development through cultural exchange.

The PhD students were judged on their communication style, the ability to tell a story and the capacity to explain their research to an intelligent, but non-specialist audience.

As the UniSA winner, Daunton competed against representatives from more than 40 universities across Australia, New Zealand, Hong Kong and the South Pacific at the Trans-Tasman Competition.

To find out more about the 3MT Competition and watch the UniSA finalists online, [click here](#).

Carla Daunton is on [Twitter](#).

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## Health in the heart of the CBD

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by Rosanna Galvin

A clinic in the centre of the city is providing valuable practical experience for UniSA Allied Health students as well as offering staff, students and the general public convenient medical and health care in the Adelaide CBD.

Part of a multidisciplinary healthcare facility, at which Adelaide Unicare also provides medical services, the clinic offers placement opportunities for students studying a range of UniSA programs including Exercise Physiology, Physiotherapy and Dietetics.

Student Louanna Hackett, who is studying a Graduate Diploma in Clinical Exercise Science, recently completed a six week placement at the clinic, supervised by Human Movement Lecturer and qualified Exercise Physiologist Dr Carmel Nottle.

Hackett said her time at the clinic gave her the practical experience she needed to support the theory she had already learnt in lectures.

"In the first semester of the course, we were exposed to a lot of information and studied all sorts of different problems a patient might come to us with," she said.

"We are put on the spot at the clinic – instead of diagnosing a single problem, which is what we looked at theoretically, we had to help patients with numerous conditions. One patient I saw had diabetes as well as osteoporosis and I had to work out what would work best for their individual circumstances.

"We're dealing with people who lead different lives – they might have kids or work unusual hours. I had to ask the right questions to establish their lifestyles and what would suit them."

Graduating from a degree in Human Movement last year, Hackett's passion for health and fitness is what led her to study at a postgraduate level to pursue a career in the growing field of exercise physiology.

"It wasn't until the second year of my Human Movement degree that I realised exercise physiology was a career path. I've always been healthy and active and an exercise physiologist is able to focus on a person's whole health – that's why I find it so rewarding," she said.

"Patients come to exercise physiologists for many reasons and many have been referred to us by a doctor for ailments such as diabetes, high blood pressure or plantar fasciitis.

"What we do is look at their medical history and find out about their physical activity patterns. From this we can develop a care plan for them and suggest exercise they can do to help with their problems."

In addition to an excellent training facility for tomorrow's health professionals, the clinic is located just



off Rundle Mall, offering convenient access to a range of medical services for UniSA students, staff and the general public.

The chairman of UniSA Health Pty Ltd, Professor Allan Evans, said by using the services at the clinic patients gained access to leading health practitioners.

“The health professionals that work alongside students are often researchers and lecturers at UniSA and are therefore up to date with the current developments in their field,” Prof Evans said.

“The clinic provides invaluable opportunities for students to undertake placements and learn in a professional environment.”

The clinic is located upstairs at 49 Gawler Place just off Rundle Mall in the Adelaide CBD, and is open Monday to Friday 8:30am to 5:30pm. To book an appointment, call 8212 7175.

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# Achievements and Announcements

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## UniSA in national obesity research project

The University of South Australia is part of a \$5 million national research project, *Early nutrition, the epigenome and the prevention of disease*, which aims to develop biomarkers that can help guide changes in diet to prevent and treat obesity.

Funded by the Science and Industry Endowment Fund (SIEF), the project involves scientists from UniSA; CSIRO in Sydney, Brisbane and Adelaide; the Garvan Institute of Medical Research in Sydney; and the Women's and Children's Research Institute in Adelaide.

The UniSA team leaders are Associate Research Professor Janna Morrison (pictured right) and Professor Caroline McMillen from the Early Origins of Adult Health Research Group in the Sansom Institute for Health Research.



"This is a remarkable opportunity to participate in a national collaborative consortium which will address the early life origins of obesity, develop biomarkers that can help guide nutritional intervention to prevent and treat obesity and work towards establishing diagnostic tests to predict risks of obesity and which will guide and monitor dietary interventions," Assoc Prof Morrison said.

Approximately \$500,000 will support the team at UniSA to investigate how different patterns of maternal nutrition around the time of conception and in early pregnancy can result in changes in fat cells which can persist after birth and result in a lifelong vulnerability to obesity.

The UniSA research team includes research fellow Dr Song Zhang and postgraduate student Lisa Nicholas who will focus on identifying the relationship between maternal nutrition and epigenetic changes which occur in early development in genes which are important for metabolic health in later life.

## Pharmacy students win business plan competition

Three UniSA Pharmacy students have won the Pharmacy Guild of Australia's National Student Business Plan competition.

The winning UniSA team (pictured right), comprised team leader Jessica Dawson, along with National Australian Pharmacy Students' Association (NAPSA) president Chris Braithwaite, and Ling Na Yan – all final year Pharmacy students.

Dawson said the nationwide competition aimed to design innovative services for community pharmacy and teach students about the business side of community pharmacy.



Dawson said the team's business plan centred on paid pharmacy-based cancer services, enabling pharmacists to “make a genuine difference”.

“Our plan focused on cancer prevention, and early detection of side-effects that patients suffer in the course of their cancer treatment,” Dawson said.

The team progressed through the competition stages to the finals, where they presented their business plan at the Pharmacy Guild of Australia's Pharmacy Business Network conference held in Canberra.

The team won \$6000, half of which goes to UniSA to be put towards community pharmacy education.

**Kicking goals in the guide to good universities**

Students at the University of South Australia have more success in finding full time jobs after graduating compared to students from other South Australian universities, according to the results in the 2013 Good Universities Guide (GUG).

The latest guide indicates that UniSA has come out on top as the South Australian university with the most five-star ratings across different GUG categories including *Access and Equity*, *Who's There* and *The Educational Experience*.

The University also has achieved the highest ratings in the state in categories including staff qualifications, overall student satisfaction, Indigenous participation and graduates getting a full time job.

