

# Aratohu Whānau Whānau Guide



**‘You know you’re in Christchurch when the students turn up and leave your place tidier than when they arrived.’**

Koromatua | former Mayor of Ōtautahi Christchurch  
Lianne Dalziel

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UC is proud to partner with Ngāi Tūāhuriri and Ngāi Tahu to uphold the mana and aspirations of the mana whenua.



Rainbow Diversity Support

# Aukahatia tō waka | Preparing for a bright future

## Nau mai, tauti mai ki Te Whare Wānanga o Waitaha

Kōkiri mai rā e ngā mana puipuiaki, e ngā reo tongarerewa ki Te Whare Wānanga o Waitaha.

As the Tumu Whakarae | Vice-Chancellor of Te Whare Wānanga o Waitaha | University of Canterbury (UC), I am delighted that you are considering UC and wish to thank you for the attention you are giving this important decision.

Naturally, you want the best for your whānau. You want them to have a quality education that will equip them well for whatever the future brings. You want them to have the freedom to discover new things and make their own choices, but you also want them to be safe and supported.

At UC we want the same thing and I can reassure you of the friendliness and welcoming environment that UC offers. Our priority is to deliver a safe and inclusive place of learning for our students and to provide a supportive partnership with their whānau.

Academic excellence sits at the heart of what we do, but we are also dedicated to offering broader opportunities that will help our students thrive now and in the future.

The move from secondary school to university is not only a big step for students – it's a big step for you too. It represents the start of your child's adult life and comes with a new-found sense of independence and responsibility. We hope this *Whānau Guide* will answer many of your questions and help you guide your young adult as they make decisions about their future.

E ngā maunga whakahī, e ngā maunga whakahā - ki a koutou ngā whānau o ō tātou kuru pounamu, tēnā koutou katoa. We look forward to welcoming you to our UC whānau and helping your taiohi, young person, feel at home.

**Professor Cheryl de la Rey**  
**Tumu Whakarae | Vice-Chancellor**

Te Whare Wānanga o Waitaha | University of Canterbury



# Kia whakataua kia tau

## Making the important decision

We value manaakitanga at UC. Ensuring your taiohi, young people, feel welcome and looked after is important to us.

There are now more choices than ever when it comes to tertiary education, so whānau play an important role in supporting taiohi to choose what to study and which university to go to.

To support you through this process, our UC whānau can provide you with information and advice.

The key factor students need to consider is what subject/degree programme they want to study and which universities offer the best education in their chosen field.

As whānau, you can help them consider other important factors such as:

- accommodation choices
- connection to facilities and services that will support their learning and life as a new UC ākonga, student
- identifying safety and support services
- career planning, development and employment assistance
- scholarships
- managing a social life and opportunities outside of study to connect with others
- overseas study options.



### About this guide

This aratohu | guide is designed for whānau: parents, guardians, caregivers and other adults invested in a young person's care and support. It will provide you with important information about studying at UC and hopefully answer many of the questions you have.

The content is based on common parent enquiries that are fielded by our various University information centres and services.

This guide is designed to complement the *University of Canterbury Undergraduate Prospectus* or *Introduction to UC*.

[www.canterbury.ac.nz/study/getting-started/brochures](http://www.canterbury.ac.nz/study/getting-started/brochures)

**For the purpose of this publication, we refer to you as the 'whānau' member. The young person you are supporting is 'an ākonga', 'your taiohi' or 'young adult'.**



# Whiriwhiria te huarahi tika Choosing the right programme



It's an exciting time deciding what to study. Ākonga, students, come to university for a variety of reasons – to study a particular subject, to enhance their employability, or simply to discover what it is they want to do and settle on a future career path.

UC offers a wide variety of degrees, ranging from Arts to Engineering and Teaching and Learning.

The first degree is called a Bachelor's degree and usually takes three or four years of full-time study to complete. UC offers more than 20 different Bachelor's degrees.

Once your young adult has decided what subject/degree programme they want to take, they will need to choose what courses they want to study and what they will major in. They don't always have to decide their major in their first year – they may be able to wait until their second or even their third year to decide.

