

UNIVERSITY
OF OTAGO

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.

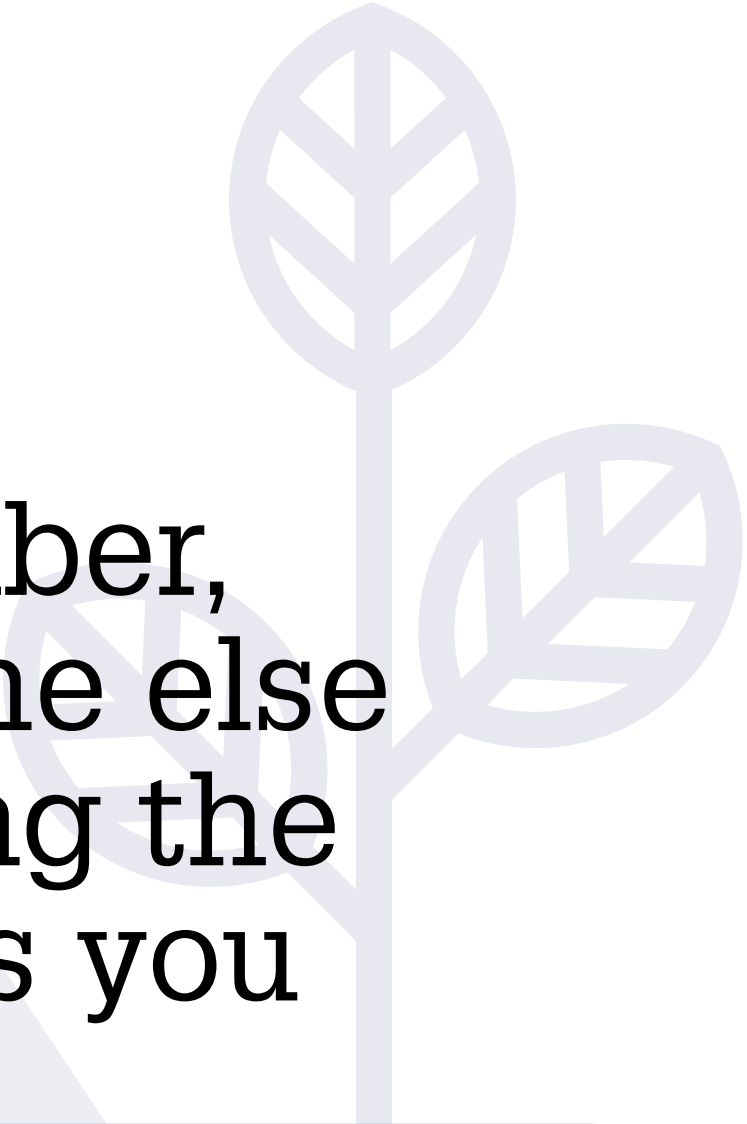


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FIRST TWO WEEKS



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."





