

UNIVERSITY OF
AUCKLAND

Your helpful guide
to the next steps in
your education!

THE MILFORD FOUNDATION
BOOK OF

HELPFUL STUFF

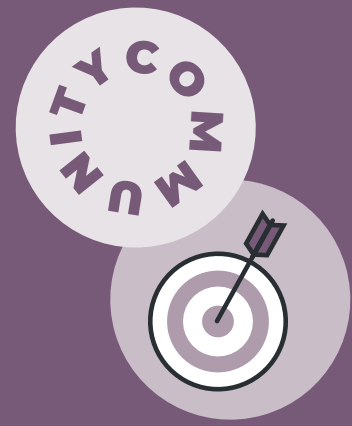


MILFORD
FOUNDATION

INVESTING IN FUTURE GENERATIONS
TE WHAKATŌ KĀKANO MŌ NGĀ REANGA HOU

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Congratulations on receiving a 2025 Milford Foundation Scholarship.

You are the future of New Zealand. It is people like you, that will shape the way for young New Zealanders that follow. We are looking forward to supporting you on your journey through study and can't wait to get stuck in with you.

Since Milford began in 2003, it was always our desire to offer a helping hand to those in need. The Milford Foundation was born in 2020 and has been supporting initiatives that we believe will help strengthen the future of communities within Aotearoa New Zealand, creating opportunities for generations to follow.


We understand that Youth, Education and the Environment are the fundamentals for a sustainably positive New Zealand and it's for these reasons, that we are heavily investing in these three areas.

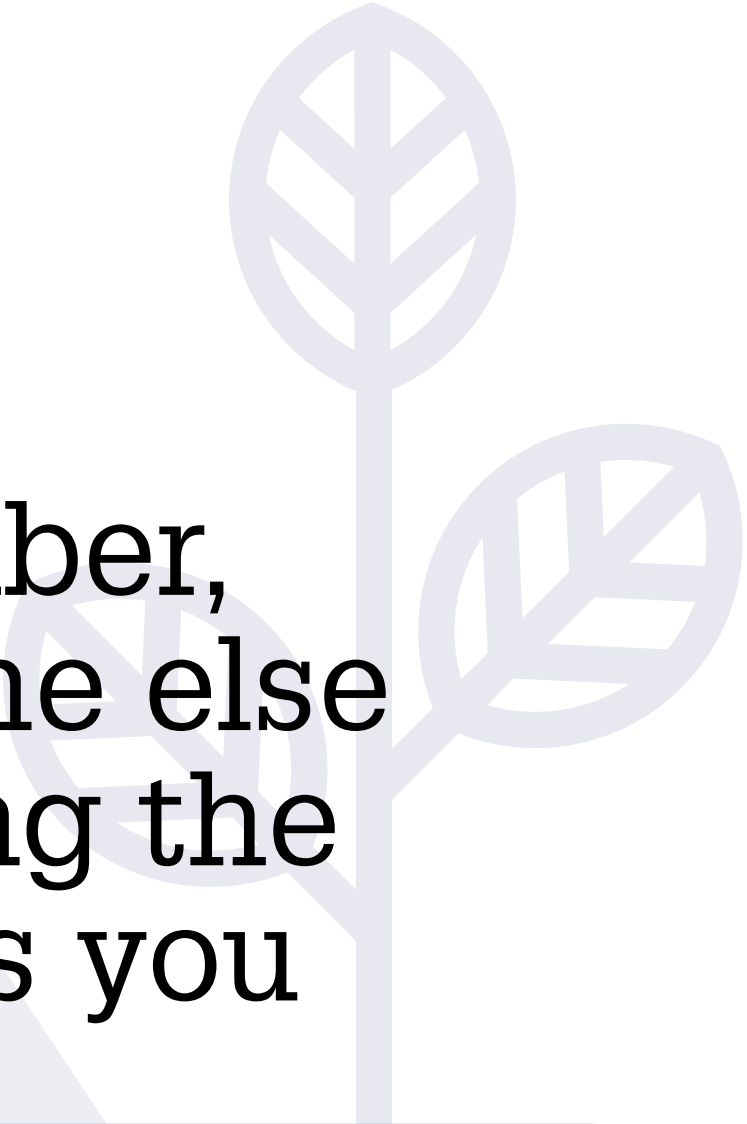


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FIRST TWO WEEKS



A stylized, light blue illustration of a plant with a central stem and three leaves. The leaves are oval-shaped with internal vein patterns. The plant is positioned behind the main text.

Remember, everyone else is feeling the same as you

Starting tertiary study is your first big step into adulthood, and there are many reasons why you may feel a little nervous or anxious to be there; large groups of new people, maybe a move to a bigger city, or moving away from family and friends for the first time. There are many reasons why you might feel a bit nervous about your first few weeks of tertiary study, and this is completely normal. One of the most important things to remember is that everyone else will be feeling the same way as you.

Put yourself out there

There are so many great tertiary institutions in New Zealand that provide a wealth of opportunity for students, and there are many extracurricular activities, both related and unrelated to your study, that you can get involved in. If possible, try to get involved with some of these activities, whether it's a Hall sports day, joining a club, an orientation event, or a social gathering with other students. These are great ways to meet new people, start forming connections, and learn more about what you might be interested in while you are studying. At first these activities can seem difficult, and maybe not all of them will be right for you, but the things you do enjoy will be very beneficial throughout your time studying.

