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August 2018

&gt; from the University of South Australia



## SOCIAL SCIENCES

### Lack of sleep could make kids prone to poor nutrition

From toddlers to teenagers, every parent knows that not getting enough sleep can make kids grumpy and prone to tantrums. But what's less well known is that sleep may also affect how well they eat. [more](#)



## INSIDE UNISA

### Enterprise25 – the vision for UniSA [more](#)



## SCIENCE AND TECHNOLOGY

### QantasLink partnership offers new flight path for UniSA grads [more](#)



## COMMUNITY

### Pauline Carr named Chancellor of UniSA [more](#)



## INSIDE UNISA

### From the Vice Chancellor [more](#)



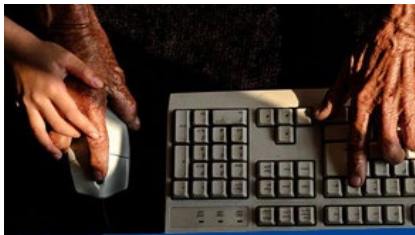
## INSIDE UNISA

### The latest achievements and announcements [more](#)

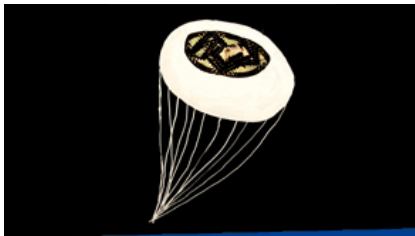


## COMMUNITY

### Consultation starts on uni merger as discussion paper released [more](#)



Seven beautiful images that share new stories of science [more](#)



An eye for the (extra) ordinary [more](#)



The latest books from UniSA researchers [more](#)



We asked five experts: is cheese bad for you? [more](#)



MOD. through the eyes of a 15-year-old [more](#)



Highlights from the Media Centre [more](#)



Discovery presents treatment hope for Alzheimer's disease [more](#)



What is equity crowdfunding and can it help you? [more](#)



Open Day and Pridham Hall gym accolade [more](#)

UNISA NEWS REACHING 120,000 members of the UniSA community

[top^](#)

# news

August 2018

> from the University of South Australia

## Enterprise25 – the vision for UniSA

[Back to story index](#)

by Adam Joyce



### INSIDE UNISA

Enterprise25 is the new strategic plan for UniSA and includes a focus on precincts, such as UniSA's City West campus with Pridham Hall at its heart.

People, programs and precincts are at the heart of UniSA's new strategic plan for 2018-2025, Enterprise25.

The plan – focusing on growth, industry connections, access and equity, and innovative quality teaching – brings together the core foundational ambitions of the University with a clear focus on addressing the future needs of students and research partners.

Vice Chancellor Professor David Lloyd says Enterprise25 is a rigorous and ambitious plan that will grow the University and prepare the groundwork for the continued success of its students.

"We operate in an ever-evolving environment – the digital world is lifting and changing student expectations, which requires adaptation to stay ahead," Prof Lloyd says.

"Technological change is transforming industry – innovative research and innovative content in programs are needed now, more than ever before."

He says the challenges for business and society are interconnected – requiring interdisciplinary responses. Enterprise25 proposes co-locating related disciplines, industry and research.

"This means we can provide more opportunities for students to study across disciplines whilst providing skilled and flexible graduates suited to an ever-changing workforce," Prof Lloyd says.

Central to the success of Enterprise25 is an expanded curriculum innovation process, reshaping and enhancing UniSA's programs, their construction and how they are delivered for a 21st century dynamic education.

"We want to ensure they are leading-edge, end user endorsed programs that are all ranked among the best in



An artist's impression a proposed new UniSA Creative Industries Hub in the CBD's West End as part of Enterprise25.

the world,” Prof Lloyd says.

UniSA would also have fewer metropolitan campuses as part of a consolidation of its footprint, with a focus on creating “vibrant communities of scale”.

“Our academic programs will draw on expertise from across the institution for their delivery – the best input contributing to the best offerings through curriculum communities. This type of innovation is embedded in Enterprise25.”

Enterprise25 also addresses an international trend toward supporting research with impact.

“UniSA needs to maximise its advantage,” Prof Lloyd says. “UniSA’s competitors are increasingly international not local.

“Through our industry-informed curriculum and flexibility of delivery we will further expand our international student population; delivering the best in globally relevant education on campus, online and offshore,” Prof Lloyd says.

UniSA’s [research themes](#) would continue to bring together thought leaders across disciplines to address significant challenges facing society.

“By taking an industry sector approach, and building partners into large-scale research activities and precincts, we prioritise the translation of knowledge into impact,” Prof Lloyd says.

## 2025 ambitions

Enterprise25 sets out seven ambitions to be achieved by 2025:

- UniSA will be ranked among the very highest nationally for student satisfaction and graduate employment rates.
- UniSA’s top 20 accredited programs will all rank among the very best in Australia and feature on the QS Top 100 subject listings internationally.
- 15 per cent of UniSA’s operational income will come from research activities with 60 per cent of that activity directly linked to industry partners. The University will grow the scale and focus of its research by building capacity in areas that it has demonstrated excellence and shown potential for growth.
- Programs will draw on expertise from across the institution for their delivery – the best input contributing to the best offerings through academic curriculum communities.
- By 2025 UniSA will be placed within the Top 8 institutions nationally for research excellence, and known as the sector’s most industry-engaged university.
- UniSA will be a high performing, culturally enterprising organisation; its core attributes will be embedded in all that it does and will be at the forefront of UniSA’s leadership and reflected in the diversity of its people and how they work together.
- The University’s teaching, research and practice will be consolidated on precincts, closely integrated and aligned with industry.

## UniSA’s composition in 2025

By 2025, UniSA will have grown by 20 per cent to 40,000 enrolled students. Within this cohort, 25 per cent of students will engage with the University online – as domestic, international, transnational, postgraduate and undergraduate students.

## Building on success

Enterprise25 builds on and continues the momentum of the current strategic plan, [Crossing the Horizon](#), including:

- Teaching and learning innovation, through the [Digital Learning Strategy](#)
- Research and end-user engagement through the [Research and Innovation Strategic Plan](#)
- Student engagement through the [Student Engagement Framework](#)
- Aboriginal education, research and employment through the [Reconciliation Action Plan](#)
- Engagement with UniSA’s regions, through the [Regional Engagement Framework](#).

Enterprise25 will be implemented from 2019 if the University decides in December 2018 against pursuing a merger with the University of Adelaide (see [separate story](#) on the merger discussion paper).

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[top^](#)



## QantasLink partnership offers new flight path for UniSA grads

[Back to story index](#)

by Michèle Nardelli



### SCIENCE AND TECHNOLOGY

The Qantas Group Future Pilot Program is now open to UniSA aviation students. The program provides aviation students with access to experienced pilots during their degree, and selected students will be invited to complete an intensive 12-week airline transition course.  
Photo courtesy Qantas.

UniSA and QantasLink have signed up to a partnership that ensures the University's brightest and best aviation students have access to special industry based additional training provided by one of the world's leading airlines.

As Australia's longest running aviation degree program, UniSA's [Bachelor of Aviation](#) has been a huge success, graduating both pilots and aviation management professionals now employed across Australia and around the world.

Head of the program, [Dr Doug Drury](#), says the collaboration with Qantas will bring about important benefits for students and the aviation industry.

"Latest industry reports show we are entering an era of very high demand for quality pilots," Dr Drury says.

"Across the next 20 years the demand globally will exceed 640,000 pilots.

"Our MOU with QantasLink ensures that on top of the excellent education and training offered here at UniSA, the best performing students will have the opportunity to access a path into the Qantas Group, adding to their education with direct experience across its regional network in Australia."

UniSA Vice Chancellor [Professor David Lloyd](#) says the MOU is another example of how connecting with industry



QantasLink Chief Pilot Adrian Young and UniSA Deputy Vice Chancellor: External Relations and Strategic Projects Nigel Relph signing the new agreement.

has important benefits for students.

“Collaborations such as this one with Qantas are invaluable for our students because they underpin deeper engagement with industry and present real opportunities for them to understand what they are learning in the context of how they will apply that in their working world,” Prof Lloyd says.

“They also reflect a confidence and respect for the education we provide and give us the opportunity to keep adapting our curriculum to meet the dynamic needs of industries such as aviation.”

QantasLink Chief Pilot [Adrian Young](#) says the Qantas Group Future Pilot Program is about building the next generation of exceptional pilots from within Australia’s top aviation schools and in return providing students with benefits and placement certainty.

“As the national carrier we have a history of attracting the best and brightest to fly for us,” Young says.

“The students chosen for this program will have an enormous head start to their career as a pilot.

“They will benefit from a direct pathway to Australia’s largest regional airline and access to our experienced pilots throughout their studies

“By offering the program at UniSA, we’ll be able to arm more high-performing motivated students with the skills needed to transition into an airline and provide them with a platform from which to launch their career as a pilot within the Qantas Group.”



UniSA aviation students who are accepted into the Qantas Group Future Pilot Program have the opportunity transition to employment with QantasLink and go on to become qualified as First Officers flying the airline’s Dash 8 Q200/300 or Q400 fleet.

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2

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[top^](#)

## Pauline Carr named Chancellor of UniSA

[Back to story index](#)

by Michèle Nardelli



COMMUNITY

Business leader Pauline Carr will be Chancellor of UniSA from 1 September. Carr will be UniSA's first female Chancellor.

UniSA has a new Chancellor – business leader Pauline Carr.

Carr will take on the role from September following the current Chancellor, Jim McDowell's appointment as [Chief Executive of the Department of Premier and Cabinet](#).

Carr, who has been involved in the merger discussions since their inception, says she is delighted to take on the leadership position at what is an extraordinarily exciting time in higher education.

"We are an institution that is playing an important role in delivering innovation and excellence to the State and I am pleased we have been able to approve our new strategic plan, [Enterprise 25](#), which sets us up to confirm our place as Australia's University of Enterprise," Carr says.

"At the same time, we are engaged in conversations around the creation of [a new university](#) and the consideration which that idea is being given can only strengthen our understanding of our role in the community into the future.

"I have been on [University Council](#) for several years and always feel extremely proud of UniSA and the work it does to empower people and help them achieve their ambitions.

"UniSA is also deeply engaged with industry to support growth and innovation.

"I feel privileged to take on this role and look forward to working with a great team on Council and with the executive team at UniSA."

### New UniSA chief appointed

RESOURCES industry expert Pauline Carr will be the next chancellor of UniSA.

The former accountant has worked for Exxon Mobil and Normandy Mining. She is chair of National Pharmacies

and deputy chair of the SA Minerals and Petroleum Expert Group. Ms Carr will next month replace Jim McDowell, who has been appointed chief executive of the Department of Premier and Cabinet.

*The Advertiser*, 18 August 2018.

With more than 30 years of management and commercial experience in the resources industry with both Australian and international listed companies, Carr brings a wealth of business, management and governance experience to the position at UniSA.

She has been a member of UniSA Council since 2010 and is currently serving as Pro Chancellor.

Originally an accountant, Carr worked for Exxon Mobil and held senior positions in Newmont Asia Pacific and Normandy Mining Limited.

She is chairman of [National Pharmacies](#), a non-executive director of ASX-listed [Highfield Resources Limited](#), a board member of the SA Government's Minerals and Energy Advisory Council and the deputy chair of the South Australian Minerals and Petroleum Expert Group.

She also provides management support, business improvement, governance, compliance and risk consultancy services to companies in a range of sectors.

At UniSA she has been chair of the Audit and Risk Management Committee and a member of both the Finance Committee and Senior Remuneration Committee.

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2

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[top^](#)

# news

August 2018

> from the University of South Australia

## From the Chancellery

[Back to story index](#)



INSIDE UNISA

For all the talk you hear about innovation and entrepreneurship and the plans institutions and industries have to make them an integral part of their operation, they remain just words unless you do something about them.

The Nike slogan, *Just Do It*, was never more apt. With the approval last Thursday of [Enterprise25](#) by the University's Council, our new seven-year strategic plan will see UniSA leverage its strengths to be even more awesome.

Enterprise25 has, at its core, an expanded curriculum innovation process which reshapes and enhances UniSA's programs, their construction and how they are delivered for a 21st century dynamic education. It will make sure that our programs are leading-edge, end-user endorsed programs that are all ranked among the best in the world.

