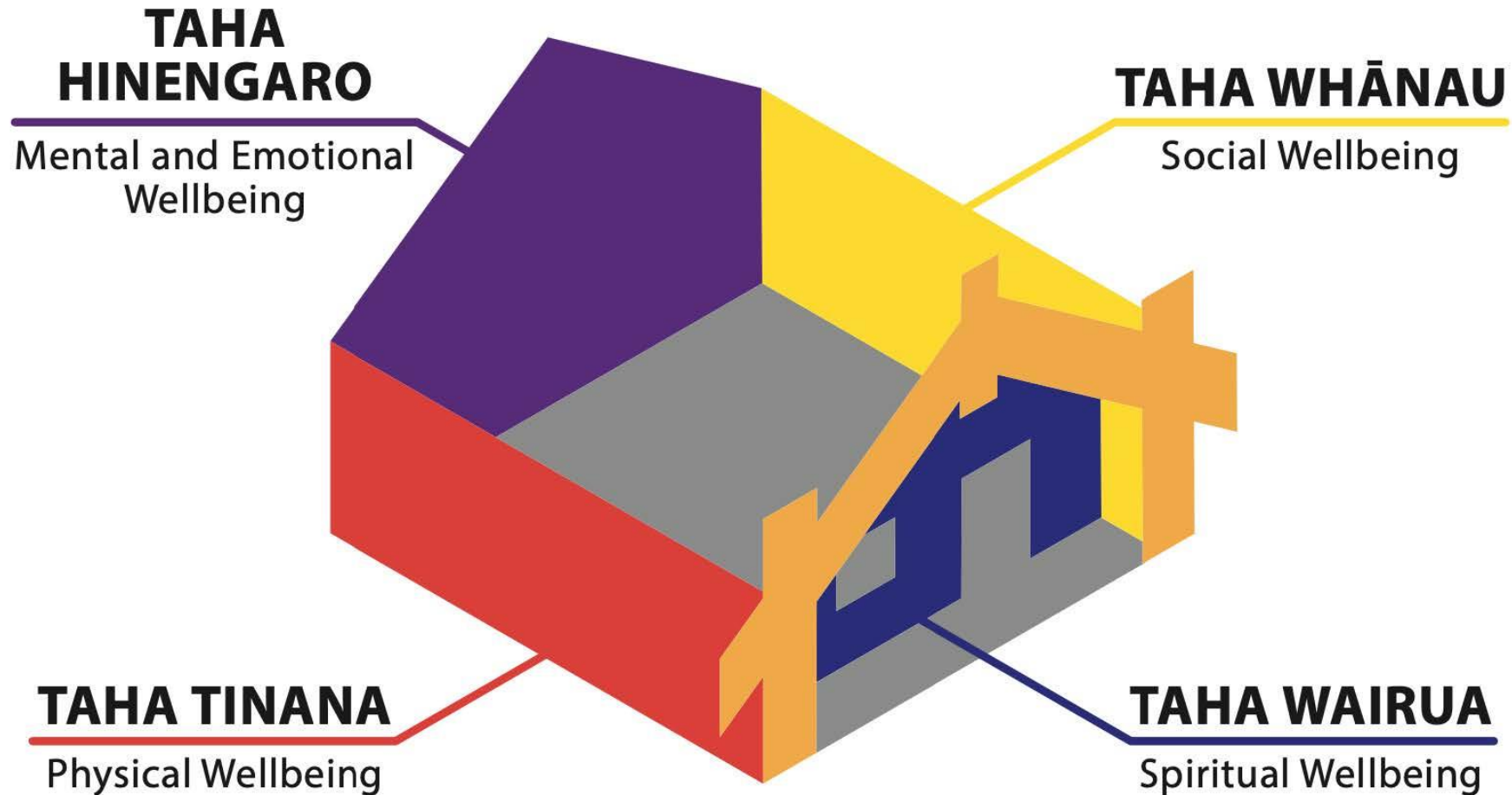
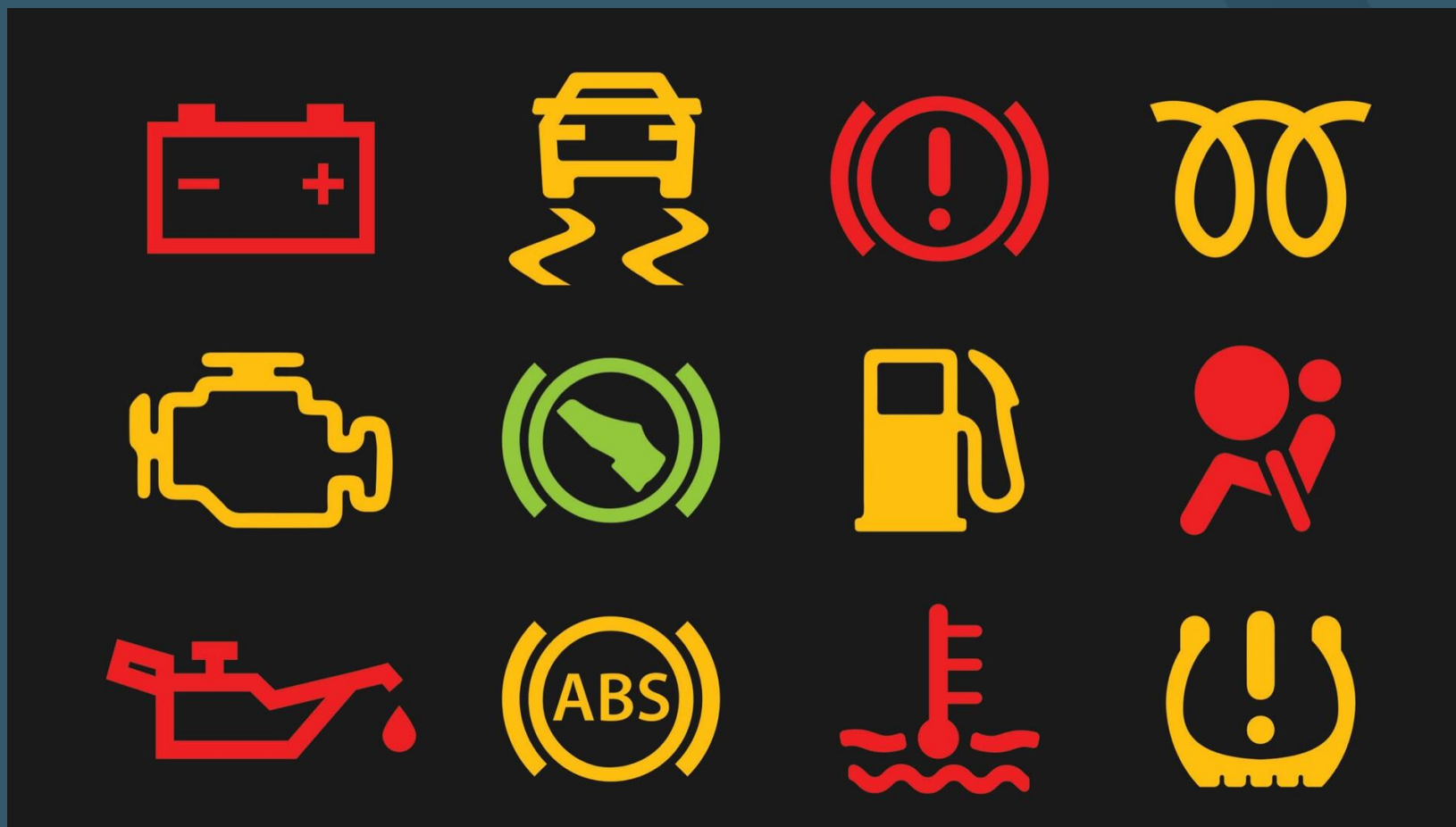


