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.

‘Yeah/Nah’ decision chart
Good decisions will make for a smoother year so use this chart to help guide you.

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.

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.

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**Essentials to gather in your first week**

- Introduce yourself to new people in your lectures, tutorials and labs
- Find out about the key support links in the Faculty of Science, e.g. Science Student Centre
- Check your student email and CANVAS lots! (once a day, if you can)
- Check out the recommended readings for your course and have a read of them – they really do help!
- Get started on the assignments you’ve already received, you’ll thank yourself later!
- Enrol at the Health and Counselling Centre - Level 4 of Kate Edger Information Commons
- Engage with your Science UniGuide- they’re here for you

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**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, as well as a very worthwhile use of your time
- Complete the Academic Integrity course
- Head to the Science Student Centre, and complete a degree planner with one of the knowledgeable staff members
- Attend a Library and Learning Services workshop
- Keep in contact with your Science UniGuide
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.

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 first mate

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, 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 SCISA
They’re the Science Students’ Association and they host different events such as pub quizzes, career opportunities, and other cool events.
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 Glee Club to the Pool Club, and everything in between. There are 11 Science-oriented clubs, so you might find a club suited to your interests.
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.

It is possible to experience the following at university so be sure to look after yourself and keep an eye out for signs of the following:

**Culture shock**
Moving to a new country can be exciting – but at the same time it can become extremely stressful as you attempt to learn new cultural practises and social etiquette, make new friends and potentially even learn 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 had to move 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.

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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](http://www.auckland.ac.nz/healthandcounselling) to find out how they can help.

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**Additional resources**

**Mental Health Foundation**
This website provides fact sheets on all aspects of anxiety and how to manage it, including information for family and friends.
[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

**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](http://www.calm.auckland.ac.nz)
No one is an island

Getting through your first year of study doesn’t have to be a game of ‘survival of the fittest’. As a Science student, there are a range of support services available for you to call upon any time you need a little extra support – and we encourage you to make use of them.

Science Student Centre

Not sure if you’re doing all the right papers for your degree?

Come aboard at the Science Student Centre, where you can complete a degree planner so that you know whether or not you are on the right track. If you have any questions or need advice, then one of our Student Academic Advisers will be able to help.

www.science.auckland.ac.nz/student-centre

Science Student Support Advisers

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 Academic Advisers! They’re always happy to help.

Merrion Baker
Student Support Adviser (Equity)
m.baker@auckland.ac.nz

My background is in the health and social care sector, specifically working with vulnerable client groups and supporting them with their various complex needs.

I believe everyone has the right to both fulfil their potential and receive the support and guidance in order to do this. I have a huge passion to help people succeed and give support in whichever way they need. I look forward to meeting you and supporting you to achieve your educational goals!

Deidre Doyle
Student Support Adviser (International)d.doyle@auckland.ac.nz

I have worked as a Student Support Adviser since 2015 and enjoy supporting international students to achieve academic success.

I believe everyone has the right to support services that will allow them to flourish and feel privileged to work where I can make a positive contribution.

Science UniGuides program

Science UniGuides are second or third-year Bachelor of Science students who have been where you currently are, finding your feet as a first-year student. Engage with them and make the most of their wealth of knowledge and tips.

Search “Science UniGuides” on the University website to get more information.
Get your compass out

Grab your map and your compass, 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

**Hand in and collect assignments,**
- buy Science course books,
- borrow laptops,
- pay for field trips,
- top up your printing card,
- and print from the computers

**Science Resource Centre B303**

**Course/degree queries and planning**
- Science Student Centre
  - B301, Ground level

**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

**General enquires,**
- applying, enrolling,
- ID cards, passwords,
- prospectuses

**AskAuckland Central**
- Alfred Nathan House
  - B103, 24 Princes Street

**Careers advice,**
- CV tips, interview preparation,
- workshops

**Career Development and Employability Services,**
- University of Auckland,
  - Level 1, Kate Edger Information Commons

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**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**

- Complete a degree planner at the Science Student Centre
- 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!

**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 ‘You don’t have to eat like Bear Grylls’ 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 www.sjs.co.nz to see what current opportunities are available.

You don’t have to eat like Bear Grylls

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.

Thankfully, you don’t have to be a Masterchef or a millionaire to whip up a tasty and filling dinner for you, your flat, or family. Nor do you have to follow the tips for survival that Bear Grylls suggests on *Man vs Wild*!

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
www.bbcgoodfood.com/recipes/collection/student

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.accommodation.ac.nz

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

Speed-flatting

If you’ve decided you’d like to go flatting but don’t have any flatmates in mind, then consider heading along to a ‘speed-flatting’ session – held several times throughout the year. These sessions are a great opportunity to meet other students who also want to go flatting, and hopefully find a perfect flatting match (or two)!


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