Work hard, play hard



The first few weeks of study can often be quite full on, setting yourself up with new accommodation, familiarising yourself with a new location, and socialising with new people. Often social activities can leave you feeling exhausted physically and mentally, and with this you can lose track of where you are at study-wise. It is important to remember that while you may be having lots of fun outside of your study, the first few weeks of classes in your first year are crucial as this is where lecturers and tutors will be helping you understand how everything works and ensuring you are on the right track.







StudyLink

You are beginning your Tertiary qualifications, signed up to your papers and potentially even organised where you will reside. The hard part is done. So don't let StudyLink and your student loan be more stressful than it needs to be. Before applying for StudyLink start by asking yourself a couple of questions.

What will I use this for?

What am I entitled to?

What will this loan mean once I finish study?

For most of the questions above, StudyLink's website is a very useful tool. It's just about navigating your way around it. Start with "How StudyLink works" and go from there.

India Says

"My tip is not to leave this until the last minute, I did this in the first year of uni and it caused a lot of stress. I would recommend setting aside an admin day well before you start, just to iron out all the details. Start with what you are entitled to and then what you will need in order to apply. Often the application process will require you to have documents you wouldn't necessarily have on you. So, it's good to start getting all your ducks in a row early on. This means it's not a mad rush at the end."





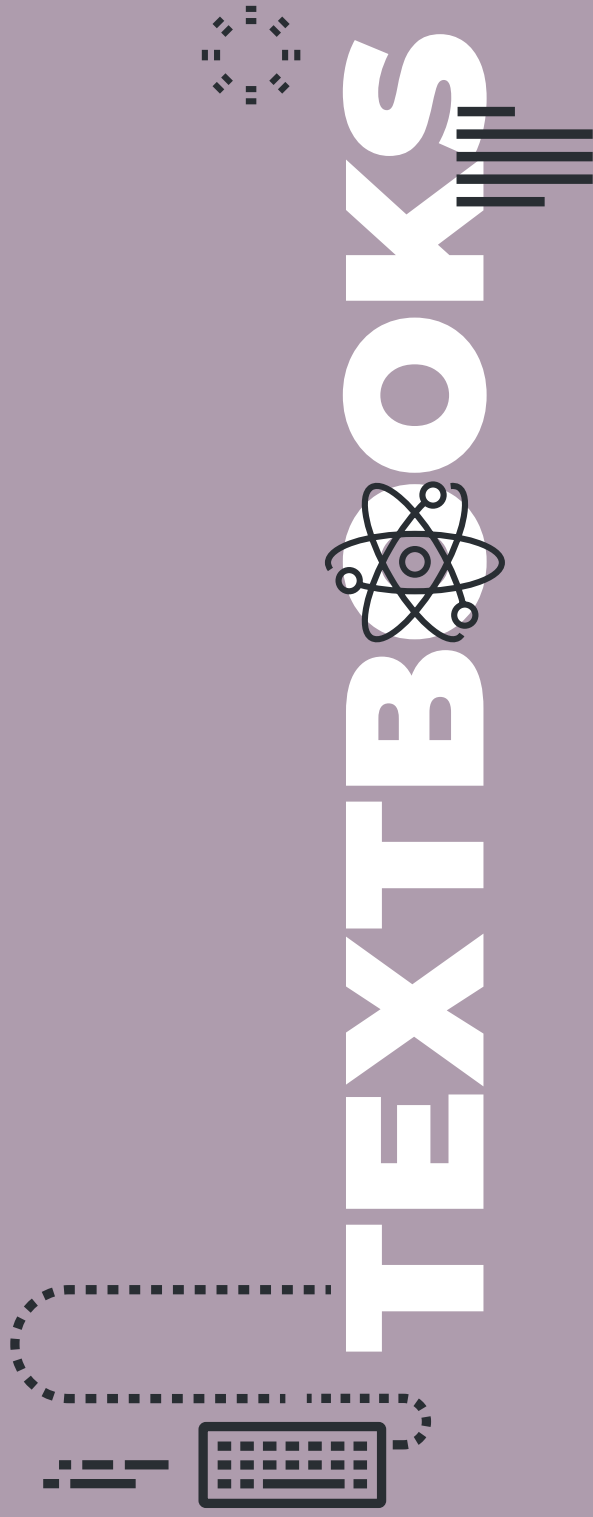
Budgeting

Budgeting is an incredibly useful tool when you are a student. This tool will not just help you through your study, but also in creating financially healthy habits for life. We have broken this down into 5 money smart decisions for students.

1. Work out how much you need each week for the basics and leave that untouched. There is nothing worse than having a big blow out only to eat plain rice and tuna for the next 8 meals.
2. Ask yourself “Where are the best deals and how can I utilise them?” Often there will be a farmers market in close proximity to where you are living. Farmers markets are a great place to get fresh produce at a reasonable rate.
3. Another great trick is looking at what discounts you can get with your student ID. There are often a lot of student deals for things like books, gyms, drinks and so on. Make sure to take full advantage.
4. When you can, prepare your own food. Things like eating out and ordering in tend to chew through your budget.
5. If you decide to, or need to, do some part-time work, make sure your KiwiSaver is set up. Every little bit helps, and you will thank yourself down the track!



There are also lots of resources out there that can provide budgeting advice and services, but be careful who you choose to listen to – especially on social media. There are a lot of unqualified “Money Gurus” that could give you misinformation. Don’t let this stop you though, tertiary education is not just about what you’re studying but other skills that will help you “Adult” further on down the track.