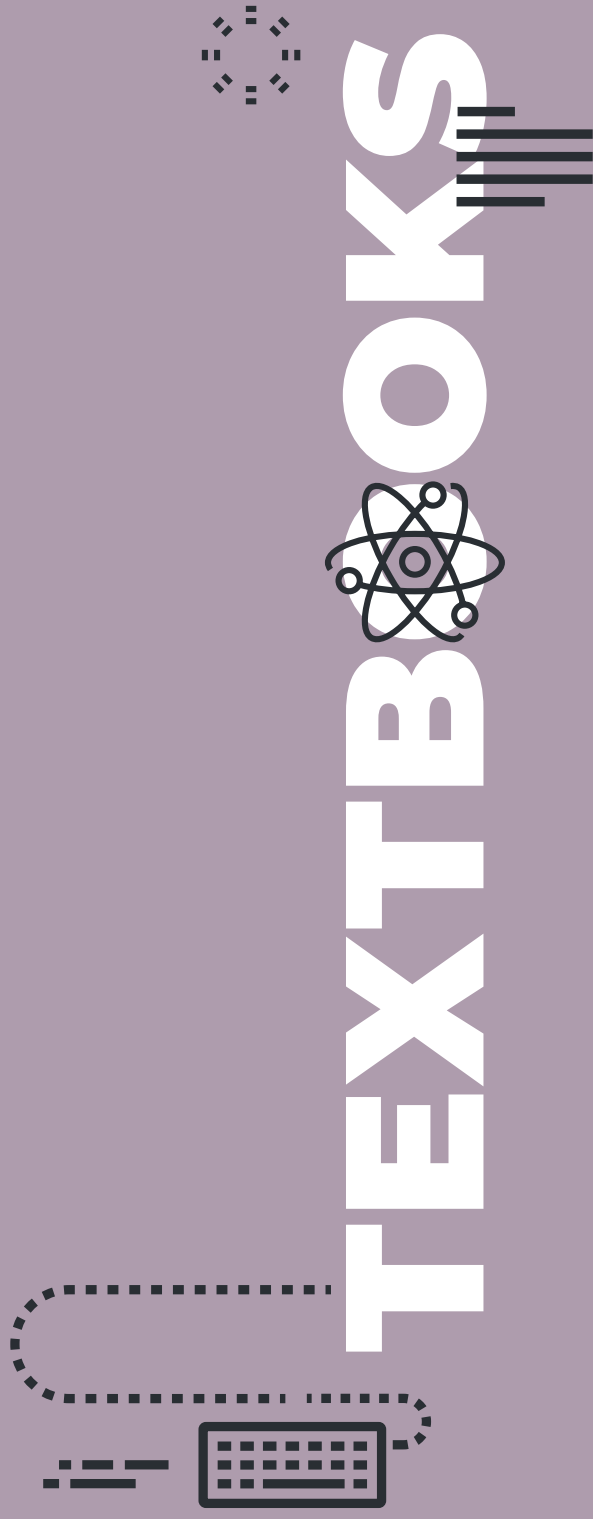
Budgeting

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.





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.

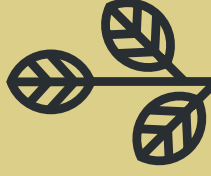
It is important to shop around if you are looking to save money. Sites like The Nile are usually a lot cheaper than bookstores located on campus or other NZ textbook stores, however, you do need to be organised and order ASAP to ensure it reaches you in time for the start of semester.

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



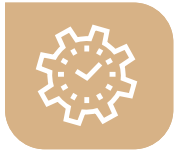


Time Management & Assignment Planning

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.

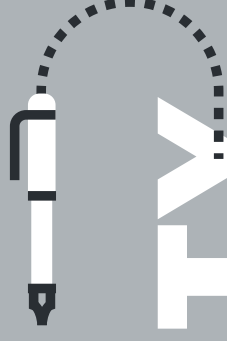
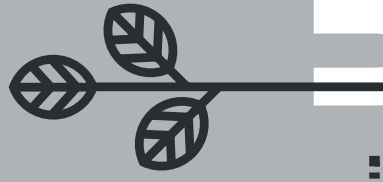
Step
6

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**



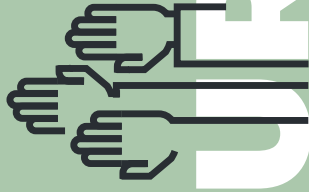


Tertiary Resources/ Workshops – referencing, writing, EndNote

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 Otago

Community Services card

You may qualify for a Community Services Card, which will make health services cheaper. Visit the Work and Income website ([workandincome.govt.nz](https://www.workandincome.govt.nz)) for more info.

Course enrolment

Don't forget to select and enrol for your courses, and to pay any tuition fees and levies.

Student app

Check your personalised study timetable, have quick access to your grades, find lectures and exam venues, and quickly access online resources. Download for free at the app store (search "University of Otago") or from: otago.ac.nz/app



Once you arrive

Dates

Formal lectures begin on **Monday 24 February 2025**.

Orientation

Orientation runs the week of 17 February 2025. It's a great opportunity for you to find your way around campus and ensure that by the time classes start, you're ready to get going.

Check out otago.ac.nz/oweeek

eVision Overview

You will have originally accessed eVision when you began your application process to study at the University of Otago. eVision is the administration system for everything about your personal University programme. You can see a lot of important information in eVision including:

- Notices sent to you from the University
- Your examination results
- Your personal student timetable
- Your programme of study
- Your student fees

It is also where you choose or make changes to your University papers.

You can access the eVision portal at:
evision.otago.ac.nz/sitsvision/wrd/siw_lgn

Check your timetable

Make sure you know where you need to be and when!

Explore your new environment

Entering university can be like entering a foreign country. Both experiences can lead to 'culture shock' with associated feelings of alienation, helplessness, and loss of confidence. To help you feel at home, get to know as much as possible about your new environment, its people and places.

