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Caring for yourself in lockdown

Kia ora Amelia,

How are going? It's been more than a week since the nation moved back into Level 4 lockdown, and we know that the sudden change can be difficult to process. This email highlights all the ways the University can support you remotely, as well as highlighting some virtual events, general news and competitions. Enjoy.

We can support you when you're off campus

Don't forget, there are many different ways the University can support you to study remotely, including academic support through Libraries and Learning Services, career advice, and IT support. Reach out for help!

[Learn more](#)



Worried about money?

Level 4 restrictions can affect your ability to work and the management of your day-to-day financial situation. If this is the case for you, the University may be able to provide you with financial support.

[Read more](#)



Check out Be well!

The Be well website has heaps of helpful information to support you during a lockdown, including tips on coping with distraction, handling new updates, and even aing a zoom call.

[Learn more](#)

Compassionate Consideration for tests and quizzes

There is a special fast-track process for applying for compassionate consideration for tests and quizzes held between 23-29 August.

[Learn more](#)



Need tech support to study remotely?

If you don't have a suitable device or access to wifi, we can help! Laptops and wifi devices are available for you to loan for free while you're studying remotely.

[Find out more](#)



Campus Care support

Campus Care is a safe, confidential and free service that supports the health, wellbeing and safety of everyone at the University. If you need general advice or need help seeking support, they can help point you in the right direction.

[Learn more](#)

Staying connected

Find us on Facebook for your chance to win!

What's On started this semester with a prize-giving bang, and we're determined not to let the latest change in Alert Level stop us from giving away heaps of cool stuff for the rest of 2021. For your chance to win, head across to the What's On Facebook page and stay tuned. This week's competition will be up soon....

[Find us on Facebook](#)

UoA Sport Quiz

Test your knowledge

Get your bubble together or compete as an individual and test your knowledge against our ultimate sports quiz on Fri 27 Aug. It's free for all UoA students and staff with prizes up for grabs so clear your schedule and get involved!

[Register now](#)



Vote for student rep!

You will have received an email by now, outlining the nominees for the 2022 Student Representative on Council. All students have until this Friday to vote for their preferred candidate, so check out their bios now.

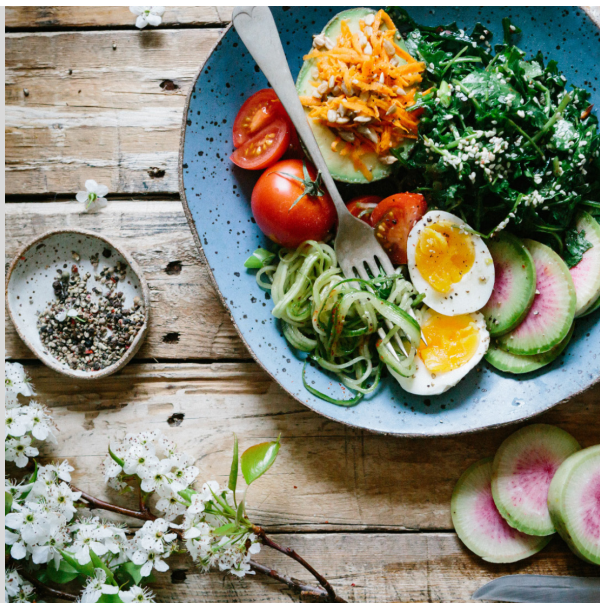
[Read bios and vote](#)



Pick your favourite tote!

We received a record number of entries for Design a Tote this year which was awesome. The selection has now been narrowed down to six finalists, and we need your help to pick a winner.

[Vote now](#)



Lockdown nutrition 101

If you are interested in learning how what you eat affects your overall wellbeing, come along to Sport and Rec's Nutrition 101 Seminar on Mon 30 Aug! This session is free for Rec Centre members and only \$5 for non-members.

[Register now](#)



Zoom into action

Sport and Rec's online offerings help you stay active in the comfort of your own home. Join a virtual class and break a sweat!

[Class timetable](#)

We're here to help every step of the way. For all general enquiries, including admission, enrolment, and course advice, contact our student support team.

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