TEXTBOOKS



Where to Begin?

Buying textbooks is something most students have to do, no matter how much they may want to avoid the cost. However, there are ways to minimise the impact on your wallet!

Check with your tertiary education provider before using your wallet!

It is important to check (and double check!) what books you need for your upcoming semester. Sometimes the books you need are updated with a newer version, or changes in the curriculum mean the list changes closer to the semester start date.

Tip

Look at the textbook requirements for a paper/course 2-3 weeks before the start date so you can be sure you are looking at the most current information.





eBooks

eBooks are usually cheaper than paper-based textbooks and can be a great alternative to lugging around a pile of books.

Some universities and tertiary institutions may provide you with electronic PDF versions of readings you need to complete a paper or course. This is more common if the paper/course is only going to refer to a few chapters of a particular textbook.



Shanee says

“eBooks are great as you can use the ‘find’ function to locate certain key words and subjects, however, reading on a backlit screen can be straining on your eyes. If reading on a backlit screen is something you struggle with, you can always print out some chapters to minimise screen time.”





Utilising the Library

Libraries sometimes carry copies of textbooks which you can take to printing services and make copies of relevant chapters you need. Get in quick to utilise this option, as many students request to borrow these books.

Purchasing New

Sometimes purchasing brand new textbooks cannot be avoided. Lecturers may update the textbook they use, or sometimes you just cannot find a second-hand alternative.

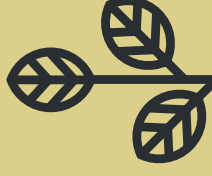
It is important to shop around if you are looking to save money. Sites like The Nile are usually a lot cheaper than bookstores located on campus or other NZ textbook stores, however, you do need to be organised and order ASAP to ensure it reaches you in time for the start of semester.

Purchasing and Selling Second-Hand

Sites like Facebook Marketplace and Trade Me are a great way of finding second-hand textbooks. You can also use these same sites to sell your textbooks once you have passed that paper/course. This is a great way to make some money back!

THE BEAUTIFUL THING ABOUT
LEARNING
IS THAT
NO ONE CAN
TAKE IT
FROM YOU.

- B.B. KING



GETTING FAMILIAR WITH APPS *





Getting Familiar with Apps

How you like to learn and take in information will have a great impact on what types of apps and programs will aid you on your education journey. But there are a few common universal apps and helpful programs that we wanted to share with you.





Microsoft Office 365

Microsoft Office encompasses several apps that are worthwhile for students. Word, Excel, and PowerPoint will become staples for all students when completing assignments. Outlook and Teams are a great way to keep your calendar and emails organised and connect with other students for group assignments.

Most tertiary institutions offer Microsoft Office to students for FREE!

OneNote

Microsoft OneNote is a great note-taking program! You can create multiple notebooks, which you can organise with different tabs and sections. OneNote works well on computers as well as tablets.

Not only does it allow you to keep your notes tidy, but you can also copy in any diagrams, pictures, graphs and link in PDFs and Excel spreadsheets.

Google Drive/OneDrive

Every student needs to get into the habit of backing up their files! You do not want to run into the issue of losing your assignment files right before they are due!

Google Drive and Microsoft's OneDrive are both great solutions to back up your documents. Having your documents saved to a cloud storage means you can access them from any computer that has access to the internet!



Shanee says

"Throughout uni I continued to use OneDrive to back up my files. Once connected and set up (I chose to back up my full documents folder) you can turn on the Auto-Save option which will save your document periodically!"



Grammarly

www.grammarly.com

Grammarly has a free service which you can use to help highlight grammatical and sentence structure errors within your written assignments. Using Grammarly gives you extra confidence when handing in your assignment.

Grammarly also offers a Google Chrome browser extension you can install.

Canva

www.canva.com

While assignments are generally about what you have written, sometimes you are marked on visual aesthetics and layout. Canva is a great tool for this.

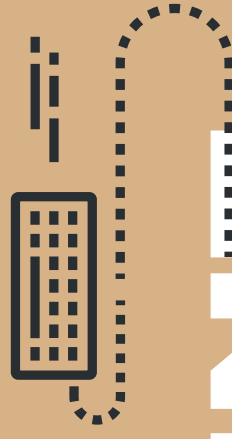
Canva is a free tool that has different templates for multiple types of media creation. It uses royalty-free images and allows you to seamlessly bring visual layouts to life. You can download your image/page layouts as multiple different file types and use them as you need in Microsoft Word or PowerPoint.

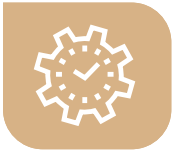


STEVE JOBS

"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it."

TIME TANGENT



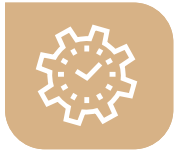


Time Management & Assignment Planning

Amid the events around campus, social clubs to take part in, and great adventures that lie ahead, it is important to try and keep in the forefront of your mind that a lot more independent work will be required from you at tertiary level.

To ensure you're getting the full/best study experience, it is vital you are able to manage your tasks and time. Having a strong system from the get-go will prevent you from falling behind.





Time Management

Making full utilisation of the calendar on your phone is probably the best way to schedule your time.

“Our minds are meant for having ideas, not holding them,” says author David Allen. Start by immediately recording any tasks or deadlines, then once you have everything consolidated, structure or time block your days based on the priority of what needs to be done.