You can find more about what's available and what a typical year's programme of work looks like in our Undergraduate Prospectus or on our website.

[www.canterbury.ac.nz/study/getting-started/about-our-qualifications](http://www.canterbury.ac.nz/study/getting-started/about-our-qualifications)

## Te Kaupeka Toi Tangata | Faculty of Arts

Bachelor of Arts  
Bachelor of Communication  
Bachelor of Digital Screen (Hons)  
Bachelor of Fine Arts  
Bachelor of Māori Innovation  
Bachelor of Music  
Bachelor of Social & Environmental Sustainability

## Te Kura Umanga | UC Business School

Bachelor of Commerce

## Te Kaupeka Ako | Faculty of Education

Ako: Bachelor of Teaching and Learning  
(with endorsements in Early Childhood Education, Primary Education, and Mātauranga Māori)  
Bachelor of Youth & Community Leadership

## Te Kaupeka Pūhanga | Faculty of Engineering

Bachelor of Engineering (Hons)  
Bachelor of Forestry Science  
Bachelor of Product Design

## Te Kaupeka Oranga | Faculty of Health

Bachelor of Health Sciences  
Bachelor of Social Work (Hons)  
Bachelor of Sport

## Te Kaupeka Ture | Faculty of Law

Bachelor of Criminal Justice  
Bachelor of Laws

## Te Kaupeka Pūtaiao | Faculty of Science

Bachelor of Data Science  
Bachelor of Environmental Science  
Bachelor of Psychological Science  
Bachelor of Science  
Bachelor of Speech and Language Pathology (Hons)

For more information on our undergraduate degrees visit [www.canterbury.ac.nz/study/academic-study/qualifications](http://www.canterbury.ac.nz/study/academic-study/qualifications)

# He kounga te akoranga UC: Providing a world-class education



## Strong commitment to bicultural development

UC is committed to ensuring all ākonga are developing their bicultural competence and confidence in an intercultural context. As part of this commitment, UC is proud to partner with Ngāi Tūāhuriri and Ngāi Tahu to uphold the mana and aspirations of mana whenua. Our aim is that all ākonga, regardless of background or subjects studied, will develop bicultural skills and experience while studying at UC; an attribute highly valued by employers.

## World class teaching

UC has a strong reputation for:

- high-quality degrees
- research-active teaching staff
- world-class facilities.

Students learn from passionate lecturers in over 80 undergraduate subjects.

## Learn from the best

Teaching excellence is highly valued at UC, with outstanding teachers recognised by annual teaching awards. Your taiohi, young person, will learn from world experts, including 70+ international lecturers from universities including Stanford, Cornell, Oxford, Cambridge and Edinburgh, who come to teach at UC each year as part of the Erskine fellowship.

At UC, ākonga won't find themselves just sitting in a lecture theatre. Instead, they'll gain a total educational experience.

Te Whare Wānanga o Waitaha | University of Canterbury is set in the takiwā, hapū boundary, of Ngāi Tūāhuriri – one of many hapū who belong to the iwi Ngāi Tahu who hold the responsibility of mana whenua, those who have customary authority over the land across Te Waipounamu South Island.

Set within 76 hectares of beautifully landscaped gardens, which are easy to stroll, cycle or skate around, UC is linked by safe, shared walkways.

With world-class academics, a diverse and welcoming culture, a huge range of clubs, internships, and opportunities both on and off campus, students will graduate with the skills and confidence they need to succeed in an ever-changing world.

The UC campus is culturally diverse with more than 100 nationalities represented. Students also have a chance to take part in exchange programmes with 60+ tertiary education partners around the world.

## Leading research institution

Did you know UC is an important research university in Australasia?

- Our programmes are research-led, with UC having the largest proportion in Aotearoa New Zealand of teaching academic staff who are active in research
- We are home to 35 recognised research centres, institutes and hubs
- UC has a 150-year tradition of promoting and encouraging research excellence.