At its heart Enterprise25 puts Programs, People and Precincts at the centre of our operations.

**Our Programs:** will be reviewed and re-shaped to make sure that they are leading-edge, end-user endorsed that are all ranked amongst the best in the world. All undergraduate programs will integrate interdisciplinary opportunities, and all will have internships and work-integrated learning. Postgraduate coursework and executive education will be designed around micro-credentialing.

**Our People:** our staff core attributes will continue to influence every aspect of our employee experience, by attracting great talent through investing in professional development to enable high performance. We will redefine program oversight, management structures and capabilities and bolster academic leadership and professional management to reflect and reinforce our program focus.

**Our Precincts:** we will group our programs into logical geographic clusters and encourage our end-users and industry partners to co-locate with us. We will maximise general teaching spaces and repurpose lecture theatres as digital education continues growing. We will reduce the number of metropolitan campuses and include

Unaipon Spaces for our Aboriginal students across them.

To prepare our graduates for the world that waits for them we are broadening their education opportunities and encouraging them to think differently. We are dismantling business-as-usual and equipping our students for the constant change that they will face. We have always encouraged a lifelong love of learning because of the changes our graduates face. We need to prepare our students for that change and make sure that what we produce – a new generation of graduates – are ready and able to achieve their academic and career goals.

And it's not just students who will benefit from the changes. Our end-users also include our research partners. Our six research themes were chosen to address the world's most pressing needs. Under our Enterprise25 plans we will bring together thought leaders across disciplines to deliver innovative and sustainable solutions to those needs. By taking an industry sector approach, and building partners into large scale research activities and precincts, we will create new knowledge with real impact.

Enterprise25 sits as an approved, costed and ambitious strategy-in-waiting. It's one of two exciting possible futures for UniSA. The other is the possibility of the creation of a new university through merger.

The process of exploring that possibility is ongoing through to December. At that point we will know what stacks up for us, and what choice best positions us to deliver as Australia's University of Enterprise.

**Professor David Lloyd**  
**Vice Chancellor and President**

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2

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[top^](#)

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**University of  
South Australia**

Latest content revision: Monday, 17 September 2018

# news

August 2018

> from the University of South Australia

## Achievements and Announcements

[Back to story index](#)

### ACHIEVEMENTS

[Mineral engineering and tourism management subjects ranked in top 25 in the world](#)  
[UniSA win \\$2.3m for research into cancer, ageing, alcohol abuse and other health issues](#)  
[When the chemistry is right: UniSA pharmacist wins top prize](#)  
[Small scale research earns UniSA scientist a Tall Poppy award](#)  
[UniSA student to lead national pharmacy association](#)  
[UniSA wins prestigious European Union grants](#)  
[UniSA celebrates first Senior Fellows of UK's prestigious Higher Education Academy](#)  
[High achievers take centre stage](#)

### APPOINTMENTS

[Jacinta Thompson appointed to Korean advisory board](#)  
[Innovation and Collaboration Centre appoints entrepreneur in residence](#)

### ANNOUNCEMENTS

[UniSA Chancellor to lead Premier and Cabinet](#)  
[UniSA leverages industry connections in \\$9.2m ARC projects](#)  
[SA tech entrepreneurs invited to pitch to Prince Andrew](#)  
[New resource to help students take control of their finances](#)  
[China-Australia collaboration set to advance laser and sensor technologies](#)

### ACHIEVEMENTS

#### Mineral engineering and tourism management subjects ranked in top 25 in the world

UniSA's School of Engineering and its Business School have both had subjects ranked in the top 25 in the world in a recent international ranking.

The [ShanghaiRanking's Global Ranking of Academic Subject](#) ranked UniSA 22 in the world in the subject area of Mining and Mineral Engineering. It also ranked UniSA 25 in the world in the subject area of Hospitality and Tourism Management.

The 2018 ranking is published by the [ShanghaiRanking Consultancy](#).

More than 4000 universities were ranked, which also placed UniSA in the top 100 in the world in the subject area of Business Administration (ranking band 76-100); and highest in South Australia in the subject area of Environmental Science & Engineering (ranking band 101-150).

The subject area of Education was also ranked highest in the State (ranking band 151-200).

The ShanghaiRanking's Global Ranking of Academic Subjects is determined by a series of indicators including: the number of papers authored by an institution in an academic subject; Category Normalised Citation Impact (CNCI); international collaboration on papers; and the number of staff winning awards in an academic subject.

The full ranking and methodology can be found on the [Academic Ranking of World Universities website](#).

#### UniSA win \$2.3m for research into cancer, ageing, alcohol abuse and other health issues

UniSA has been awarded more than \$2.6 million in the latest round of Federal Government funding to further research into Australia's most critical health issues.

Almost half of UniSA's funding announced in August from the [National Health and Medical Research](#)

[Council](#) (NHMRC) has been awarded to find potential treatments for cancer, specifically brain tumours, acute myeloid leukaemia, bone marrow and head and neck cancers.

More novel research will be funded to develop an innovative 3D bioprinting platform to reconstruct the earlobe – a difficult organ to regenerate using traditional methods.

Other projects to benefit from the NHMRC funding will focus on preventing medicine-related side effects in older people; programs to address Australia’s high alcohol consumption by targeting parents; and strategies to balance daily activities for the best mental and physical health.

UniSA researchers awarded funding include:

- [Professor Stuart Pitson](#): a \$649,175 Senior Research Fellowship to understand how defects in a type of ‘fat’ molecule known as sphingolipids contributes to cancer and other diseases, and how this can be prevented to treat brain tumours, acute myeloid leukaemia and multiple myeloma;
- [Professor Benjamin Thierry](#): a \$609,542 Development Grant to use magnetic tracers to develop a superior staging technology for head and neck cancers based on magnetic tracers.

Four-year Early Career Fellowships have also been awarded to:

- [Dr Liping Wang](#): \$417,192 to fabricate tissues and organs for ear reconstruction using 3D bioprinting;
- [Dr Renly Lim](#): \$327,192 to develop and evaluate a novel, pharmacist-led service to prevent medication-related side effects in older people;
- Jacqueline Bowden: \$327,192 to help halt Australia’s high rate of alcohol consumption by targeting parents, discouraging them from supplying their teenage children with alcohol;
- [Dr Dorothea Dumuid](#): \$327,192 to identify the healthiest daily activity patterns for adults and children.

Full details of the successful projects can be found on the [NHMRC website](#).

**When the chemistry is right: UniSA pharmacist wins top prize**

UniSA pharmacist [Dr Jacinta Johnson](#) has been named Australia’s *Early Career Pharmacist of the Year*.

Dr Johnson, a lecturer and researcher in UniSA’s [School of Pharmacy and Medical Sciences](#), received the honour at the 2018 Pharmaceutical Society of Australia (PSA) Excellence Awards in late July.

The award nomination singled Dr Johnson out for her extensive support and mentoring of students, her volunteer work within the industry and her research.



Dr Jacinta Johnson talks about her work and career.

Described as an “exceptional role model and effective communicator,” Dr Johnson has been credited with motivating students to be innovative and achieve high standards.

South Australian Pharmacy Students’ Association president Caela Crane says Dr Johnson “is more than just a lecturer; she is a mentor and an inspiration to her students”.

“Both in the lecture theatre and in person, Jacinta is a dynamic and powerful communicator who makes complex subjects understandable and who is very generous with her knowledge and time,” Crane says.

“She encourages students to challenge and ask questions to ensure a deeper understanding of pharmacy rather than just learning by rote.”

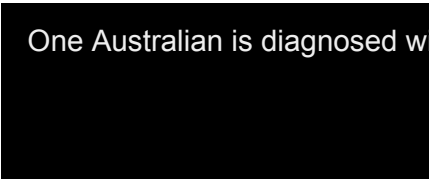
In 2017, the South Australian Pharmacy Students Association awarded Dr Johnson “Lecturer of the Year” and the *Australian Journal of Pharmacy* named her one of the country’s “rising stars”.

She won the SA/NT Early Career Pharmacist Award in March this year, qualifying her for the national finals.

**Small scale research earns UniSA scientist a Tall Poppy award**

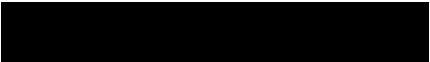
A UniSA researcher who works with materials a billion times smaller than a metre has taken out a [Young Tall Poppy Science Award](#) for her ground-breaking work in nano-architecture.

[Dr Melanie MacGregor](#), a Santos-UCL Research Fellow at UniSA’s [Future Industries Institute](#), has been named one of 10 Tall Poppy Scientists for



South Australia in 2018.

The 33-year-old is building a solid track record in nanoengineered biomaterials, developing devices using plasma coatings to capture cancer cells from urine samples, growing stem cells and improving oil and gas recovery for the mining sector.



Dr Melanie MacGregor explains some of her work.

Her research involves designing surfaces at a minute scale to influence how they interact with their environment – a field billed as “the next industrial revolution”.

Dr MacGregor’s key focus involves working with a team of 12 scientists to develop a commercial non-invasive microfluidic device to detect bladder cancer cells in urine. The team hopes to start clinical trials this year using this new, pain-free technique.

In the five years since completing her PhD at UniSA, Dr MacGregor has published 30 high-impact, peer-reviewed articles and won a number of awards, including the Ian Wark Medal, the John A. Brodie Medal for Chemical Engineering, the Winnovation Engineering Award and the UniSA ITEE ECR Award.

She is a keen supporter and volunteer of [Science Alive](#), the largest single interactive science exhibition in Australia, and actively promotes women in STEM.

The fellowship program with Santos-UCL supports UniSA’s role in the [Science in Australia Gender Equity \(SAGE\)](#) project.

### UniSA student to lead national pharmacy association

Fourth-year UniSA pharmacy student Jessica Hsiao has been elected national president of the National Australian Pharmacy Students’ Association Board (NAPSA) for the 2018-19 term.

Jess is studying a [Bachelor of Pharmacy/Bachelor of Pharmaceutical Sciences \(Honours\)](#) and says she’s very excited to take on the role.

“It is an honour and although it is a big responsibility, it is also an extraordinary opportunity to represent pharmacy students nationally,” she says.

“NAPSA is dedicated to making our student voices heard to ensure that the changes that we see are what we, as students, wish to see in our profession.



UniSA student Jess Hsiao is president of the National Australian Pharmacy Students’ Association Board.

“As NAPSA president, together with the Board of Directors, we strive to build and strengthen relationships with our industry bodies and provide platforms for our members through education and networking opportunities.”

Jess will be joined on the board by seven newly elected executive directors from across Australia, including fellow UniSA students Joshua Hogben and Tina Blefari, who takes on the role of treasurer.

Since beginning her pharmacy degree, Jess has been heavily involved with her local NAPSA branch – the South Australian Pharmacy Students’ Association (SAPSA). UniSA will host the annual NAPSA Congress in January 2019.

### UniSA wins prestigious European Union grants

UniSA will play a central role in deepening ties between Australia and the EU after winning two of the most prestigious grants awarded by the [European Commission](#).

UniSA’s [Hawke EU Centre](#) has been awarded more than \$600,000 to establish a [Jean Monnet Centre of Excellence](#) and a [Jean Monnet Network](#), aimed at strengthening Australia-EU relations through research, teaching and diplomatic activities.

Professor Anthony Elliott, UniSA’s Dean of External Engagement and internationally-acclaimed sociologist, will be Executive Director of the new centre, which will be launched in September 2018.

Prof Elliott, a Fellow of the [Academy of the Social Sciences in Australia](#), will also lead the new Jean Monnet Network, bringing together a consortium of 12 researchers from universities in Australia, Germany,

Denmark, Estonia, New Zealand and Japan to examine the impact of driverless vehicles on society.

The Hawke EU Jean Monnet Centre of Excellence will focus on three main themes:

- Industry 4.0, reflecting the era of cyber-physical systems powered by artificial intelligence, the Internet of Things (IoT), autonomous machines and big data;
- Creative Industries, including the design of business models and skills for digital markets;
- Migration, Mobility and Culture to track the global and regional migration of people and the transformation of cultural identities.