The key is to remain flexible. Being a student means there will be plenty of impromptus and at the end of the day, we’re all human. Understand that your days are constantly changing, but a flexible system should allow you to rearrange your schedule on the go and be able to swiftly pick things up from where they were left off. Most tertiary institutions offer an online timetable planning tool. Check their website for details.

Michael says

“The psychology of deadlines is an interesting one. Though intended to be a tool used to promote urgency, long deadlines are often treated as permission to postpone the completion of a task. So what can you do to ensure you aren’t sacrificing quality for speed at the 11th hour? I like to create a timeline and set mini-deadlines or checkpoints leading up to the actual deadline. You want to structure and plan your time in such a way that ensures you’re done with the task before the actual deadline.”





Assignment Planning

Now that you've scheduled the time in your calendar to start working on your assignment, how do you begin? Below is a rough guide but feel free to adjust and make it your own.

Step
1

Brainstorm and Break Down the Question

Before picking up your pen or pushing your first keystroke, understand the task fully! Jot down any initial ideas that come to mind or knowledge gaps that you need to research.

Step
2

Research and Read

Turn to your course material and the university resources to identify relevant points and spot recurring themes. Compile the information and start loosely sorting them into applicable segments.

Step
3

Design and Develop a Draft

Now is when we start piecing together the information we have collected and form an initial draft. Connect noticeable themes and paraphrase, never plagiarise.

Step
4

Edit and Improve

Revise your draft and see if it can be improved. Does it answer all the questions set out in the assignment? Are the points well-structured and flow nicely? Are you sticking to the word limit?

Step
5

Proofread and Format

Final checks on spelling, grammar, and punctuation. Ensure that the proper citation and referencing format is used.

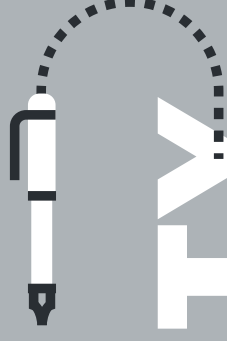
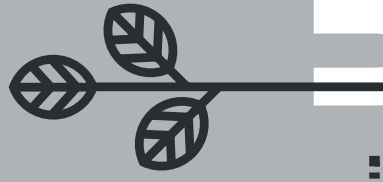
Step
6

Submit

Try not to leave it to the latest possible second! There's nothing worse if your computer crashes or internet goes down.

"THE TRAGEDY IN OUR LIVES
IS NOT THAT WE
SET OUR GOALS
SO HIGH
WE SOMETIMES
FALL SHORT.
IT'S THAT WE KEEP SETTING
OUR GOALS SO LOW SO THAT
WE ALWAYS
REACH THEM."

- LEONARDO DA VINCI.



UNIVERSITY



**RESOURCES/
WORKSHOPS**



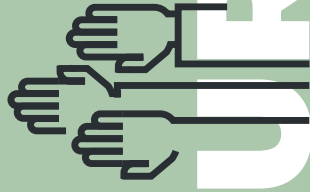


Tertiary Resources/ Workshops – referencing, writing, EndNote

When studying in New Zealand, we are so lucky that institutions make such an effort to support students and provide useful resources. When starting study, it is great to get an understanding of what is available to support you. Below are some useful ideas that we think will be able to really help you.

Firstly, make the most of your tutors, they are there to help you succeed. They have been in your shoes trying to navigate their way through the first few years of study, and are always great to talk to when you have questions. When it comes to assignments or exam time, often your tutors won't tell you exactly what to write, however they are always a great help when it comes to formatting or structuring an essay, helping clarify expectations, or better understand an assignment question. Each tertiary institution has its own referencing style and this will be explained to you before your first assignment. EndNote reference manager is a helpful tool as a general guide.

ALWAYS BE KIND TO YOURSELF
ALWAYS TAKE CARE OF YOURSELF
ALWAYS SPEAK GOOD TO YOURSELF
ALWAYS COUNT YOUR BLESSINGS
ALWAYS TREAT YOURSELF WELL
ALWAYS RESPECT YOURSELF
ALWAYS APPRECIATE YOURSELF
ALWAYS VALUE YOURSELF
ALWAYS BE THERE FOR YOURSELF
ALWAYS BE HAPPY WITH YOURSELF
ALWAYS THINK GOOD THOUGHTS
ALWAYS BETTER YOURSELF



PLAN YOUR QUALIFICATION





Plan your qualification

Choosing Your Degree/Diploma

Think about what you want to study and look into whether your tertiary provider has any school pre-requisites for a particular degree. You will be able to select one or more majors within your chosen degree/diploma. For example, someone who studies a Bachelor of Commerce will select one or two majors from the wide range offered in New Zealand.

It is most likely your first year will consist of 'core' papers. These are papers that everyone in your cohort will have to complete in order to progress to the next stage of their studies. Core papers give a great taste of all majors that the degree encompasses and offer a basic introduction to those subjects. It's also completely normal to change your mind if you find that you are interested in another course after your first year. It's important to find what is right for you, keep a growth mindset.

Look Ahead & Plan

Have a look at what the completion requirements of your chosen majors are, there will be specific papers you will need to take in order to complete the course. For example, students who study International Business may be required to sit at least one entry-level language paper during their time at university.

Have a look at each of the papers you plan to take in the year, and when they are offered. Some papers may only be offered in one semester, some may be offered in both. Some may even be offered over the summer if you wish to do them.