The guide indicates that one-star improvements have been made in indicators for research intensity, the proportion of school leaver entrants, staff qualifications and teaching quality at the university, while a two-star improvement was made in overall satisfaction.

The University's MBA was rated five-star for the fifth year in a row by the GUG, and is one of only two in Australia to maintain a consistent quality rating over the past five years.

UniSA's Acting Deputy Vice Chancellor: Academic, Professor Pal Ahluwalia says he is pleased with the strong improvement in key areas such as student satisfaction and graduates getting full-time jobs.

“I'm really pleased with the improvements because they reflect the energy we are investing in supporting our students to achieve their academic and career goals,” Prof Ahluwalia says.

**Student markets – created, crafted and constructed locally**

Spring brings to mind ideas of renewal and growth, and this is exactly what happened as the Spring Student Markets blossomed into its most successful market yet.

Held at City West campus on September 14, the markets provided the perfect opportunity for students to sell their goods.

Students hosted a wide variety of stalls overflowing with vintage fashion, arts and crafts, second hand items, toys and a range of tasty food options including baked treats, chocolate covered dried fruits, dumplings and more.



A free barbecue provided by UniLife proved to be popular with students, while newcomers to the Adelaide food truck scene Raw Thirst whipped up some delicious smoothies and juices.

The markets coincided with Design West, an information event for prospective students, and provided the opportunity to showcase the vibrant campus culture at UniSA.

The Spring Student Markets was the second student market held at UniSA this year, bringing to a close a student market trial period by UniSA's Experience Plus team. Experience Plus coordinates a number of programs and activities to enhance the non-academic student experience.

Caleb Osborne, Event Officer for Experience Plus, said the markets gave students an opportunity to showcase their products while making some cash along the way, with many selling products created or crafted while at University.

"Students get to run their own stall in a real-life situation and this helps them to develop valuable skills outside of the classroom," he said.

"The popularity of the markets has grown significantly since last semester. We had 20 stall holders on the day, and a waiting list of interested students who will be accommodated for at the next round of markets.

"A lot of this success is attributed to our strong social media presence on the new Student Markets Facebook page."

For more information about the Student Markets, [click here](#).



### **UniSA student's Fukushima photos featured at international exhibitions**

A UniSA journalism student's photographs of areas devastated by the 2011 tsunami in Japan have been featured at charity events in both New York and Tokyo.

Jack Baldwin visited Fukushima in June this year on a work-experience trip, with the hope of expanding his photography portfolio.

The images he captured have now been featured at two *Sustainable Future: Recounting the steps of Fukushima* charitable events.



Each event comprised a night of films, speeches, artwork and photography to raise awareness of what is happening in Japan, particularly Fukushima, 18 months on from the earthquake, tsunami and nuclear disaster which devastated the region.

In making contact with a charity group that delivered food and water to people in areas still affected by the tsunami, Baldwin had the opportunity to visit the edge of the exclusion zone around the Fukushima Daiichi nuclear facility.

It was here Baldwin witnessed first-hand the scene of devastation that had occurred in this area.

"It was incredible, cars were still smashed up there, the road had been swept away and the rice paddies were still flooded. It was like another world, an empty wasteland," Baldwin said.

"I also travelled to the coastline where the tsunami reached land. By the shore the massive wave walls had been smashed to pieces – four foot thick pieces of concrete just taken to pieces.

"You can see some houses in the background of one of the photos I took. It was surreal to see entire neighbourhoods of houses that were smashed to pieces, and yet a house on the next block, slightly uphill, would be standing intact."

One of the volunteers Baldwin met during his visit sent Baldwin's photos to the Sustainable Future organisation for exhibition.



Baldwin said he felt surprised on discovering his photography had been chosen to be exhibited.

"I felt proud but it was also a bittersweet feeling as it made me think about the people I met that day and all they had been through," he said.

### **Innovative design of UniSA's M2 building is an award winner**

UniSA's new M2 building has won an award in recognition of its environmentally friendly design.

The M2 Building and The Plazzo: Materials & Minerals Science and Learning and Research Hub at Mawson Lakes won the award for The Integrated Stormwater Management Design from The Stormwater Industry Association.

Joe La Spina, (pictured right), Senior Stormwater Engineer of Wallbridge & Gilbert Consulting Engineers, and a graduate at UniSA, received the award in consideration of his water sensitive urban design of the M2 building.



"Water sensitive urban design is an environmental approach to urban planning and design, integrating the management of the water cycle into urban development," La Spina said.

"This project is an excellent template of how to build sustainability into building projects. There is a whole suite of water sensitive urban design elements that work collectively to create sustainability and these elements also contributed to the building's five star Green star rating."

La Spina paid tribute to Professor Simon Beecham, UniSA's Head of School, Natural and Built Environments, for his input in the design of the building.

"One of the innovative elements of the project is an idea that came from Simon. This is the use of permeable pavements to treat and store stormwater. The water is then extracted using a solar powered pump to irrigate the garden beds," La Spina said.

### **Learning has no boundaries**

Three students were recently recognised for having been awarded an Endeavour Cheung Kong Scholarship Award from the Australian Government and the Cheung Kong Group.

Two of the students – Ran An and Chaoyi Zeng – are doing an exchange semester in architecture and come to UniSA from Beijing University of Technology. Dan Bao completed an exchange to a university in China.



The UniSA students were among a group of eight Adelaide-based students who received acknowledgement of their scholarship awards from the Governor of South Australia, Rear Admiral Kevin Scarce, at Government House.

UniSA International's Senior Advisor: International Relations and Partnerships, Megan Durant, said the awards were a result of a partnership between the Cheung Kong Group and the Australian Government, each of which pledged \$15 million over 10 years to encourage 250 undergraduates and 10 post graduates annually to participate in educational exchange in Australia and the Asia Pacific region.

The Cheung Kong Group is a leading Hong Kong-based multinational conglomerate which owns a 51 per cent stake in SA Power Networks. Ms Durant said UniSA's five other visiting exchange students from China this year also received these prestigious scholarships.

The students have been on exchange at UniSA from Tianjin University and Sun Yat-Sen University (Lingnan College).

