

2018

PEOPLE • TRENDS • SPORT • CLUBS • EVENTS • AWARDS





2018

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Kia ora,

As another year draws to a close, we reflect upon what a year it has been - filled with triumphs, challenges and great people.

For me, it also signifies reaching the end of six years of study. It is funny how University feels like it will last forever, but then suddenly we are out in the big wide world, reminiscing about the days of Shadows, not starting lectures until midday, all-nighters to finish off an assignment and all those coffees with friends along the way. Although our time at the University of Auckland is fleeting, it significantly impacts how we think and what we are passionate about.

I am stoked to be finishing my uni experience with such an exciting year. This year I saw student engagement and student action over University decisions in a way I had only read about or seen in photos of years gone by.

We talk about student apathy, but this year we had a vibrant rally 1,000 people strong where students stood up for what they believed in.

I have also met so many staff members who are deeply passionate about our students and our University, who always listened and were willing to seek new options or solutions.

I hope the University will always be a place that values equality, compassion and has a willingness to listen to students.

We also had a massive O Week, on par with that of Dunners, with 3,000 students filling Albert Park for Party in the Park. In Re O Week, I got to toboggan (which I hadn't done since I was six) and to watch students see snow for the first time or take on their fear of heights, thanks to the work of AUSA, the Snow Sports Club and the University.

Since the O Week sign up stalls, I have been able to see 200 awesome clubs running events to strengthen our student community. It has also been an honour to experience the unique culture of each University campus. Working more closely with our student radio station 95bFM, I have seen our students seize creative opportunities and I am excited for bFM internships to be offered as degree points next year. I have been so impressed by the leadership and initiatives of our clubs and associations.

I have been delighted by the increased focus on the wellbeing of University staff and students this year. Advancements are being made across the board to make the University a more supportive place to study, such as revamping student community spaces and improving the processes for aegrotats, extensions and disciplinary actions. AUSA understands the financial challenges of study, and we have valued providing over 120 hardship grants and 300 food parcels to our students this year. We want University to be a place where people feel supported and never forgotten. We have also successfully advocated for a number of changes to education policy at the University. This year we are reviewing and updating our Student Charter, for the first time in fifteen years. The Student Charter is an empowering document for students. It outlines what expectations students and the University have towards each other and requires that every University policy aligns with it.

This review is an exciting win for furthering the "Students as Partners" model at our University. Furthermore, a new assessment policy passed, requiring early assessment feedback for students and that students are tested in a variety of ways, to ensure every student has the chance to succeed academically.

A special thank you to my AUSA team for all the advocating, organising and event running you have done for the student body this year. I am always grateful to the AUSA staff and Executive for their ongoing passion to make the University a more supportive, fair and enjoyable place for all students.

If this is your final year, congratulations, what a wild ride. If it is not, may the best be yet to come.

University was never about the bricks and mortar, it is about people, ideas and potential. I hope you look back fondly, as I will.

Thank you for the honour of representing you this year. And thank you for what you have contributed to our student community. I hope your exams go well and I wish you every success in the future.

**Ngā mihi,
Your 2018 President**

Anna Cusack



By Cecilia Wang

THE 'T' WORD

An excerpt from Cecilia's Inside Word Blog.

I'm free

Hey guys, long, long time no see! As you can probably tell from all the other bloggers' posts we were recently hit with our very first wave of exams. Stress and anxiety levels were sky high. Tension, sadness and just overall negative vibes seemed to seep out under closed bedroom doors like puffs of black smoke. Some of my pod mates were up till around 3am in the morning studying and others were up at 6am the same morning. For the first time ever, I experienced losing sleep over an exam. This is all sounding pretty bleak but in retrospect, it was all 100% preventable, and boils down to one cause.

Time management

Ahh, the T word. If someone asked me what superpower I would want to have, the ability to control time would be pretty high on, if not topping the list. As mentioned in my (attempt of a) vlog, the biggest step up from high school to university would be the sheer amount of content that you have to learn and the amount of (seemingly little) things you have to do which really pile up. What can I say, mistakes were made, but hey, that's what first semesters are for – to learn where your weaknesses are and to bounce right back, ready to smash second semester and every semester after that right out of the park till it's but a speck in the sky.

I'm writing this blog in the hopes that you – a high school student, or you – a university student or even you – future Cecilia (hiya) will be able to read this, be reminded of my mistakes and maybe even your own mistakes, and take inspiration and steps towards working harder.

So, without further ado, here are some of my top tips. Learnt the hard way.

1. Go to your classes

The title says it all. Really, go to your classes, or at least catch up as soon as possible. The biggest problem that I faced was probably just being so behind on lecture recordings. Seriously. It goes from 0 to 100 real quick. Snowballing, being the key term here. When you miss a lecture and you don't catch up on the lecture recording, you probably won't understand a thing that is going on in the next lecture. So one minute you've missed one session, then it's been a week and you've missed about 3-4 sessions.

The next thing you know you've got a whole topic's worth of content that you haven't watched and the test is next week. Trust me. Go to your classes. Even if you end up watching it again on the lecture recordings anyways, being there first hand allows you to absorb the information once, and then watching it the second time makes it much easier to understand.

2. Don't waste your mid sems

Probably the catalyst of all my problems this semester. The cause of me missing a bunch of lectures, the cause of me not being able to catch up on lecture recordings on time. But no point playing the blame game. Consider this a harsh lesson learnt. Don't waste your mid sems. If you don't know, a year is split into two semesters, and each semester is like a mini year with exams at the end of each one. Mid sems or 'mid semester breaks' are kind of like your Term 1 and Term 3 breaks, except what I didn't know at the time was that mid sems aren't really breaks, they're more like study leave. You heard right. You're pretty much expected to study for all of the tests and do all the assignments lecturers assign that are due right after the break. Silly little me decided for once in my life to do pretty much zero study. To this day I still don't understand what was going through my mind. See: temporary insanity. Believe me when I say, never again. Of course, you should take a break, but also remember to do at least some study for your upcoming tests, and do those assignments they introduced to you before your mid sems because likely, they did that for a reason.

3. *You always have time to exercise*

If you're like me and coordination, team sports, ball sports, basically any type of sport has never agreed with you, then exercise will probably be the last thing on your mind. But one thing that I've learnt is that getting up from your desk and moving around makes you feel 10 times better. Break up those long hours of study by taking a walk around the block, or at least around your house. If you live in halls, free rec centre membership allows you to take free classes (that often don't involve too much coordination thankfully, you just follow the instructor, kickboxing and yoga being two of my favourites). Although I've always liked sport, I've never been particularly great at it. One activity that has never let me down though, was swimming. You don't have to be the next Michael Phelps, just moving around in the water, even if you're waddling (ahem, aqua jogging) you can feel great. Don't worry about looking strange either, I'm basically a floating potato but often the only people around you are cute grandmas so hey no one's judging!

Go for a walk! See the sights. Clear your head. You'll feel better.

4. *Sleep*

Guilty as charged. This is something I personally struggle to do and is a long-term goal. I'm sure you've all heard this, the optimal amount is 8 hours. Try to get that, especially around exam time. We can strive towards this goal together! In fact, if you're awake past 11:30pm right now. Stop reading and go to sleep! Go go go! Although, you have special permission to finish reading this blog first.

5. *Be realistic*

Be realistic with your goals. One of the things I've realised about myself is that I like making plans and to do lists. However, I am never able to follow through with them exactly. Often, the reason is setting unrealistic goals, like doing a whole topic's tutorial sheet in 30 minutes (they normally take a minimum of around 2-3 hours but sometimes even longer). Having these unrealistic expectations really stressed me out when I couldn't meet these deadlines, but self-awareness in this aspect has made me realise this and improve on it throughout the semester. However, one point I would like to make is that, although I never end up following lists exactly, writing everything down generates a sense of urgency. It forces me to actually get things done instead of having that 'ignorance is bliss' moment and then freaking out afterwards.

So, if you can follow plans through step by step, fantastic! Keep going. However, I reckon if you can't follow plans completely, setting realistic goals and accomplishing everything anyways is completely fine too!

6. *It's never too late*

Finally, it's never too late. Stop stressing out. Stop procrastinating. Stop thinking it's over before it's even begun. Two weeks till the exam and you still haven't started studying? Start now. One week till the exam and you still haven't started studying? It's still not too late, start now. Three days till the exam and you still haven't started studying? Go. Now. Start. Now. Anything after that. Seriously. Drop everything and start now. Every minute you spend freaking out is a minute not studying. No matter how late it is, keep calm, and try your best!

Well that's enough for today! I really hope you got something out of this as I really poured my heart and soul into this piece. University can be tough, but you're even tougher. As cheesy as it sounds, life goes on, there's nothing more you can do other than try your best every step of the way, learning from your past mistakes and move forward.

See you soon!

Cecilia

To see more from Cecilia and the other Inside Word bloggers head to:
www.theinsideword.ac.nz

Top 10 films

This list is compiled according to films we believe will leave a true mark on 2018 in terms of its narrative value and its general audience response. There were a range of incredible films to choose from - but these are the ones we believe to be of particular significance this year.

Alisha Siraj

Film Society Events Manager

1

BlacKkKlansman

Spike Lee

70s' meets the KKK. In classic Spike Lee fashion, viewers enjoy a cinematic experience that is both stylistic and confronting, reminding audiences of a disturbing time in history that seems more relevant in 2018 than ever.

2

A Quiet Place

John Krasinski

In complete silence, this post-apocalyptic science fiction horror film manages to create ultimate suspense, leaving audiences on the tip of their seats. It also reminds viewers of the lengths people would go to in the name of love and family.

3

Black Panther

Ryan Coogler

Similar to NZ director Taika Waititi, (who directed Thor: Ragnarok last year) Ryan Coogler moulds a new template in the Marvel Universe, which quite honestly is long overdue. With heart, and formidable characters, Black Panther gives us a strong hero and world to believe in. Wakanda Forever

4

Lady Bird

Greta Gerwing

From oscar-nominated director Greta Gerwig, Lady Bird perfectly encapsulates the highs and lows of adolescence, and all the lessons learnt as we move onto the next chapter of life as adults. Ultimately, this film urges viewers not to forget where they come from and the people surrounding them who have supported them along the way.

5

RBG

Betsy West, Julie Cohen

RBG is a documentary film that paints a detailed portrait of icon: Ruth Bader Ginsburg (also known as the 'Notorious RBG'). The film follows Ginsburg through her legal battles as a woman fighting for her place in the male-dominated legal industry of the 1960s, all the way to her appointment in the Supreme Court. While also showing how she has become a badass pop culture icon in the process.

6

3 Identical Strangers

Tim Wardle

The story told in this documentary is quite simply an enigma. 3 triplets separated at birth finally reuniting in their college years. The question is why were they separated? The story goes much deeper than you would ever think into something really quite sinister and tragic. Nevertheless, it is fascinating and forces viewers to reflect on their own lives, adding new layers to the 'nature vs nurture' debate.