“Through this award of a Jean Monnet Centre of Excellence, this is an enormously important opportunity to develop and deepen EU-Australia relations on the most critical global transformation of our times,” Prof Elliott says.

“One of the characteristics of the 21st century is the digital revolution – from AI to advanced robotics to Industry 4.0. UniSA will play a central role in generating and promoting synergies in European studies to better understand these global technological changes.”

The Jean Monnet Network will undertake research on the development and impact of driverless vehicles in Europe and Australia, identifying issues for governments and local authorities and making policy recommendations.

UniSA Deputy Vice Chancellor, Nigel Relph, says the grants are “a real coup for UniSA and for Professor Elliott”.

### **UniSA celebrates first Senior Fellows of UK’s prestigious Higher Education Academy**

Two UniSA academic staff have been announced as Senior Fellows to the UK’s Higher Education Academy (HEA) – Scott Polley, Program Director of Human Movement and Dr Julie Reis, Program Director of the Bachelor of Community Health at Mount Gambier.

UniSA introduced an initiative this year help academic staff develop and submit applications for HEA Fellowships, with support including workshops and mentorship from Dr Beth Beckmann who is a Principal Fellow of the Academy.

Dr Gavin Sanderson who is coordinating the UniSA initiative says this recognition is a great credit to Dr Reis and Polley, reflecting their high quality, sustained work and leadership.

Dr Reis says it was a pleasant surprise receiving the news she had been nominated to participate in the program.

“It was an honour just to be nominated and then to be successful in my application,” Dr Reis says.

“In particular, my senior fellowship provides evidence that rurality and distance is not an impediment to being an effective teacher, course coordinator and program director.

“This acknowledgement inspires me to continue to do the best I can to build the capacity of students for the wider community good.

“I’d like to express my gratitude to the University for supporting the program this year, to thank in-particular my nominees and referees, but significantly I wish to acknowledge the support and mentorship afforded to me from Beth Beckman.”

Polley says he was aware of the title of Fellow of the Higher Education Academy but



Professor Anthony Elliott



Dr Julie Reis.

had not considered that he might apply.

“It was not until I was contacted by Gavin Sanderson and my Head of School to advise that my name had been put forward as a possible candidate that I thought seriously about the prospect,” he says.

“Being a Senior Fellow is a mantle that I am still getting used to and I hope I represent the title well as I continue my career teaching in the field of Human Movement and Outdoor Education.

“It feels pretty amazing to know that your teaching is recognised by an international benchmark and I hope my recognition helps other academics to have the confidence to pursue a fellowship with the academy.

“I’d like to thank the University and my colleagues publicly for the support given, along with my students for helping me maintain my passion.”

Dr Gavin Sanderson says the initiative is ongoing with two UniSA applications from Stage 1 still in the HEA assessment stage and a number of academics preparing submissions for Stage 2 later this year.



Scott Polley

### High achievers take centre stage

More than 40 first-year UniSA students have been recognised for academic excellence – receiving scholarships at a special awards ceremony in July.



Recipients of the UniSA Excellence Scholarships with Professor Allan Evans and Heads of School.

The academic merit scholarships are awarded to new UniSA students for academic excellence in previous studies.

Twenty-one domestic students were presented a [UniSA Excellence Scholarship](#) at the ceremony, which was also attended by family and friends. The \$5000 scholarships are awarded to South Australian school leavers who obtained an ATAR of 99. This year’s recipients are pursuing degrees including business, law, psychology, physiotherapy, podiatry, pharmacy, midwifery, occupational therapy and medical radiation science. It’s the third year the scholarships have been awarded.

Provost and Chief Academic Officer Professor Allan Evans says UniSA is “proud to play its part in realising the ambitions of exceptional students from here and abroad”.

Podiatry student Emilee Ong says the scholarship helped provide a smooth transition from secondary schooling to university.

“The support from my school community facilitated my academic success,” she says.

“The current support from UniSA has undoubtedly aided in establishing an encouraging environment for me to develop workplace skills and more importantly, nurture my passion for my studies.”

Medical radiation science student Yolanda Gomes says she is humbled and grateful to UniSA for the scholarship.

"It has taken some of the pressure off me with regards to the cost of my degree and has allowed me to fully engage with my studies as well as pursue some extra-curricular activities," Yolanda says.

"I'd like to thank my family and the wonderful teachers at Unley High School for their unconditional support in helping me achieve academic success. I look forward to the memories and opportunities my study at UniSA will provide".

Twenty international students received the [Vice Chancellor's International Excellence Scholarships](#) at the same ceremony. The scholarships are awarded to international students who obtain outstanding academic results in previous studies.

This year's recipients come from India, Malaysia, Sri Lanka, Vietnam, Pakistan, China, Singapore and Kenya, and are studying undergraduate degrees in nursing, pharmacy, information technology, engineering, commerce, business, laws, environmental science, and master's degrees in design and data science.



Scholarship recipients in their UniSA hoodies.

Psychological science student Daksha Ramesh says she feels honoured and grateful.

"This scholarship has given me a sense of assurance and encouragement that somewhere, something that I'm doing in pursuit of seeking knowledge and excellence has been right," Daksha says.

Information technology student Gowri Sankar says receiving the scholarship has been a privilege and a kickstart to his career, helping him get a job as a junior developer.

Malaysian product design student Shu Yun Lam says she is grateful for the scholarship.

"Without it, I wouldn't have a chance to pursue my dream and to study a degree in world class facilities that are not available in my home country," she says.

Prof Evans says UniSA is delighted to celebrate the achievements of these academically gifted students.

"These high achievers represent less than 1 per cent of the total UniSA student population of 32,000 - they should be very proud of their success," he says.

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## APPOINTMENTS

### [Jacinta Thompson appointed to Korean advisory board](#)

The Executive Director of UniSA's Bob Hawke Prime Ministerial Centre, Jacinta Thompson, has been appointed to the board that advises the Federal Government on how to deepen cooperation with the Republic of Korea.

Foreign Affairs Minister Julie Bishop appointed Thompson to the Board of the Australia-Korea Foundation (AKF) this month, alongside fellow new board members Dr Ruth Barraclough and Mr Chris Raciti.

Announcing the three-year appointment, Bishop says Korea is a vital strategic and economic partner for Australia and Australia's fourth largest trading partner.

Thompson is the only South Australian appointed to the board and says she is delighted to take up the opportunity.

"It is a great honour and I look forward to working towards greater collaborations and understanding between Australia and Korea across a wide range of areas, including science and technology, education, culture, sports, international relations and trade," she says.



In addition to her role at the Bob Hawke Prime Ministerial Centre, Thompson is on the steering committee of the Asia Pacific Centre for Arts and Cultural Leadership and a member of the Association of Asia Pacific Performing Arts Centres.

### [Innovation and Collaboration Centre appoints entrepreneur in residence](#)

UniSA's [Innovation & Collaboration Centre](#) has appointed Kirk Drage as its inaugural entrepreneur in residence.

Drage is the chief executive and co-founder of [LeapSheep](#), a subscription advisory and startup building support platform that aims to revolutionise the rate of startup success.

After 12 years at Microsoft holding many roles, including Head of Entrepreneurship and Venture Capital Relations for the Asia Pacific, Drage spent time in Silicon Valley developing artificial intelligence products and services before returning home to Adelaide in 2015.

Drage wants to support passionate and committed entrepreneurs with disruptive business ideas to create the next generation of hyper-growth startups.

"Supporting early stage startups has developed into a real passion," Drage says.

"As an entrepreneur and investor, I've made my fair share of rookie mistakes, it's both highly challenging and rewarding to help founders avoid these common pitfalls."

ICC manager [Jasmine Vreugdenburg](#) says Drage brings global experience and perspective to Adelaide, critical to helping new founders who are wanting to grow a globally successful and competitive business.

"By growing founders here, we hope to build and maintain a culture of globally successful entrepreneurs in South Australia," she says.



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## ANNOUNCEMENTS

### UniSA Chancellor to lead Premier and Cabinet

UniSA Chancellor Jim McDowell has been appointed as the new chief executive of the South Australian [Department of the Premier and Cabinet](#) (DPC).

Premier Steven Marshall announced the appointment on 26 July.

UniSA Vice Chancellor Professor David Lloyd says UniSA has benefited greatly from McDowell's extensive industry experience and contacts, including his years as a chief executive and board member in Australia and abroad.

"On behalf of everyone in the University I want to congratulate Jim on this significant appointment and to wish him well in what I know will be an important period of reform in State Government," Prof Lloyd says.

"I want to take this opportunity to thank Jim for the leadership he has given the University as Chancellor since 2016, and as a member of Council previously, and particularly for the tremendous support and guidance he has provided to me personally."

Premier Steven Marshall says McDowell's wealth of experience in the defence and space industries would be invaluable.

"Mr McDowell is an incredibly talented leader with decades of international business experience in industries that are critical to South Australia's future prosperity," Marshall says.

"Mr McDowell is well placed to guide the South Australian public sector as we seek to take full advantage of the Commonwealth's naval shipbuilding program and other defence contracts based in South Australia."

McDowell will officially commence in his new role on 1 September.

Business leader Pauline Carr has been appointed as UniSA's new Chancellor (see [separate story](#)).

### UniSA leverages industry connections in \$9.2m ARC projects

UniSA will help chart the future of Australia's energy and manufacturing sectors as a key partner in two new national training centres announced by the Federal Government in August.

The [Australian Research Council](#) (ARC) has provided \$9.2 million to establish centres in Surface Engineering for Advanced Materials (\$4.8m), and Future Energy Storage Technologies (\$4.4m).

In the first centre, UniSA researchers [Dr Christiane Schulz](#), [Associate Professor Colin Hall](#) and [Associate Professor Nikki Stanford](#) from

the [Future Industries Institute](#) (FII) will join forces with Swinburne University and RMIT to integrate hi-tech research into the manufacturing sector, benefitting industry and providing a central point for international collaborations.

Known as the ARC Training Centre in Surface Engineering for Advanced Materials (SEAM), the Swinburne-led centre will bring together researchers across all career stages and provide job pathways, creating a high-quality manufacturing workforce, according to Professor Chris Berndt.



Dr Christiane Schulz

“It will cover a spectrum of important research themes and applications, including biomaterials, graphene layering, high temperature coatings, laser metal deposition for materials repair and Industry 4.0 manufacturing processes, ranging from thin films to thick coatings and additive layered materials,” Prof Berndt says.

Within the SEAM project, UniSA’s principal partner will be Adelaide surface engineering company [LaserBond](#), with opportunities for a post doc and two PhD students to work in the centre.

UniSA is also part of a new ARC Training Centre for Future Energy Storage Technologies (FEST), which will equip the next generation of researchers and the energy technology workforce with the skills needed to drive innovation, exploration and investigation.

The centre, led by Deakin University, will create advanced energy materials, batteries and battery-controlled systems to help small and medium-sized enterprises produce new technologies.

In the ARC-FEST Centre, UniSA FII researcher [Associate Professor Drew Evans](#) and a PhD student will partner with SA sensor technology company [Sentek Pty Ltd](#) to help further its remote sensing applications with a materials science focus.

“By harnessing the expertise of researchers and industry partners, both projects aim to deliver benefits for our economy, the community, and our environment,” says Dr Christiane Schulz.

### **SA tech entrepreneurs invited to pitch to Prince Andrew**

Adelaide will welcome The Duke of York, HRH Prince Andrew later this year when he visits UniSA as part of [Pitch@Palace](#) Australia 2.0 – an event designed to give new entrepreneurs and start-ups the best connections to develop their ideas and innovations.

Pitch@Palace On Tour Adelaide will be hosted by UniSA on 26 November, the first time the event has been held in South Australia.

The concept was founded by HRH in 2014 as a platform to amplify and accelerate the work of entrepreneurs. The program guides, helps and connects entrepreneurs and early-stage businesses with a global network of potential supporters including CEOs, influencers, angels, investors, mentors and business partners.



HRH Prince Andrew

Pitch@Palace Australia On Tour events will provide entrepreneurs from across the country with the opportunity to learn about the program, connect to local stakeholders and receive mentoring to develop their business.

The Adelaide event will be hosted by UniSA in collaboration with the [Innovation & Collaboration Centre](#) (ICC), a unique co-working space that supports innovative ideas from generation through to growth and expansion, all year round.