### **Eid celebrates harmony**

People from many faiths and many cultural backgrounds came together at UniSA recently to join in the celebration of Eid al Fitr, marking the end of Ramadan, at a banquet organised by UniSA's Centre for Muslim and non-Muslim Understanding.

The first event of its kind to be staged by the Centre, it provided a successful starting point for dialogue and relationships and is set to have positive outcomes for our community.

Professor Salman Sayyid, Director of the Centre, officially opened the event and welcomed the guests, followed by a prayer from Sheik Solaiman Nouredine, and speeches from the Minister for Multicultural Affairs Jennifer Rankine, and Acting Vice Chancellor Professor Joanne Wright.

Prof Sayyid says the International Centre for Muslim and non-Muslim Understanding is committed to addressing misunderstandings about Muslims and Muslim culture.



"The centre is therefore an amphibious creature, swimming in the academy and walking with the community – we aim to pioneer research and scholarship in order to establish a



worldwide dialogue to improve understanding and relations between Muslims and non-Muslims and, in line with that, to grow social harmony," he says.

As the event demonstrated, and as Minister Rankine noted in her speech on the night, one of the most practical ways to begin this is through the sharing of food, which in turn creates friendships and the flow of knowledge and cultural understanding. Historically, traditional clothing and multicultural cuisine have been embedded in the Australian mosaic; this successful Eid event was an important reflection of Muslim and non-Muslim co-existence in present day Australia.

**Student wins Pride of Australia medal**

UniSA Social Work student George Fomba (pictured right), has won a Pride of Australia Fair Go medal for enriching the lives of those in refugee communities.

Fomba was one of 11 people recognised with Pride of Australia medals, which were awarded at Keith Murdoch House on September 5.

At age 13, Fomba was placed into a West African refugee camp where he remained for 12 years, after escaping civil war in Liberia.



"It was not a good life experience for anyone, especially for a child who did not have the things needed to grow. I missed home and all I could think about was when I could go back," he said.

Since migrating to Australia in 2004, Fomba has become a valuable asset to his community, establishing an African youth group where he provides information sessions and fun activities to troubled teenagers.

"There was a high rate of teenage pregnancy and juvenile offences within the community, but since

the youth group started, education has helped decrease these occurrences," he said.

Fomba hopes that such youth groups and workshops continue to expand within the community as there is nothing more rewarding than helping others rebuild their lives.

"Australia has all the right tools for children growing up and I hope this legacy, of helping and learning from each other, is carried on," he said.

Fomba is currently coordinating a secondary year learning club at Kilburn Community Centre every Tuesday during school terms. He also co-chairs the recreation and sport committee of the African Communities Council and recently held a highly successful soccer championship tournament.

### **UniSA wins accolades for innovative real world teaching**

University of South Australia staff have won three citations for their commitment to innovative and exciting teaching in the Office for Teaching and Learning's 2012 Citations for Outstanding Contributions to Student Learning.

Citation winners include a team from the School of Health Sciences, Dr Ian Edwards, Gisela van Kessel and Mark Jones with support from practicing psychologist Michael Gordon.

The team was awarded for their effort in developing a new framework for final year physiotherapy students, allowing them to learn about ethical challenges they may face in a modern working context.



Other winners were Dr Michael Ward, from the School of Pharmacy and Medical Sciences, who has helped pharmacy students develop their communication skills with patients allowing the best possible medical treatments to be given, and Vivien Chanana from the School of Marketing, for her commitment in enhancing the learning experience for first year marketing students.

To find out more about these citation winners, read the [media release](#).

### **Public Teaching Awards**

Several UniSA teaching graduates were selected as regional winners in the 2012 SA Public Teaching Awards.

Among the alumni recognised were: Danielle Barnes, Toni Burford, Trudy Conway, Susan Jayne Heath, Matthew Jessett, Sharyn Lockett, Renae Methofer, Deidre Murphy, Christine Reedy, Janice Roberts, Vanessa Secomb, Kim Sheldon, Sally Smith, Anna Taheny, Emma Toohey, Emma Turner, and Amy Van Loggem.

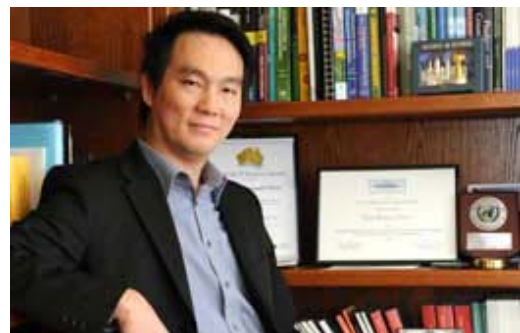
They were selected for their outstanding commitment to students and school communities in their local region.

The regional winners all went on to contest the state awards held at the National Wine Centre on World Teachers' Day.

### **Report launched by Federal Attorney-General**

UniSA cyber security expert Raymond Choo (pictured right), is a co-author of an anti-money laundering and counter-terrorism financing report recently released by the Federal Attorney-General Nicola Roxon and Home Affairs Minister Jason Clare.

The report, '*The anti-money laundering and counter-terrorism financing regime in Australia: perceptions of regulated businesses in Australia*', was prepared by Dr Choo and four of his former colleagues at the Australian Institute of





### Criminology.

In launching the report, Ms Roxon said effectively preventing money laundering was essential to combating organised crime and terrorism.

“Businesses, both large and small, have a critical role to play in detecting and deterring criminals from laundering dirty money,” Ms Roxon said.

The report found that:

- More than 97 per cent of businesses regulated under the *Anti-Money Laundering and Counter-Terrorism Financing Act 2006* believed that they had a low risk of involvement in money laundering.
- Almost all of the 4346 survey respondents considered the risk of the business being involved in terrorism financing to be low and that this risk would either stay the same or decrease in the ensuing two year period to 30 June 2011.
- Overall, two-thirds of businesses believed the AML/CTF regime was effective in deterring external threats to their business.

The full report can be downloaded [here](#).