7

Eighth Grade

Bo Burnham

The film, directed by Bo Burnham, tells the story of 13 year old Kayla, as she endures through the last week of middle school. Burnham reminds viewers of a time of confusing adolescence (especially in the 21st century with the tidal influence of social media) and tells a touching, human story that is not spoiled by any Hollywood extravagance.

8

Isle of Dogs Wes Anderson

Wes Anderson's latest stop-motion animation consists of around 130,000 still photographs, taking over 2 years to complete in production. It has a stellar cast from Bill Murray to Bryan Cranston and as usual has iconic cinematography. Plus lots of dogs.

9

Hereditary Ari Aster

This horror film builds on the classics of the 60s and 70s but undeniably has unseen layers and twists. It has been described as emotionally agonising and scarring, so if you're looking to be scared on a more disturbing level, Hereditary has successfully done it this year!

10

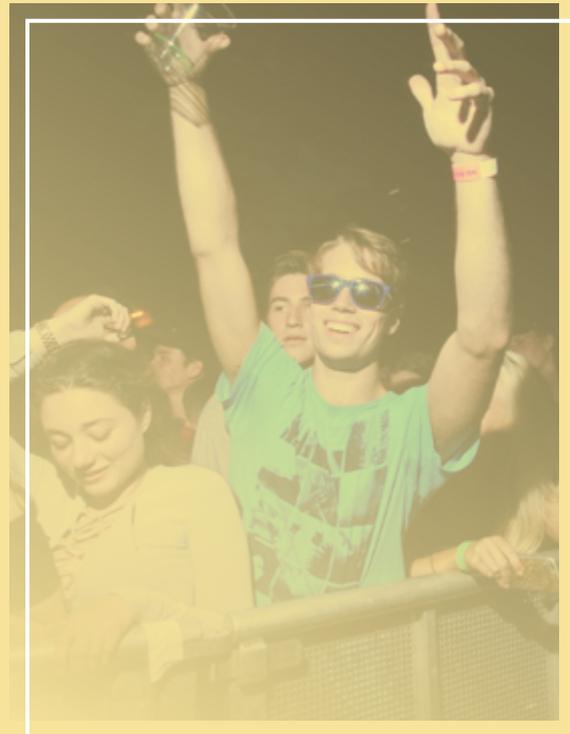
Avengers: Infinity War Anthony Russo, Joe Russo

Upon its release Infinity War has become the 4th highest grossing film of all time and the highest-grossing MCU film. It has all the materials of a classic box office hit, and is undeniably entertaining. There is a superhero for everyone from the classics: Iron Man, Hulk, Black Widow to the newer worlds of Wakanda and Guardians of the Galaxy.

Music

Here are 95bFM's Top Tracks of 2018

1. *Unknown Mortal Orchestra - American Guilt*
2. *Womb - Here We Bend (to Smell the Dirt)*
3. *Jonathan Bree - F*ck It*
4. *Bad Friend - Mollie*
5. *Hex - Sight Beyond the Line*
6. *Ryan Hendricks - Sirens feat. Cleophus*
7. *COOL TAN - Chocolate Dip*
8. *P.H.F. - Tru*
9. *b-lush - Floor*
10. *Coco Solid - Vailima*



Top 10 Books

According to Ubiq



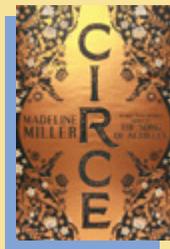
Cicada Shaun Tan

One way or another, we have all been brushed aside, ignored of our existence, and condemned for being a waste of space: this is for us. All of us.



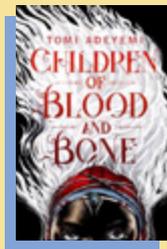
Theo Schoon: A Biography Damian Skinner

This soon to be released biography of the controversial and pioneering artist Theo Schoon is a riveting read. This is a superbly written and produced book by one of New Zealand's best art writers.



Circe Madeline Miller

I have always seen Circe as a, witchy, footnote in a story about men; Madeleine Miller has managed to bring her fully to life. A beautiful, captivating book that gives a modern, feminist slant to some of the greatest stories of the classical world.



Children of Blood and Bone Tomi Adeyemi

Tomi Adeyemi has built a beautiful universe that in many ways reflects our own; this is a real page-turner full of magic, wonder, uncertainty, cruelty, but above all, determination and hope in the face of gross injustice.



Simple Yotam Ottolenghi

This lemon-scented book features pared down, simple recipes from the legendary Yotam Ottolenghi! Feast your eyes and belly on these delicious, indulgent dishes.



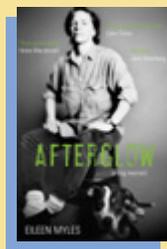
The Wonder Down Under Nina Brochmann and Ellen Stokken Dahl

This is a reader-friendly guide to everything you never knew you needed to know about the vagina. This humorous and enlightening book turns misconceptions and falsehoods on their head and is a great reference for everyone.



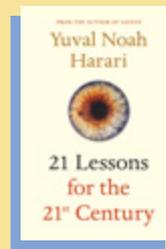
Convenience Store Woman Sayaka Murata

Meet Keiko, a thirty-six-year-old single woman who has happily worked full-time in a convenience store since graduating university. The author (who also works in a convenience store in real life) projects her image onto this somewhat broken autobiographical character and makes me think long and hard about what it means to fit into society, and why attempting to do so is actually a waste of time.



Afterglow: A Dog Memoir Eileen Myles

Eileen Myles, non-binary poet extraordinaire, has done the impossible - made the sentimental and saccharine pet memoir into an art form. Although ostensibly about the passing of her Boxer Rosie, Myles' poetic prose covers life, death, gender and everything in between.



21 Lessons for the 21st Century Yuval Noah Harari

In an age where a deluge of information (useful and not useful, true and false) is available to us at the touch of a button, Harari weeds through the chaff to confront some of the most urgent questions on the global agenda. A must-read for anyone wanting to understand and join the debate about the future of humanity.



Tears of Rangi: Experiments Across Worlds Anne Salmond

We have proudly sold many copies of this exploration of New Zealand as a site of cosmo-diversity by the illustrious Dame Anne Salmond.

EPSOM

HOLLY PREECE-HONEYSETT

This is Holly Preece-Honeysett, a first generation Kiwi studying a Bachelor of Education at the Epsom Campus. She's a little sad she's missed out on the cool English accent the rest of her family rocks, but she's stoked to be following her heart and exploring the many options education is throwing her way. Her initial desire to be an ECE teacher has matured into a new goal of a job in student engagement at a tertiary level, proof that the University is a place of growth and varied career opportunity. It's also a place of Reese's Peanut Butter cups in the library and bouncy castles on the lawn, which Holly can testify to. Born and raised in Mt Eden, Holly knows a thing or two about the campus hood. She's also the ESSA president, so a good person to hit up about the ins and outs, and ups and downs of that Epsom life. Do share Holly!

What do you want to be when you grow up?

I had always wanted to be an early childhood education teacher, but recently I have had a change of direction, and now I want to work in engagement at a tertiary level.

Why did you choose your degree?

I chose early childhood education because it was the right fit for me at the time. I'll always love the first years of a child's life (the most important you know), but my focus has shifted.

What was the best course you took this year?

Oh that's hard to pick! I definitely enjoyed the politics and philosophy paper, I love being able to debate my point with my tutor and still have a good relationship with her afterwards.



What was the most interesting lecture/seminar?

Definitely all the art papers. I loved the practical aspects. It's not often you can use your creative skills in a formal tertiary setting.

Who was your academic inspiration?

Me! The start of the year was full of personal drama, so I'm happy that I could channel those experiences into keeping my grades high, while also taking over the Education and Social Work Student Association.

Where's the best place to hang out between lectures?

The N Block study space is great, and right next to good vending machines and the ESSA office, so I'm a little bit biased. But, the library has Reese's Peanut Butter Cups, so that's got points for it too!

What's the funniest thing that has happened to you on campus?

Bouncing on the bouncy castle with the Associate Dean of Students.

Where's the best place to get coffee/tea/juice on and off campus?

Vending machines are my life, plus they're the cheapest and fastest option. Off campus?

Hmmm not sure, Mt Eden is a bit too pricey for my student budget, but maybe Tank?

What's your favourite Instagram account?

@Essa_uoa :)

What's your favourite snapchat filter?

Anything that hilariously distorts my face.

GRAFTON

JOSEPH CHEN

Meet Joseph, a self-described coffee-filled dogsbody who just happens to be charging his way through a Masters of Biomedical Science. Joseph started life in Taipei, but has called the sweet city of Auckland home ever since he was nine months old. You'll find this keen postgrad pushing all the buttons on the "big, expensive, noisy" MRI machine on Grafton campus, where his research looks at the brain's reaction to stimuli. When he's not making inroads into the inner workings of our grey matter, he's hanging out at Superfino, or catching up with his mates at the pub, or a concert, or the art gallery, or a film festival (pew). Joseph's an interesting guy, with his fingers in all the Grafton pies (he's the president of SAMS), and the social life to match. So let's let Joseph fill you in on all the rest....

What do you want to be when you grow up?

Happy. I've learnt not to set the bar too high :)

Why did you choose your degree?

I chose to go down the research pathway (Masters of Biomedical Science, and maybe a PhD?) because I'm fascinated by the brain – our most personal and intimate organ containing our deepest, shallowest, darkest, brightest thoughts....

What was the best course you took this year?

Definitely MEDSCI 796, would totally recommend!

What was the most interesting lecture/seminar?

It's hard to pick just one, but Professor David Nutt from Imperial College of London visited earlier this year and talked about the history of psychedelic drugs and the immense benefit they provided in research before being heavily clamped down on by governments. This was pretty interesting!

Who was your academic inspiration?

Definitely my supervisor.

What's the funniest thing that has happened to you on campus?

My transcript's a pretty good joke :)

Where's the best place to get coffee/tea/juice on and off campus?

Planet Espresso in Auckland City Hospital has AMAZING coffee if you're willing to shell out one ten-thousandth of a kidney for a large double shot flat white! Otherwise Superfino (on Grafton campus), Orceard Café, and Domain Deli are all favourites. Honestly, we're quite spoiled for choice here at Grafton! And when my bank balance is lower than the drawer for my socks, I'll get a handy free coffee from the vending machine in the hospital cafeteria.

What's your favourite emoji?