Pitch@Palace Australia Steering Committee member, UniSA Deputy Vice Chancellor: Research and Innovation [Professor Tanya Monro](#), says this is an invaluable opportunity for Australia’s thousands of talented, creative and innovative entrepreneurs to take part in a unique event.

“As Australia’s University of Enterprise, we are all about connecting people with opportunities,” Prof Monro says.

“In everything we do – providing opportunities for students to realise their educational ambition, forging valuable research partnerships with industry to grow knowledge and capacity, and in supporting local innovation through the ICC – we embrace the ‘can do’ spirit.

“Pitch@Palace is a rare opportunity for budding entrepreneurs to learn from the experience of others, refine their concepts and bring an idea to fruition, and this promises to be a truly exciting event which we are proud to be hosting.”

Australian applicants can apply online before being shortlisted. Those who are successful will compete in state-based events before eight finalists from each of five Pitch@Palace Australia On Tour events and two overall wildcards are selected to pitch at Pitch@Palace Australia Boot Camp in Brisbane in November.

The winners of Pitch@Palace Australia 2.0 will be invited to Pitch@Palace Global 3.0 at St. James's Palace in London in December. Applications can be made online at the [Pitch@Palace website](#).

### New resource to help students take control of their finances

UniSA has teamed up with [USASA](#) and digital financial education provider [blackbullion](#) to provide free money lessons to help students take control of their financial future.

Students can now use their UniSA email to register for a free account with [blackbullion](#) and choose from online learning modules covering topics such as budgeting, debt, savings and tax.



It's an important initiative and timely given the latest data from the [Universities Australia Student Finances Survey 2017](#), released this month, showing that one in seven university students regularly go without food and other necessities because they cannot afford them.

Universities Australia Chief Executive Catriona Jackson says financial hardship is hurting students' education, with many students deferring studies or reducing their course load for financial reasons.

The survey also reveals three in five university students say their finances are a source of worry.

Blackbullion provides a range of tips and strategies students can access in their own time, with principles to help them manage their money better.

It's a simple learning platform for students, offering short four-minute modules, including videos, graphics and quizzes. More information can be found on the [University's website](#).

### China-Australia collaboration set to advance laser and sensor technologies

UniSA has established a joint laboratory in advanced lasers and sensors with [Shandong Academy of Sciences](#) (SDAS), with support from the South Australian Government.

The collaboration consists of two major facilities – one in China's Jinan City and the other in Adelaide.

The advanced lasers and sensors lab was announced at the same time as the South Australian Government forged closer links with the Shandong Academy of Sciences by underpinning a three-year collaboration agreement with all three South Australian universities and committing \$900,000 to support the advancement of collaborative research with China.

The new collaboration in lasers and sensors research will integrate top-class Chinese and Australian scientific and technological resources, boosting capacity to make significant technological breakthroughs within the next five years.



Research will focus on the development of advanced lasers and sensors for humidity sensing and trace detection of toxins in food products, R&D and commercialisation of planar waveguide-based infrared lasers and advanced gas sensors.

UniSA Deputy Vice Chancellor: Research and Innovation, [Professor Tanya Monro](#) says the joint laboratory aims to develop novel and internationally competitive lasers and sensor products and to open the door for both Australian and Chinese businesses to collaborate and innovate.

“This sector has enormous potential internationally to transform and upgrade existing industries, and at the same time, support the formation of new industries where advanced sensor and laser technologies are key,” Prof Monro says.

“By bringing our research teams together we expect to shorten discovery times and leverage global links from both South Australian and Shandong.”

The \$1.6m joint lab, funded jointly by UniSA, the Shandong Academy of Sciences and the South Australian Government, will also support places for six PhD students.



[top^](#)

## Consultation starts on uni merger as discussion paper released

[Back to story index](#)

by Adam Joyce



### COMMUNITY

University of Adelaide Vice Chancellor Professor Peter Rathjen and UniSA Vice Chancellor Professor David Lloyd speaking at a press conference about the proposed merger. Watch a [video](#) of the two vice chancellors being interviewed by students about the proposal.

UniSA and the University of Adelaide are calling for submissions following the release of a public discussion paper on the merits of a potential merger of the two leading institutions to create a new university for South Australia.

Chancellors Jim McDowell (UniSA) and Rear-Admiral Kevin Scarce (Adelaide) say they believed this was a rare opportunity for the community, business and industry to contribute to the conversation.

"The discussions we are having about the merits of the creation of a new university touch on a range of significant factors for the State and the nation," they say.

"These include how we provide the best possible educational experience for our students, how we compete on an international stage, support skills and knowledge development for South Australia and respond to the challenges of future industries in advanced manufacturing, the environment, education, health, defence and more.

"Staff, students, alumni, and business, industry and government stakeholders can now access the [discussion paper](#) and respond to the questions we have posed.

This is the key opportunity to contribute to such an important conversation



for South Australia and we really hope people will take part.”

The front page of The Advertiser, 9 August 2018.

The discussion paper, which has been commissioned by the universities and prepared by consultancy group NOUS, provides the context for the merger discussion, background data on the contribution both universities make to the economic, cultural and social fabric of South Australia and canvasses a range of considerations for the creation of a new university.

UniSA Vice Chancellor Professor David Lloyd is encouraging students, staff and alumni staff to provide their feedback and insights about the potential creation of a new University.

“The findings from this consultation process will inform the final report to be presented to [University Council](#),” he says.

“This consultation period is an important part of the process, and ensuring we get feedback from staff is of utmost importance. So please take this opportunity to contribute your opinion and be part of the conversation.”

The discussion paper is now available for viewing and download at a website hosted by NOUS and submissions can be lodged on the [merger consultation website](#).

The final date for submissions, which will inform the preparation of a final report for the two university councils to consider in December, is 21 September 2018.



UniSA student Geena Ho and University of Adelaide student Rachel-Olivia Ganczarzyk interviewed the vice chancellors of the two universities for a [video](#) about the proposed merger.

**Facts and Figures:**

**University of South Australia**

- Founded: 1991
- Students: 37,000
- Staff: 3000
- Total revenue: \$610 million
- Campuses: six (City East, City West, Magill, Mawson Lakes, Whyalla, Mount Gambier)

**University of Adelaide**

- Founded: 1874
- Students: 27,000
- Staff: 3800
- Total revenue: \$947 million
- Campuses: three (North Terrace, Waite, Roseworthy)



The UniSA Cancer Research Institute and Adelaide Uni's Adelaide Health and Medical Sciences Building.

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## Lack of sleep could make kids prone to poor nutrition

[Back to story index](#)

by Annabel Mansfield and Dr Alex Agostini



### SOCIAL SCIENCES

> [Top tips to help get your child on a path to better sleep and nutrition](#)

From toddlers to teenagers, every parent knows that not getting enough sleep can make kids grumpy and prone to tantrums. But what's less well known is that sleep may also affect how well they eat.

According to UniSA research, a child's bedtime and how well they sleep at night can impact their eating choices, causing them to skip breakfast and eat more junk food.

The world-first study assessed the sleep and eating behaviours of 28,010 school children aged between 9 and 17, from 368 government and independent schools in South Australia.

The results showed that children who regularly went to bed after 11pm were four to five times more likely to eat breakfast less than three times a week, and two to three times more likely to eat junk food at least five times a week.

Both are warning bells of poor nutrition.

UniSA's [Dr Alex Agostini](#) says the research clearly demonstrates the links between sleep and diet among school-aged children.

"Sleep is important for everyone's health and wellbeing, but when children and teenagers regularly skip breakfast or eat junk food, their bodies and minds can suffer," Dr Agostini says.

**"When children have poor sleep and go to bed late at night, it increases their chance of missing**

## breakfast the next morning.

“Later bedtimes also increase the odds of children and teenagers eating junk food more often, which is never a good thing – not only does junk food lack nutritional benefit, but it also contributes to the growing concerns around childhood obesity.”

Obesity continues to be a significant issue in both New Zealand and Australia, with the two countries having the [third and fifth-highest rates of adult obesity among OECD countries](#).

“One in five children are overweight or obese in OECD areas,” Dr Agostini says.

“It’s become an epidemic, and unless we take a holistic approach to understanding and managing health issues, it will only get worse.”

The study also found a substantial proportion of children in the study to be sleep-deprived.

“The [National Sleep Foundation](#) recommends 9-11 hours’ sleep for children aged 6-13, and 8-10 hours’ sleep for children aged 14-17. Yet according to these standards, 16 per cent of children in this study were not getting enough sleep,” Dr Agostini says.

“Good quality sleep – and enough of it – is important for children and adolescents. Without it, children not only develop fatigue and behavioural and emotional problems, but also make poor food choices.

“Promoting healthy sleep and a nutritional diet for children and teenagers is critical if we are to help them realise their best potential, physically and psychologically.”

So what can parents do?

Unfortunately the one-size-fits all approach doesn’t work, as all children are different, and there’s no singular way to improve sleep.

Dr Agostini says that the best approach is to customise a routine to what works best for your child.

“Pick a bedtime that allows your child to get the necessary amount of sleep before they have to wake up in the morning for school,” Dr Agostini says.

“This could mean going to bed at 8pm for a 7am rise for your primary-schooler, but understanding that there are also individual differences in the amount of sleep that children need.

“You don’t need to be concerned if you’re allowing your 10-year-old 11 hours in bed but she or he is only sleeping for nine hours.”

Dr Agostini also notes the importance of breakfast.

“We’ve heard time and time again that breakfast is the most important meal of the day – and it is! So anything we can do to help your child eat breakfast to start the day right will help them concentrate better at school.

“And try not to be discouraged. We always know that there will be setbacks. Don’t let one bad night or one unhealthy meal derail the whole week or month.”

### Top tips to help get your child on a path to better sleep and nutrition

- **Create a bedtime routine**

You cannot underestimate the value of a predictable bedtime routine for children. Our bodies learn when it’s time to fall asleep by going to bed at the same time every night (and similarly waking at the same time every morning). Doing the same thing every night before bed will allow kids to learn when it’s time for bed, so sleep should come more easily.

- **Warm up to calm down**

Creating a sense of calm before bed, such as a warm bath or shower, can help kids warm up and wind down. Our bodies cool at sleep time, so warming ourselves up before bed and allowing us to cool down can assist in the falling asleep process – this is a great time for your child to read a book or for their parent to read to them.

- **Removing anxiety**

Sometimes older children can be concerned about things like school tests or presentations, so creating a

to-do-list for the next day can be a helpful way to ensure they're not forgetting anything and allowing their minds to 'switch off' and unwind.

- **Be aware of meal size before bedtime**

A small, healthy snack or glass of milk before bedtime might be beneficial for kids, but large meals should always be consumed a few hours before bedtime to allow the body to process the meal before trying to sleep.

- **Step away from the coffee**

Consuming any caffeine before bed is big no-no. Caffeine is a known stimulant, so it will keep you awake. Something that parents might not know is that chocolate also contains caffeine – something to keep in mind for parents in winter.

- **Take technology out of the bedroom**

Remove all technology from kids about an hour before bedtime. This removes them from the stimulating effect of excessive artificial light that devices deliver and lets them to start to relax. Research shows that those with technology in the bedrooms don't sleep as well as those without. The more devices in a bedroom, the worse the sleep.

- **Plan snack time**

If you make a plan for breakfasts and healthier snack options at the beginning of the week, it can make life easier and increase the chances of healthier eating for our kids. When we leave food choices until we're hungry, or when we're rushing out the door, it's more likely we'll choose something that's quick or easy (generally meaning unhealthy), rather than something that's better for us.

