



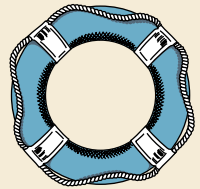
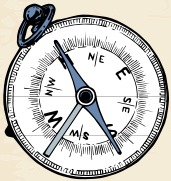
Waipapa
Taumata Rau
University
of Auckland

THE FACULTY OF SCIENCE ESSENTIAL

Survival

GUIDE

GREAT ADVICE FOR UNIVERSITY LIFE



Inside...

Packing your first-year survival kit

Be prepared for the year ahead by packing (and gathering) some basic tools and supplies to help you on your way.

Staying afloat while sailing the study-sea

Maintaining balance will help you to stay afloat during your first-year journey.

When it's time to call 'mayday'

While it's normal to feel a little bit stressed, it's OK to ask for help if things are becoming too much to handle on your own.

No one is an island

As a Science student, you have a wealth of student support services available to call on when you need academic advice.

Get your compass out

Learn your way around campus and make your journey straightforward.

'Yeah/Nah' decision chart

Good decisions will make for a smoother year so use this chart to help guide you.

Managing (and rationing) your resources

Get money savvy, and learn to stay on top of your finances.



Packing your first-year survival kit

Be prepared for the year ahead by gathering some basic tools and supplies to help you on your way.



Essentials to gather in your first week

Tick them off as you go:

- ☐ Become familiar with your ID number & UPI (unique personal identifier) found on your ID card. Be sure to have this handy.
- ☐ Find out about the key support links in the Faculty of Science.
- ☐ Check your student email and CANVAS lots! (once a day, if you can).
- ☐ Check out the recommended readings for your course. They really do help!
- ☐ Visit the the AT HOP app to organise your commute to and from uni.
- ☐ Enrol at the Health and Counselling Centre – Level 4 of Kate Edger Information Commons.
- ☐ Engage with your Science Ambassadors Leaders – they're here for you.

Essentials to gather throughout the first semester

- ☐ Go along to a Diagnostic English Language Needs Assessment (DELNA) screening – and follow up if needed. It is a requirement in your first year, and a very worthwhile use of your time.
- ☐ Complete the Academic Integrity course.
- ☐ Complete a degree planner and use it as a guide to help structure your enrolments.
- ☐ Attend a Library and Learning Services workshop.
- ☐ Check learning essentials on the Science Student Canvas Page.
- ☐ Get started on the assignments you've already received, you'll thank yourself later!

Staying afloat while sailing the study-sea

Making your way through your first year can feel a bit like trying to stay afloat on a life raft out at sea. You might experience beautiful, warm and calm weather one minute, when suddenly, a storm starts to brew and you feel as if you could be thrown overboard at any moment! Try not to stress – this is completely normal, and there are several things you can do to keep yourself afloat.

Student tools

The University of Auckland offers a range of applications and services to support your study! Check out the link below for information on how to access student tools:

auckland.ac.nz/en/students/my-tools

Student Experience Hub

Join the Science Experience Hub on Canvas to make sure you stay up to date with all the events on campus, plus well-being and faculty resources.

Student Services Online (SSO)

Where you will find your timetables, grades, enrollment status, fees and payments.

MyAucklandUni

This is your one-stop shop that makes it easy to stay informed, understand what you need to do, find information, and complete tasks.

Maintain balance and make time to explore

The key to a successful (and enjoyable) university experience is to ensure you maintain a healthy balance between keeping on top of your study, looking after yourself, and making time to do other activities that you enjoy.

We encourage you to check out the range of extracurricular activities available on campus, and to get involved in an activity that speaks to you.



Some opportunities include:

Tuākana

Tuākana is an academic programme for Māori and Pacific students. It is your whanau on campus. We provide a lot of support, opportunities and most importantly, whanaungatanga.

auckland.ac.nz/science/tuakana-programme

Science Ambassadors programme

Join the programme to connect with fellow science students in fun events designed to support your transition to university and grow your social connections. Search 'Science Ambassadors UoA' for more info or find @science_ambassadors_programme.

auckland.ac.nz/scienceambassadors

Join SCISA

They're the Science Students' Association and they host a variety of events from academic to social throughout the year.

You can sign up at their Facebook page

facebook.com/ScienceStudentsAssociation

Join a Science Club

Get involved with student organisations and extra-curricular activities to expand your social networks and have fun. Find a club that relates to your interest.

auckland.ac.nz/science/clubs-and-societies

Join the gym

The Recreation Centre offers a variety of classes at affordable prices – from Zumba to yoga – and low membership rates for students to access general facilities.

Find out more at

auckland.ac.nz/recreation

When it's time to call 'mayday'

If you find yourself thrown completely overboard and you're struggling to pull yourself back onto your first-year raft, don't be afraid to radio in for help.

While it is normal to feel a bit stressed or overwhelmed during the year, it's important to know when things are becoming more serious and it's time to ask for help.