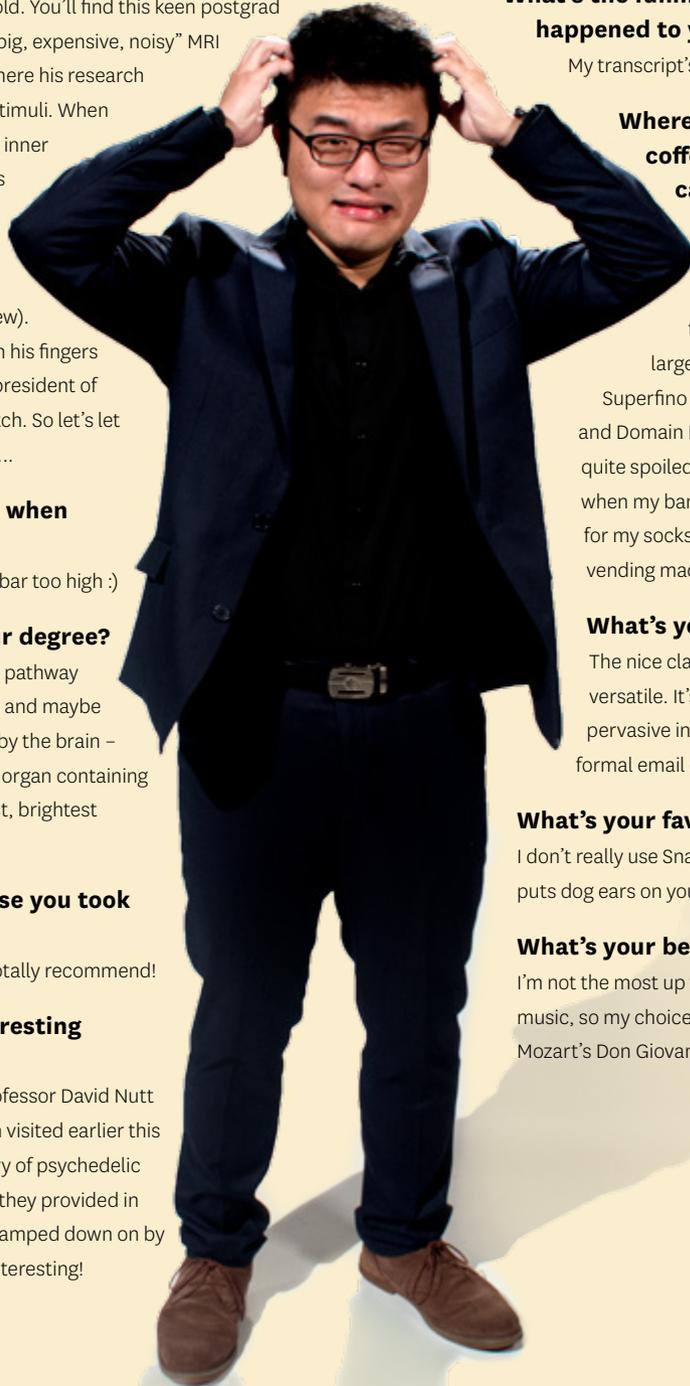
The nice classic smiley face is great and so versatile. It's been so widely adopted and is so pervasive in our culture that I can now use it in formal email communications.

What's your favourite snapchat filter?

I don't really use Snapchat, but there's this one where it puts dog ears on you, that one is pretty cute.

What's your best song of 2018?

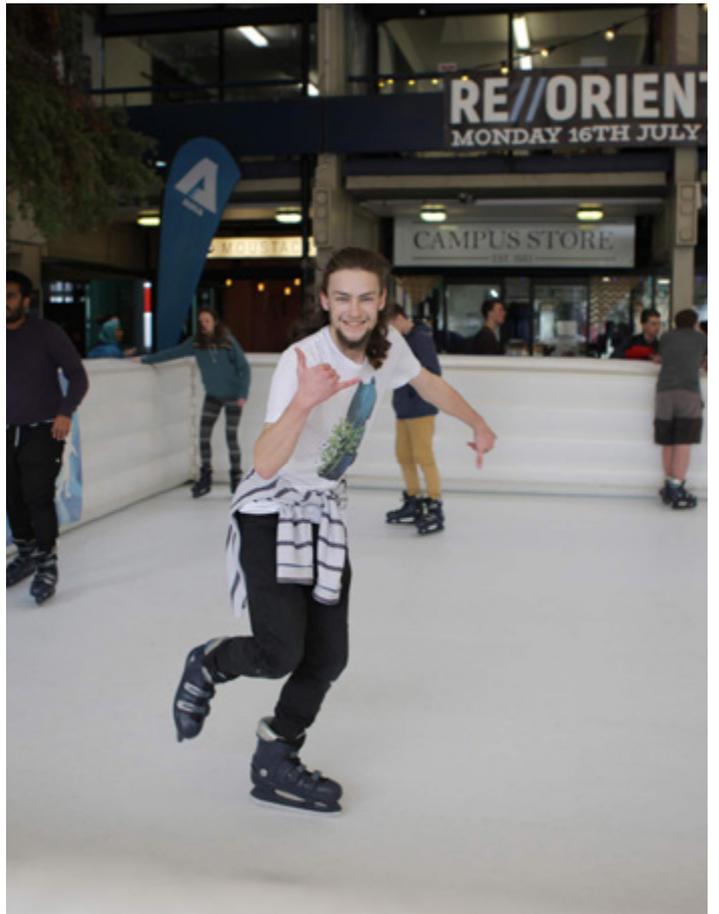
I'm not the most up to date person when it comes to music, so my choice might just be a few years old, but Mozart's Don Giovanni is pretty epic!



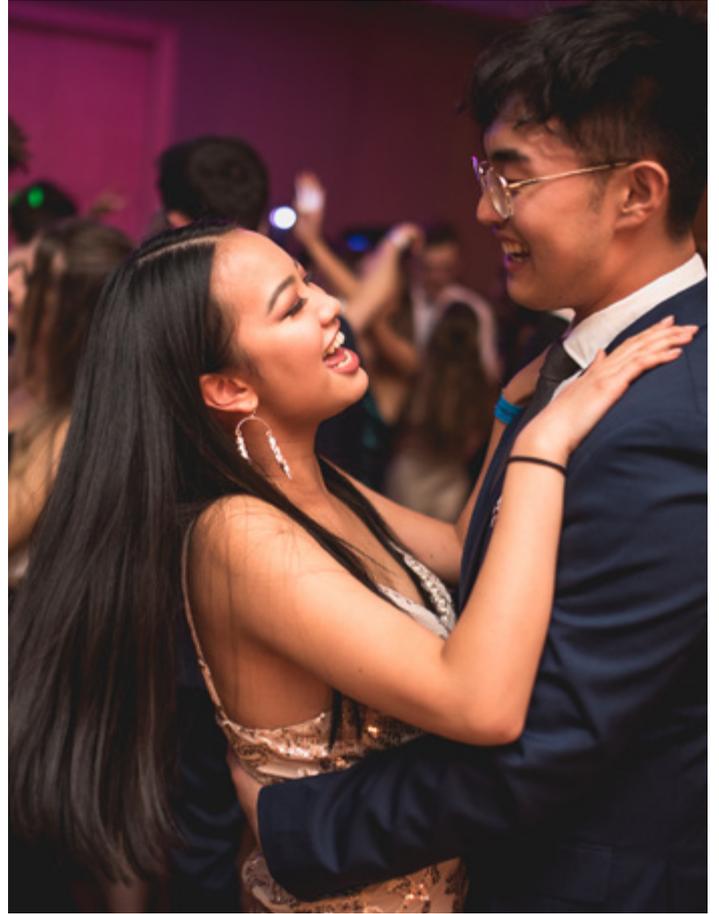
















JOIN THE CLUB

If you want to get a feel for how diverse the University of Auckland is, check out our long list of clubs! We've selected a handful of club members to tell us a bit about what makes their club tick, and why they got involved in the first place.

Check out more clubs at
auckland.ac.nz/clubs

Filipino Students' Association



Harold Aquino, President

Area of study Postgraduate Diploma
Biomedical Science

Why did you join the club?

I joined FSA in 2016. I first found out about FSA at the Clubs Expo shortly after arriving in Auckland. As an international student living away from my family, I wanted to make new friends and be part of a community. FSA has become more than a community to me, it has become my family, my home away from home.

Sum the club up in a sentence:

FSA is a community of Filipinos and Filipinos-at-heart seeking to espouse Filipino values, immerse in and celebrate Filipino culture and to showcase the same to the University community and beyond.

A typical club gathering looks like:

There is no typical gathering with FSA, each one is unique! We have regular study hangouts every Thursday afternoon, which help us to motivate each other to excel and to help when someone is struggling. We also have fortnightly movie nights featuring Filipino films and sessions where we talk about issues confronting Filipinos in our homeland and in the diaspora. On top of these regular activities, we have Boodle Fights (food feasts where you place all the food on a big table lined with banana leaves), Karaoke Nights, Sports Fests, Open Mics, and a collaborative event with the other ASEAN clubs.

The 2018 club highlight was:

It's difficult to choose but if there'd be just one highlight, I'd say it's the ASEAN Cultural Week. It brought the ASEAN Club together over a joint goal - to celebrate the richness of Southeast Asian culture and heritage and showcase these things to the university community. We had food, performances, movies, games, and the exhibit and talent showcase in the Quad.

Plans for 2019?

We haven't met to plan for 2019 yet but I'm sure it will be a step up from this year's feat!

UoA Taekwondo Club



Joseph Kim, President
Area of study Postgraduate Diploma
Biomedical Sciences

Why did you join the club?

I've been practicing taekwondo for a few years, but was always a little disappointed there was no University club for me to train at. Then at the start of the year I was approached by the president, who was gathering potential executive members to start up UOATC. I was more than keen to help out and to introduce taekwondo to more people!

Sum the club up in a sentence:

UOATC provides a healthy and supportive environment for University students with a passion or interest in taekwondo to discover what this martial art is about and to practice and develop their skills.

A typical club gathering looks like:

UOATC typically has two-hour training sessions twice a week, beginning with 20-30 mins of warm ups and deep stretching. Afterwards, we usually do various drills for half an hour before a short break. After the break training is varied, with a focus on what members want to achieve. Sometimes we pair up and spar, and on some days we teach self-defence.

The 2018 club highlight was:

Getting the club formalised and having our first training session was a personal highlight. After getting through all the paperwork and everything, having it pay off in the form of our first session with a bunch of keen individuals was a really rewarding experience for me.

Plans for 2019?

I hope the UOATC continues to attract more members to the point where we can hold more than the two training sessions a week we currently have. We also hope to hold more demonstrative, competitive and social events to make sure our members get the most out of their experience with us as a taekwondo practitioner and as a UoA student.

Sustainable Future Collective



Helena LI, Vendors Action Group Coordinator
Area of study BE (Electrical and Electronics)/
BSc (Chemistry) Conjoint

Why did you join the club?

I have a strong interest in sustainability and wanted to get involved with initiatives on campus to help to make modern sustainability more accessible at our university.

Sum the club up in a sentence:

Our goal is to promote conversation around all aspects of sustainability, from reducing our personal environmental impact to exploring how sustainability can be incorporated into our courses and professions.