More than just passing:
A guide to flourishing

TE WHARE TAPA WHĀ





- What are your indicators of unhealth?

Work with who you are

- Identify your weaknesses and get the support you need
- Identify your support systems
- Know your best times to study

Caring for your whole self (Taha tinana and taha hinengaro)

- *Prioritise sleep, nutrition, and movement*
- *Take regular breaks when studying, for example, try the Pomodoro technique – set a timer for 25 minute study / 5 minute rest*
- *Read a book, or watch a Netflix programme as a way to take a brain break.*
- *Go for walks, play with your kids, find things to do that “green” you.*
- *Keep hydrated!*

Anchor Yourself Spiritually (Taha Wairua)

- *If faith is important to you, find those things that brings you life – integrate prayer or Scripture into your study time.*
- *When you are stuck in the middle of everything, keep looking back to your call to your vocation – reflect on how your studies fit into God's bigger calling for your life*
- *Recognise that your study is a form of worship*
- *Trust God is with you in your learning journey.*

Create Rhythms, Not Just Schedules

- *Build daily and weekly rhythms*
- *Think in terms of balance*
- *Set short term and long term goals*

Build a Support Network (Taha Whānau)

- *Who are your people?*
- *If you are struggling to understand a concept or assessment reach out to your lecturer, or student support*
- *Get together with friends to share ideas and stay motivated*
- *Seek help early if you're struggling **There is no shame in asking for help!***

Plan ahead

- Put the assessment dates in your calendar
- Look ahead to notice busy times
- Make a plan



NOT IMPORTANT IMPORTANT

URGENT

NOT URGENT

<ul style="list-style-type: none"> • Looming assignment deadlines • Crises • Cramming for exams • Emergencies • Last minute preparations 	<ul style="list-style-type: none"> • Reading lecture notes (prep) • Relationships • Household responsibilities and chores • Planned study • Exercise and health • Leisure <p>MOST OF YOUR TIME SHOULD BE SPENT HERE</p>
<ul style="list-style-type: none"> • Some emails and phone calls • Many interruptions • Some popular activities • Some meetings 	<ul style="list-style-type: none"> • Some phone calls • Excessive TV or surfing the net or gaming

Take time to Celebrate!

- *Acknowledge the small wins – finishing a reading, submitting an assignment – improving a grade!*