You might experience some tough times at university. Be sure to look after yourself and keep an eye out for signs of the following:

Culture shock

Moving to a new country or city can be exciting. It can also become extremely stressful. You may be learning new cultural practices and social etiquette, making new friends or even learning a new language.

Loneliness or isolation

Loneliness is a far more common problem among young people than you may think – even in the age of social media. As a new student, you may have moved away from your hometown or country, leaving behind some or all of your friends and family.

Stress

Stress is a normal reaction to life's pressures and it is not always a bad thing. A small amount of stress motivates us and keeps us feeling stimulated. However, too much stress can be a big issue for university students. Juggling university commitments, family and friends, part-time work and hobbies can feel overwhelming.

Depression

Feeling down sometimes, for example after a relationship breakup, is normal. But what happens when the sadness refuses to go away, or has no obvious cause? Depression can affect anyone at any time in their life, and it's important to seek support if you may be experiencing symptoms of depression.

Additional resources

Be Well

Be Well offers a range of tools and information to help you care for your physical, emotional and spiritual well-being, so you can thrive.

auckland.ac.nz/be-well

CALM – Computer Assisted Learning for the Mind

This website is provided by the University of Auckland's Faculty of Medical and Health Sciences. It has tools and advice for managing depression, anxiety, stress, alcohol and drugs.

calm.auckland.ac.nz

Set your feet back on land and take a breath

Taking regular breaks from the sea of study will help you to reboot and increase your productivity levels. Be sure to make breaks a regular part of your study routine. Some things you can do include:

- Take a 10-minute break away from technology after every hour of study or assignment work
- Take some time out to read a chapter in a book you're reading for fun
- Take a walk outside and get some fresh air
- Have a coffee with your friends

If you believe you're struggling with one of these conditions, the University offers a range of Health and Counselling services to students. Visit auckland.ac.nz/healthandcounselling to find out how they can help.

No one is an island

Sometimes a friendly face to talk through some of the problems you are facing with your courses is all you need to get back on top of things. If that's the case, then meet our team of Student Support Advisers! They're always happy to help.



Dyan Catral
Student Support Adviser

Kia ora! I'm incredibly passionate about supporting students' holistic well-being and academic journey. I value creating meaningful connections and I'm here to listen to your experiences. I have a Bachelor of Science in Psychology and a Postgraduate Certificate in Education, both from the University of Auckland with a career background in student support. I look forward to journeying with you throughout your time at Waipapa Taumata Rau.



Polly George
Student Support Adviser

I'm one of the Student Support Advisers for Biological Sciences, Rainbow Students and Tertiary Foundation Certificate alumni. I understand how challenging it can be to juggle your studies, academic and personal life all at once and I am here to navigate this with you. Whether you're seeking a one-off conversation or ongoing support, feel free to drop me an email – I am happy to offer a Zoom or face-to-face catch up!



Steve Leilua
Student Support Adviser

Kia ora, my name is Steve. As a previous University of Auckland student, I know we can face many challenges. Please don't hesitate to reach out for a confidential korero. I look forward to supporting you through your journey here at The University of Auckland.



Lizzie Tafili
Student Support Adviser

Kia ora koutou and Tālofa lava! Ko Lizzie toku ingoa and I am a Student Support Adviser for ākonga Māori and Pasifika. I am passionate about journeying alongside students, by encouraging and empowering them to find whanaungatanga at the University and navigate them towards academic success. I am always up for a kōrero, and look forward to supporting you throughout your time at Waipapa Taumata Rau.



Kaiwen Yang
International Student Support Advisor
(TNE students)

Kia ora Koutou – 你们好! I am Kaiwen, a Student Support Advisor for transnational students in the Faculty of Science. Study abroad can be challenging. It is my passion to help you navigate through these challenges when you face various social-cultural and academic adjustments to a new environment, helping you regain your confidence, and seeing you thrive on your study journey at the university. Please feel free to reach out if you need support.



Abi van Dyk
Student Support Adviser

Kia ora koutou | Sāwātūdī kā, Ko Abi toku ingoa and I'm a Student Support Advisor for Mathematics, Statistics, Physics, Psychology, Anthropology and Students with Disabilities. I understand that there can be difficulties during studies and am here to help navigate them. I am passionate about empowering students' well-being and supporting them in their university journey. I acknowledge and hold space for those with added challenges that can impact them, regardless of what these challenges may be. If you are feeling stressed and overwhelmed, I am keen to have a chat, listen and guide you through what you need support with! I look forward to connecting with you.

We can support you with:

Facilitating a space to discuss your mental wellbeing.

Provide guidance on processes such as late deletions or aegrotats.

Offer support with academic standing
(At Risk, Restriction, Termination)

Discuss equity related concerns.

Offer general academic advice in relation to your needs, such as reducing workload or taking a break from studies.