A typical club gathering looks like:

We keep our weekly meetings open to all and use it to plan upcoming events, promotions and opportunities. We keep the setting very informal so that anyone and everyone present can help contribute ideas and propose ideas of their own. This way all our execs can get to know people in SFC pretty well and it becomes a lot easier to organise volunteers for upcoming events

The 2018 club highlight was:

Our 'Getting Wasted with SFC!' speaker event in July completely filled a lecture theatre and had a fantastic line-up of speakers. We had many great eco-prizes given out throughout the night thanks to our generous sponsors and a zero-waste food spread to finish the evening off. It was great seeing the overwhelming interest of students in the solutions to the waste and sustainability issues we are facing in NZ.

Plans for 2019?

We'll be bringing back some of the iconic events we've had this year including 'Getting Wasted with SFC!', 'BYO Bowl+Spoon Free Ice-cream' and many more collaborative events with other socially-conscious clubs like Fossil Free UoA and Social Innovation NZ. We are also keen to get more student-led projects up and running.

UoA Maths Club



Tristan Pang, President
Area of study BSc (Maths and Physics, grad 2018)

Why did you join the club?

I was first drawn to the UoA Maths Club when I came to University because it's a great place to meet people with a common interest in strategic board games, chess, and maths. Plus, the regular events are a nice break from my studies!

Sum the club up in a sentence:

The UoA Maths Club is all about brainwork and problem solving via maths and strategic games!

A typical club gathering looks like:

We meet weekly, same time, same place, during semesters. These weekly meet-ups feature board and card games, chess, light maths quizzes, puzzles and socialising! Students from all disciplines of study are free to join.

We also teamed up with other clubs to jointly organise academic workshops such as LaTeX and Python, and social events such as dodgeball competitions.

The 2018 club highlight was:

2018 marks the clubs 10 year anniversary, a great achievement for a club that started off as a social offshoot from the maths department. Our anniversary celebration party was a definite highlight because our current members got the chance to meet up with past members. Our club is one of the most active clubs on campus. We have held over 30 events in 2018 for over 250 members. We are also popular among other clubs, as we have a wide range of games and expertise to share.

Plans for 2019?

We have had a successful year in 2018 but we won't stop here! We will keep adding more assorted games and activities to meet the demand of our increasing membership. It is our aim to make the UoA Maths Club Friday events a place for all members to relax and unwind after a busy week!





The Waka Ama Diaries

By Kayla Fuemana

The Engineering Eagles won the right to compete in the prestigious Queen Lili'uokalani Memorial race event in Hawaii for the third year in a row, after they cleaned up in the University competition earlier in 2018. Kayla filled us in on the joys and triumphs of the International Waka Ama competition.



*From upper left to right:
Nona, Dallas, Billy, Logan
From lower left to right:
Jess, Sarah, Georgia and me!*

Lead up

It's been a while since we won our way to Hawaii to represent the University of Auckland in April, but here we are back from Kona for the third time!

Since April, our team has been out on the water three times a week in rain, hail and shine, hitting up the gym, and eating clean so we are in tip-top shape for our races.

But before I continue to talk about our intense training preparation, I better give you some insight into our team.

As this is the third year in a row the Eagles have won Uni's Great Waka Race, over half of our team are like waka ama veterans (#humble).

Dallas, Nona, Billy and Georgia are our day one paddlers, so this is their third trip to Hawaii. As for Jess, she is our second best, and this will be her second time to Hawaii. This leaves us with three newbies, all of whom come from the greatest department within the Faculty of Engineering - Civil and Environmental.

Let us take some time to get to know them a bit better.

First up, we have Logan MacDonald. A fourth-year civil student who is a very chill guy, diligent and comes from the cute-sounding town of Levin. While he's been at Uni he has completed a semester abroad in the USA and unexpectedly fulfilled a childhood dream of becoming an international waka ama paddler. He enjoys biking, running, Vogel toast and going to Scottish dances.

We also have Sarah Doyle. Our chatty and enthusiastic third-year civil student who plays netball, water polo, surfs and has an eye for art. In her spare time she likes to play sport, and also has an appreciation for fine foods, music and the environment.

And last but not least we have Kayla Fuemana. (It me!) I'm an amazing fourth-year civil student who is just super stoked to be going on an all-expenses paid trip to Hawaii. In my spare time I'm into surf lifesaving, netball, getting outdoors, travelling, Pokémon Go and, of course, Instagram.

Right. So, now you have an update on the team, and touched on what we have been up to over that past four months, it's time to get to our trip.



The trip

We arrived the night before our first race. We all had tired minds from the 16 hour commute and drained bodies from the heat. But nevertheless, we were in Hawaii! And pumped to get to our accommodation, have our first swim, and EAT!

For me the trip highlights (besides paddling) consisted of:

1. Being a part of an amazing team both on and off the water
2. The food
3. The beach!

I tried to make sure that these three things were combined as often as possible.

Another highlight was that regardless of where we were, Billy and Nona were always taking photos. They never failed to provide entertainment for the rest of the team.

We swam with turtles, ate a lifetime's worth of poke, baked in the sun, played handstands at the beach and just had a great time spinning yarns with the team.

LIVE YOUR BEST LIFE - OUR ADVICE

Balancing university, work and other sports has not been easy so here are some tips on how we keep it all together, even when it's super hectic.

“Knowing your priorities and making time sacrifices.”

Logan

Knowing what you can and can't do is important because it stops you from spreading yourself too thin.”

Georgia

“Giving up tinder dates to pursue a sport you love. Because if you love what you do, you'll be there on time - every time.”

Billy

Thanks guys, great advice!





Racing

So, the Queen Lili'okalani competition is the largest waka ama competition in the world, and competing in it is a pretty big deal. First up was the sprint relay race, where we had to flip the waka half way, get in, bail the water out and sprint to the finish. We came away with a gold medal in this one! Then came our marathon race. A massive 30km paddle down the coast of the Big Island. On the start line we joined at least 100 other teams and travelled down the coast of the big island.

It was an extremely tough race – paddling for over 2 hours in 30 degrees of blistering heat, no waves to give us a lift or wind to cool us down, it was hard.

We ended up coming third in our division, a fall from last year's first place but nevertheless, our veterans, coach and managers were proud of how we did. And I can personally say that I loved and hated every moment of it.

Last but certainly not least, our 12-person 10km race went down an absolute treat. We lead the pack for about four minutes but in the last leg people's bodies started giving way and these boats just kept passing us. In the end we came fifth. Tiwai, our very own Sport and Rec coordinator, joined in and gave it his all. Thanks Tiwai!

Home again

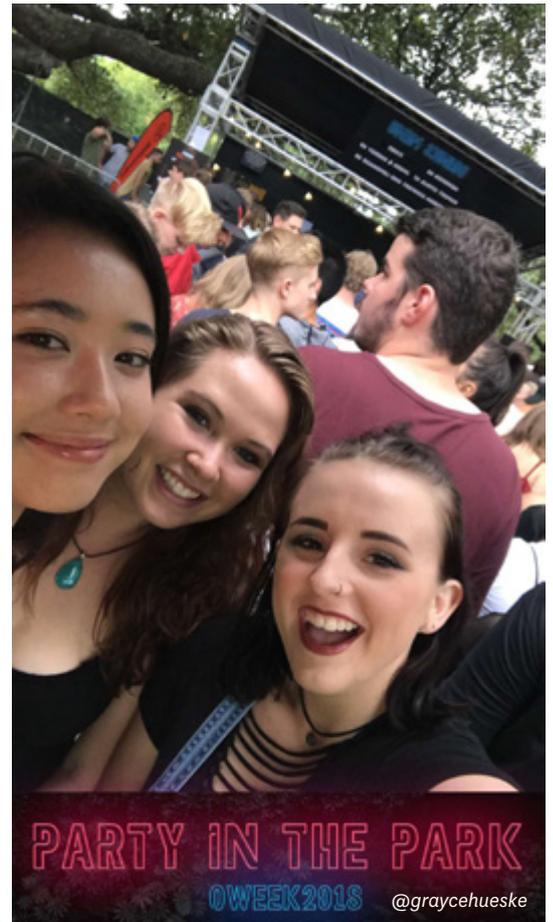
Once the racing was done, we started talking about the future of the Eagles. Who will be in the team next year?? With over half the team graduating there are potentially five spots up for grabs.

But, we know that waka ama awesomeness runs deep within the Faculty of Engineering, so whoever is willing and able to step up to the challenge in 2019, think about trying out!

You never know, you may just win a trip to Hawaii. I loved this experience and the memories I made will last a lifetime! It was a privilege and an honour to represent my University and I cannot thank them enough for funding this trip.

2018 SOCIAL LIFE

Social media has been helping people connect, laugh and occasionally overshare since forever. With that in mind, it seems only sensible that we should share our favourite social moments this year, courtesy of the UoA community.



“Probably a better shot of city lights than I’ve ever gotten in New York”



“@aylah_rose I made the cut for the gram ❤️”



ulyana.yunitskaya



xavier.roughan

#upthehounds

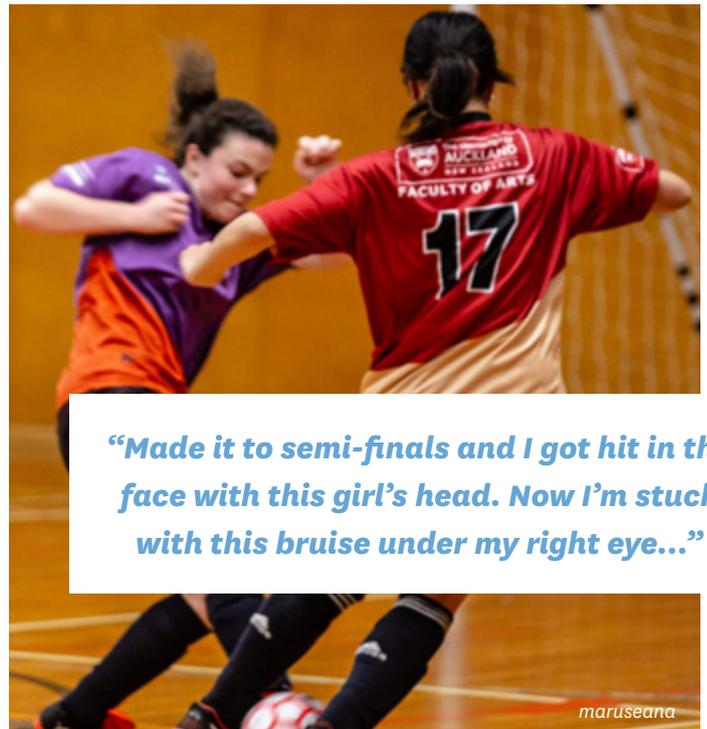


zahraa_ivashkov



Toga 2018

@lalalove2506



“Made it to semi-finals and I got hit in the face with this girl’s head. Now I’m stuck with this bruise under my right eye..”