## State-of-the-art facilities

In addition to new and refurbished buildings, traditional Ngāi Tahu cultural narratives have been woven into our campus buildings and spaces, which contributes to our distinctiveness as an institution that is connected to its community. Enriching our campus with visible Ngāi Tahu narratives and bilingual signage reflects both the ideology of the University and also the mana of Ngāi Tūāhuriri as mana whenua here in Ōtautahi Christchurch.

As a potential new ākonga to our university, your young adult will have access to:

- special social and study spaces that allow flexible teaching and learning – making the most of new technologies
- over 1.9 million research items in UC's three libraries and various heritage collections
- well-equipped laboratories, including state-of-the-art labs in new engineering and science buildings
- the Students' Association building, Haereroa, providing a hub for student life and activities
- an enviable network of field stations, providing opportunities for in-the-field experience
- computer suites that are open 24-7
- online portals and interactive resources.

## Vibrant student community

In recent years, UC students have earned an international reputation for their community involvement. Developments and initiatives popping up around the city allow students to connect with and help the community or do community-related coursework while studying. Our award-winning Te Hunga Tūao | Student Volunteer Army (SVA) is a great example of this.

## MORE

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- #1 of all Aotearoa New Zealand's universities for the most extensive network of field stations
- 1<sup>st</sup> university in Aotearoa New Zealand to receive the prestigious QS 5-star ranking for overall excellence
- 60+ partner universities in Asia, Europe, Australia, North and South America
- 70 global experts visit UC to teach each year

## More information

[www.canterbury.ac.nz/about-uc/why-uc](http://www.canterbury.ac.nz/about-uc/why-uc)



The University of Canterbury (UC) is a truly holistic place of learning, made up of **7 outstanding dimensions** that will prepare taiohi to change the world.



**UC | Well-being Oranga**

Tap into a dedicated support network and resources



**UC | Learn Ako**

Learn from world leaders and groundbreaking experts



**UC | Explore Tūhura**

Enjoy the fun and adventure on the doorstep



**UC | Innovate Auaha**

Go beyond the classroom and make ideas happen



**UC | Global Citizen Ira Matatū**

Experience different cultures on campus and overseas



**UC | Connect Tauhere**

Make a difference by getting involved



**UC | Bicultural Tikanga-rua**

Gain bicultural perspectives in a multicultural world



# Ngā ara mahi Employment opportunities

Research shows that university graduates earn significantly more than non-graduates.

On average:

- graduates generally earn \$1.5 million more over their working life than someone with a school qualification alone
- graduates earn 1.65 times more than school-leavers
- bachelor-level graduates have higher rates of employment and lower use of social welfare benefits.

Source: Universities New Zealand  
[www.universitiesnz.ac.nz](http://www.universitiesnz.ac.nz)

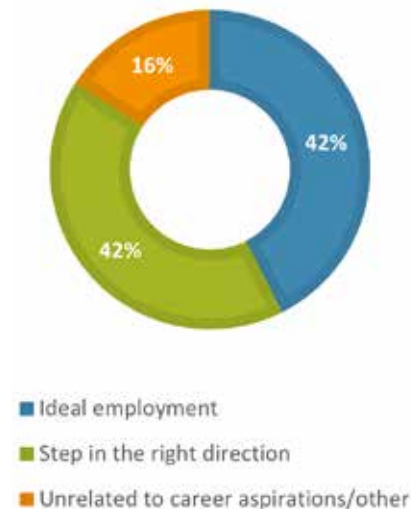
## Work-Integrated Learning (WIL)

WIL is an umbrella term used to describe a range of activities undertaken by students as a structured part of a course or degree. WIL experiences integrate the theory students learn during their studies with practice in an authentic workplace environment.

This type of learning may be referred to as a practicum, internship, work-experience, work placement, work-related project or industry competition.

## Great job prospects for UC graduates

Having a UC degree is a great way to get a good job. Our most recent Graduate Destinations Survey found around three in four UC graduates were in full-time employment seven months following graduation. Nearly half said they were already in their ideal employment. A similar proportion said their job was a step in the right direction on their career path.