Time management, semester scheduling and dealing with procrastination.

To make an appointment with our Student Support Advisers contact sciencessa@auckland.ac.nz

Get your compass out

**Download UoA Kāhu on your phone,
and spend some time familiarising yourself with key spots on campus
that you might need to visit during your journey!**

Computer labs

B303S, South wing, Basement level,
Ground and 1st floor
Rooms 191 G91 and B91
B302 Ground floor computer lab
Kate Edger Information Commons
Level 0, Level 2 and Level 3

**General enquires,
Applying, Enrolment,
Degree planning,
Course selection,
IT Support, and
Library Services.**

Student Hub, City Campus
Te Herenga Mātauranga
Whānui | General Library
Building 109
5 Alfred Street, Auckland
auckland.ac.nz/studenthubs

Buy coursebooks, lab coats and lab goggles

Ubiq bookstore
Level 1,
Kate Edger
Information Commons

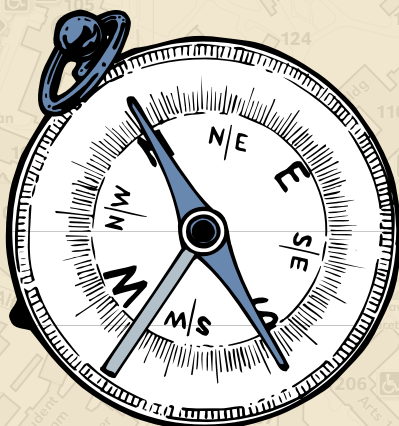
Study areas

Kate Edger

Information Commons:

- Level 2 Individual study
(quiet talking permitted)
- Level 3 Silent individual study
(talking not permitted)
- Level 4 Silent individual study
(talking not permitted)

Ground floor area of B302



Food and retails stores

auckland.ac.nz/food-and-retail

Careers advice, CV tips, interview preparation, workshops

Career Development and Employability Services (CDES),
University of Auckland, Level 1, Kate Edger Information Commons

Helpful tip:

Room numbers are usually divided into two parts separated by a hyphen. The first part is the building where the room is located, and the second part tells you the room number with the first digit indicating which floor of the building the room is on.

For example: 302-170 is building 302, level 1, room 170

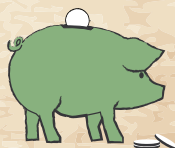
The decisions you make will impact the journey ahead. We know that choosing the right path won't always be clear, so here is a 'Yeah, Nah' decision chart to help guide you on your way!

Yeah

- Accept the invitation to join the Faculty of Science Experience Hub.
- Attend your classes each week and keep on top of your readings
- Make a copy of your exam timetable to carry around with you during exams
- Draw up a budget and stick to it
- Get a good night's sleep before exams
- Get some exercise during the day – even a gentle stroll around Albert Park can do wonders to clear your head
- Make a plan as soon as you know your assessment schedule – trust us, all-nighters are never fun!
- Volunteer your time, energy and skills – it helps you make friends, learn new skills, advance your career and feel happy!

Nah

- If money becomes a struggle, don't let it get you down – AUSA Welfare can help to put some food in your pantry at difficult times. Check the 'Healthy Eating' section for ideas for cooking on a budget
- As tempting as it may be, going to that party the night before your test/exam/assignment is due is never going to work out well
- Looking at screens (phone, laptop, tablet) in the hour before bed can interfere with getting a good night's sleep
- While skipping the odd tutorial or lab might not seem like a big deal now, trust us, it will only add to your workload come test and exam time when you'll have to work twice as hard to catch up



Managing your resources

Don't let limited resources take control! Learn to budget and ration your supplies accordingly, and the year could be a lot less stressful.

Learning to get by on limited finances is one of the key challenges students face.

If finances are a problem, the best thing to do is draw up a budget and stick to it. Know what money you have coming in, and what needs to go out each week, so that you can clearly see how much you can afford to spend on other things.

If you need some help putting together a budget, Sorted NZ has a great planner that you can just fill in the blanks and save for future use.

sorted.org.nz/calculators/money-planner

Part-time work

If you decide to get a part-time job to support yourself but are worried how that might impact your time to study, please don't stress. Many students work for the duration of their degree in order to support themselves and they do just fine – but like anything, it's about finding the right balance.

If you are looking for a part-time job, visit CDES and **sjs.co.nz** to see what current opportunities are available.

Healthy Eating

Making sure you have a nutritious and filling diet is a very important part of maintaining your overall well-being. We all know that if you're hungry, you can become easily distracted and it is harder to focus in class, when studying, or during that important test or exam.

If you'd like further inspiration for cheap, easy and tasty meals, these websites will help:

eatwell.co.nz

studentrecipes.com

Halls of Residence

While the Halls of Residence are normally full by the start of the first semester, sometimes rooms become available for the second semester, if you are interested.

Find out more at

auckland.ac.nz/en/on-campus/accommodation