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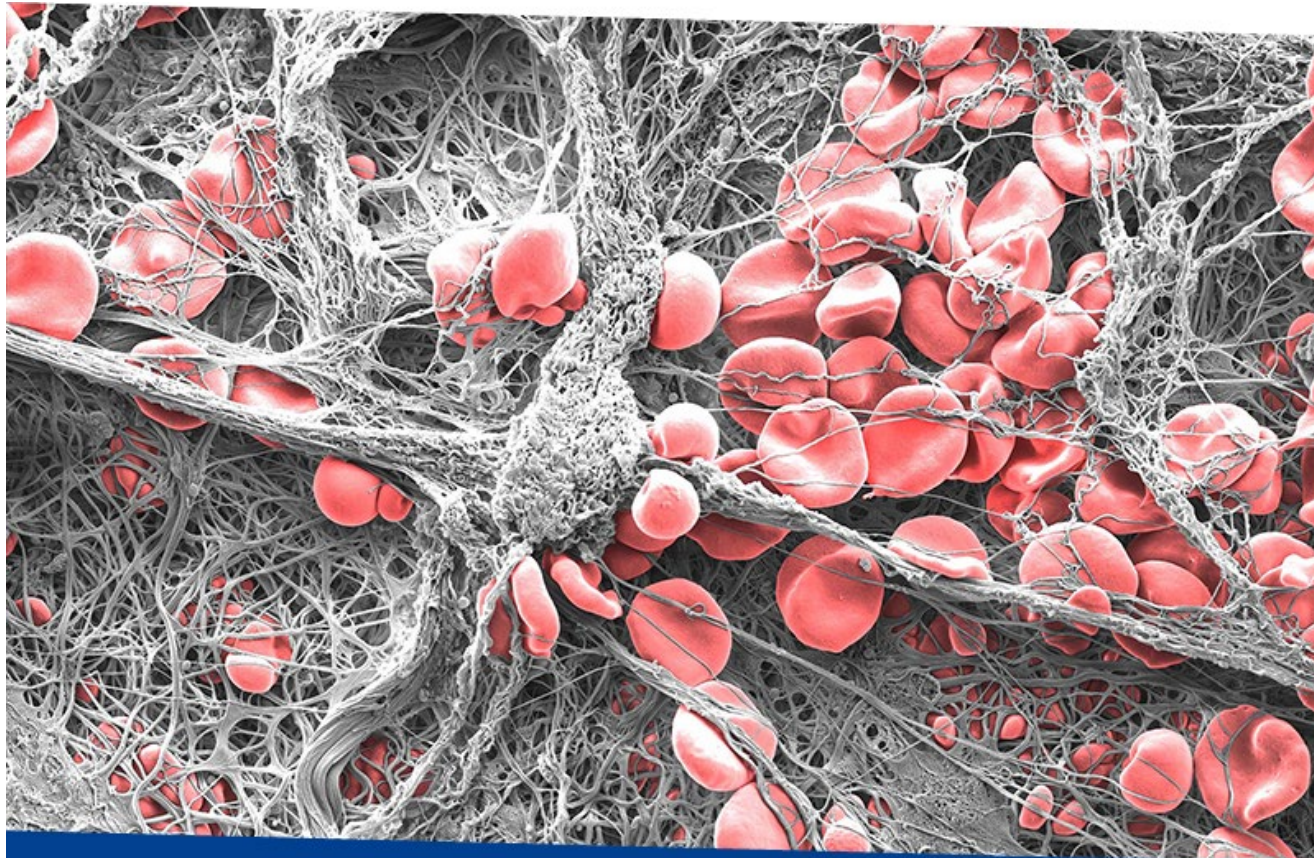
**We asked five experts: is cheese bad for you?** [more](#)

[top^](#)

## Seven beautiful images that share new stories of science

[Back to story index](#)

by UniSA Head of School: Creative Industries, Professor Jason Bainbridge



INSIDE UNISA

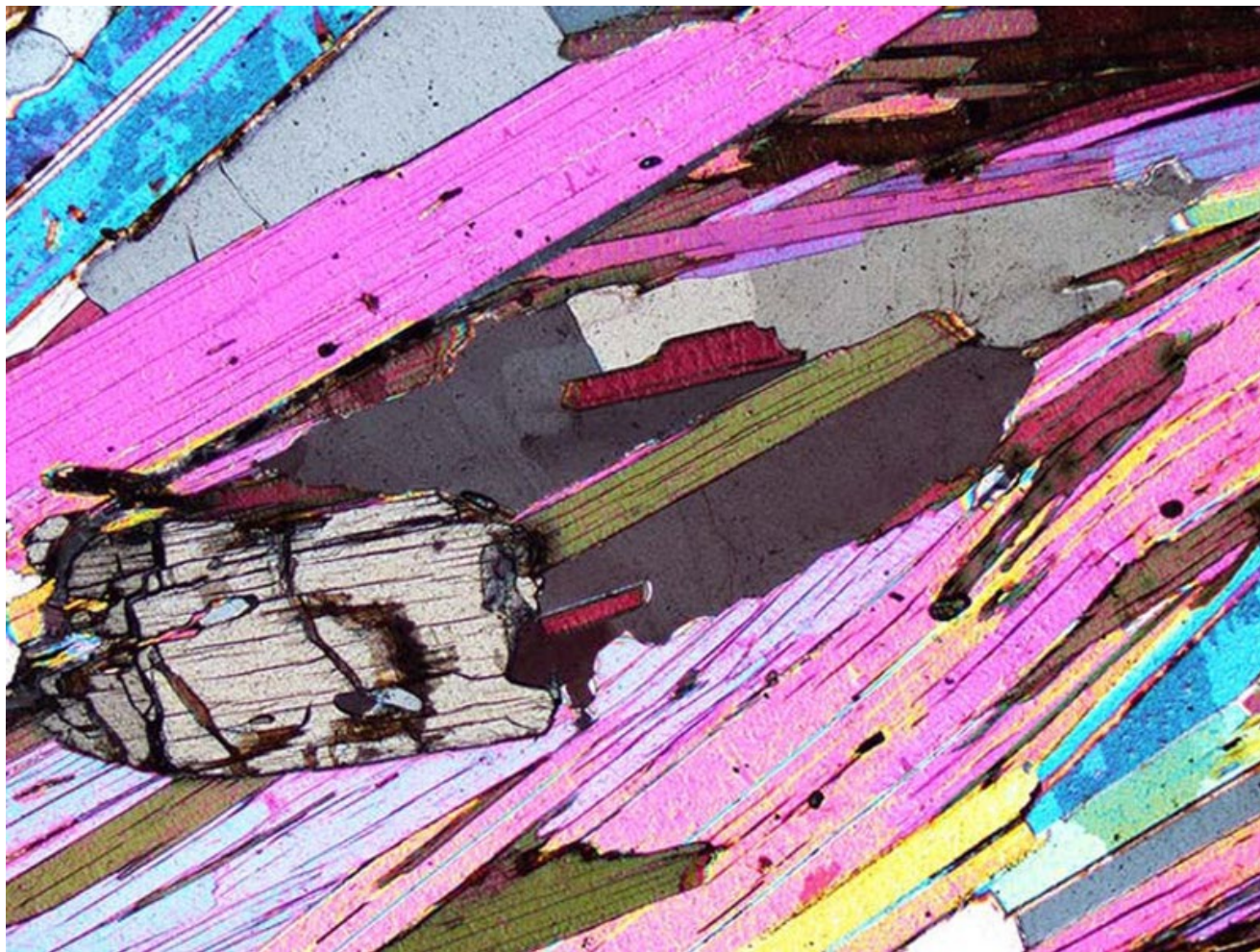
'Clotted' by Eli Moore reveals microscopic details of red blood cells in a clot, and was the winning entry in the 2018 UniSA Images of Research competition.

> [People's Choice Award now open](#)

No one would doubt the importance of images in our contemporary culture. We live every day surrounded by them, saturated by them, trading in them.

As a way to tap into the power of the image, UniSA runs an annual research photography competition that is open for submissions from all students and staff.

Of 18 photos that made the finalist round, the winner of the [2018 Images of Research competition](#) is "Clotted" by [Eli Moore](#). It reveals the microscopic details of a blood clot caused by a medical device designed to treat cardiovascular disease (shown at top).



'A journey into Australia's tumultuous geological past, and into a groovy future' – an image by Jan Varga that was awarded second prize in UniSA's 2018 Images of Research competition

The runner up, shown above, was submitted by Jan Varga. Jan said:

*See that cracked, brown, slightly oblique and high-relief grain near the bottom left? That is the mineral kyanite, and it tells an important story related to the conditions at which this rock formed through time.*

*In fact, this rock has been dated to 1.78 billion years old, and experienced high temperatures and pressures around 380 million years ago forming the Alice Springs mountain belt.*

Each image of the [18 finalists](#) provides a window on applied research related to social issues, health concerns, wicked problems and ordinary people. Importantly, they are removed from the stereotype of the isolated researcher working alone in an ivory tower.



Corinna Di Niro's 'The Virtual Actor' image poses the question whether there is more to being an audience member than just sitting in the dark.

**A blissful clarity**

We understand the importance of images in communication through a field known as [semiotics](#), which began around 60 years ago.

In the late 1950s, French theorist [Roland Barthes](#) wrote of images' ability to distil complex ideas and details into "a blissful clarity" creating "a world wide open and wallowing in the evident" where "things appear to mean something by themselves".

Barthes followed [Ferdinand de Saussure](#) and [Claude Lévi-Strauss](#) in the field of semiotics, studying the social condition through the interrelated concepts of the sign, the signifier and the signified. These terms provide a toolkit for understanding how images function.



UniSA researcher Ashleigh Smith's photograph 'Intergenerational instruction' comes from her work exploring the benefits of children and people with dementia spending time together.

For semiologists, signs are units of meaning composed of two elements: a physical element (the image that you can see, called the signifier) and a mental element represented by that image (what the image makes you think about or feel, called the signified).

These two elements are a part of every sign, every image. You can never have a signifier without a signified, or a signified without a signifier. The process where they work together to produce meaning is called signification.

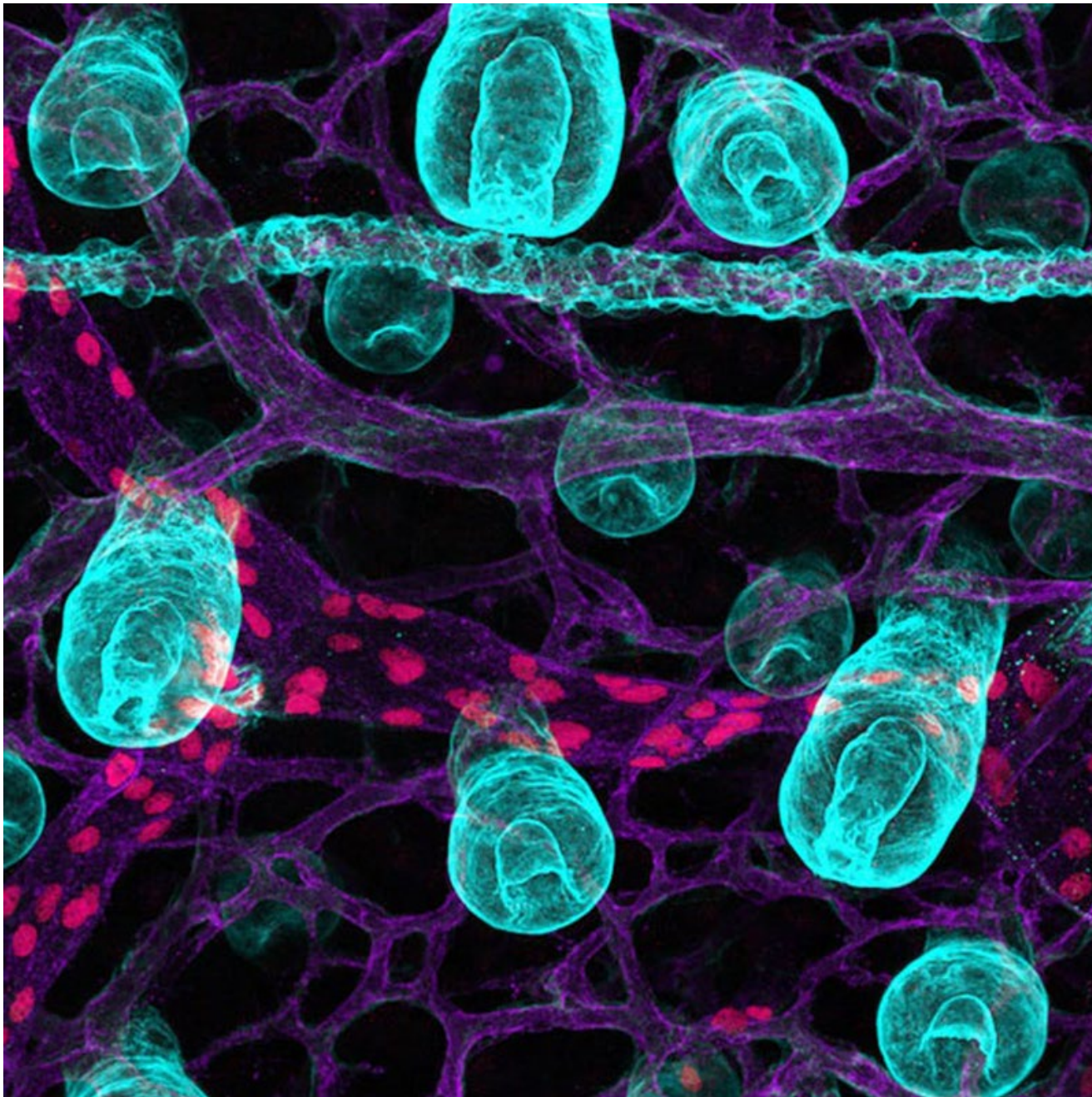


Nadeem Nazaar's image 'Umbilical cord' is a representation of feticide.