[www.canterbury.ac.nz/life/jobs-and-careers/graduate-destinations](http://www.canterbury.ac.nz/life/jobs-and-careers/graduate-destinations)

**‘The UC graduates AECOM has employed have demonstrated a solid foundation in engineering fundamentals, an ability to think innovatively, a passion to succeed in their discipline and the flexibility to adapt to a new working environment.’**

AECOM, Global Engineering Firm

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**‘We really value passionate problem solvers. We have UC graduates working with us who have embraced our culture of creativity and collaboration. These are the attributes we look for in employees.’**

Optiver, Global Market Maker and Derivatives Trading Firm, Sydney

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# Ōtautahi – He whenua houkura Christchurch – A great place to live and study

Set in Ōtautahi Christchurch, a city bubbling with innovation and prospects, UC is a truly exciting place to make friends, explore interests and prepare to make a difference.

As Aotearoa New Zealand's second largest city, Ōtautahi Christchurch is an exciting place to live and learn.

It offers a lively arts and entertainment scene with regular festivals, concerts, sports matches and cultural events nearly every week of the year. Some of the country's best outdoor recreation opportunities are nearby, with surf beaches 20 minutes' drive from the city centre and 10 alpine ski fields within two hours' drive.



## Basecamp for adventure with mountains, lakes and beaches on your doorstep

Over 700 parks, 14 ski areas, largest mountain bike park in the southern hemisphere, mountains, beaches, rivers and lakes within Canterbury – all accessible for a day trip.



## 16% cheaper rent than Wellington

## 17% cheaper rent than Auckland

Experience an affordable lifestyle with Christchurch's rent being significantly cheaper than other main cities.



## A vibrant and diverse community of change makers, in a progressive new city

Explore our supportive ecosystem for social enterprise and the home of social change movement.



## 20% of people living in Christchurch born overseas

Be part of a welcoming and progressive community of change makers in an international city.



## New Zealand's newest city

Christchurch is rapidly transforming. Explore urban regeneration and cutting-edge architecture alongside heritage buildings, a bustling hospitality scene and established green space.



## Build your future career

Connect with innovative businesses and work on the world's biggest and boldest tasks through regular challenges and hackathons, or internships and employment.

## Explore our future focused industries

Christchurch offers unique learning and career opportunities for students across four Supernodes – global growth industries where we are leading the way in creating solutions for an exciting future.



High tech Services



Food, fibre and agritech



Health tech and resilient communities



Aerospace and future transport

In 2019, Ōtautahi Christchurch topped CNN's list of 19 places to visit; describing the city, its buildings and culture as "elegant", "gorgeous", "colourful" and "dynamic". It was also recognised as the 7<sup>th</sup> friendliest city in the world in a Big 7 Travel survey of one million people.

## #TūhuratiaŌtautahi #explorechristchurch



**‘I love Christchurch because there are so many different landscapes around the city (mountains, the ocean, the forest, the hills).’**

**Stephanie**

Masters in Forestry Science

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**‘What I love about Christchurch is that it is such a relaxed and calm city, its environment is perfect for studying.’**

**Hannah**

Economics and Finance doctoral student

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**‘The community is very welcoming and it’s super easy to get involved in various groups and activities.’**

**Connor**

Bachelor of Arts in  
Economics and Political Science

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# Nohoanga | Accommodation



If your young adult is considering residential hall accommodation, you can rest assured that they will be well supported in a safe study environment as they transition from home to University. If they prefer to branch out independently, we have resources to help.

The Education (Pastoral Care of Tertiary and International Learners) Code of Practice 2021 came into effect on 1 January 2022.

The Code ensures that student accommodation promotes and fosters a supportive and inclusive community that supports the wellbeing and safety of residents.

[www.nzqa.govt.nz/providers-partners/tertiary-and-international-learners-code](http://www.nzqa.govt.nz/providers-partners/tertiary-and-international-learners-code)

## On-campus accommodation

Located 2–15 minutes' walk from campus facilities, halls of residence offer a unique student experience in a supportive learning environment.