Take a library tour, wander around the campus, make contact with departments, and find out about the various sections of the University and their functions. Familiarise yourself as much as possible with this strange new world; it's up to you to inform yourself.

Know who can help and what academic support is available

At university you are expected to be an independent learner and responsible for managing your own studies, but that does not mean that you have to handle the load without support. There is a lot of help provided for you at university so make sure you know what is available, where to go, and who to ask for assistance.

Use the My Otago First Year website:
otago.ac.nz/mofy/index.html

Check out the "For Current Students" tab on the University of Otago website homepage or make an appointment to talk with us at the Student Learning Development.



Once you arrive

'Tune in' to course work

Make sure you read the course handouts and guidelines for each of your papers as soon as you get them to get a sense of the 'big picture'.

Know what the learning outcomes are for each paper and use these as a guide to help organise and prioritise your study. Make lecture and tutorial attendance a priority. Prepare for lectures by doing the background reading and prep required for each lecture so that you are off to a good start in terms of understanding the topic and recognising key points during the lecture. This in turn will help you to make more useful and meaningful notes.

Also, prepare for your tutorials by completing the prescribed reading and set tasks.

Note breaks, assessment and exam times

Make a note of key dates in your diary or phone and check each of your course outlines for your assessment due dates.

Make friends

One of the keys to surviving in any new culture is to develop a network of friends and acquaintances not only for a healthy social life, but also because it is helpful and reassuring to be able to chat about lectures, tutorials, and assignments, and to discuss tutorial or laboratory problems.

Discussion with others is also an important part of the learning process and this can be as valuable over coffee or lunch as in the tutorial room. Many others will also be new to the university environment; so don't be afraid to chat to the people in your courses.

Set up your email

StudentMail is your University of Otago-provided student email account linked to your student email address that all University correspondence will be sent to. You can log in to your StudentMail account using any web browser and you have access to your StudentMail for the duration of your studies.

It is important to check your emails regularly as anything sent to your student email account will be assumed to have been seen by you — including important things such as assignment due date changes.

You can find a link to StudentMail on the University of Otago website by clicking on the For Current Students link and scrolling down to Student Webmail. StudentMail can also be accessed via: <https://outlook.office.com/mail>

Top Tip from a previous Otago Milford Foundation Scholarship Student

"There are good study spaces, so hunt them out. Also, get onto finding a flat for second year early. Some streets are better than others. And hook into tutorials. Make sure you ask lots of questions of the person running the tutorial – and your lecturers too."



Once you arrive

Collect your student ID

Student cards display your name, username, and student number. After hours building access is set and authorised by your department.

Wait at least 24 hours after completing your Declaration before you go to get your ID Card. Please check you have done the following:

1. Checked your enrolment status in your eVision record.
2. Completed your Declaration and waited at least 24 Hours.

Take one of these acceptable forms of photo identification – No other forms of identity are accepted:

- Preceding year's University of Otago student ID Card
- Full Passport
- New Zealand Drivers Licence
- 18+ Card
- New Zealand Firearms Licence

If you do not have one of the above forms of identity, please ask at the ID Card Office for a 'Proof of Identity Form'.





Where to go for support or assistance

AskOtago

AskOtago is your one-stop shop for all questions about studying at Otago.

ask.otago.ac.nz

The Student Accommodation Centre

The Student Accommodation Centre can help with rental accommodation solutions, flat listings, and all general accommodation queries.

otago.ac.nz/accommodation

The Career Development Centre

The Career Development Centre assists with your career planning. Check out their workshops and drop-in times.

otago.ac.nz/careers

The Chaplaincy team

The Chaplaincy team is available to offer pastoral care, spiritual support, encouragement and a confidential listening ear to all students.

otago.ac.nz/chaplain

Disability Information and Support

If you have a disability, impairment, injury or medical condition that impacts your study, Disability Information and Support is there to help.

otago.ac.nz/disabilities

University Libraries

Our seven university libraries offer an outstanding range of information services and resources to support your learning.

otago.ac.nz/library

Te Huka Mātauraka

The Māori Centre creates a supportive whānau-learning environment for our tauira Māori.

