



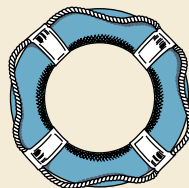
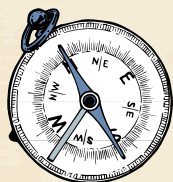
UNIVERSITY OF
AUCKLAND
Waipapa Taumata Rau
NEW ZEALAND

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!

Scan here to access the digital copy of the student survival guide



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:

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

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:

Join NISSA

They're the Nesian Indigenous Science Student Association and they aim to support the cultural and social wellbeing of Māori and Pasifika students within the Faculty of Science.

Contact NISSA on their Facebook page

www.facebook.com/NISSA-Nesian-Indigenous-Science-Student-Association-101134218158787

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

www.facebook.com/ScienceStudentsAssociation

Join a club

There are over 200 clubs on campus that you can join, from the Dance Association to the Chess Club, and everything in between.

Find a club that relates to your interests:

www.auckland.ac.nz/clubs

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

www.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 wellbeing, so you can thrive.

www.auckland.ac.nz/en/students/student-support/be-well.html

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.

www.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 www.auckland.ac.nz/healthandcounselling to find out how they can help.

No one is an island

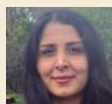
Sometimes a friendly face to talk through some of the problems you are facing with your courses is all you need to get back on top of things. If that's the case, then meet our team of Student Support Advisers! They're always happy to help.



Erica Farrelly

Student Support Adviser (Biological Sciences students, Environment students, Exercise Sciences students and students of refugee background)
e.farrelly@auckland.ac.nz

I studied a Bachelor of Science majoring in Geography and Development Studies. I also taught English as a second language in Argentina. I'm very passionate about student success and I'm here to support and connect you with the services offered throughout the university. Appointments can be with what you are most comfortable with: face-to-face, phone or Zoom. I look forward to meeting you.



Dina Isber

Student Support Adviser (First Year Transition; Fast Track Students)
dina.isber@auckland.ac.nz

I aspire to motivate and encourage students to thrive in their studies. Through my experience as a student and an educator, I have realised the importance of having the appropriate support to enable students to navigate through challenges and succeed in their studies. I hope to meet you soon to provide my support and help during your studies at the University of Auckland.



Merrion Baker

Student Support Adviser (Psychology students; Chemical Sciences students and students with disabilities)
m.baker@auckland.ac.nz

My career background is working in the health and social care sector with vulnerable adults and young people, both in Vancouver and London.

I have a huge passion to support, empower and encourage young people to strive towards their individual goals and work towards overcoming any obstacles. I am particularly passionate about working with and supporting those who have additional barriers that might prevent them from making the life choices that they want to.



Dyan Catral

Student Support Adviser (Computer Science students, Postgraduate students, students studying on articulation agreements)

dyan.catral@auckland.ac.nz

I'm incredibly passionate about supporting students' holistic wellbeing and academic journey. I'm here to listen and encourage you to reach your full potential! I have a BSc in Psychology and a PGCert in Education, both from the University of Auckland.



Lizzie Tafli

Student Support Adviser (Māori & Pacific)
lizzie.tafli@auckland.ac.nz

Kia ora koutou and Tālofa lava,

My background is in youth and community work and academic tuition. I am passionate about journeying alongside students, by encouraging and empowering them to navigate their own academic success, with a particular focus on ākonga Māori and Pasifika.

Ngā mihi nui and Fa'afetai lava.

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.

Science Ambassadors program

With fun events to assist your transition to University, our Science Ambassador Leaders have got you covered. Search 'Science Ambassadors UoA' for more.

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

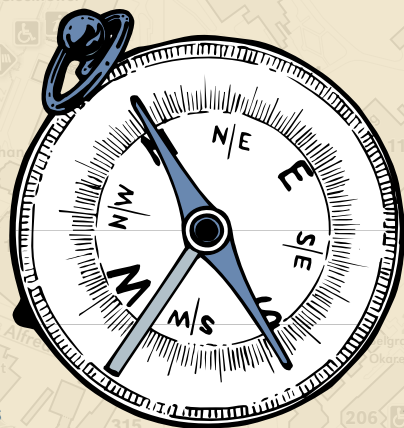
Whānui | General Library
Building 109

5 Alfred Street, Auckland

[www.auckland.ac.nz/en/
students/student-hubs.html](http://www.auckland.ac.nz/en/students/student-hubs.html)

Food and retail stores

[www.auckland.ac.nz/en/
on-campus/facilities-and-
services/food-and-retail.html](http://www.auckland.ac.nz/en/on-campus/facilities-and-services/food-and-retail.html)



Buy coursebooks, lab coats and lab goggles

Ubiqu 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

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

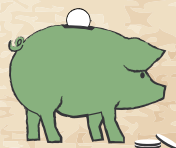
The decisions you make will impact the journey ahead. We know that choosing the right path won't always be clear, so here is a 'Yeah, Nah' decision chart to help guide you on your way!

Yeah

- 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 (and rationing) your resources

Don't let limited resources take control! Learn to budget and ration your supplies accordingly, and the year will 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.

www.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 **www.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.

The Better Kai initiative helps you identify food that is great brain and body fuel while you choose your meals on campus!

Find out more at

www.auckland.ac.nz/en/on-campus/facilities-and-services/food-and-retail/better-kai.html

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

www.eatwell.co.nz

www.studentrecipes.com

www.studentcooking.tv/recipes

Shelter against the elements

Keep yourself warm and dry with a solid home-base to regenerate at the end of the day.

If you are from out of Auckland or simply looking to 'spread your wings' and live away from home, there are lots of accommodation options available to you.

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 **www.auckland.ac.nz/en/on-campus/accommodation.html/en.html**

Accommodation Solutions

If you would prefer not stay in a hall of residence and would like some advice on other options available to you, we encourage you to contact the Accommodation Solutions advisory service at **accom@auckland.ac.nz**

For more information on how to survive your first year, visit www.science.auckland.ac.nz/firstyear