**Ideologies in disguise**

Barthes' primary interest in images was around exploring the political subtexts of consumerism and nationalism in the 1950s, particularly where they intersected in magazine covers and photography.

Barthes argued that they produced ideologies that were so widely accepted, so familiar, that they were no longer recognised as ideologies. He referred to such ideologies as myths – what we might call the “isms” like consumerism and nationalism or imperialism and capitalism. Those systems that simultaneously provide us with ways of understanding the world while also being imposed upon us.



'Hairy worms' by Genevieve Secker highlights features in the skin of a developing mouse embryo.

Since Barthes, each advance in technology has added to the visual vocabulary of images available to us.

For example, a digital language based around images rather than words has evolved into texting conventions such as :- ) and emojis. These are very basic signifiers and signifieds we all employ as mobile phone users today.

**Images as a currency**

Signification is the space where advertisers and public relations professionals work, encouraging you to think “McDonald’s” rather than “hamburger” or “Google” rather than “search”.

It is also the currency of social media: from the ephemeral images of Snapchat capturing a moment (or body part), to carefully constructed selfies and memes designed to go viral, to the strategic use of filters and framing to develop the fun and/or sexy images that populate Instagram, Tinder and Grindr.

Moving from entertainment to news media, signification is just as vital a part of journalism. Nick Ut’s 1972 photo of Kim Phuc – naked, burned by Agent Orange, running down a road – is one of the most common images we think of when we think about the Vietnam War.

Indeed, public sentiment around armed engagement in Vietnam changed because of the nature and power of the images the news media provided, leading to that conflict being described as the war that was lost in the living

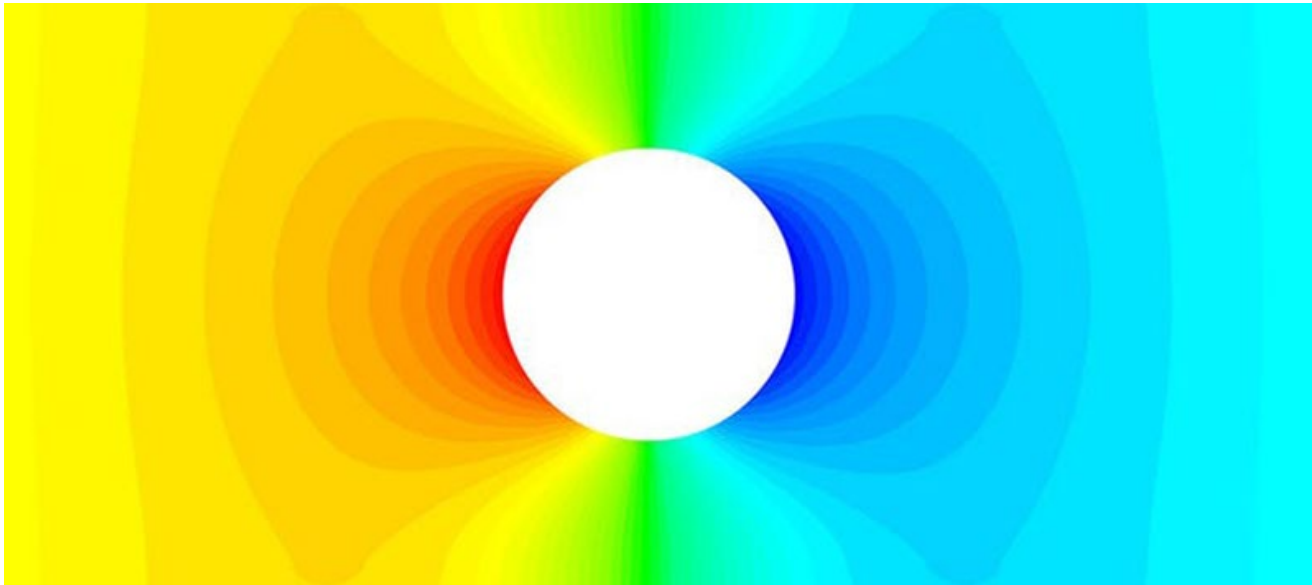
rooms of America.

What links all of these uses of images is Barthes' underlying idea of the image being able to convey complex ideas, details and emotions quickly and succinctly.

Barthes' blissful clarity has great utility for government, technology, legal and health organisations – where complicated and unfamiliar jargon can often lead to misunderstandings.

Think for example of the attempt at clarity provided by the Australian Department of Immigration and Border Security's use of comics to [dissuade asylum seekers from paying people smugglers to travel to Australia](#) or, more successfully, the clarity provided by the safety guide in the seat pocket of an aeroplane.

Better use of images is incredibly important for academic researchers, where fields of knowledge each have their own distinct and complex vocabularies that can inhibit or delay the translation of research findings to broader audiences.



Moein Kashani's image 'A Butterfly in Microchannel' reveals how liquids flow in tiny channels

Here, images can provide a common language that engages the general public with something they know, something that is already familiar to them, while providing a new perspective on, or contribution to, knowledge in that area.

In this way, the image becomes an important way to close the gap between academy and community, putting researchers in direct contact with the general public.

This article was originally published on [The Conversation](#).

**People's Choice Award now open**

Eighteen images are in contention for the People's Choice Award as part of the 2018 Images of Research competition.

It is up to you to determine the winner.

Vote now for your favourite image by visiting the [2018 Images of Research website](#).

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## We asked five experts: is cheese bad for you?

[Back to story index](#)

by UniSA Program Director: Nutrition and Food Sciences, Dr Evangeline Mantzioris, and four other experts



### HEALTH

Almost everyone loves a good vegemite and cheddar sandwich or some brie with a glass of wine. But the evidence seems to shift about whether or not cheese should be part of a healthy diet.

Most types of cheese contain salt and saturated fat, but it's also high in protein and calcium, so what's the verdict?

[The Conversation](#) asked five experts – including [Dr Evangeline Mantzioris](#) from UniSA, if cheese is bad for your health.

Five out of five experts said no.

### Here are their detailed responses:

#### Dr Evangeline Mantzioris

Cheese contains a variety of nutritious components which need to be considered. Most of the components – calcium, protein and saturated fats – are also in other dairy products. Calcium is important for reducing the risk of osteoporosis and protein is required for synthesis and repair of tissues. These two provide clear benefits to our health. The saturated fat in cheese is more controversial in terms of its role in the development of heart disease. But the consensus from large studies is that cheese is neutral – that is, it neither has a positive or negative effect.

Cheese is also a fermented food, containing bacteria or yeast, which contribute to healthy microbiomes. But remember a serve of cheese (40g) has about 500-650kj, so stick to the guidelines of consuming three serves of dairy per day and including some of these as cheese – if you like it. If you're trying to reduce weight or have existing heart disease, check with your doctor.

**Clare Collins, nutritionist, University of Newcastle**

Unless you're part of the [4.5 per cent of Australians](#) with a cow's milk protein or dairy product allergy, eating cheese can be consistent with good health, and a tasty way to boost your protein, calcium and vitamin B12 intake.

[The Australian Guide to Healthy Eating](#) recommends two to three serves of dairy foods per day (or four serves for women over 50 years), with a serve equivalent to about 40 grams (about the size of a matchbox) of full fat or reduced fat cheese. The reduced fat option helps reduce your [total kilojoule intake](#).

When it comes to specific heart health risks, the question of whether to eat full fat or reduced fat has not been adequately addressed. A [review published in 2018](#) identified four studies that looked at cheese intake and found a [lower risk of heart disease](#) as cheese intake increased. Having moderate amounts of cheese regularly is consistent with good health.

**Rebecca Reynolds, nutritionist, University of NSW**

Cheese is a good food. It's an important source of beneficial nutrients for omnivores and vegetarians, such as calcium. [One third of Australians consume cheese](#) – mostly hard cheeses, such as cheddar.

Dairy products and their alternatives (such as soy-based cheese) are a core recommended food group in the Australian Dietary Guidelines, although it's advised people aged two years and over consume reduced-fat alternatives (such as reduced-fat cheddar cheese – although only 15 per cent of cheese consumed is reduced-fat). This is because fat is an energy-dense nutrient and lots of us are overweight, and because a lot of the fat in cheese is the 'bad' saturated fat. But [some evidence suggests](#) dairy is either neutral or beneficial to heart health – including full-fat products.

Cheese is also high in protein, which our bodies need.

Some negative aspects of cheese include its higher salt content, the food poisoning risk of some varieties posed to pregnant women, and the ethical aspects involved in its production (cow and bobby calf welfare, greenhouse gas emissions and fair pay to dairy farmers).

**Regina Belski, dietician, Swinburne University of Technology**

Cheese can be a healthy part of the diet, but not all cheeses are created equal and we don't need to eat a whole wheel of Brie in one sitting.

According to the Australian Guide to Healthy Eating, a serve is about 40g of hard cheese like cheddar and about half a cup of ricotta. Next time you're at the supermarket look at the back of three different cheeses and see what you are actually eating, what are the ingredients? How much sodium, saturated fat and calcium does it contain? Then pick the best out of the three choices – more calcium, less sodium, less saturated fat, and enjoy in moderation.

**Yutang Wang, biomedical scientist, Federation University Australia**

Cheese is one of the most ancient foods for humans and has been part of our diet for several thousands of years. Cheese is rich in proteins and fat which provide important building blocks (amino acids and fatty acids) for our body. It also contains many other important ingredients including vitamins and minerals, all of which are needed to maintain good health.

So far, there are no studies showing cheese consumption is associated with heart disease. Although industrial trans-fat increases the risk of heart disease, the natural trans-fat contained in cheese does not. Although cheese contains saturated fat, we're not sure this is what clogs arteries. Even though cheese itself is not bad for us, we should avoid it if travelling to tuberculosis-endemic countries where pasteurisation is not enforced (such as Nigeria).

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## Discovery presents treatment hope for Alzheimer's disease

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by Mary-Jane McArdle



HEALTH

3D illustration of nerve cells, concept for Neurological Diseases, tumours and brain surgery.

There is new hope for the treatment of Alzheimer's and other neurological diseases following a ground-breaking discovery made by an Australian-Chinese research collaboration.

Researchers from UniSA and the Third Military Medical University in China have discovered a signal pathway within cells, and also invented a potential drug that could stop degeneration and actually improve learning and memory in affected patients.

UniSA's [Professor Xin-Fu Zhou](#) and colleagues have been investigating tauopathies – which refers to a class of diseases caused by misfolding of the tau protein inside nerve cells that results in cell damage and eventually cell death.

These diseases include Alzheimer's, Parkinson's and Motor Neurone Disease, all of which presently have no cure.

Specifically, the team has looked into frontotemporal lobe degeneration (FTLD), a term representing a group of clinical syndromes related to cognitive impairment, behavioural abnormalities and speech disorders.

Prof Zhou says that previously it was unknown how the gene mutation was responsible for causing cell death or damage – referred to generally as neurodegeneration, and dementia in patients with FTLD and other motor neurone diseases.

"Right now there is no treatment available at all," Prof Zhou says.

"We have been investigating how these tauopathies (diseases) have some common pathology, including a particular tau protein that plays a critical role in nerve cell function."

Tau protein is a protein that stabilises microtubules and it is specifically abundant in neurons of the nervous system, but not elsewhere.