The Centre operates from a kaupapa Māori base and provides services including Māori orientation and mentoring programmes, study advice, tutorials and seminars, and counselling and advocacy.

otago.ac.nz/maoricentre

The Pacific Islands Centre

The Pacific Islands Centre provides academic, social and cultural support to help Pacific students succeed at their studies. They work collaboratively with the academic divisions and the Pacific community to make your time at Otago memorable and successful.

otago.ac.nz/pacific

YOU HAVE BRAINS
IN YOUR HEAD.
YOU HAVE FEET
IN YOUR SHOES.
YOU CAN STEER YOURSELF
IN ANY DIRECTION
YOU CHOOSE.

- DR. SEUSS



Best Places to Eat on Campus

Te Mātiti

Te Mātiti is located in the newly refurbished Otago Business School and is run by the University Union – the uni's inhouse catering and food supplier.

Sushi Station

Sushi Station is on Albany Street opposite the central library. It's a popular choice for rice balls, bento boxes, dumplings and poke bowls.

Formosa Delight

Formosa Delight in Albany Street serves up predominantly vegan or vegetarian Taiwanese food. The herbs, salad greens, kale and garlic are grown by the owner, and the eggs are from her free-range hens.

Auahi Ora

Auahi Ora is the new student social space and events venue, offering café-style seating and food from Monday to Friday 9am to 4pm. It is available for private student events in the evening and weekends.

Fluid Espresso

Fluid Espresso is a block from campus and features incredible cabinet food including sweet treats, plus a good range of salads, wraps and bagels.

Dispensary Café

Dispensary Café is a tiny hidden gem on Albany Street sells great scones, slices and coffee.

The Good Earth Café

The Good Earth Café is housed in an historic Dunedin building, offering organic, free-range and made-from-scratch food.