First year options are:

- Arcady Hall (fully-catered)
- College House (fully-catered)
- Ilam Student Accommodation (fully-catered or self-catered with optional meal plan)
- Kirkwood Avenue Hall (self-catered)
- Rochester and Rutherford Hall (fully-catered)
- Tupuānuku (fully-catered)
- University Hall (fully-catered).

The provision of academic and pastoral support for residential students is a fundamental responsibility of each hall. Taurima | Residential Assistants (senior students) know what it's like to be a first-year student and are focused on helping your young adult adapt to their new surroundings and connect with the many support services available on campus.

Students are encouraged to become involved in their communities, which helps build a sense of hall spirit where students easily make friends and connections for life.

All halls offer:

- Fully-furnished rooms
- Power and wi-fi included in fees
- Safe and secure environment
- Taurima | Residential Assistant support
- Academic support and tutorials

## Accommodation costs

See page 12 for more details.

## The application process

| Key dates         |  |
|-------------------|--|
| 1 August          | Applications open for a February start                                       |
| 15 September      | Common Confidential Reference Form (CCRF) due for New Zealand school leavers |
| Late September    | Applications due for a February start  |
| Early October     | Offers made and waitlist activated   |
| Late October      | Offer response date with deposit due   |
| From late October | Late applications will be considered   |
| 1 May             | Applications due for a July start  |

Dates can differ from year to year.

There are two steps to the application process:

**Step 1** – Online application form.

**Step 2** – Online Common Confidential Reference Form or equivalent (see the Accommodation Services website).

A room is not confirmed until a signed contract and deposit has been received.

**StudyLink and UC Scholarships are not able to be used for hall deposits or first instalments.** Deposits are due in late October and in 2024 ranged between \$1,000 and \$2,500. First instalments are due in January. Amounts differ between halls so check what the fees and payment schedules are before applying online.

Places in the halls were in high demand in 2023 and 2024. A room in a hall is not guaranteed. If your ākongā receives an offer from the General Waitlist, consider it carefully as they may not receive another opportunity.

For further information, comparison charts, videos and 360 panoramas go to [www.canterbury.ac.nz/life/accommodation/](http://www.canterbury.ac.nz/life/accommodation/)

**‘My daughter has established a wonderful supportive network of friends through her time in the halls’**

**Cathy, Parent**

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## Homestay (private board)

Homestay provides a home environment for typically international students to help improve English language skills and adjust to a new culture. The weekly fee of \$350 and one-off placement fee of \$350 provides a student with a fully-furnished room and three meals a day with access to household living, bathroom and laundry facilities.

[www.canterbury.ac.nz/life/accommodation/homestay-and-private-board/](http://www.canterbury.ac.nz/life/accommodation/homestay-and-private-board/)

## Flat on campus

Students can stay in the halls of residence for the duration of their study. Modern fully furnished, self-catered apartments offer a natural progression from a first year fully-catered hall to more independence and the convenience of living in a vibrant student community.

## Renting privately

Some students choose to go flatting after their first year or even earlier. Rent can cost upwards from \$220\* per room, per week plus monthly expenses such as power and internet, as well as food, transport and insurance.

Accommodation Services publish a *UC Guide to Flatting* online and have launched a new platform to assist students finding student accommodation called Studentpad.

[www.canterbury.ac.nz/life/accommodation/flatting-in-private-rentals](http://www.canterbury.ac.nz/life/accommodation/flatting-in-private-rentals)

For advice and information on market rent, rights and responsibilities, and any issues that may arise during a tenancy, students can contact Accommodation Services:

- Tenancy Services  
[www.tenancy.govt.nz](http://www.tenancy.govt.nz)

\*Source: Tenancy Services website [www.tenancy.govt.nz](http://www.tenancy.govt.nz)

## International students

International students under 18 years of age on arrival must stay with their parent(s) or legal guardian, in a homestay, or in a fully-catered hall of residence.