maruseana



xlina_lina



“@stackpraystayoutdaway ..Your facial expressions just brought the biggest smile to my face!!! Ofa atu”

letibey



@melmelhayden



uasc_nz



kahyee75

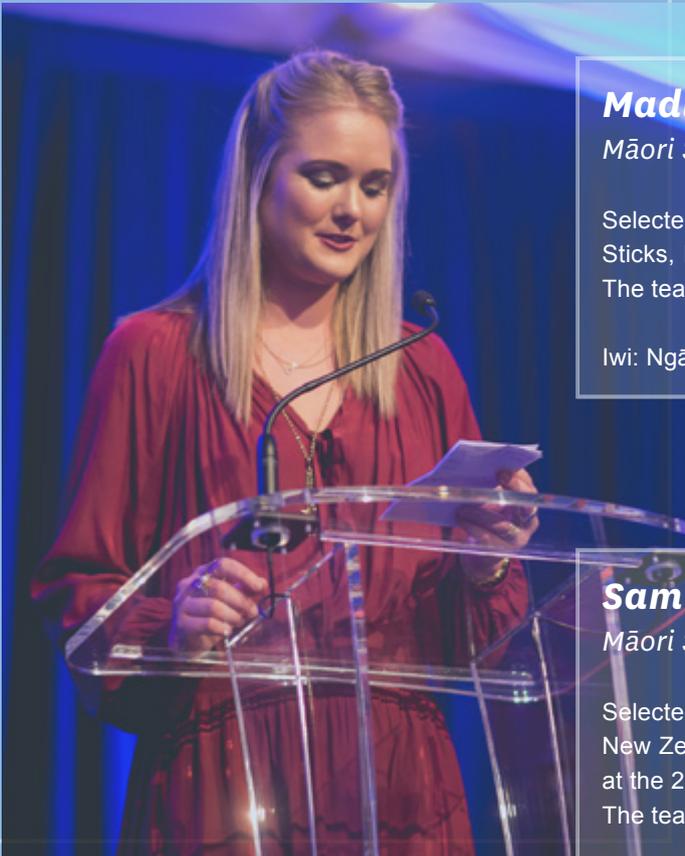
#ApaKhabarUoA

BLUES AWARDS

Alexander Kuch

*Award for the most outstanding contribution
(Service and Leadership)*

Alexander was instrumental in helping to establish the 'I'm Adopted' organisation, which has supported over 300 people to find their birth families since being established three years ago. He continues to be heavily involved in the organisation through his role as Director. He was named a Young New Zealander of the Year semi-finalist in 2018, received the Young Romanian of the Year award 2017/18 and was a Rotary Peace Fellowship finalist in 2017.



Madison Doar

Māori Sportsperson of the Year Award (Hockey)

Selected to represent New Zealand as a member of the Black Sticks, Madison won gold at the 2018 Commonwealth Games. The team also placed second in the 2017 World League Final.

Iwi: Ngāiaterangi

Sam Harrison

Māori Sportsperson of the Year Award (Hockey)

Selected to represent New Zealand in the Black Sticks Women, New Zealand's national women's hockey team, Sam competed at the 2018 Commonwealth Games, in which they won gold. The team also placed second at the 2017 World League Final.

Iwi: Ngāpuhi

Alisa Samouny

Sportswoman of the Year Award (Powerlifting)

Alisa was selected to represent New Zealand at the 2018 World Classic Powerlifting Championship, in which 51 teams were represented. She placed sixth overall and second in the deadlift discipline. She also set a New Zealand and Oceania record with a lift of 190kg in the 72kg weight division, junior class.

Riley Phillips Harris

Sportsman of the Year Award (Taekwon-Do, Jiu-Jitsu)

Representing New Zealand in Taekwon-Do, Riley competed at the 2017 ITF World Championships, the highest level of competition outside of the Olympics, in which he won a silver medal in the 78kg division. He also won gold in Jiu-Jitsu at the 2018 IBJJF New Zealand Gi Regionals.

Stacey Michelson

Award for the most Meritorious Performance (Sport – Hockey)

Stacey was selected to represent New Zealand as captain of the Black Sticks Women, New Zealand's national women's hockey team. The team won gold at the 2018 Commonwealth Games, with Stacey further honoured by being chosen as the flag bearer at the closing ceremony.



Siyu Sun

Award for the most Meritorious Performance (Arts and Culture – Piano)

A highly gifted pianist, Siyu's talents have been recognised at a number of national and international competitions. This includes first prize at the 2017 New Zealand National Concerto Competition, second prize at the 2017 Wallace National Piano Competition and fourth prize at the Australian 2017 Lev Vlassenko Piano Competition.

SPORTS BLUES

- | | |
|-----------------------|---------------------------|
| Aaron Wyllie | Luke Maynard |
| Adam Bradley | Madison Doar |
| Alexandra Parker | Marcia Zeng |
| Alice Logan | Matthew Henry |
| Alisa Samounry | Maxine Cooper |
| Anna Crosby | Megan Lake |
| Andrew Stewart | Meghan Drew |
| Benjamin Chong | Michael Dawson |
| Britney Ford | Michaela Sokolich-Beatson |
| Chayse Martin-Roberts | Molly Swanson |
| Christine Chen | Nadia Olla |
| Coral Huang | Nicholas Rowsby |
| Daniel Keleghan | Nick Barakat |
| Dean Shu | Nick Henderson |
| Dylan Schmidt | Pippa Hayward |
| Eleanor Adviento | Reilly Polaschek |
| Elise Salt | Riley Phillips-Harris |
| Elizabeth Anton | Sam Bennetts |
| Emily Cavell | Sam Harrison |
| Emma Bavelaar | Sam Kettle |
| Emma Menzies | Samuel Hudson |
| Grace Tobin | Sarah Morton |
| George Muir | Scott Mckenzie |
| Ian Lim | Shehnaz Hussain |
| Jackson Cropp | Shelby Haarhoff |
| James Harwood | Shivanthi Anthony |
| James Steyn | Stacey Michelsen |
| James Thwaite | Stephanie Shen |
| Jenna Merrick | Struan Munro Caughey |
| Jonathan Kumarich | Takamasa Hoshiyama |
| Jordan Tan | Talesha Brooks |
| Julia Gasston | Tim Meyer-Smith |
| Kaspar White-Harris | Tommy Hayes |
| Kathryn Wright | Tyla Grafas |
| Kim Thompson | Vicki Earl |
| Kristopher Middleton | |
| Lily Tootill | |
| Logan Dunning Beck | |
| Loran Parker | |



ARTS & CULTURAL BLUES

- | | |
|------------------------------|------------------------|
| Alice Merrill | Leo Jaffrey |
| Amy Chun-I Chang | Logan Moffat |
| Annie Tong | Louis Norton |
| Arthur Adams-Close | Matthew Brown |
| Bernard Kim | Modi Deng |
| Benjamin Feng | Noah Rudd |
| Bianca Wiki Davidson | Piper Whitehead |
| Carla Camilleri | Siyu Sun |
| Chelsea Emily Akimano Numang | Steven Barker |
| Daniel Maier-Gant | Ta-Hee Kim |
| Denzel Panama | Te Ohorere Williams |
| Ella Ewen | Timothy Paterson-Catto |
| Emma Cosgrave | Thomas Hundarto |
| Henry Blackmore | Thomas Song |
| Jarvis Dams | |
| Kayla Grant | |
| Kirsten Strom | |

SERVICE & LEADERSHIP BLUES

- | | |
|--------------------------|---------------------|
| Alexander Kuch | Jibi Kunnethedam |
| Brontë Page | Julia Plank |
| Calum McInnes | Megan de Lambert |
| Chutchaya Siriwattakanon | Xavier Muao Breed |
| Gemma Stacey-Harvey | Yobithan Rajaratnam |



GOLDIE ESTATE

COURTNEY SANG

If you thought Wine Science referred to the method behind expert cap removal and the perfect pour, think again! Or better yet, get Courtney Sang to fill you in on what it's all about. After all, this Auckland local has just completed her post-graduate diploma on Waiheke Island, where she lived, breathed, and drank all things vine-related at Goldie Estate. When your backyard is a vineyard, you don't really need to travel far to relax or take in a stunning vista or two. It sounds pretty amazing, but who are we to speculate on what makes Waiheke a great home, or viticulture a great career-choice? We'll let Courtney pop the cork on those gems and fill you in on the rest...

Why did you choose your degree?

I chose the Wine Science program so that it would be my foundation for my career change and an introduction into the wine industry. The diploma was my crash course for everything to do with wine.

What do you love about wine making?

What I love about wine making is the science and chemistry that makes every grape and every wine different. Winemaking is also practical, you get to be covered in grape juice stomping on grapes and roll French barrels through the cellar to be filled with what will become a bottle of Chardonnay in a few months.

Where are you now?

Right now I am doing a winery internship in Oregon, USA, with a winery called Stoller Family Estate. Harvest in the northern hemisphere is just starting and it's all hands on deck!

What was the most interesting lecture/seminar?

The most interesting lecture I attended was by a guest lecturer, Erica Crawford. She came to talk to us about creating and managing successful wine brands. She also touched on the importance of women working in the wine industry. It was one of the lectures where you just wanted to listen and absorb all the knowledge rather than writing anything down.

What was the most interesting lecture?

The most interesting lecture I attended was by a guest lecturer, Erica Crawford. She came to talk to us about creating and managing successful wine brands. She also touched on the importance of women working in the wine industry.

Who was your academic inspiration?

My academic inspiration this year was Neill, the programme director and lecturer. He's put a lot of time into making the courses interesting, relevant and educational. Because he has had first-hand experience in every aspect of winemaking you can see his passion and his enthusiasm in shaping future winemakers, viticulturists and researchers.

What was the best thing about studying and living on a vineyard?

Studying onsite to a commercial vineyard and winery meant that as we were learning in the classroom we were able to see how it was applied in an actual vineyard and winery. We could be learning about pruning techniques in the classroom and then 10 minutes later could be out in the vineyard giving it a go ourselves. It is the best way to learn.

Where's the best place to hang out between classes on Waiheke?

Between classes we would usually just hang out at the homestead. During summer we would be able to sit at the picnic table out in the courtyard and look out at the vineyard and the beach at the bottom of the hill. When we had enough time we would make lunch runs to Franco's Bakery or Island Gelato. We got our much needed caffeine fix at Island Coffee.

What's your favourite emoji?



For all those moments when there's no words to describe the situation!

Describe your life using film titles...

"Up in the air" because with international wine harvests your life is literally up in the air every six months, not because I want to be in a movie with George Clooney!



REOBOT HELPS MAKE LEARNING *Te Reo* FUN AND ACCESSIBLE

REBECCA STUBBING EXPLORES A NEW WAY
TO LEARN TE REO.

Look out Robocop, star of the “Robocop” movie franchise; Inspector Gadget, star of the “Inspector Gadget” movie franchise, and C.H.E.E.S.E, star of the fictional TV show “Mac and C.H.E.E.S.E” that featured briefly on the hit sitcom Friends, there’s a new best robot in town!