“Our research found that in both the animal model and human brains, the signal of neurotrophins and receptors is abnormal in brains with FTLD,” Prof Zhou says.

“We discovered an increase in the neurotrophin signalling pathway that is related to life and death of nerve cells, known as proNGF/p75, and then found blocking its functions was shown to reduce cell damage.

“Thus, in this paper we not only discovered a signaling pathway but also invented a potential drug for treatment of such diseases.”

Given the strong evidence now available, the next stage is a clinical trial. South Australian biotech company Tiantai Medical Technology Pty Ltd has recently acquired a licence to further develop and commercialise the medical technology.

Prof Zhou says the industry involvement means there is an opportunity to translate the discovery into a treatment of Alzheimer's disease and other tauopathies.

The paper published in [Molecular Psychiatry](#) is a collaborative work between two laboratories led by UniSA's Prof Zhou and Professor Yanjiang Wang from the Third Military Medical University.

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## An eye for the (extra) ordinary

[Back to story index](#)

by Annabel Mansfield



INSIDE UNISA

UniSA lecturer Louise Haselton will be the featured artist of next year's South Australian Living Artists (SALA) Festival.

Transforming everyday items into objets d'art comes naturally for artist and UniSA lecturer, Louise Haselton. From correction fluid to cotton spools, discarded string to concrete, she is renowned for her ability to reimagine, repurpose and convert the most ordinary items into something special and new.

And when you see her works up close, it's easy to understand why.

Standing in front of her two exhibited pieces at the [Art Gallery of South Australia](#), it takes a moment to realise that this art comprises a collage of butterfly wings, encased within a white boundary of Liquid Paper. Unusual materials, yes, but together they work, and according to Haselton, this assemblage is all about looking at the inherent quality of materials and trying to work out how they relate to each other.

"I'm drawn to everyday objects from the world around me, which could be anything that I find and like the look of. But it's also about displaying things and exposing them for what they are," Haselton says.

"It all begins with being engaged with the world, sitting down and noticing something. The starting point is having an experience – then I just make a start, and things evolve."

This ability to amalgamate and transform materials has seen Haselton named as the [South Australian Living Artists \(SALA\) Festival](#) featured artist for 2019.

SALA is Australia's biggest community-based visual arts festival that presents the works of more than 9000 living artists in 700 exhibitions and events across Adelaide and regions.

This honour will see Haselton's work displayed in a major exhibition at the [Samstag Museum](#) in 2019, and grace the cover of the 2019 SALA Festival program and poster. She will also be commemorated in the official 2019

SALA monograph, funded [by Arts South Australia](#) to be published by Wakefield Press.

"I'm thrilled to be selected as the recipient of the 2019 SALA/Wakefield Press artist monograph and as a featured artist in the 2019 Festival," Haselton says.

"The monograph is really special. It's essentially a book of my complete works, accompanied by commentary from Leigh Robb – the senior curator at the South Australian Art Gallery, Gillian Brown – the curator at the SAMSTAG museum, and local writer Jenna McKenzie.

"Plus, being invited to have a solo exhibition at Samstag Museum is a real honour and it will be a fantastic opportunity to showcase my work, both new and existing."

The SAMSTAG exhibition will feature a range of Haselton's artworks from the past 10-15 years, including the striking three-dimensional sculptural piece *Scrutineers*, created from copper, brass, rocks and mirrored discs. It will also feature a range of new works which will be created over the next six months.



*Scrutineers*

"I have lots of ideas floating around at the moment, and to be honest, I have to sit in the gallery and get to know the space," Haselton says.

"In some ways you're a designer as much as an artist – especially when it comes to creating sculptural pieces; this is when the environment becomes really important."

Haselton's sculptural artwork has recently been exhibited in *Do It Adelaide* at the Samstag Museum of Art, *Magic Object: Adelaide Biennial of Australian Art*, at The Art Gallery of SA and *Fabrik* at the Ian Potter Museum and Sutton Gallery Project Space, Melbourne.

Represented by the [Greenaway Art Gallery](#) in Adelaide, she has also held major solo exhibitions at [The Contemporary Art Centre of SA](#) and [The Australian Experimental Art Foundation](#), Adelaide.

As a UniSA lecturer since 2003 with [UniSA's School of Art Architecture and Design](#), Haselton's students also benefit by learning from a practising artist.

"Being a working artist and a lecturer, means that students see that this kind of career is not off limits to them; that it is accessible and achievable," Haselton says.

"The students get to know me as a person. They see that I have foibles, just like anyone else, and that I'm able to continue to have this as a career. And in this way, it brings the career of an artist closer to them, allowing them to think, 'yes, I can do this too'.

"But the inspiration, absolutely goes both ways. The students always bring inspiration to me too."

And, her advice to students seeking to carve out a career as an artist?

"In the words of Nike – Just do it. Obviously, you need the skills and talent as well, but so much of success is about commitment and a sense of belief that you will get there," Haselton says.

"And, you've got to accept that it's a long-term gig. You need to quietly manage your life so that you can create and get by at the same time."

To find out more about Louise Haselton's work, visit the [Greenaway Galleries website](#).

The SALA Festival runs from 1-31 August. To find out more visit the [SALA website](#).

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## MOD. through the eyes of a 15-year-old

[Back to story index](#)

by Daisy Davidson



COMMUNITY

Daisy Davidson, 15, at MOD. on North Terrace (MOD. is located next to Morphett Street bridge).

This is the first in a series of articles looking at UniSA's new futuristic museum of discovery, MOD., through the eyes of people of different ages – particularly younger audiences. MOD.'s first exhibition, MOD.IFY, prompts visitors to think about one of the big questions – what is it to be human?

Since opening in May, more than 30,000 people have visited MOD..

We asked 15-year-old Daisy Davidson, who's from Port Augusta and is currently a boarding student at [Immanuel College](#), to explore MOD., and capture her reactions to the current exhibition.

**Name:** Daisy Davidson

**Age:** 15

**School:** Immanuel College

**Interests:** Music creation and performance, English, art

**Hobbies:** Playing piano and saxophone, playing volleyball and archery, creating music, spending time with family and friends

**Career aspirations:** Journalism, Jazz saxophonist and composer



### First impressions

Walking in, what I noticed first was the architecture ... the space has a

very vibey atmosphere. The internal decorating and the furniture they have used, especially the big spirally MOD. logo on the wall, is quite memorable. I think it is pretty gnarly.

What else am I drawn to? The café. I need coffee. This café is pretty homely. If I lived nearby I can see myself coming to study here. In fact, the building in itself would make me want to come here.

I've heard a lot about MOD. I've seen it advertised on social media and flyers and I thought It was kind of intriguing. It didn't really give much information away, but it made me really think about what it could be about – I had no idea. I am quite excited to have a look around. I hope it will be pretty cool ... I think it will be.

I catch a glimpse the first exhibition – Prosthetic Reality – from the foyer. I can already tell that I'll like the artwork and I bet the virtual reality side of things is going to be cool as well.

### Visiting the [Prosthetic Reality](#) exhibition

Prosthetic Reality is an excellent exhibition that captures the beauty of technology through modern art. It gives off the vibe of a traditional art gallery, in that it has artwork on the wall, but introduces a new dimension to the artwork through augmented reality. This art is all about new perspectives.

To view the different artworks in their true form you have to download an app ([EyeJack](#)), which you hold over the artwork to reveal a secret animated element within the art.

For me, the collection challenges what we know of modern art; art doesn't need to be static, it can push the boundaries and engage and immerse viewers in different ways. Here, the art connects audiences of all ages by blending the traditional with the futuristic.

A modern and minimalistic exhibition and gallery, this space allows you to relax, sit back, and appreciate the captivating artwork at your own pace.

### Don't miss

- The artwork with Japan and the rising sun. "This art is referencing [The Great Wave Off Kanagawa](#) but it talks about all the different tsunamis that have impacted Japan and the wreckage that they've tried to clean up."
- The skeleton soldier artwork. "It talks about the fatalities of war throughout different countries and what percentage of the country that it impacts."

### Visiting the [Purle Munaintya](#) / [Our Sky](#) exhibition

I have always had a fascination with the stars and astronomy – so naturally, I was quite stoked about seeing this exhibition. It seemed to talk about science and constellations in Western culture, but then connect it to the beauty of Indigenous culture, how the stars can create stories that are passed down generations and how certain parts of nature were created. I found it quite fascinating.

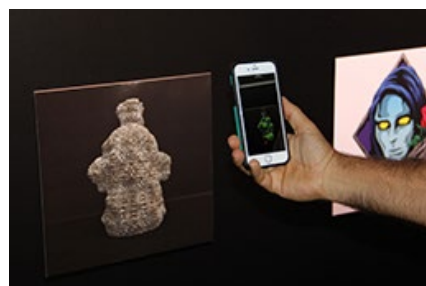
My favourite thing about the [Purle Munaintya](#) space is how engaging the interactive screen is, where you put your palm on the handprint and it gives you an introduction. I found that really cool. It was presented really well and I loved how it had different presenters talking about the various aspects.

This leads on to the [Our Sky](#) exhibition which features a big Earth suspended right in the middle of the main room, spinning around and showing the different climate maps, cloud patterns, and the night time lights of different cities. That was impressive.

What do I think it's about? Getting back to our roots, getting back down



The café Food Lore is located at the entrance to MOD..



Prosthetic Reality uses Augmented Reality (AR) technology.



An interactive touchscreen story will take you on a journey during the Kaurna season of Kudlilla, the wet season.

to Earth and really just looking up at the stars, you know? The stars can captivate everyone, they're just beautiful. I don't think I have ever met someone who doesn't like stars, so I think this exhibition was just trying to show us how amazing our universe is while also showing us the traditional side of things.



Science on a Sphere is part of the Our Sky exhibit.

I think the exhibit is comparing the two sides – Western culture and Aboriginal culture. And kind of showing that there is a middle ground, that there is similarity in how different patterns show different seasons, and this is something that we can all appreciate. I think that is really cool. I could have sat in there for hours honestly. If you had let me, I would have.

Do I like it? Yeah, I do. It teaches us about traditional Australian culture and that's something we all should appreciate. In some ways it makes me question why people push culture aside because, really, it's just so beautiful and something we should be reminded of.

### Visiting the [Feeling Human](#) exhibition

This exhibition scared me quite a bit to begin with because it was introduced to me as the 'pain room'; it's such a vague name, you could never know what it could be about.

My first impressions are that it's quite scary. I went in and thought "OK, this is a lot less daunting than what I thought it was going to be". I sat down and watched the video with all of the different scientists/doctors/people talking and explaining what it was – they were talking about the placebo effect, which I had heard of before, so it was good to have that further explained.



Feeling Human is an immersive, multi-sensory exhibit.

Then I sat in the chair. This is a chair in the middle of a dark, minimalist room. On one arm of the chair there is a kind of glitchy computer screen, and on the other is a panel where it looks like you should put your palm. I'm a very jumpy person, so the fact that there wasn't much warning for the shocks that followed was a very big shock in itself!

The whole process was quite eerie. It wasn't pain, it was kind of more the shock of what happened, which scared me. Out of nowhere, something I wasn't expecting was kind of hurting me, and so my immediate reaction was to scream! Nonetheless, it displayed the placebo effect really well, showing how your brain influences and makes pain a lot more evident with different surroundings. Weirdly, I like it! It's interesting that there's a science element to this artwork. And while I'd recommend it, I maybe wouldn't recommend it to younger people or people like me who are extremely jumpy.

### Trying the [soundscape chairs](#)

Can sitting down help you see? These soundscape chairs are pretty cool – especially the skate park one – that was gnarly. Sitting in these enclosed chairs was quite cosy and the way the dual audio worked made me feel truly felt immersed. This is a very good way to wind down and take your mind off things. It's a relaxing experience that you have to do individually. You just sit back and appreciate the audio for what it is.

I think the soundscape chairs are all about understanding the influence of sound on our lives, and the beauty and power that sound holds. I love it.



Sound installation artist Sasha Grbich created the soundscapes.

It makes me think about what it would be like for those who have hearing impairments and those who are deaf. They would miss so many things – the sound of a river flowing every day, or the coffee machines that we think of as noisy, and these are aspects of life that they miss out on. Music, that's one big thing. I am a musician and a big music lover, so not being able to hear music would not be ok for me. Sound is something we definitely take for granted. We should appreciate sound – both talking, communication and the natural sounds all around us.

