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

**YEAH**

- Complete a degree planner at the Science Student Centre
- Maximise caffeine intake
- Keep up on your class work and keep on top of your readings
- Make a copy of your exam timetable and put it in your diary
- Get a good night's sleep before exams
- Draw up a budget and stick to it!
- Make a copy of your exam timetable
- Keep on top of your readings
- Attend your classes each week and complete your assignments
- Minimise caffeine intake

**NAH**

- Trim down what students say, noodles are not a complete food group (and gluten, soy, dairy and eggs aren’t veggies either)
- If money becomes a struggle, don’t panic, talk to a financial advisor
- Avoid going to nightclubs, drag your friends to go to the library
- Struggle to get by on your budget - stick to it
- As tempting as it may be, going to that party the night before your test!
- Time slips away quickly in a semester, and it is easy to find yourself falling behind
- As a very important part of maintaining your overall health, you need a nutritious and filling diet
- You don’t have to eat like Bear Grylls
- You have a multi-talented and strong academic mind; you can become an expert in anything you set your mind to
- While shopping the old tutorial or lab might not be the best, ask first, ask twice, it will save you a lot of work, and then some
- If finances are a problem, then the best thing to do is apply for a loan

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**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 as a result.

One of the top challenges facing students today is learning how to get by on limited finances. If finances are a problem, then the best thing to do is apply for a loan. If you have a part-time job to support yourself and you do need to take on some part-time work, do not let it become a distraction from what you need to do.

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**Shelter against the elements**

Keep yourself warm and dry with a solid home-base to regenerate at the end of the day. Its a very important part of maintaining your overall health, you need a nutritious and filling diet.

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**Science Student Centre**

Visit us at the Science Student Centre, and complete a degree planner with one of our academic advisors.

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**Making good decisions will make for a smoother year**

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 1st week**

- Your Student ID card
- Your academic planner
- Your study timetable
- Your student email and CANVAS lots!
- A good coffee/tea/milk etc. (what ever you feel comfortable with)
- A councillor or mental health professional to talk to if things become too much to handle on your own.
- Good advice for university life

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**Resources**

- www.bbcgoodfood.com/recipes/collection/student recipese
- www.studentrecipes.com
- The Faculty of Science, www.science.auckland.ac.nz
- The Student Portal, www.student.auckland.ac.nz
- The Faculty of Science, www.science.auckland.ac.nz
- Access the science student centre, and complete a degree planner with one of our academic advisors.

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**Essentials to gather throughout your first semester**

- Good advice for university life
- A counsellor or mental health professional to talk to if things become too much to handle on your own.
- Good advice for university life
- A counsellor or mental health professional to talk to if things become too much to handle on your own.
raft out at sea. You might be experiencing beautiful, warm and calm weather one moment, but when things become more serious and it’s too cold to call it quits.

When it’s time to call ‘maday’

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 use them. Don’t be afraid to radio in for help.

Science Student Centre

Don’t know what to do with the black dot paper for your physics test? Or is the debate you and the Science Student Centre are hosting on slavery and social justice too much for you to handle? Please visit the Auckland.ac.nz/science student centre for more information.

Science Student Support Advisers

Sometimes it’s hard to face up to some of the problems you might encounter as a student. But don’t be afraid to reach out and get support if things are becoming more serious and it’s time to call it quits. Don’t be afraid to radio in for help.

Additional resources

Here’s a round-up of some useful websites and people, providing you with information on anxiety, stress and ways to cope.

Students against depression

A website for students, where fellow students share their stories of surviving depression and share tips on how to stay strong when you’re feeling low. It also provides a forum where you can speak with others and seek support at www.science.auckland.ac.nz/antinehpres.

Mental Health Foundation

This website provides facts on all aspects of anxiety and stress, including information on how to manage them. Visit www.mentalhealth.org.nz.

CALM – Computer Assisted Learning for the Mental Health Foundation

This website is provided by the Mental Health Foundation. It is a training tool that teaches basic skills for managing anxiety, depression and stress.

www.calm.org.nz

Maggie Swanson

Associate Director, Men and Pacific Students’ Health and Wellbeing, in the Faculty of Science since March 2013

I hold the role of Domestic and International Student Support Adviser at the University of Auckland, and currently work for the Auckland Faculty of Medical and Health Sciences. I have held the role of Student Support Adviser – International for over three years, and previously worked at the WALSH Trust where I supported people who have experienced poor mental health.

When you need any advice with one of our Student Support Advisers, please email support@science.auckland.ac.nz to arrange a meeting with me. You can also find me in the Student Service Centre, level 3, building 820, Room 315.

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