“Reobot” is a new Artificial Intelligence (AI) bot created by New Zealand entrepreneurs Jason Lovell and Jonnie Cain that helps you to learn and practise Te Reo Māori through the power of Facebook Messenger. Lovell and Cain were both interested in learning Te Reo, but found that with work and life commitments, it was really hard to invest the time to learn. Even for folk [editor’s note: this is a gender-neutral alternative to “folks”] who do have the time to go to classes, education is expensive, and many of the amazing free Te Reo classes that are now being offered in Tāmaki-Makaurau have extremely long waiting lists.

Lovell and Cain wanted to create a more accessible tool for learning Te Reo for themselves and for everyone else.¹

Reobot runs using technology giant IBM’s AI called “Watson”. Watson is a question-answering AI that processes language,

retrieves information, and tries his best to reason. He was used to win an episode of the game show Jeopardy! in 2011, soundly defeating the two previous champions of the show against whom he competed.² He has directed a trailer for a horror movie.³ He is used to help medical professionals diagnose cancer.⁴ His skills and flair are seemingly limitless, and now, in little ol’ Aotearoa, two friends are using him to help you learn Te Reo.

I could not be happier that this exists. Doing NCEA Māori in school was a bit of a case study for inequality. If you did NCEA French or Spanish or Latin (the other languages offered at my school), you got given word lists of all the words you were expected to know at each NCEA level; there were fun websites you could go on to practise your vocabulary and grammar; there were online dictionaries; the list goes on. If you did NCEA Māori you did not get these things. There weren’t fun websites to practise on other than the ones my teacher spent hours making herself; there wasn’t an official vocab list, and Māori wasn’t an available language on Google Translate. (Apparently the wonderful www.maoridictionary.co.nz did exist when I was doing NCEA, but I had no idea about it until I got to university). One of the most useful and effective language learning/practise apps that exists is Duolingo, which doesn’t have Māori on it.

Here’s the thing about stuff that’s hard to do, people don’t do it.

¹<https://thespinoff.co.nz/business/26-04-2018/the-ai-powered-chatbot-that-can-help-you-learn-te-reo-maori/>

²<https://www.theguardian.com/technology/2011/feb/17/ibm-computer-watson-wins-jeopardy>

³<https://www.polygon.com/2016/9/1/12753298/morgan-trailer-artificial-intelligence>

⁴<https://www.forbes.com/sites/bruceupbin/2013/02/08/ibms-watson-gets-its-first-piece-of-business-in-healthcare/#19748b375402>

Back in the day (a few years ago) I didn't know anybody outside of my NCEA and then university Te Reo classes who was learning, because unless you did expensive official classes it was really hard to learn, and even harder to find ways to practise. I myself have been learning Te Reo since year 9, studied NCEA Māori, and have done many courses at university, but am nowhere near fluent because outside of classes it is so darn difficult to practise. Or at least it was.

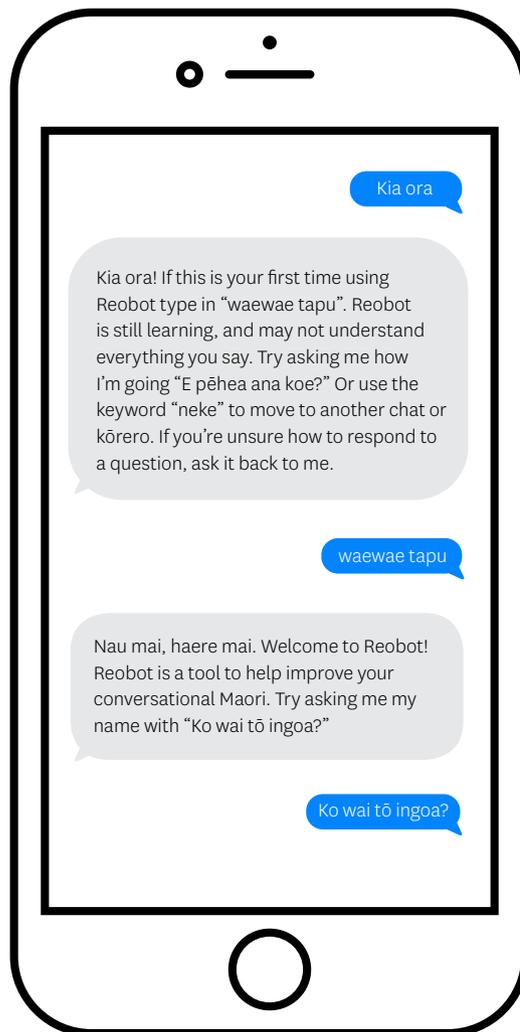
Reobot is a part of the growing boom of accessibility and visibility of Te Reo that is sweeping the nation: from radio hosts introducing themselves in Te Reo, to the large number of free language classes now available, to the decent number of independently developed mobile language learning apps that exist. All these things are wonderful and they all have their place. The more resources there are out there for learning, and the more visibility Te Reo has in spaces mostly dominated by English, the easier it will be for people to learn. What makes Reobot unique in the app space is that it is not a game or series of set lessons, it is an AI that you can ask questions and give responses to that will converse with you based on what is said.

A tool to practise simple conversation with on your own terms is such a “ka rawe” [excellent] thing to have, as it will help with that important transition from being able to handle structured exercises to being able to express yourself.

What's best of all is that you don't need to download anything, you don't need to delete Dropbox again to make room for a new app on your phone, all you need to do is have a Facebook account. You just go to <https://www.facebook.com/tereobot/>, send a message to the page, and away you go! You're talking to Reobot! He always speaks in Te Reo and English, so it's very accessible for beginners.

Reobot is a friendly little dude and I have been having some good kōrero [conversation] with him, and I have learnt the strengths and weaknesses of his abilities during our conversations.

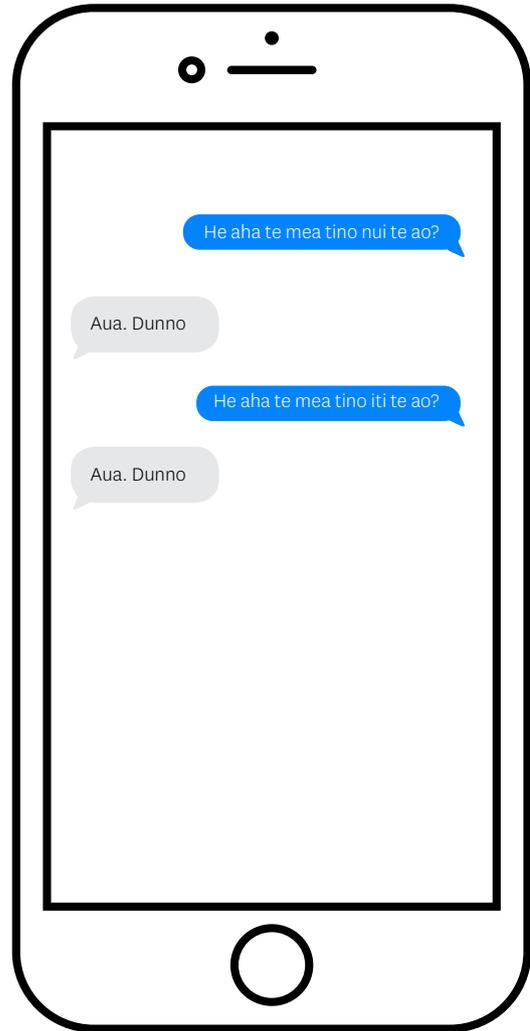
He is very welcoming of newbies.



He is sympathetic, but he will not suffice as a free therapist.



He has a lot to say about coffee and how he's feeling, but he struggles to answer the big questions.



Overall, I would definitely recommend hitting up Reobot, especially if you are a new learner, or an old learner who is very out of practice. He is still new and learning so he won't be able to deal perfectly with everything you've got to say. Limited or not, having an AI that anyone with a Facebook account can chat to in Te Reo is a huge step for forward for accessibility, and a really

fun way to practise. Hit him up if you're learning, or check-out the Spinoff's list of free Te Reo classes if you want to start.⁵ Heck it we're at university, and if you're really keen you should check out Māori 101 and Māori 103 which are really awesome courses.

⁵<https://thespinoff.co.nz/atea/12-09-2017/where-to-learn-te-reo-maori-anywhere-in-aotearoa-for-free-or-next-to-nothing/>

NEWMARKET

HAMID REZA RAHNAMEAE

Hamid Reza Rahnamaee hails from Iran, but now calls the City of Sails home sweet home. He may be 43, but he's still a kid at heart! A very lucky kid it turns out, with a wife and two daughters to keep him grounded and supported as he works towards his PhD in Electrical Engineering. When Hamid's not working on the Newmarket Campus, you might find him picnicking in some of Auckland's sweetest spots, like Mt Eden or North Head - he's a man who appreciates a sandwich at altitude. If he could have one thing in the world it would be wisdom, but we reckon he's already well on his way to achieving that, those doctorates are no small feat! Here's a few things Hamid already knows ...

Why did you choose your degree?

Having intellectual freedom, engineering challenges, and a chance to contribute to my area of interest through research.

What was the most interesting lecture/ seminar you heard this year?

I really enjoyed the PhD Research Innovation and Commercialisation Workshop, organised by the Centre for Innovation and Entrepreneurship.

Who was your academic inspiration?

Maryam Mirzakhani, the first female to be awarded the Fields Medal in Mathematics.

What 2018 current event had the biggest impact on your faculty?

The ECE Cultural Event. We had a fabulous cultural event in our department, where staff and postgraduate students gathered together and represented their culture by doing performances, wearing traditional costumes and bringing food.

Where's the best place to get coffee/tea/ juice on and off campus?

PhD students are lucky enough to have access to free coffee and tea in our kitchenette!

What are your hot study tips?

Try to understand the fundamental concepts, take mathematics very seriously in engineering, look at problems from different angles and don't give up, but be flexible!!

What's your favourite snapchat filter?