## Tour the campus and halls of residence

Organised campus and hall tours are offered on specific days.

To book a tour, go to [www.canterbury.ac.nz/news-and-events/regular-events/campus-tours](http://www.canterbury.ac.nz/news-and-events/regular-events/campus-tours)

The halls of residence are available to tour during UC's Open Day. Alternatively, videos and 360 panoramas can be viewed online at [www.canterbury.ac.nz/life/accommodation/halls-of-residence/about-uc-halls-of-residence/videos-and-360-views-halls](http://www.canterbury.ac.nz/life/accommodation/halls-of-residence/about-uc-halls-of-residence/videos-and-360-views-halls)

## Vaccinations

It's recommended that young adults get meningococcal vaccinations before arriving at university.

See page 18 for additional guidance.

# E hia te utu? | How much will it cost?



University study is an investment in the future – research shows that university graduates earn significantly more than non-graduates. The biggest costs are tuition fees and accommodation, but your young adult will also have to pay for things such as stationery and books.

## Tuition fees

Tuition costs vary according to the course your young adult chooses, and range from approximately \$6,748 to \$8,469 a year for domestic students.

To get an estimate of likely fees, go to [www.canterbury.ac.nz/study/getting-started/study-and-living-costs/study-costs](http://www.canterbury.ac.nz/study/getting-started/study-and-living-costs/study-costs)

In 2018, the Government introduced a fees-free scheme that means eligible students do not have to pay tuition fees for one year of study.

Check the website for the latest details: [www.feesfree.govt.nz](http://www.feesfree.govt.nz)

## Accommodation costs

Halls of residence costs are inclusive of power and vary depending on the hall and whether catering is provided or not.

- Self-catered \$11,578 – \$13,259
  - Fully-catered \$18,671 – \$26,083
- (2024 figures)

Refer to the Comparison Charts on the Accommodation Services website [www.canterbury.ac.nz/life/accommodation/halls-of-residence](http://www.canterbury.ac.nz/life/accommodation/halls-of-residence)



## Student Services Levy

The Student Services Levy is a compulsory student fee that funds services to support students. All the money collected for the student levy can only be used for the benefit of students. It can never be used for academic or administrative costs. Students help decide where the money should be spent. A survey is held periodically to gauge priorities from students, and the money is put into services provided by UC and the UCSA.

## Other costs

Your young adult may have to pay other costs depending on the course they are doing. These include the costs of stationery, books, field trips and tours.

## Payment

Most students finance their education through the student loans and allowances offered by the government agency StudyLink. There are also a number of UC scholarships available to help finance their studies.



## Student loans

Most domestic students receive a student loan to cover the cost of their course fees, course-related costs and student services levy. They may also get a loan to cover their living costs. Student loans must be paid back – this is done through the PAYE system once they start working after graduation.

## Student allowance

Some students are eligible for a student allowance to help cover their living costs. Unlike student loans, student allowances do not have to be paid back.

## How to apply for student loans and allowances

Your young adult can apply for a student loan or allowance through StudyLink. It's best to find out about the options well before the university year starts – don't leave all the paperwork until the last moment.

[www.studylink.govt.nz](http://www.studylink.govt.nz)

## Scholarships

Scholarships available include those for:

- Māori and Pasifika students
- accommodation
- specific discipline/subject areas (eg, business, law, engineering, forestry science, geography, music, sport etc)
- outstanding achievement
- personal circumstances eg, financial hardship.

Each year UC produces a scholarships publication, which is available through schools. Students can search our scholarships website and talk to their school and local community groups to see if there are any scholarships available through local opportunities. Most of UC's scholarships open late June and close in mid-August.

Most scholarships are based on a student's Year 12 results. This is because when students apply for a scholarship in Year 13, Year 12 is the most complete year's worth of results.

While students are studying at UC, there are additional scholarships they can apply for throughout their studies.

