

PRESIDENT'S ADDRESS

Guillaume Leroux

Dear members, colleagues and friends,

Welcome to the HMS newsletter.

This academic club was funded on August 2019 and we are providing you today our first newsletter.

The wait has been excruciating for me and I hope that we can start building strong relationships together.

The break is coming to an end. I hope you have put in practice the skills and knowledge you have obtained this year. Confidence to speak in public; working in and leading a team; organizing your thought process to express ideas and convince people; being aware of yourself, your peers, your environment and the politics of your organization. Now that we have a long break, this is the time to keep learning and push your own agenda.

You will find in our newsletter a wide diversity of articles and information. We aim to make it innovative and diverse but relevant to you. Please join our social media pages on the addresses mentioned. The Facebook page will display our activities, events, photos and memories. You can interact with us, ask questions and make comments. The LinkedIn page will aim to network members with professional bodies, inform on health management topics and possibly available positions we will look to secure with industry partners for you. I would recommend you start a LinkedIn profile if you don't have one already. In health management in Australia, LinkedIn is commonly used for networking but not Facebook. You want to know how to network? We might be able to help you with that in this newsletter and with in-person events coming. Keep an eye on the Event list below.

The newsletters will remain available online on both our pages. Finally, please stay in contact with us. Come and talk to any of the executive members in class, send an email or contact us by Facebook or LinkedIn. I hope some of you will want to become executive members during our next elections in March.

And lastly, thank you for your support. 2020 will be an amazing year.

Health Management Society

Monthly Journal



<https://usasa.sa.edu.au/Clubs/healthmanagement>

<https://www.facebook.com/hms.unisa/>

<https://www.linkedin.com/school/health-management-society-usasa/>

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UPCOMING EVENTS

- 5th February 2020 - 6:30pm---Career development in digital health management.
<https://www.facebook.com/events/560018134550294/>
- 29th February 2020- Full Day---Zoo and Wine Tasting Event
- 2nd March 2020- 11:45am---Association General Meeting

FEATHER IN OUR CAP

On 11th October your very own Health Management Society won the award for the "New Club of The Year" for 2019 at the USASA Club Awards Night at the Adelaide Oval. It was an experience to meet other club's executive and it was a great night full of lots of dancing, drinking and socialising. Hoping we continue our streak of many more wins in the future!



A REASON TO LEARN

-Benedict Okonjo, External Affairs Manager

I am guessing we have all been there before. You know, in front of your computer screen, trying to decide if you should take that online learning program or not. What should be a straightforward decision turns out to be more difficult than you imagined. You find yourself looking for good reasons to learn what caught your interest moments ago. Is this worth the effort? You ask yourself. Will I get anything out of this learning adventure? **Do I even have the time for this?** Fair questions. There are lots of online learning programs out there, and they do vary in quality and value. You wouldn't want to waste time on anything that is not quality and worst still, adds no value to you.

However, the problem here is not the quality or value of the online program. This program was put together and delivered by known experts in the field. Offered by a top university. There is plausible evidence of people who have found value in the lessons taught in this online program. Surely, there is some quality or value in it. Why then do we hesitate?

You see, the reason is that we have locked away the learning process in us - to be activated *only* in the face of an external influence. We only learn when we are asked or required to learn. Or, we learn when there is a clearly seen benefit of learning. Once again, that's a somewhat fair and logical way to learn. After all, learning takes time and effort.

The problem, however, is that we invariably shut down our intrinsic drive to seek new knowledge. This means that any new learning interest generated from within is questioned while those externally influenced is embarked on, mostly, without question. **How far can this strategy take us?**

Well, I know not of any great man or woman in history that confided themselves to only learn what was prescribed by society. I also haven't heard of any great person who asked how they will be rewarded in whatever way if they pursued learning something of interest. The point is an intrinsic drive to learn is crucial as it's often what sets you apart from others. I don't think a person or group of persons can prescribe a perfect combination of things you need to know. Therefore, we can't afford to make learning a transaction that is initiated *only* when asked, required or nudged.

I started writing this paper with a particular kind of learning in mind - online learning. Specifically, learning via Massive Open Online Courses or MOOCs. You see, a lot has been said regarding the pros and cons of taking a MOOC. And, I initially wanted to use this opportunity to advocate for taking the learning opportunity offered and learn to your heart's desire. But I decided that you can find plenty of sound arguments online. What I am going to ask is: Are you prepared to unleash your internal drive to learn new knowledge?

TWIST OF FATE

- Aakanksha Luthra, Secretary

Being an international student, I had many plans about my life in Adelaide, but I had never planned for this. The day I met with an accident I was so happy. Just before I stepped out of my house, I was feeling too good and was in high spirits. I was wearing a warm jacket that day but when I went out of my house, I felt that I should probably go back and change since it wasn't even that cold, but then it was almost time for my bus so I dropped the idea decided to walk towards the bus stop.

While I was crossing the pedestrian path from the corner of my eye, I saw a red car approaching me at full speed and before I could think of anything, **BOOM** and there was a crash and I was propelled in the air and when I woke up I felt unbearable pain shooting through my right leg and all I remember was calling out for my mother. After hearing my screams people quickly gathered around me. I couldn't remember much but I told someone to call my landlady and that my house was just down the street. I wanted to make a call but couldn't find my phone. **This was the last thing I remembered before I passed out again.** The next memory I have is waking up inside an ambulance. The nurse asked me whether I remembered what day and time it was and where was I heading to. But I couldn't remember anything and had probably suffered from a concussion. However, by the time I was taken to the hospital, I gradually started to remember everything but still, I was afraid and repeatedly kept asking the nurses to call my friends and landlady.

After being taken to the hospital, I underwent a full-body x-ray and the doctor said that I hadn't broken any major bone but still I had severe lower back pain. While I was laying there with my broken phone, I realized I have phone numbers saved on my laptop. I asked the nurses for a phone and called my friends. I underwent some more tests and was discharged in the evening. My GP suggested that I undergo a CT scan which revealed that I had a lower back and a left ankle fracture, after which I immediately started my treatment with the physiotherapist.

Its been 3 months since that fateful and painful experience for me and I still have a long road to recovery. For the first time in my life I had to manage my health, my studies, all the legal formalities regarding the accident by myself. It was quite difficult for me to cope with my assignments, but I persevered and managed to pass all my courses. Eventually my mother came for a few days to support me and I breathed a sigh of relief.

Sometimes I wonder, If I would have gone back to change my jacket, maybe this accident never would have happened? **Or was this destined for me all along?**

The takeaway from this incident is that always, **always trust your gut**, it's trying to tell you something all along!

OUR FIRST EVENT

On Friday, 13th of december, The HMS club in conjunction with IMBA held it's first event, a x-mas club kickstarter. The day kicked off at Glenelg in the morning after which everyone proceeded the commerce school courtyard for BBQ lunch followed by a finish at the Emily Grace Hotel for food, drinks and games!