What is Snapchat?! :)

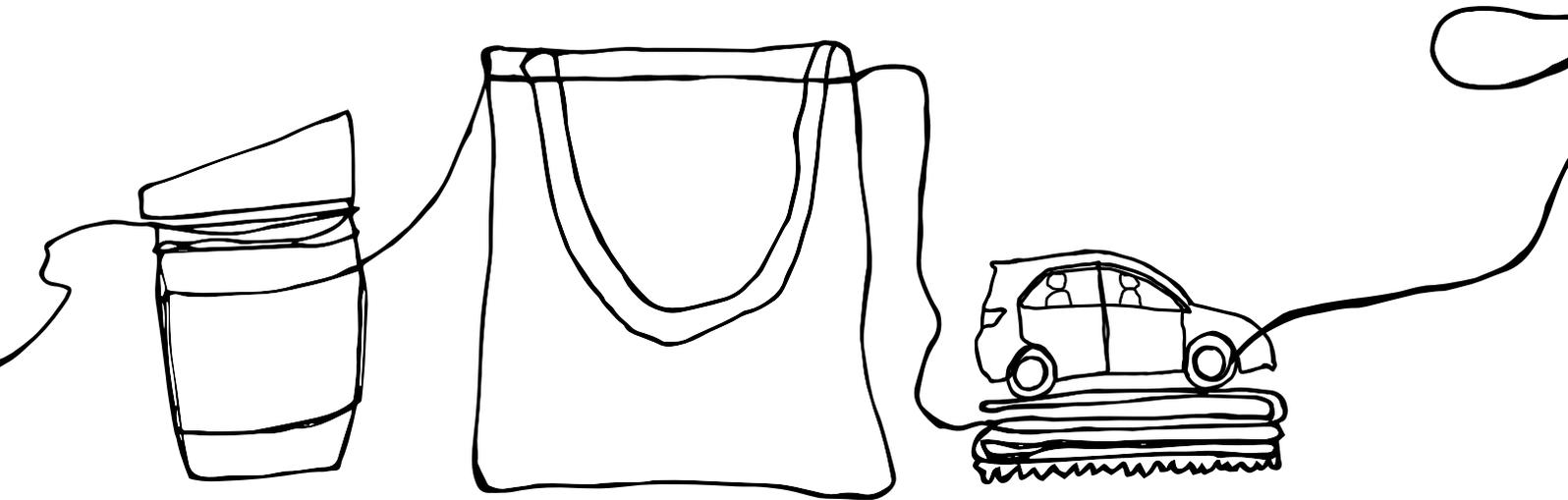
Describe your life using film titles...

Pursuing a PhD along with family commitments while your wife is also a PhD student is just called "Mission Impossible"!

What's your best song of 2018?

Here Come My Tears, a song by Homayoun Shajarian who is a famous Iranian singer.





SWAP FOR SUSTAINABILITY

Sustainability may be the word de jour, but when it comes to actually making meaningful change towards a sustainable lifestyle where do you start? If talk of compostable cutlery and carpooling has you in an eco-friendly tail spin, check out our handy list of sustainable swaps to get you on your way.

Now's the time to let your inner environmental warrior shine bright like a diamond (or perhaps a stainless steel bento lunchbox).

SWAPS

Swap yucky, plastic-coated takeaway cups for a Keep Cup!

These hardy cups come in all shapes and sizes, and using them can save you money because lots of campus retailers offer a discount on reusable cups. (Also think about swapping your plastic water bottle for a glass or stainless steel one.)

Swap your metres of dastardly cling film for beeswax wraps!

These wraps can be used many times to wrap your food or cover containers, and when it's done its dash, you can stick it in the compost.

Swap your old-school printed notes for an electronic copy!

Taking digital notes cuts down on needless printing and paper waste. If you really need to print something, make sure you print on both sides of the paper.

Swap your lonely car ride for a party-like communal trip into uni!

Yep, carpooling is where it's at for the environmentally conscious student. Sure it may be hard to handle the company so early in the morning but just think of all the T2 lanes you can use on your commute.

Swap your mindless eating with a meal plan!

Eeek, this one sounds a little serious, but trust us, a meal plan will save you heaps of time and money. Even better, it will help you keep your waste to a minimum. Fridge scraps frittata anyone?

Swap your ocean-hating plastic bag for a hessian one (or a canvas one, a cotton one, a flax one...)!

With so many reusable bag options out there today, there's really no excuse not to ride the wave of totes and backpacks. The turtles will thank you.

Swap your fast fashion for second-hand gems!

The next time you head out to buy clothes, pause for a second and think about where these items have come from and where they might end up when you no longer want to wear them. Try hitting the op-shops instead - there's bound to be a vintage gem hiding among the cardigans and velour track pants with your name on it.

Swap your 'someone else will do it' attitude for 'it's gonna be me'!

If it helps, sing those words to the tune of Nsync, or even better, get involved in sustainability initiatives on campus! You know what they say... many hands make eco magic.

[To find out more click here](#)

MANUKAU

MELINA AMOS

Melina Amos is following in her parents' footsteps by studying to be a teacher. She's a student and a mum and a lover of Cats of Instagram (who isn't), who spends her time on the Manukau Campus working towards her Bachelor of Education. You'll find her in the MiT Quad catching some rays between lectures during the week, and out in the great outdoors rock hunting and hiding with her kids (#aucklandrocks) on the weekends. Melina started life in Tanzania, before living in central Auckland. Today she calls Manurewa home, so she's just a hop, skip and a jump from all the education action taking place on the Manukau Campus. Ka pai Melina! What else can you tell us about yourself?

What do you want to be when you grow up?

An inspiring, kind teacher.

Why did you choose your degree?

Life is a journey of learning, so what better way to experience it than by teaching! Also, both my parents were teachers and I saw how much good they did, so I am continuing their legacies.

What was the best course you took this year?

Technology, it really took me out of my comfort zone!

What was the most interesting lecture/seminar?

Melinda Webber's 'Optimising Māori potential'.

Who was your academic inspiration?

Dr Melinda Webber.

What 2018 current event had the biggest impact on your faculty?

The teachers' strike.

Where's the best place to get coffee/tea/juice on and off campus?

One dollar coffee cart at MiT, North Campus.

What's your favourite emoji?

Heart eyes cat emoji!

What's your favourite snapchat filter?

Any of the ones with cat ears.

Describe your life using film titles...

It's a Wonderful Life, 10 Things I Hate About You, The Pursuit of Happyness, Love Actually, Away We Go!

What's your best song of 2018?

Mā te Aroha by Rehua Selwyn.



THE WELLBEING QUIZ

What type of wellbeing warrior are you?

1. My typical morning looks like...

- a) Me, people watching on the bus as I head into uni
- b) An enjoyable bike ride through the city and onto campus
- c) A breakfast catch up with my friends before class
- d) I do all of these/none of these

2. In my bag I always have...

- a) A notebook to write down any inspirational thoughts that come my way
- b) My trainers, so I can hit the gym when the mood takes me
- c) My phone so I can message my mates when I need to
- d) I have all of these/none of these

3. Leading up to an exam I will...

- a) Listen to one of my mindfulness apps to ready my mind for learning
- b) Go for a run to clear my head and stretch my legs
- c) Organise a study group so that I can revise with a friend
- d) I do all of these/none of these

4. When I feel stressed I...

- a) Pause and take notice of what my body feels like
- b) Work up a sweat doing something physical and active
- c) Seek out a kind pair of ears and talk with someone I trust
- d) I do all of these/none of these

5. My favourite way to relax is...

- a) Spending time on the yoga mat
- b) Getting out into nature and walking in the bush or along the beach
- c) Organising a pot luck dinner and hanging with all my friends
- d) I do all of these/none of these

6. My evening meals are...

- a) Always enjoyable, I savour every mouthful
- b) Packed with nutrients and energy rich, so I recover quickly from a workout
- c) A great opportunity to go over the day's events with flatmates or family
- d) All of these/none of these

Find the answers on page 52

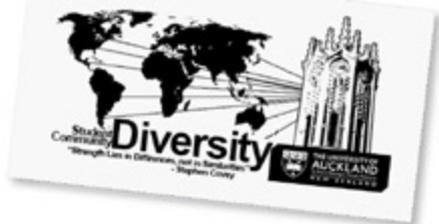


**UNITY IN
DIVERSITY**



Design a





tee 2018



ALUMNI

WORDS OF WISDOM

OUR ALUMNI IMPART THEIR SAGE WORDS OF ENCOURAGEMENT.

Anon

Don't party the day before exams.

Stephan

Keep an eye on the big goal. Exams are just a stepping stone.

Stella

Everyday do something for yourself (Something that takes care of me).

Lorna

You must enjoy the course and find your passion.

Anon

Don't lose your assignments, enjoy and have fun.

Johanna

Study what you love, but study never ends.

Luke

Study hard, do your work, read your books.

Emily

Degrees open doors, not necessarily the door you thought, but they give you the key.

Samuel

Ko te pae tawhiti, whaia kia tata, ko te poe tata, whakamaua kia tine - seek out distant horizons and cherish those you attain.

David

Be humble, hungry for information, and make sure to work hard in this ever-changing world.

Jashmita

Sometimes exam doesn't go your way. But keep your perspectives. It's not the end of the world.

Marilyn

Go with your heart. It's not about exams or grades, it's about love and passion.

Nicholas

Don't be afraid to ask your lecturers. They give insight you don't find in a coursebook.

Noel

Do a course where you are interested in.

Shirley

Dream big, work hard, stay humble.

Michael

Keep asking the difficult questions.

Anon

Don't forget to wear sunscreen!

Dave

Seek out that help from the 1-on-1 conselling/support.

Ilona

Relax. Take study breaks.

Audrey

From failure comes the greatest learning, take one step forward and re-define failure.

Karl

Kia kaha. Kia maia. Kia manawanui (Be strong. Be brave. Be patient).

Peter

You have to enjoy what you study. Study the way works for you. Everybody is different.

Sumitra

Balance your thoughts with your actions, and make sure your heart is in the right place.

Todd

If you don't feel like you're outside of your comfort zone, you're not learning.



THE PRICE OF A SMALL FLATWHITE

BRIAN GU COGITATES UPON THE BENEFITS OF
BEFRIENDING STRANGERS AT UNIVERSITY.

There are many things that you don't get told when you take your first step into university. For example, the coffee around campus is rather expensive. This was bad news for me, because I had pictured myself sitting in the corner table of a coffee house, frantically typing away on my laptop, racing against time to meet the deadline for an essay, taking sporadic sips of a steaming espresso while hunched over my screen.

Yes, that's exactly how I, a frightened, overwhelmed kid walking into university for the first time ever, thought the next year of my life would go.

It's an image that I had been playing over and over in my head, a way of life I had prematurely come to accept.

You see, this perfect routine that I had already developed in my mind was the first of many inaccurate presumptions I made as a newbie student.¹ Being a self-professed overthinker, I guess it was just my way of trying to calm my nerves and anxiety heading into this new experience, all of which came to a peak on my very first day.

Having turned up early on the day with my friend, I suggested we go for coffee not far up the road. And as we sat down either end of the empty booth, it had finally sunk in for me that I was actually here. University. An exciting, exhilarating journey I had been extensively preparing myself to undergo. Yet I still found myself not knowing what to expect, not knowing how I would fare in my new environment. Would I be able to find my place at all? Would I be able to achieve the high expectations I set for myself?

"So," my friend begins. "We need to find ourselves a productive study space." I look around the room. The waitress is clearing up for the early morning rush, and so the room is empty (excepting one guy in the corner, who had likely finished his coffee hours ago, but was too immersed in some trivial game on his phone to get up and leave). The atmosphere is warm, cosy and quaint, and light jazz music transforms the room into a lively, inhabitable space. This could definitely work, I think to myself. I look out the window and see a group of friends huddled around a park bench. They look like they've come to the end of their university journey, and every laugh they share carries an old memory to reminisce.

