Kia ora

How are things going? Starting university can be a challenging and exciting time, a time for personal growth and development. We want to share some resources you can access to look after your wellbeing to help you thrive at the University of Auckland, both, academically and socially.

Don't forget to look after yourself, and if you need anything, we're here to help.

Levelling the playing field

Kia ora, Talofa lava, and welcome. The University is committed to providing a safe, inclusive and equitable place to study and work. Learn more about the University’s support for Māori and equity groups.

Learn more

Haere mai Rainbow students

Former Queer rights officer Lavi Abitbol talks about support for Rainbow students, including Queer Students’ Council, Queerspace, Trans on Campus, legal name-change funding, unisex toilets and policies.

Hear from Lavi

Welcome refugee-background students

If you come from a refugee background, welcome and well done. Find out how scholarships and the Equity Office's web pages have helped medical student Tai-iba Hassanian.

Read Tai-iba’s story
Take a tour of Student Disability Services
Take a video tour to learn how to access our disability services. Hear from students how support from disability and mental health advisers has made all the difference.

Special Conditions Process
Do you have a temporary or permanent disability or impairment and need extra support in tests or exams? Please make sure you apply for special conditions if you haven't already. Deadline for applications is Friday 8 April.

Creating Cultures of Consent and Respect
The University's Wellbeing Team has been working on a great series of videos centered around healthy sexual behaviours and creating a culture of caring and consent. Recognising and respecting other people's boundaries is a great way to ensure your behaviour isn't making anyone feel uncomfortable or pressurised.

Things to do this week
- Consider attending a hangout with UniGuides. It's a great chance to relax and meet other students at the University.
- Coming on to campus? Find your way around, including buildings, rooms and parking with Campus maps or download the Kāhu app.
- Discover all the learning essentials you need to develop your research and study skills online.
Study and Research Skills Hubs for your faculty

Faculty-based Study and Research Skills Hubs are a set of online study tools designed to help you develop the academic skills needed to complete assignments and succeed in your studies. The Hubs also point you to additional support and resources available through the library.

Find out more

Increase your confidence in speaking and writing in English

If you think your English is holding you back from getting better grades, communicating effectively or participating confidently in university life, the English Language Enrichment (ELE) service is here to help!

Learn more

Need a professional and effective CV?

If you need a CV for an internship, part-time job or other work opportunity, CDES is here to help! Use the easy CV Builder tool on MyCDES+ to start creating your CV today.

Start building your CV

Covid-19 information pages

Stay up to date with how the University is operating under the COVID-19 Protection Framework including information about Rapid Antigen Testing (RAT) at the University, access to study spaces, Libraries and Learning Services, affected sites and specific information for how to notify the University in the event of testing positive for Covid-19.

Read more
We hope the start of your semester and University career has gone well and you’re starting to feel a sense of belonging here at the University of Auckland.

This is our last email to you as a new student. We hope you’ve found the resources we’ve shared helpful. Moving forward, you can find all the information you need for current students through the What’s On newsletter and Facebook page or follow us on Instagram.

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.

Email: studentinfo@auckland.ac.nz
Phone: 0800 61 62 63

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