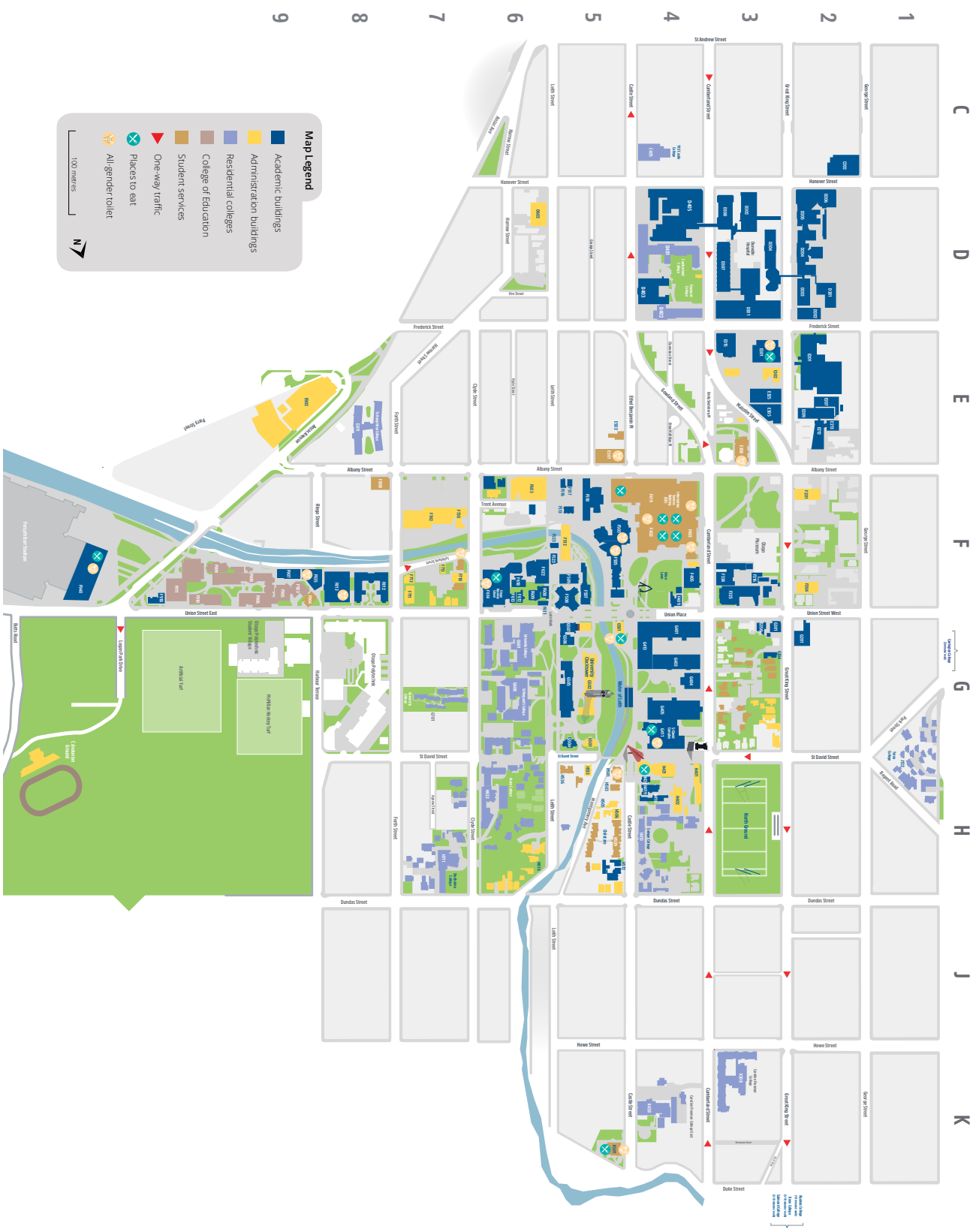
St David Café

Is situated on the ground floor within the St David Lecture Theatre Complex, providing a wide range of packaged bread products, freshly-made baked items, a selection of salads as well as sushi, pies, and savoury items.

A range of hot and cold beverages is on offer including award winning Orb Coffee. The café also make to order milkshakes and smoothies.

Food Trucks

You'll find a range of food trucks in Dunedin, both on campus and dotted around the city. They sell everything from pork dumplings and fried rice, to haloumi bagels and loaded fries.





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:

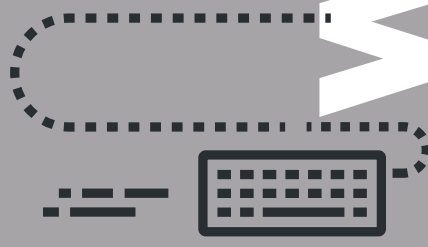
- Pasifika Hub
- Māori Hub
- Rainbow Students
- Refugee Background
- Students with Disabilities

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:

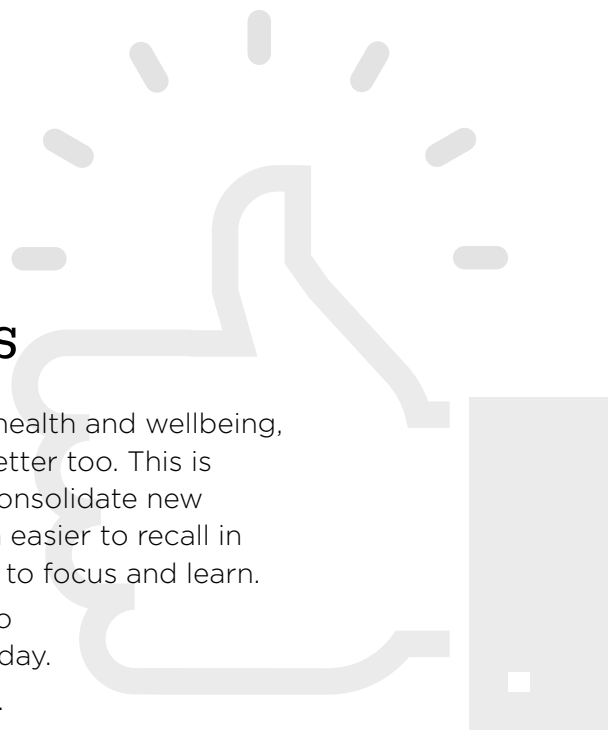
- Enjoy a variety of nutritious foods every day. We can't get all our nutritional needs from any one source, so make sure you eat a good mix of fruit, vegetables, whole grains, lean proteins, and healthy fats across your diet.
- It might be tempting to resort to energy drinks and junk foods to fuel late 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.

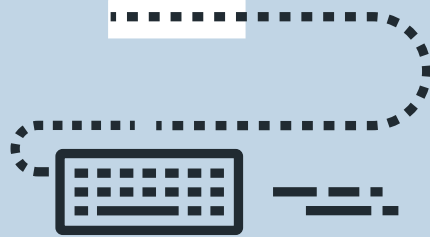
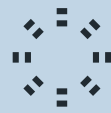


Malaika says

“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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