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# Calendar

Upcoming events  
in Norway

5 September 2016

Find out about studying at  
the University of South  
Australia and living in  
Adelaide.

Find out more

05  
SEP



## Current Events

23  
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08  
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Upcoming events in  
India

23 July - 8 September 2016

Find out about studying at the  
University of South Australia  
and living in Adelaide.

05  
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Upcoming events in  
Australia

05 August - 3 September 2016

Find out about studying at the  
University of South Australia.

## Upcoming events

View:

September 2016 (14 Events)

Minimise

02  
SEP



Chemotherapy-  
induced mucosal

05  
SEP



Upcoming events in  
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Upcoming events in  
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Postgrad

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UniSA's 25th Birthday

ICT Innovation & Collaboration Centre

Academic units

Business and Law

Education, Arts and Social Sciences

Health Sciences



**barrier injury**  
2 September 2016

Professor and Dean: Academic within the Division of Health Sciences at the University of South...



**Upcoming events in Myanmar**  
07 September - 11 September 2016

Find out about studying at the University of South Australia and living in Adelaide.



**The Futures of Waste - Keynote Address**  
8 September 2016

The role of sustainability and materials in the new innovation economy: Green Materials from Waste...



**2016 UniSA Nelson Mandela Lecture**  
15 September 2016

Discover a wealth of a different kind with Geraldine Cox AM



5 September 2016  
Find out about studying at the University of South Australia and living in Adelaide.



**Futures of waste**  
07 September - 7 October 2016

This exhibition of photographs and accompanying seminar will address the origins and dimensions of waste...



**Upcoming events in Denmark**  
10 September 2016

Find out about studying at the University of South Australia and living in Adelaide.



**Upcoming events in Kenya**  
16 September - 24 September 2016

Find out about studying at the University of South Australia and living in Adelaide.



07 September - 12 September 2016

Find out about studying at the University of South Australia and living in Adelaide.



**Venture Catalyst Pitching & Information Session**  
8 September 2016

Do you have a great idea or an existing company that needs a financial injection to turn in Adelaide's...



**EU Doctoral Pedagogies Colloquium: Models, Challenges, Outcomes**  
14 September - 15 September 2016

The Hawke EU Centre for Mobilities, Migrations and Cultural Transformations in collaboration with the...



**NON-REPRESENTATIONAL THEORY: PERFORMATIVE, EMBODIED AND AFFECTIVE KNOWLEDGE**  
21 September 2016  
Masterclass by Sir Nigel Thrift

IT, Engineering and the Environment ☐



**Foundations of active ageing**

23 September 2016

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**THE SENTIENT CITY**

28 September 2016

Hawke Research Institute  
Annual Distinguished Lecture



October 2016 (3 Events)

Minimise



**Art Talks With Jeffrey Tate, Principal Guest Conductor**

6 October 2016

Art Talks With Jeffrey Tate, Principal Guest Conductor In-conversation with Professor David Lloyd, Vice...



**CHART 2016, 'Shoulder to Shoulder'**

12 October - 4 November 2016

A thematically linked multi-media Exhibition, these artworks reflect on different concepts and themes...



**Europe, the world and the challenges of the 21st century**

31 October 2016

For the Hawke EU Centre Annual Lecture, Baroness Royall argues that the values of the European Union...



November 2016 (5 Events)

Minimise



**UniSA Hong Kong Alumni Dinner**

5 November 2016

Celebrate UniSA's 25th Birthday with Vice Chancellor and President, Professor David Lloyd and fellow...



**Adelaide's International Jubilee Exhibition and Building (1887-1962)**

09 November - 30 November 2016

An exhibition exploring an 1887 Exhibition, held in the Jubilee Exhibition building, and tracks the...



**Welcome House**

09 November - 30 November 2016

An exhibition created by members of the refugee community, who receive support from Kilburn's 'Mercy...



**National Water Forum 2016**

11 November 2016

Are integrated decisions about water management better than stand-alone choices?



**Art Talks With Pinchas Zukerman, Artist in Association**

22 November 2016

Art Talks With Pinchas Zukerman, Artist in

Association. In-conversation  
with Professor Tanya Monro,...

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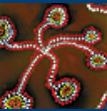
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UniSA respects the Kurna, Boandik and Barngarla peoples' spiritual relationship with their country.





## Work-life pressures put squeeze on Aussie workers

[Back to story index](#)

by Will Venn

A UniSA report has found that Australians are still facing a big squeeze when it comes to work-life pressures.

The latest Australian Work and Life Index (AWALI) survey undertaken by UniSA's Centre for Work + Life reveals that Australians' work-life outcomes have barely improved over the past five years, and have worsened for full-time working women.

Increased intensity in work demands and the difficulties faced by women who juggle work with care responsibilities are key concerns that arose out of the survey of almost 3000 working Australians.



Hon Mark Butler MP and Professor Barbara Pocock at the 2012 Australian Work and Life Index launch.

*The Big Squeeze: Work, home and care in 2012* report also indicates that recent government reforms designed to relieve work stress are associated with positive outcomes, but have yet to make a significant impact on many workers.

Centre Director and co-author of the report, Professor Barbara Pocock (pictured above), says since the publication of the first AWALI report in 2007, the global financial crisis and the continuing instability of financial markets has influenced Australians' work and family lives.

"Legislation including the *Fair Work Act 2009* and the introduction of rights enabling greater work flexibility and paid parental leave have also been introduced in recent years in Australia," she says.

"However, the latest survey indicates that widespread work-life interference has remained persistent since 2007 and for particular groups, especially women working full-time, this situation has worsened."

Full-time women's dissatisfaction with their work-life balance has almost doubled (from 15.9 per cent in 2008 to 27.5 per cent in 2012) while men have reported little change.

The survey indicates that the 'struggle to juggle' work with parenthood is persisting, with 41 per cent of mothers in full-time employment saying they would prefer to work part-time – the largest proportion since 2007.

"Women's rate of participation in the work place is increasing, yet despite profound social changes, the male breadwinner/female caregiver model of the 20th century is alive and well in 21st century Australia," Prof Pocock says.