¹ I have come to realise that nobody is expectant of you to slot right into the pack, you will take your own time and form your own experiences as to what works for you and what doesn't.

Seeing these people made me think how I would cope with the challenge of making new friends. Would I have people to depend on at the end of the tunnel? Or would I come out to crash and burn... And now weeks later as I write this piece, I have been hit by the realisation of what I've come to find is the most important aspect of university life that you're not told - everyone wants to make new friends as badly as you do. Even the weakest point of conversation came like a glittering jewel to others, and in each open-ended question I offered, every piece of advice that I sought, someone would catch on and contribute their own. I didn't have to worry about working for connections, they came with my willingness to reach out to others.

And it's worked out amazing for me. I've made friends from Pakistan, Malaysia, Korea and France. I've made friends with a Commonwealth games athlete, a competitive surfer, footballer and an academic Olympiad medallist. And what's even more amazing is that they're not even the same four people listed once in each category!

So if I could go back to that cold, early morning, where I'm about to order my first coffee as an university student, I would have reassured myself that everything would turn out fine.

I would make some of the greatest friends I'd ever have.

I would meet some of the greatest people I'll ever meet, and we'll work together to create some of the fondest memories that I will cherish forever.

"Can I take your order?" I'm not too sure how long the waitress has been standing there, but judging by her tone and death stare, she has grown impatient. My friend has already ordered himself a bottle of cola, so I go ahead and order myself a small flat white, not deterred by the fact it costs its own weight in gold.² A few minutes later, she comes back with our orders; for my friend, a cola bottle so narrow he could barely set it straight, and for me, a paper cup of coffee no larger than a shot glass. The waitress forces a fake smile and tells us to enjoy our order.

"So, where did you say was a good place to study again?" Before I respond, I glance over at the waitress, as she walks off to pilfer her next unsuspecting customer's money.

"Does anywhere but here work for you?"

² In the case that the reader is interested, 100 grams of gold is worth somewhere around \$5000 USD. To be inherently clear, I did not pay for a car and receive a coffee instead.

CITY

JONATHAN EVERETT

They say it takes a village to raise a child, so it makes sense that it might take one to raise a university graduate too. Mechanical engineering student Jonathan Everett is currently living that communal life at Parnell Student Village, so he knows too well the perks of shared accommodation. He's a fan of the PSV backyard, thanks mainly to the resident BBQ, and the many comfy spaces for chilling out. When he's on campus you'll find him riding his electric longboard to class, fuelling up at Munchy Mart, and strategically studying smart, but not too hard (preach). Off campus, he's at the beach, or following his friends' international adventures on Instagram. This Ohope native wants nothing more than to design and build things for a living, and to be the lucky recipient of a lifetime supply of Blue V. Different strokes for different folks? We'll let Jonathan fill you in on the rest.

Why did you choose your degree?

It seemed most relevant to my skills and favourite subjects, so I figured I'd enjoy it.

What was the best course you took this year?

Mechanics of Material 1. It was a well-structured, interesting course, and the learning seemed to just take care of itself.

What was the most interesting lecture/seminar?

I can't pick a favourite, but I like any lecture taught by Dr Hazim Namik.

What 2018 current events had the biggest impact on your residence and/or faculty?

It was interesting to see that there's an engineering shortage in NZ, so maybe we'll all be able to get jobs at the end of this.

Who was your academic inspiration?

My mate Shivam, who spends all his time at the gym but still manages to get good grades.

What's your favourite thing about living in a uni residence?

I like how close it is to the uni, so I don't really have to commute in.

Where's the best place to get coffee/tea/juice on and off campus?

Munchy Mart is my go to.

What's your favourite emoji?



What's your favourite snapchat filter?

I don't really use Snapchat...

What's your best song of 2018?

Baby Shark



WHANGAREI

CELIA PAUL

If you looked up busy in the dictionary, you'd probably find a picture of Celia Paul. This energetic mum of six is passionate about Māori education and a lover of singing, kapa haka, cooking all the tasty kai, and of course, whānau! Celia is studying on the Tai Tokerau campus in Whangarei, where you'll find her hanging out with classmates and having a bit of a laugh between lectures. Celia is of Ngāpuhi descent (Ngati Kura is her hapu), so Northland is well and truly part of the fabric of who she is and what motivates her in her everyday life. We'll let Celia tell you why she's pursuing a Bachelor of Education (Huarahi Māori) in her own words. After all, those teacher types are never short of a well written word or two! Kia ora Celia, the floor is yours...

What do you want to be when you grow up?

Whenever I was asked that question as a child I replied...a teacher!

Why did you choose your degree?

My own philosophy closely resembles that of kaupapa Māori and I want to be able to teach alongside my people.

What was the best course you took this year?

It would definitely be 305 Practicum. Fun, full of hands-on learning, and a great way to make new connections.

What was the most interesting lecture/seminar?

When Sophie Tauwehe Tamati visited campus to give a lecture on her transitional approach for second language learners.



Who was your academic inspiration?

My whole class! Ehara taka toa he toa takitahi, engari he toa takitini!

What are your hot study tips?

If you need snacks, choose wisely. I've eaten far too many bags of lollies! Have a 5-10 minute brain break every half an hour or so, this will boost your productivity. Also, I highly recommend harassing your class on Facebook for a laugh or two!

Where's the best place to hang out between lectures?

Wherever my class is.

What's the funniest thing that has happened to you on campus?

One thing about our campus is that it's never short of laughter! There's too many funny things to mention just one.

Where's the best place to get coffee/tea/juice on and off campus?

On campus we have our trusty vending machine, when it's not empty, it's great for the quick chocolate hit in the afternoon. Off campus the number one coffee spot for us is the marvellous Bank St McCafe – many thanks for the extra spring in my step after a hard night smashing an assignment!

What's your favourite emoji?



Describe your life using film titles...

Bad teacher...jokes!

What's your best song of 2018?

I am digging Ella Mai Boo'd up at the mo.

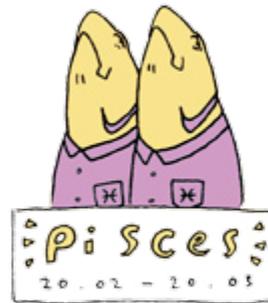
2019 HOROSCOPES

Our local oracles over at Craccum Magazine give us a look into the year ahead, for graduating and returning students alike.



Graduating: You will become a local list MP.

Returning: You will consistently do Duolingo every day for an entire year, and it won't even feel like a burden.



Graduating: You'll get a good solid graduate job, with co-workers that you like and doing work that you enjoy.

Returning: Someone will dare you to snort a line of chilli powder at Nandos, and you'll do it, and then you'll get banned from that Nandos and also lose your sense of smell.



Graduating: You will be the breakout star of next year's edition of The Block.

Returning: You will finally work up the courage to join the University Tightrope Walking Club.



Graduating: Who are you joking - you're gonna come right back round and spend another five years doing postgraduate study. You'll leave this University when you're dead.

Returning: You will become a social media influencer, becoming close personal friends with each of the Kardashian sisters, and something of a second mother to each of their children.



Graduating: You have already made enough money from your side-hustle that you can retire in peace immediately after your graduation ceremony.

Returning: You will finally fix that lingering B/O problem you've been in denial about.



Graduating: You will found a tech start-up within six months of graduating. Your pitch, building off the popularity of both Vine and Instagram, will be for a social media website that exclusively publishes very small photographs. You will get \$100 million in angel investments for this idea.

Returning: You will take the University's scrappy underdog basketball team to the world playoffs.



Graduating: You will take over the family gelato business.

Returning: This year will finally be the year that you'll put your head down and study hard for all your exams. Like, for real this time. No seriously, you'll do it.



Graduating: Our crystal ball came up with absolutely nothing for you. We tried doing tarot cards and the same thing happened. Whether that's a good sign or a bad sign is up to you.

Returning: You will get struck by lightning and swap bodies with your professor, forcing you through a series of wacky hi-jinks that will ultimately teach you about the value of family.



Graduating: You will be cast as "Samantha" in a high profile Sex and the City reboot.

Returning: You will make the worst mistake of your life and decide to get involved with the University magazine.



Graduating: You will become a celebrated celebrity chef.

Returning: You will genuinely just like, learn a lot and get closer with a lot of your friends and have a really good time. You'll grow as a person and achieve a lot of your personal goals. NOT.



Graduating: You will get involved in a complicated political conspiracy after coming into the office one day and finding all your co-workers murdered - with all the evidence pointing to YOU as the killer.

Returning: You will get an A+ on every paper you sit next year - including the ones you never attend and/or sleep through.



Graduating: You will develop psychic powers, lose all your hair, and go on to found the mutant superhero group "the X-Men".

Returning: You will become really really good friends with your bus driver.

THE WELLBEING QUIZ

Results

Mostly A's Warrior type: The Mindful Musketeer

Wow! You really know how to stop and take notice of yourself and everything around you, great job! The Mindful Musketeer knows that pausing for effect and taking things in is a great form of mindfulness. It helps to regulate emotions and supports your learning and focus (and improves retention in exams, yasssss!). Keep up the great work musketeers...

What now?

Another thing you can do to keep yourself feeling well is giving back to others. Why not try the smile challenge? Smile at the next ten strangers and see how good it feels.

Mostly B's Warrior type: The Action Hero

Woah, there's no slowing you down Action Heroes! You're on the move because you know this is a great way to look after your emotional and physical health. Research has found that up to 30 minutes of exercise a day reduces depressive symptoms by up to 30 percent, so keep being the superstars that you are and work that body!

What now?

It's important to remember that an active body needs some serious refuelling. Challenge yourself to a healthy breakfast every morning and feel the difference.

Mostly C's Warrior type: The Social Soldier

Life's nothing without the company of friends, right Social Soldiers? You love staying connected to people, which is great news for your wellbeing. Social interactions offer up some stress relief and also help to maintain strong support networks – just the thing to perk up a fellow soldier when they've taken a hit.

What now?

Being social is great, but we all need time to power off and relax. Why not try the technology challenge? Put away all devices an hour or so before you go to bed, and take a break from social media.

Mostly D's Warrior type: The Enigma

Puzzling Enigmas, who are you, and what gets you going each day? Will we ever know? You play your cards close to your chest, like the true mysterious gods and goddesses you are, but just remember whether you are doing a little or a lot to keep yourself feeling well, there's a place you can go to find out more (it's the University wellbeing pages- they're ace).

What now?

Take a look at www.auckland.ac.nz/wellbeing and learn more about the different ways you can help yourself feel well in mind, body, and perhaps even spirit. Who knows... you may discover you're actually a Mindful Musketeer, an Action Hero or a Social Soldier after all.

FIRSTLY I'D LIKE TO THANK...

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