Keep an eye out for these chairs, because if you just look at them, you'd think "oh yeah that's a pretty cool coffee chair". Also, be sure to read the signage first before sitting down so you can fully appreciate the sounds. I kind of sat in the last chair, which is a 100-year-old tree, and I had no idea what it was.

Visit MOD.

[MOD.](#) is open midday - 6pm Tuesdays to Thursdays; midday - 8pm Fridays; and from 10am - 4pm on weekends. Admission is free.

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## What is equity crowdfunding and can it help you?

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by School of Commerce senior lecturer Dr Kartick Gupta



BUSINESS AND LAW

School of Commerce senior lecturer Dr Kartick Gupta.

In September last year ASIC legislation opened a whole new world of funding for Australian business, legalising publicly unlisted companies to raise funds from the 'crowd' in order to support their business ideas.

With eligible companies now able to raise up to \$5 million dollars a year, it could be a game-changer for the Australian business sector. So how does equity crowdfunding really work, and what are the rules?

Like traditional crowdfunding, equity crowdfunding collectively raises funds, but rewards investors with a slice of the business' equity (and a share of their profits) in lieu of a product or service.

### What makes crowdfunding so valuable?

In Australia, there is lack of funding for early stage emerging companies, so for entrepreneurs, equity crowdfunding significantly reduces capital-raising obstacles. For investors, it provides new opportunities to take a stake in unlisted companies.

### Who can invest?

Historically, the capital raising space has been dominated by wealthy individuals, but since the new legislation has come into operation, equity-based crowdfunding has become increasingly popular among everyday mum-and-dad investor.

### Who are the key players?

Since the new legislation, a number of Australian crowdsourcing platforms have arisen, with Equitise, Birchal and Enable Funding being the most popular. These have the ability to host multiple start-ups who pitch their business

ideas to investors.

How does it work?

The process of investing is quick and easy. Entrepreneurs call for funding via a crowdfunding platform which provides facilities such as a standard investment contract, settlement mechanisms and due diligence.

Potential investors register via an equity crowdfunding platform, discover the available opportunities, decide to invest and pay seamlessly online.

What are the risks?

By nature, start-ups are much riskier investments than established entities, yet they also offer the possibility of getting in on an idea before it becomes too successful or out of reach.

Given the high risk of early-stage start-ups, safeguards are in place including a \$10,000 investments limit per company per year for retail investors, and a cooling-off period of five working days for each investment.

What’s next?

In the US and UK, crowdfunding markets have experienced massive growth in capital raising after enabling regulation were passed. Industry observers believe that Australia will follow similar global trends.

As a last note, investors should not look at equity crowdfunding as a get rich quick scheme; they’re much more likely to be long-term, high risk investments and as such, investors should take care when committing any significant portion of wealth or income.

Want to know more?

Read the full story in [unisabusiness magazine](#).

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# news

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## New Books

[Back to story index](#)

[Facebook and Conversation Analysis: The Structure and Organisation of Comment Threads](#)

### Routledge Handbook of Celebrity Studies

From Prince Harry and Meghan Markle's wedding to the newest Kardashian pregnancy, it seems that these days, people are endlessly fascinated with celebrity culture.

In *Routledge Handbook of Celebrity Studies*, [Professor Anthony Elliott](#) analyses the allure of celebrity culture and explains the different aspects of our fascination.

Prof Elliott, UniSA's Dean of External Engagement, is internationally renowned for his writings on celebrity culture. His biography of the ex-Beatle John Lennon, published by University of California Press, has become one of the most influential books in the field.

"Celebrity is at once astonishingly mesmerising and mind-numbingly dull, crazily libertarian and depressingly conformist," Prof Elliott says.

"Our culture of celebrity feigns the new, the contemporary, the up-to-date, as it recycles the past. Celebrities are constantly on the brink of obsolescence, of appearing out of date."

"Ours is the age of celebrity," Prof Elliott says. "An inescapable aspect of daily life in our media-saturated societies of the 21st century, celebrity is celebrated for its infinite plasticity and glossy seductions.

"But there is also a darker side. Celebrity culture is littered from end to end with addictions, pathologies, neuroses, even suicides.

"Celebrities stand apart from the crowd. Celebrities are necessarily different from mere mortals. Celebrities are unique. To be part of the world of celebrity is to be elsewhere and other."

*Routledge Handbook of Celebrity Studies* asks why society is so spellbound by the ideas of celebrity, yet so often dismissive of the celebrated. Prof Elliott includes theoretical insights by various other experts in the field to discuss topics such as the history of celebrities, celebrity fans, as well as non-western celebrity culture, among others.

Utilising Leo Braudy's 1986 study of fame *The Frenzy of Renown* as a framework, Prof Elliott explains the nature of celebrity culture today, tracing its origins back to ancient societies in which gods, priests and saints were famous. The basis of Braudy's study highlights how celebrity fame is completely dependent on media dissemination.

*Routledge Handbook of Celebrity Studies* also discusses the role of celebrity in cultural life more generally, using events occurring in recent history, such as Princess Diana's widely televised funeral in 1997. The commercialisation of her death in the form of the reprinting of 500,000 copies of Andrew Morton's *Diana: Her True Story* and the release of Elton John's revised version of *Candle in the Wind*, which he performed live at her funeral, sensationalised Diana's death in the public eye.

"The worldwide commercial frenzy for all things Princess Diana, the legacy of which continues to this day, was a heady mix of celebrity, death and globalisation," Prof Elliott says.

This is only one of many celebrity examinations featured in Prof Elliott's book.

Published by Routledge, *Routledge Handbook of Celebrity Studies* is available [online](#).



[Facebook and Conversation Analysis: The Structure and Organisation of Comment Threads](#)

Today, a large part of our everyday interactions takes place online: we send and receive messages via email and apps; share and tag photos and videos; and tweet, like, click, comment and connect to myriad online communities.

Almost everyone has a Facebook account, and with the popularity of this social media giant growing exponentially, it poses the question: do people communicate differently on Facebook?

In a new book, *Facebook and Conversation Analysis: The Structure and Organisation of Comment Threads*, UniSA's [Dr Matteo Farina](#) explores this topic, applying conversational analysis methods to deliver previously undocumented insights into the structure of comment threads.

"Every day, 1.3 billion people engage in conversations on Facebook," Dr Farina says.

"Yet contradictory to what we might assume, these comments have a meaningful organisation, rather than casually following one another."

"This book describes the sequence and organisation of Facebook comment threads and examines both the comments that open these interactions, and the contributions that come after them."

By turning this approach towards Facebook comments, Dr Farina provides clear and important insights into the organisation of this type of social interaction.

Supported by a large sample of data, with findings based on a corpus of 213 comment threads, with more than 1200 comments exchanged by 266 contributors, this book makes an important contribution to the understanding of the way people communicate on Facebook. Published by Bloomsbury, the book is available [online](#).

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## Highlights from the Media Centre

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The drought exacerbating mental health issues for farmers; a lack of options for women to have water births; and research into sleepwalking by children – these are some of the latest stories from our [Media Centre](#):

### [Drought and uncertainty are rocking farmers' mental health](#)

"If you want to rock someone's mental health, give them a large dose of uncertainty."

That statement from UniSA's Chair of Mental Health Nursing, [Professor Nicholas Procter](#), sums up the situation that many Australian farmers are facing as they cope with the worst drought in living memory.

"The weather patterns are totally out of their control, and along with enormous financial stress, isolation, a sense of failure and a feeling of disconnect between country and city, our rural communities are calling out for help," he says.

Prof Procter, who leads UniSA's Mental Health and Suicide Prevention Research Group, has recently been awarded an additional \$459,000 by the State Government to further research projects in mental health and suicide prevention.



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### [Call the midwife if you want a water birth: doctors not so keen](#)

An Australian study of midwives' views on water immersion during labour and birth shows almost 90 per cent believe the practice should be offered to all pregnant women.

This contrasts with the views of most paediatricians and obstetricians who say there is not enough proof that water birthing is safe, according to the University of South Australia study.

UniSA lecturer in midwifery and nursing and study leader, Dr Megan Cooper, says the controversy around the use of water immersion during labour and birth reflects in part, both the lack of guidelines and the lack of accredited practitioners in Australia.



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### [Waking up to new facts on childhood sleepwalking](#)

A [new study](#) by UniSA researchers has explored the prevalence of sleepwalking in school children and its relationship with broader sleep and daytime difficulties.

Lead researcher, [Dr Helen Stallman](#), says sleepwalking is a common behaviour among children.

"Children lead energetic lives; and like all of us, at the end of the day they need a good night's sleep to set them up well for tomorrow," Dr Stallman says.

"When parents notice their child sleepwalking, it's natural for them to worry. Although it usually has no negative consequences, it can result in injuries including cuts and abrasions."



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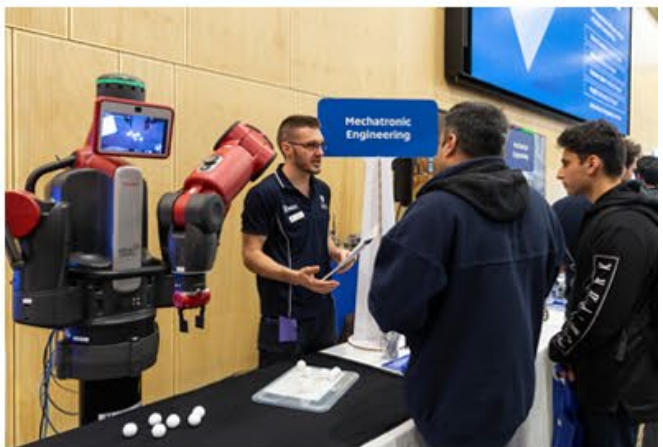
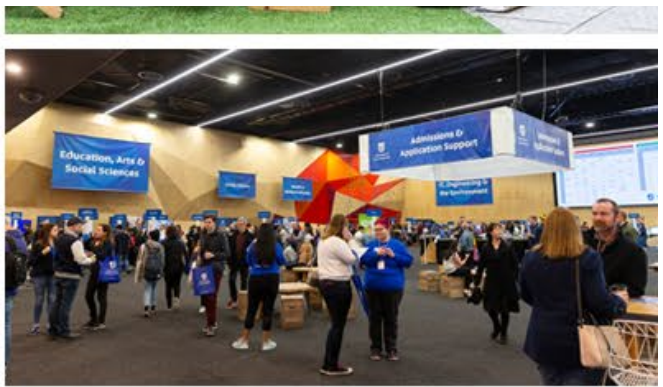
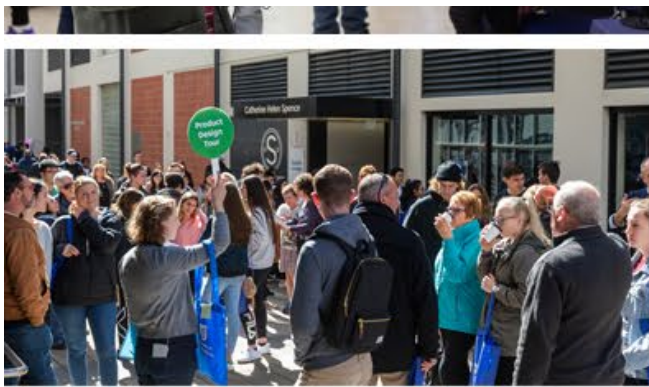
### Open Day at City East and City West

Thousands of people visited UniSA's metropolitan City East and City West campuses on Sunday 12 August for Open Day.

There were more than 80 presentations, almost 80 information booths, and dozens of interactive activities and tours to help visitors make informed decisions about their futures.

Pridham Hall was used for the first time as an Open Day venue and was packed with career-seekers of all ages.







The gym at Pridham Hall has been recognised as an official International Strength Training Facility by gym equipment manufacturer [Panatta](#). Panatta provides UniSA Sport's gym equipment in [Pridham Hall](#).

Panatta vice president Edoardo Panatta travelled to Australia from Italy to present the plaque acknowledging the achievement. He was accompanied by Panatta Sport Oceania representative Tony Griffin.



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