"The Australian policy environment has adapted to working women only around the edges, to provide part-time work and parental leave, for example, but it has not fundamentally transformed to reflect the

different life-time work and care patterns of most women.”

For men too, the report indicates that the impact of policy changes, particularly the introduction of the right to request (RTR) flexible working arrangements from employers, have yet to be felt in the working environment.

Of those surveyed, only a third were aware of RTR and 15 per cent felt that flexibility was not possible in their workplaces.

The report suggests that changes to workplace cultures and practices, and wider publicity to managers and leaders about the benefits of working flexibility could encourage more workers to take up RTR.

That includes workers who are carers of the aged or those with disabilities, and who have the same levels of work-life interference as parents of young children, as well as those without caring responsibilities who are not happy with their current work arrangements and would like more flexibility.

“Two years after its introduction, RTR has not served as a climate shifter,” Prof Pocock says.

“As occurred before RTR was introduced, around a fifth of workers request flexibility and most of them are women and mothers.

“In a diverse workforce that is also ageing, there is a pressing need for reform that extends flexibility to all workers, regardless of their life circumstances.

“In many workplaces flexibility is difficult, especially where standard working arrangements are dominant.

“Improving things will require basic knowledge of rights to request, and workers’ confidence that their request will be treated seriously and not result in negative consequence.”

#### Launch of the 2012 AWALI report

The 2012 Australian Work Life Index (AWALI) was launched on 28 September by the Federal Minister for Mental Health and Ageing, the Hon Mark Butler MP, at an event hosted by CEDA (Committee for Economic Development of Australia), together with the Centre for Work + Life and SafeWorkSA.

*L to R: Ian Hardy AM (CEO Helping Hand Aged Care), Hon Mark Butler MP (Minister for Mental Health and Ageing), Professor Barbara Pocock, Claire Hutchinson (Centre for Work+Life), Katrine Hildyard (Branch Secretary ASU).*



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## Advancing Australia in the Asian Century

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by Will Venn

Former diplomat, ambassador and expert on Australian-Asian relations, Richard Woolcott AC (pictured right), will examine Australia's role in the Asian Century, when he presents the 2012 [Annual Hawke Lecture](#) next month.

As a foreign affairs expert who has served as special envoy to several Prime Ministers including Bob Hawke, John Howard and Kevin Rudd, Mr Woolcott will share his unique insights into the challenges and opportunities Australia faces in the South East Asian and South West Pacific region.

"The Asian Century is being driven by the spectacular rise of China and the rise of India. It is also being reinforced by the existing strong economies of Japan and South Korea and by the potential of countries like Indonesia and Vietnam, Thailand and Philippines," said Mr Woolcott.



"There is a seismic shift of influence in this region as wealth is being transferred from the West to the East. The Asia Pacific region now is where the world's major power relationships closely intersect, where the template for the US and China relationship will largely be shaped."

Mr Woolcott's lecture is timely as the release of the Australian Government's white paper on the Asian Century is expected soon. The white paper is set to map out the domestic, economic and social challenges that Australia can expect to face, as Asia's population and economy expands.

Mr Woolcott regards Australia to be in a unique position to play an integral role as changing dynamics shape the region over the coming decades, and suggests the country should not be afraid of loosening its historic Anglo—US ties, as it looks towards its regional neighbours.

"Forging our future will rely on a much more effective response to our geography," he said.

"In the past 18 months, for the first time in our history the main source of both migrants and students into Australia has been from Asian countries.

"Australia can use the influence it has through its alliance with the US and in its relationship with China, which is a stable purchaser of Australian resources, in a cooperative and helpful way.

"These are big picture issues and how to work out the interrelationships requires regular bilateral consultation at all levels. Australia needs a fundamental change in its psyche with a focus more on Asia than on our established links with the UK, USA and Europe.

"The younger generation realises that the world is changing and the way in which Australia needs to change its attitudes, its style of diplomacy and approaches, are what I will be talking about.

"The sort of change Australia needs to make to be more effective in this region is the need to consult



in advance of big issues much more closely with China, Indonesia, Japan and Russia, in the sort of way we habitually consult with the UK and America.”

As Australia’s former ambassador to Indonesia and the Philippines, and the man who Bob Hawke appointed to develop APEC (the Asia Pacific Regional Economic Cooperation Forum), Mr Woolcott said it was an honour to be invited to give the lecture.

“With the Government white paper due out soon and with the presidential election in the US, and leadership changes in China, It is a very interesting time to deliver this lecture,” he said.

The lecture, which will be held at Adelaide Town Hall on November 5, is the premier national event on the public lecture calendar for UniSA’s Bob Hawke Prime Ministerial Centre.

Centre Director Elizabeth Ho welcomed Mr Woolcott as this year’s lecturer.

“In presenting the 15th lecture in this series, I am again confident that the public will be given perspectives and insights that substantially inform us both as Australians and members of a wider world. That is a key role of the Hawke Centre,” Ms Ho said.

“The importance of our place in Asia is beginning to be more widely appreciated, and we have in Richard Woolcott arguably the most knowledgeable Australian about our Asian region prospects in the 21st century.”

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Latest content revision: Wednesday, 17 October 2012

## Food talk key to kids' healthy diets

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by Rosanna Galvin

How parents communicate at the dinner table, and not just what's on the plate, could be one of the secrets to establishing healthy diets for children and adolescents, according to a new cross-sectional study by UniSA researcher Dr Natalie Parletta (pictured below).



Drawing on research by Amber Owen, Dr Jacqueline Peters and Dr Margarita Tsiros from UniSA's Division of Health Sciences and Dr Leah Brennan from Monash University, the study found that parenting communication styles can be a predictor for unhealthy diets in children and higher BMI in adolescents.

Dr Parletta, who won Early Career STEM Professional (Health and Life Sciences) at last year's Science Excellence Awards SA, says communication styles, as a cornerstone of effective parenting, are adaptable and could be a potential solution to combat unhealthy dietary patterns in young people.