Don't overbook your timetable! Four papers per semester are recommended, any more than this and you may struggle to meet your deadlines. Most papers will have two lectures a week, plus a tutorial or a laboratory session, depending on your area of study. You will need to allow enough time for at least two or three classes a week per paper.



Make Use of Tertiary Resources

If you need assistance enrolling or structuring your degree, all tertiary institutions will have a team dedicated to providing course advice, and managing your timetable. Similar tools and resources will also be available online in your tertiary provider's Student Portal.

Your Qualification

Alex says

"Your majors will not necessarily dictate your career. I studied Marketing and International Business, but my overall qualification in Commerce helped me find a job in the finance and investment services industry. It is important to remember that university will teach you about much more than just your degree – you will develop strong social, networking and team working skills too which are invaluable in the professional world."







Before you start at the University of Auckland

- You must complete your Diagnostic English Language Needs Assessment (DELNA) at the beginning of your studies. You can use your own computer or use one of the computer clusters on campus.
- Sort your Campus Card.
- Ensure you have access to a device and a stable internet connection so you can stay updated on any changes.
- If you are looking to purchase a device, please see our device recommendations to support students' studies.
- Enrol at University Health and Counselling Services and get the benefits from day one!
- Download the university app Kāhu - your essential go-to for everyday information and tools.
- Get familiar with mihi whakatau, the official welcome for all new students.
- Plan your trip. There is limited parking on and around campus, so your best bet is public transport, walking, or cycling.



Once you arrive

Orientation Week

Attend your faculty orientation session. Dates are available on the website:
www.auckland.ac.nz/en/students/newstudents/orientation-new-students/orientation-programme

Weeks 1-3

- Get your AT concession card
- Check out the Sport and Rec Centre
- Check out Clubs Expo and discover the great range of clubs, societies and associations
- Complete your Academic Integrity course
- Visit Student Hubs for help and advice on any aspect of your studies and life at University.
- Get started with your Library - it's more than just books!

Weeks 4-12

- Read up on handling your first set of results
- If you are struggling, seek academic assistance
- Explore our wide variety of other support services



Orientation Day

In the week beginning 24 February 2025 we welcome all of our First-Year students during Orientation. Your faculty will have a specific day – which you can find on our website.

This is the best way for new students to navigate their way around our campus. It enables our students to learn more about their degrees, timetabling, and support systems that Auckland provides.

On your Orientation Day, you can expect to be welcomed by the UniGuides and experience a Mihi Whakatau as you get to know the University and your faculty. Test your skills in our campus tour challenge before ending the day with a fun social event!





Top Tips for starting at the University of Auckland

Say hi to the people next to you in lectures

Chances are they're feeling exactly like you and will respond to a friendly face. You don't have to end up best buds but maybe you'll share notes one day or grab a coffee after class.

Get familiar with online tools

Knowing your way around Zoom and being familiar with online etiquette will be quite handy in the event things change. Check out our resources to ace those video calls in no time!

Know your way around campus

Finding your way around campus can be a bit daunting and room numbers can be hard to understand until you get the hang of it. Read up on how to find your classes and get around campus. Head to Student Hubs, your physical gateway to the University of Auckland.

Get involved!

Some people you meet at uni could be your friends for life (cheesy but true). Join a club (there are more than 200 to choose from!); find out about volunteering opportunities; say hello to your AUSA executive at AUSA House or grab lunch with someone you've met in class.

Check back regularly on CANVAS

CANVAS is where you'll find important information, course outlines, readings and required textbooks.

Get comfy

Wear something you'll be comfortable in for the whole day (pro tip: bring a jersey if you tend to get cold, there's a reason why the Fisher and Paykel Auditorium is nicknamed 'the fridge'). Campus style is pretty laid-back, but not quite pyjama territory. Oh and it's wise to carry an umbrella – you never know when it's going to rain in Auckland!



Top Tips for starting at the University of Auckland

Become a Class Rep

During your first week of classes, your lecturers will ask who wants to be a Class Rep. This is an important position – Class Reps advocate for the class they represent, helping to come up with solutions to problems that affect all students. If you have leadership inclinations, find out more about the role and when the time comes, put that hand up! (It doesn't hurt that this position also looks great on your CV!)

Find out about IT services and support

Get familiar with the IT services and support on campus so you know what to do if you need to print or find out how to access lecture recordings. Did you know you're eligible to receive Microsoft Office 365 for free?

If in doubt, ask!

There are lots of ways to find out what you need to know, and there are plenty of people around to help. You'll get the hang of it but ask away in the meantime. Visit your faculty student centre, talk to your lecturers and tutors, ask your classmates, contact your UniGuide, look up your query online or look out for a UniCrew member wearing a navy t-shirt.

Two words: tactical snacks.

Uni days can be long – don't get hangry. If you want a quick bite, you can find something on campus.

Top Tip from a previous Auckland University Milford Foundation Scholarship Student

"Find out where your lecture theatres and rooms are before day one. It's a big campus so wander round and find the short cuts. Munchy Mart is definitely the place to go for snacks – and they have microwaves to heat your lunch."



Where to go for support or assistance

We're here to help! Whether you need academic guidance or personal support, the University of Auckland has some of the best resources on offer, so you can get the most out of your time with us.

Student Hubs

The Student Hubs provide friendly support as you navigate the University. Once you've enrolled and are part of the University whānau, the Student Hubs will be your access point for general information, mana-enhancing learning support, and advice around programmes and courses.

Libraries and Learning Services

If you're working on assignments or studying for exams, our Libraries and Learning Services team have a huge amount of resources to help you on your way.