"What we found was that it is amazingly consistent in young children and in teenagers that permissive parenting and over-reactive, incendiary parenting styles were associated with lower fruit and vegetable consumption and higher consumption of junk foods or higher BMI," Dr Parletta says.

"Given that communication processes are modifiable, effective parenting and communication could be considered a promising focus point in the early years for interventions aimed at preventing unhealthy child/adolescent diets and obesity."

The study describes three different parents: the authoritarian parent, who is controlling and directive; the permissive parent, who is lax and undemanding; and the warm, authoritative parent, who encourages choice and autonomy within firm, healthy boundaries.

While it can be challenging to maintain the authoritative parenting approach with children, Dr Parletta says this effective communication style assists in setting up healthy lifestyle choices in later years.

"It's very easy for parents and children to get trapped in power struggles around food. If they are going to get into power struggles – food is a very common thread," she says.

"Our study supports suggestions that the authoritative style of parenting has the best outcomes for children's health. If you apply the authoritative style to food intake, it would mean giving your child a choice between an apple and an orange as opposed to an apple and an ice cream.

"And at the food table, not forcing them to eat and not bribing



them – for example, they get ice cream if they eat their broccoli – we know that incentive doesn't work.

"If you create a positive environment and give your children choices rather than forcing them to eat – put food on the table and they can make those choices for themselves; then that empowers them to make those healthy food choices and additionally develop a preference for those foods."

With a background in psychology and now based at the Sansom Institute for Health Research, Dr Parletta believes blending psychology with nutrition is a useful tool in understanding what creates healthy lifestyles.

"It's all about behaviour and what you choose to eat. If we could just teach people that this is what you should eat, then it would be really simple, people would just say, 'Oh yeah, I want to be healthy, I'll eat that'," she says.

"Unfortunately it's not that easy. That's why it is so important for parents to use effective communication and parenting styles along with healthy food provision to assist their children to establish healthy eating patterns from the outset."

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## Global Experience ignites humanitarian passion

[Back to story index](#)

by Esther Thorn

As the asylum seeker debate in Australia rages, UniSA graduate Kyla Raby (pictured right), is working on the front line.

The 24-year-old is employed by the Red Cross as a Humanitarian Observer to monitor conditions in the Northern Territory's three detention facilities.

"We meet with the detainees and ensure that their dignity, health and well-being is upheld," she said.

She said the hardest part of the job was that she could only observe.



"The Red Cross is an independent organisation and we don't have any control over the detainees' visa applications," she said.

"We have to be very clear with them that ours is specifically a monitoring role."

Raby is part of a team of people employed by the Red Cross to monitor conditions in Australia's detention centres.

"It's taught me a lot," she said.

"Before I began this work I knew about the asylum seeker issues, but only as an interested Australian citizen.

"I've learned so much about the process of migration and the demographics of people coming into Australia.

"It's also really taught me so much about the conflicts happening around the world and the ethnic groups that are being persecuted."

Raby has been working for the Red Cross out of Darwin for more than 12 months, but the foundations for her career path were laid after the first year of her double degree in Journalism and Arts.

"I realised I didn't want to be a journalist but my lecturers and tutors encouraged me to continue with the degree and take up different opportunities along the way," she said.

The first of these opportunities was UniSA's Hawke Ambassador International Volunteer Experience, which offers students the chance to volunteer with an international non-government organisation. Raby was chosen to go to Uganda, where she worked with three other volunteers setting up a rainwater tank in a village.

"At that time the children (from the village) were walking a couple of hours each way to collect water,

even though there were heavy downpours of rain every day. The concept of having gutters and collecting the rain water was totally unfamiliar to them,” she said.

There were many challenges along the way.

“There was a bit of a taboo about rain water being dirty so we had to do some re-education,” Raby said.

“I didn’t know the first thing about how to put up a rain water tank. Luckily one of the other volunteers was an engineering student!”

The experience ignited Raby’s passion for humanitarian work.

“After Uganda I said ‘this is a field I really want to work in’ but I didn’t know what that career would look like, I just knew I wanted to work with people from different cultures around the world,” she said.

In her third year of university, Raby took part in UniSA’s Global Experience program.

The program gives students another dimension to their education, equipping them with a range of skills and knowledge to help them communicate easily across cultures.

Global Experience is now in its fourth year and an inaugural Global Experience Alumni Breakfast was held recently to celebrate the achievements of the students who’ve graduated from it.

“It’s an awesome program,” Raby said.

“Global Experience helped me discover what my passion was and helped me develop skills related to the international arena.”

During the program she participated in a model United Nations Conference, where she was the Kenyan delegate. The experience became very relevant when, two years later, Raby spent six months in Kenya co-ordinating volunteers.

When she returned from Kenya, Raby was in a quandary, she knew she wanted to work with people from other cultures but she wanted to do so from Australia.

She then successfully applied for a job with the Red Cross in Darwin, supporting families in the Tiwi Islands.

Raby has continued to work in the Tiwi Islands part-time, but has relinquished the position because she’s been appointed as an International Humanitarian Law Officer with the Red Cross.

She is also applying for a Rhodes Scholarship, which if she is successful, would see her studying Refugee and Forced Migration Studies at Oxford University next year.

“For me the whole area of refugees and migration has really hit home and I find it just compelling,” Raby said.

“I’m just so grateful for the opportunities I received at UniSA which helped me discover what I’m really passionate about.”

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## Gala celebrates 25 years of enterprise

Bathed in UniSA blue, the 25th Birthday Gala Dinner at the Adelaide Convention Centre certainly reflected the generosity and warmth of the University community. [more](#)



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## Contacts

### Editor

Rosanna Galvin , ph (08) 8302 0578

### Web author

Edmund Boey

### Graphic designer

Alison Albanese, ph (08) 8302 0028

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Phone: 61 8 8302 0966

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The Conversation is an independent source of analysis, commentary and news from the university and research sector

Four common claims about education funding and quality that need explaining

By [Alan Reid](#), *Research Professor, School of Education, University of South Australia*

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*UniSA News* is a monthly online publication that shares news from around the UniSA campuses, and celebrates the achievements of our staff, students and alumni.

### Media Contacts

Michèle Nardelli  
Manager News and Media  
Ph: (08) 8302 0966  
Mobile: 0418 823 673  
Email: [michele.nardelli@unisa.edu.au](mailto:michele.nardelli@unisa.edu.au)

Katrina McLachlan  
Media Liaison Coordinator  
Ph: (08) 8302 0961  
Mobile: 0414 972 537  
Email: [katrina.mclachlan@unisa.edu.au](mailto:katrina.mclachlan@unisa.edu.au)

Will Venn  
Media Liaison Officer  
Ph: (08) 8302 0096  
Mobile: 0401 366 054  
Email: [will.venn@unisa.edu.au](mailto:will.venn@unisa.edu.au)

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Links to our previous and other news related websites

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## General enquiries

University of South Australia  
GPO Box 2471  
Adelaide, South Australia 5001  
Australia  
Ph 1300 301 703  
Fax +61 8 8302 2466

The University switchboard is attended from 9am to 5pm, Monday to Friday. If you know the extension of the person you wish to contact, dial (08) 8302, followed by the last four digits of the extension. You can also search for staff telephone numbers in the [Directory](#).

## Dialling information for external callers

Please note that all standard landline telephone numbers throughout Australia are eight digits in length. Australian mobile and toll-free numbers will differ. The numbers listed within this directory are internal university extension telephone numbers (unless otherwise indicated.)

For example, to call a university extension 26611:

- within the university, dial 26611
- within Adelaide (local number) and/or the 08 region, dial 830 followed by the extension eg 830 26611
- within Australia but outside of the 08, dial 08 83026611
- outside of Australia, dial (your international access number), then 61 8 830 26611

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## Security

All hours 1800 500 911 – free call  
(Internal callers dial 88888)

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## Future student enquiries

Ph: (08) 8302 2376  
Fax: (08) 8302 0977

### Make an Enquiry

Address: Level 1, 101 Currie Street, Adelaide SA 5000  
Mail: GPO Box 2471, Adelaide SA 5001

Open weekdays from 9:00am to 5:00pm, excluding public holidays.

## International students enquiries

[Future student enquiries \(international\)](#)

## Graduate Studies Office (research degrees)

SM Building, [City West campus](#)  
GPO Box 2471  
Adelaide SA 5001  
Ph: +61 8 8302 5880  
Fax: +61 8 8302 0828  
Email: [research.degrees@unisa.edu.au](mailto:research.degrees@unisa.edu.au)

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## Campus postal addresses

University of South Australia  
GPO Box 2471  
Adelaide SA 5001

### City East - Campus Central

Level 3 – Playford Building, Frome Road  
Adelaide SA 5000  
Ph: 1300 301 703  
Fax: (08) 8302 2466  
Email: [campuscentral.cityeast@unisa.edu.au](mailto:campuscentral.cityeast@unisa.edu.au)

### City West - Campus Central

Level 2 - Jeffrey Smart Building  
Adelaide SA 5000  
Ph: 1300 301 703  
Fax: (08) 8302 0590  
Email: [campuscentral.citywest@unisa.edu.au](mailto:campuscentral.citywest@unisa.edu.au)

### Magill - Campus Central

Level 1 Building B  
Lorne Avenue  
Magill SA 5072  
Ph: 1300 301 703  
Fax: (08) 8302 4090  
Email: [campuscentral.magill@unisa.edu.au](mailto:campuscentral.magill@unisa.edu.au)

### Mawson Lakes - Campus Central

Ground Floor - C Building  
Mawson Lakes Boulevard  
Mawson Lakes SA 5095  
Ph: 1300 301 703  
Fax: (08) 8302 3550  
Email: [campuscentral.mawsonlakes@unisa.edu.au](mailto:campuscentral.mawsonlakes@unisa.edu.au)

### Whyalla - Campus Central

111 Nicolson Avenue  
Whyalla Norrie SA 5608  
Ph: 1800 808 957 (free call)  
  
or +61 8 8647 6161 (Local)\*  
or +61 8 830 26161 (Metro)  
Email: [campuscentral.whyalla@unisa.edu.au](mailto:campuscentral.whyalla@unisa.edu.au)

\* Note: interstate, overseas, SA country and Whyalla callers wishing to call the Whyalla extension should use 8647 (instead of the 830) followed by the last four digits of the extension, for example 26111 would become 8647 6111 (ie omit the 2).

## Mt Gambier - Campus Central

Wireless Road West  
Mount Gambier SA 5290  
PO BOX 798 MOUNT GAMBIER 5290

Ph: +61 8 8721 8900 (local)\*  
or +61 830 28900 (Metro)

Email: [mountgambier.enquiries@unisa.edu.au](mailto:mountgambier.enquiries@unisa.edu.au)

\* Note: interstate, overseas, SA country and MT Gambier callers wishing to call the MT Gambier extension should use 8721 (instead of the 830) followed by the last four digits of the extension, for example 28900 would become 8721 8900 (ie omit the 2).

## Media enquiries

Michèle Nardelli  
Manager News and Media  
Ph: (08) 8302 0966  
Mobile: 0418 823 673  
Email: [michele.nardelli@unisa.edu.au](mailto:michele.nardelli@unisa.edu.au)

Kelly Stone  
Media Liaison Coordinator  
Ph: (08) 8302 0963  
Mobile: 0417 861 832  
Email: [kelly.stone@unisa.edu.au](mailto:kelly.stone@unisa.edu.au)

Alan Brideson  
Director  
Marketing and Development Unit

## Areas of study and research

[+ Click to expand](#)

Health Sciences	UniSA Business School	Education, Arts and Social Sciences	IT, Engineering and the Environment	UniSA College
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### International Students

Enquire online  
+613 9627 4854  
Further contact details

### Australian Students

Make an enquiry  
08 8302 2376  
Further contact details

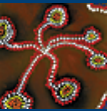
### General Enquiries

08 8302 6611  
Further contact details

### Links & legal

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SOUTH AUSTRALIA



AUSTRALIAN TECHNOLOGY NETWORK OF UNIVERSITIES



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## UniSA site help

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- [Navigation](#)
- [Accessibility](#)

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### Software requirements

Several documents on this website are available in Portable Document Format (PDF). To view these files, you may need to download and install Adobe Acrobat Reader.