Student Support Hub

Life and studies sometimes don't run as smoothly as you hope. The Student Support Hub is where you can access the AUSA's (Auckland University Students' Association) services when things go wrong. The team offers free and confidential support to all students, and are independent of the university.

Student wellbeing

Be Well offers a range of tools and information to help you care for your physical, emotional and spiritual wellbeing, so you can thrive during your time at University. Our focus is on proactive and preventative measures that promote health, reduce stress and enhance a sense of community and belonging.



Where to go for support or assistance

We're here to help! Whether you need academic guidance or personal support, the University of Auckland has some of the best resources on offer, so you can get the most out of your time with us.

Māori students

We support Māori participation and achievement in all aspects of University life. Waipapa Marae (City Campus) and Te Aka Matua o te Pou Hawaiki (Epsom Campus) provide a kāinga rua for our students and their whānau. The Office of the Pro Vice-Chancellor Māori and our Student Hub centres provide information and support to students and their whānau. This includes advice on entry, enrolment and scholarships, as well as academic and pastoral guidance.

Pacific students

The University welcomes and supports Pacific students' participation and achievement in all aspects of University life. Our Fale Pasifika is the centre of the University's Pacific community. 'O lagi Atea Moana (Culture Space) is a safe and welcoming place for our Pacific students. The Office of the Pro Vice-Chancellor Pacific provides information and support to students and their families, including advice on entry, enrolment and scholarships, as well as academic and pastoral guidance.

Tuākana Learning Community

Joining the Tuākana Learning Community is the first step towards academic success for our Māori and Pacific students. Tuākana connects you with senior Māori and Pacific students, staff and key people across the University through tutoring, mentoring and workshops.



Transport Tips

Buses

Buses are cheap, frequent and convenient. There are bus routes from almost every suburb to the central city. Bus lanes mean catching a bus is often quicker than driving, especially during peak hours.

Discounts

Eligible full-time students save money on bus, train, and ferry fares when traveling with a tertiary student concession. Plus, you'll get an extra discount if you travel at off-peak times. Tertiary concessions are available for up to 3 years via the AT Mobile app.

City Campus AT Customer Service Centre

Students can visit the AT customer service centre, located in the Munchy Mart convenience store (Level 0 Kate Edger Information Commons) for all their AT Hop travel requirements.

For a full list of bus ticket agents, visit Auckland Transport at at.govt.nz

Tāmaki bus service

The University offers intercampus bus services for both students and staff of the University that run between the City and Tāmaki campuses.





Best Places to Eat on Campus

The University has rolled out a pioneering vending solution available 24/7. Refrigerated, fresh food and dairy machines sit prominently around all campuses. The machines offer up to 54 different choices of healthy and indulgent snacks and beverages, at a competitive price.

We also have cafes on the City Campus:

Chi Chop

Nick's Kitchen

Needo

Conscious Eats

Shadows bar

Relax Lounge

Gong Cha

Tank

Shaky Isles

Hello Chinese

The Bowl

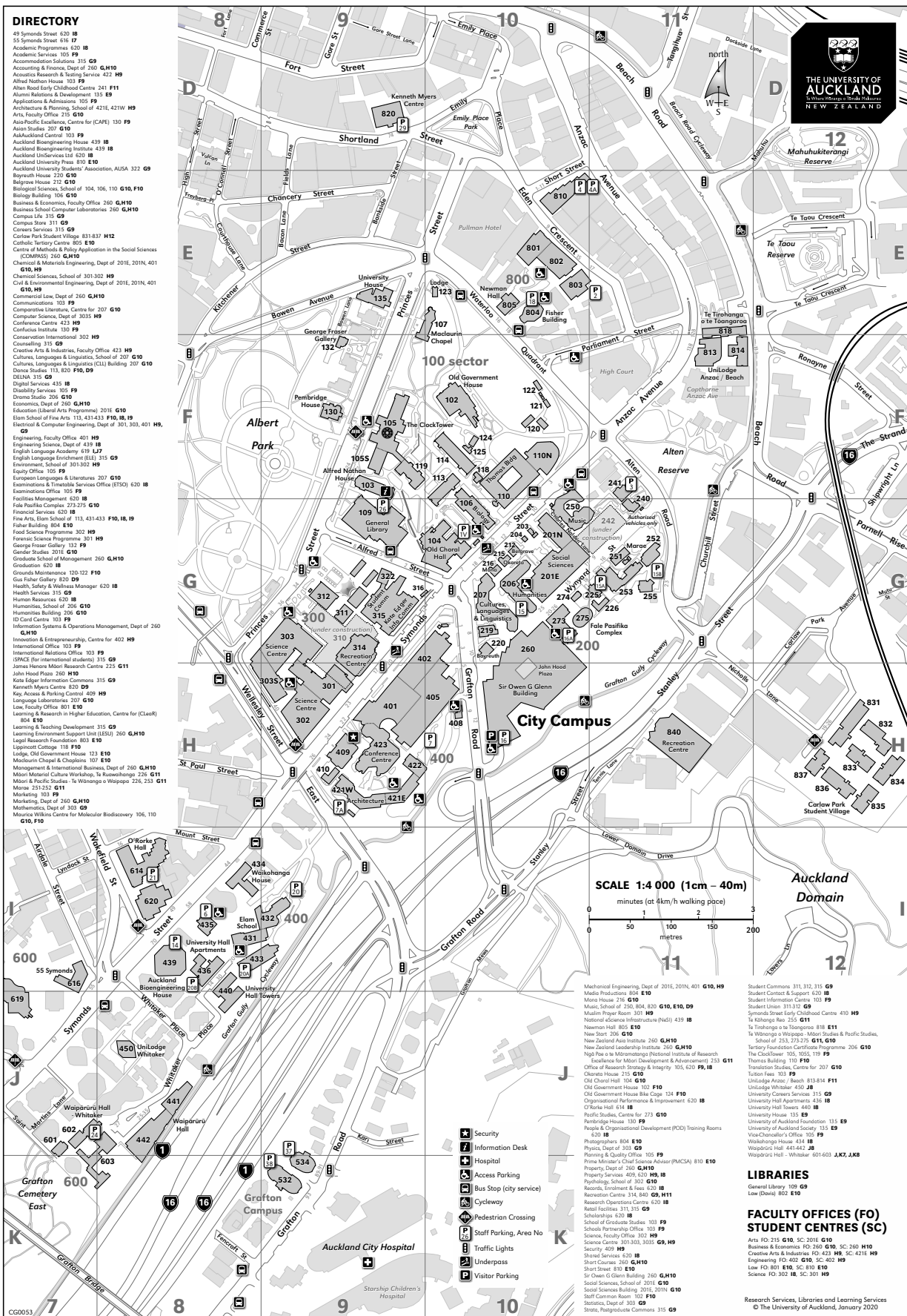
Strata Café

Hollywood Bakery

Munchy Mart

Uni Sushi







WELLNESS RESOURCES/SOCIAL CLUBS





Wellness Resources/ Social Clubs

Wellness Resources

Student Services

Tertiary education can feel like the first taste of being in the big bad world by yourself and means you need to take your health into your own hands. Mentally and physically. Most tertiary institutions will have “student services/levies” built into their fee structure. This means that some services will be covered through your tertiary institution off the back of your total fee. Listed below are a few examples:

- Counselling Services
- Health Services
- Career Support, Advice and Information
- Financial Support and Advice

Make sure you utilise these resources where and when required, many of the professionals working at the above facilities are well versed in everything “student” related. There will be nothing they haven’t seen or heard. They are a great place to go if you need extra support, someone to talk to or help with your degree. Sometimes things come up in life that you can’t control, lecturers understand that sort of thing and are generally very accommodating.



Student Communities

Tertiary education is a place to find yourself, and meet other like-minded people. There is a large selection of groups you can join which I have listed below, they are just some of the groups available:

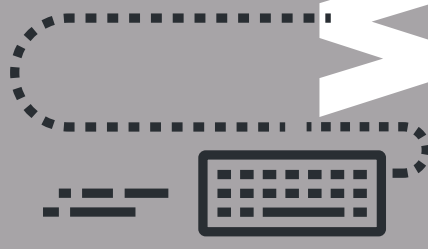
- Pasifika Hub
- Māori Hub
- Rainbow Students
- Refugee Background
- Students with Disabilities

These groups are a great way to get support and guidance if needed, or just a way to make new friends. Most places will also have some sort of student blog or student newspaper. These publications are a great way to keep up-to-date with the latest news. It can also be a great way to find events that you may find interesting.





Charlie Says

“One piece of advice I would give to someone starting university would be to have a thorough look into the various clubs and societies that are on offer. Whether you are an avid chess player, keen adventure racer or looking for a weekly yoga class, all universities in New Zealand have an extensive list of different clubs that are waiting to be taken advantage of. Clubs & societies tend to attract significant funding from the University Students Association, so there are always great resources available as part of these groups. It also provides a valuable opportunity to meet a different bunch of people that you may not have been introduced to in your academic classes and/or social settings around uni.”



WELL-ROUNDED LIFE





Well-Rounded Life – Diet, Exercise

Taking care of your mental and physical health is essential to ensure you can both enjoy your tertiary experience and achieve academic success.

Mental Health

Most importantly, it is okay if you find yourself struggling at any stage with your mental wellbeing. Asking for help isn't shameful and you deserve to feel well, safe and supported. In addition to various helplines, your student centre and student medical centre will both have resources available to help you out of a tough patch. They can help you find someone to talk to in a professional capacity, find additional resources or peer support groups on campus, and even apply for accommodations on your course load if necessary. Remember, you are not alone, and help is always available.





National Helplines

Whatsup – 0800 942 8787

Need to Talk? (24 hours, 7 days) – Free txt or call 1737

Alcohol & Drugs Helpline – 0800 787 797

Youthline (Under 25s) – 0800 376 633 txt 234

Lifeline – 0800 543 354

Parenthelp – 0800 568 856

Depression/Mental Health – 0800 111 757 txt 4202

Family Violence Line (9am-11pm) – 0800 456 450

Shine (Domestic Violence) – 0508 744 633

Gambling Helpline – 0800 654 655

Pregnancy Help (Mon-Fri) – 09 373 2599

Healthline (Medical) – 0800 611 116

Citizen Advice Bureau (Mon-Fri) – 0800 367 222

Mental Health Boosters

Our mental and physical well being goes hand in hand. Sometimes doing something physical is just what we need to give our mental health a boost. Simple things like the following can help:

- Take a shower and change into some clean clothes.
- Take a walk outside and get some fresh air and sunshine.
- Give meditation or breathwork a go. There are plenty of free YouTube videos or apps that will guide you through various exercises or styles. Try searching for 'body scan meditation', 'visualisation meditation', '4,5,6 breathing', or 'alternative nostril breathing' to find a technique that resonates with you.



Physical Wellbeing – Top Tips for Students

Try Any:

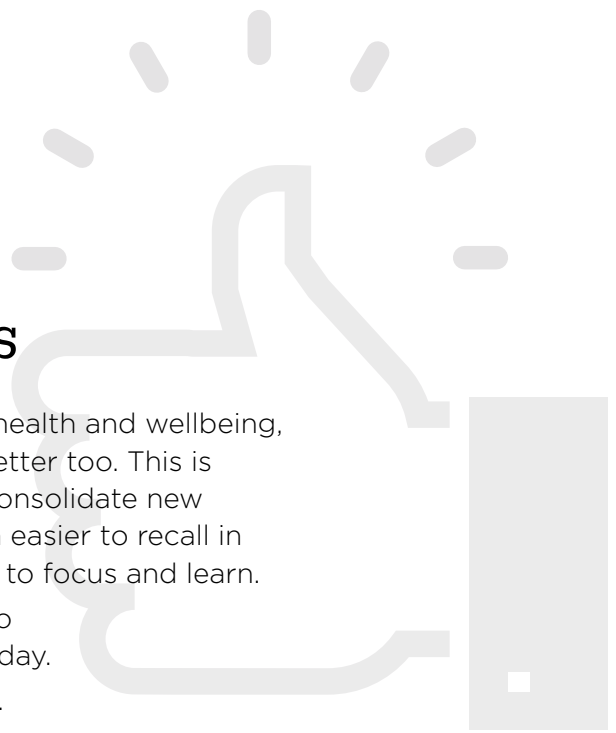
- Enjoy a variety of nutritious foods every day. We can't get all our nutritional needs from any one source, so make sure you eat a good mix of fruit, vegetables, whole grains, lean proteins, and healthy fats across your diet.
- It might be tempting to resort to energy drinks and junk foods to fuel late night study sessions but there are better snack options that won't disrupt your sleep.
 - Veggies with hummus
 - Apples with nut butter
 - Dried fruit and nuts
- Avoid sitting for long periods, take regular study breaks and get up and move around during them. Maybe you could have a mini-dance-party-break to keep yourself active during long study sessions. It's as easy as putting on one of your favourite songs and dancing.
- The Ministry of Health recommends adults do at minimum 2 ½ hours of moderate or 1 ¼ hours of vigorous physical activity spread throughout the week. However, there are more health benefits if you break this up into smaller amounts during the week than trying to do it all on one day.
 - Walk or bike around campus
 - Take the stairs rather than lifts if/when you can
 - Join the uni gym or social sports teams, which is a great way to make friends too



Physical Wellbeing – Top Tips for Students

Sleep is not only important for your physical health and wellbeing, but quality sleep helps you learn and study better too. This is because whilst we sleep, our brains work to consolidate new memories or learning, making the information easier to recall in the future. Poor sleep also affects your ability to focus and learn.

- Try to keep a regular sleep routine, going to bed and waking up at the same time each day.
- Spend some time in natural light every day.
- Avoid bright screens immediately before bed (that means tv, computers and phones).
- Keep your room cool, dark and quiet.

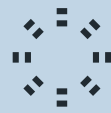


Malaika says

“I highly recommend getting yourself an eye mask and ear plugs if you share your space with roommates. They are an inexpensive way to look after yourself by blocking out excess light and noise to ensure you get a good quality sleep each night.”



NOTE TAKING





Note Taking – Type of Learner – Study Space

Studying

Studying is arguably the most important part of your tertiary study, but can easily become the most dreaded if you don't have systems in place that work for you. For some students, there is nothing worse than sitting down to write page after page of meticulous notes and for others, it's the only way they'll remember the course content. There are three main things to consider as part of your studies:

1. **Learning Type** – it is important to understand how you learn; if you're a visual learner, downloading the lecture slides and making cue cards may be the way to go. If you're a crammer, you might listen to all the lectures again on 2x speed the week before the exam. There is no right or wrong, so maybe use the first couple of weeks to trial different styles and see what resonates with you.
2. **Note Taking** – this follows on from part one and understanding how you learn best. Some people write in shorthand and use mnemonics to help consolidate their notes, while others might prefer to collect all the past papers and marking schedules to highlight and scrawl notes on. We live in a great digital age where almost everything is recorded, so there's a good chance if you miss something the first time around, you can go back and listen to it again.
3. **Study Space** – tertiary institutions are very social places and this can be to your educational advantage. You may not have understood how the lecturer explained something or maybe you were off sick and the lecture wasn't recorded, there's bound to be someone in your class or tutorial that you can meet up with and exchange notes. When it comes to assignments and exams, you'll definitely need a quiet space whether that's in your room with earplugs or designated study spaces on campus.

Again, there's no one method that works for everyone so try a little bit of everything until you find something that works.

NEVER BE ORDINARY. NEVER BE MEDIOCRE.

BE A WOLF.

ACTUALLY NO - BE A LION.

**BE YOURSELF
SET GOALS.**

THEN SMASH THEM INFACT,
DESTROY THEM.

**BE A STRONGER
VERSION OF YOU.**

SHOW PEOPLE WHO YOU ARE.

NEVER APOLOGISE FOR BEING AWESOME.

BECAUSE YOU ARE AWESOME

**GO GET 'EM
YOU'VE GOT THIS!**

YOUTH EDUCATION ENVIRONMENT



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