- Follow this link to download the latest version of [Adobe Acrobat Reader](#).

Software downloads available via links from this site are third party products. These products may be subject to a licence agreement between you and the relevant product owner. To the extent permitted by law, UniSA accepts no liability in respect of such third party products and UniSA provides no warranty and gives no endorsement in respect of such products or any party connected with them.

### Viewing options

The UniSA website has been designed to accommodate as wide an audience as possible. As such, all commonly available browsers are supported on this website. However, the site is best viewed with Internet Explorer version 5.5 or later at a resolution of 800 x 600 pixels. If you need to enlarge the screen the best way to do so is to use the zoom option located at the bottom right corner of your browser as this will not affect the layout of the page detrimentally.



- Follow this link to download the latest version of [Internet Explorer](#).

Please note that when viewed on Netscape there is some degradation to the look and feel of the site although navigation is not hampered. Users of Netscape should take note of the [Netscape end of support notice](#).



- Follow this link to download the latest version of [Firefox web browser](#).

### Navigation

There are a variety of ways to find information on this website. The groups of links at the top of the home page provide the main navigation to key areas of content. In sub pages, navigation menus on the left hand side link to more detailed information within the site.

The grey navigation bar at the top of the home page and every page provides quick access to frequently accessed information, including the search function. Privacy, disclaimer, copyright, contact, accessibility and CRICOS information is available from the footer. A web enquiry facility is available in the [Contact UniSA](#) page.

### Accessibility

If you have a disability, refer to our [web accessibility](#) information. The [Adobe Accessibility Resource](#)

[Centre](#) provides tools that can help people who use speech readers to read the content of PDF documents. If you are encountering difficulties accessing the UniSA Corporate website, please email [webenquiry@unisa.edu.au](mailto:webenquiry@unisa.edu.au).

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[Site help](#) | [Open Day](#) | [UniSA Events Calendar](#) | [Read this page](#)

Latest content revision: Thursday, 16 July 2009

CELEBRATING  
**25**  
YEARS



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[Home](#) > UniSA Open Day 2016



## Open Day was held on Sunday 14 August

This year's Open Day was the best yet with over 90 presentations, 80 information



booths and 43 things to see and do. We hope you enjoyed your time on campus and found all the information you needed about your pathway and study options. If you still have questions, make sure you attend our Open August Events or contact our [Future Student Enquires Team](#).

## Missed a presentation?

If you didn't manage to make it to Open Day, watch our [program overview videos](#) to find out more about the range of programs on offer.

## What's next?

### UniSA's Open August Events


Open Day is held at our City West and City East campuses and is a great chance for you to explore all the study options on offer at UniSA in the one spot. Once you have decided on your direction, you will have another opportunity to step onto our Mawson Lakes, Magill and Whyalla campuses. You can explore the facilities and hear from current students, staff and industry professionals. Attend Magill @ Twilight if you are interested in studying Education, Psychology, Social Work, Communication, Media & Arts. Discover Mawson is for those thinking about careers in the areas of engineering, information technology, environmental science, geospatial science, science and advanced materials, aviation and mathematics. Find out about education, nursing, social work, business and Foundation Studies at Whyalla Open Day.

Event	Date	Location
Magill @ Twilight	Wednesday 24 August	Magill campus
Discover Mawson	Thursday 25 August	Mawson Lakes campus
Whyalla Open Day	Sunday 28 August	Whyalla campus

[Further information and registrations](#)




### Open August events



UniSA's Open Day is part of Open August, a series of events giving prospective students and parents a range of opportunities to visit our campuses, ask questions and assist with the selection of courses and careers.

[Open August events](#)


### We're here to help



Contact Future Student Enquiries for more information on studying at UniSA.

[Contact Future Student Enquiries](#)

### How to Apply



View our step-by-step video explaining how to submit your UniSA application.

[Learn more](#)

Future Student Enquiries Team

# Areas of study and research

+ Click to expand

- Health Sciences
- UniSA Business School
- Education, Arts and Social Sciences
- IT, Engineering and the Environment
- UniSA College

## International Students

- Enquire online
- + 613 9627 4854
- Further contact details

## Australian Students

- Make an enquiry
- 08 8302 2376
- Further contact details

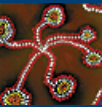
## General Enquiries

- 08 8302 6611
- Further contact details

## Links & legal

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## Browsealoud

[Browsealoud](#) is a text to speech tool that you can download and use on our website. It converts text to audio which allows the content of our websites and any Browsealoud capable website to be read to you.

### Features

- reads aloud all website content including PDF and MS Word documents
- words are spoken aloud as you move your cursor over them
- choose the voice to use
- change the reading speed
- create shortcut/hotkeys to start/stop reading
- have the program start when the computer starts



### System Requirements

In order to download and run BrowseAloud, you must have the following System Requirements:

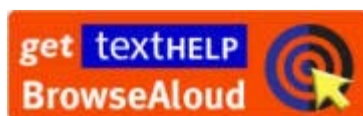
#### PC users

Operating Systems: Windows XP, Vista and Windows 7  
Pentium 4 1.8GHz Processor 512 MB RAM (1 GB RAM recommended on Windows Vista and above)  
Sound Card + Speakers  
15MB Free Disk Space

Recommended Browsers: Internet Explorer 6, 7 or 8. Firefox 3.6  
For PDFs: Acrobat Reader 9

#### Apple Mac users

OSX 10.3.9 or later (now supports Mac OSX Snow Leopard)  
256 Mb RAM (512 Mb is preferable)  
Compatibility with Power PC or Intel processor.  
Browser: Safari v3 or later 20MB disk space



For more information or support please visit the [Browsealoud support](#) page.

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