[www.canterbury.ac.nz/study/getting-started/scholarships](http://www.canterbury.ac.nz/study/getting-started/scholarships)

# Akiaki ākongā

## Pastoral care and support for students

UC is a community of people committed to creating a campus culture of belonging, understanding, inclusiveness and caring, ākongā tū, ākongā ora. We offer a wide range of support for ākongā, students, in all areas of their university lives.

[www.canterbury.ac.nz/communities/current-students](http://www.canterbury.ac.nz/communities/current-students)

### Get off to a great start

#### Herea tō waka | UC Welcome Day

Herea tō waka | UC Welcome Day held at the beginning of each academic year, is the best way to find out what university life has to offer and to connect to the UC community. New students meet those who will be in their classes and/or halls of residences, and start to become familiar with the campus. They also get access to information about all of the support services and opportunities we have on offer. Parents/whānau can also find out more about the University at special sessions designed for them.

[www.canterbury.ac.nz/news-and-events/regular-events](http://www.canterbury.ac.nz/news-and-events/regular-events)

#### Social Connectivity

In the lecture theatres and beyond, and in collaboration with the UCSA and student clubs, first-year students are supported to make new connections with other students so they can help each other transition into their new life situations.

### Kia Angitu – UC’s student success programme

Kia Angitu, UC’s student success programme, brings together a range of initiatives to help students transition into their first year and make the most of their studies.

These initiatives are designed to work together collectively to remove barriers and create an environment that gives students from all backgrounds the opportunity to thrive and succeed through to graduation and beyond.

Initiatives include:

#### Analytics for Course Engagement (ACE)

ACE is a dashboard platform that provides students and staff with an enhanced real-time view of engagement with UC’s online learning system. Dedicated UC resources are responsible for monitoring student engagement and escalating issues as they arise. This enables students who may need more support to be identified and followed up quickly.

[www.canterbury.ac.nz/about-uc/what-we-do/teaching/kia-angitu/ace](http://www.canterbury.ac.nz/about-uc/what-we-do/teaching/kia-angitu/ace)

#### Kaitoko | First Year Student Advisors

Kaitoko provide academic, pastoral and holistic support for first year students to help them navigate UC and achieve their study goals. Kaitoko have specialist areas of academic knowledge and can help students with course changes, degree planning and study pathways. Every first year student will have their own dedicated Kaitoko to help with

any aspect of their studies. From time to time Kaitoko might check in with students just to see how they’re doing.

[www.canterbury.ac.nz/study/study-support-info/study-support/student-advisors/advisors-first-year-students](http://www.canterbury.ac.nz/study/study-support-info/study-support/student-advisors/advisors-first-year-students)

#### Peer Assisted Learning Sessions (PALS)

PALS is a peer-to-peer programme that involves regular study sessions aligned with a course. These study sessions are facilitated by leaders who are a successful past student of that course.

The sessions follow a kaupapa of “helping you to help yourself” and support the transition to university by equipping students with the skills they need to become independent learners.

[www.canterbury.ac.nz/about-uc/what-we-do/teaching/kia-angitu/pals](http://www.canterbury.ac.nz/about-uc/what-we-do/teaching/kia-angitu/pals)

#### Takere

Takere is five-week scholarship and live-in academy programme offered over the summer months between December and February before Semester One starts. It aims to develop skills and confidence helping Māori and Pacific students to transition into and navigate the university landscape, while strengthening their connection as a cohort.

[www.canterbury.ac.nz/study/other-study-options/transition-programmes/takere](http://www.canterbury.ac.nz/study/other-study-options/transition-programmes/takere)

**Visit UC’s website for more information about Kia Angitu initiatives.**

[www.canterbury.ac.nz/about-uc/what-we-do/teaching/kia-angitu](http://www.canterbury.ac.nz/about-uc/what-we-do/teaching/kia-angitu)





## Ongoing practical help for successful study

### Te Pātaka – UC’s student services hub

Te Pātaka, UC’s student services hub, is the first place students should visit if they’ve got a question or need help with something.

Te Pātaka is located on Level 2 in the Puaka-James Hight Central Library.

The team at Te Pātaka can help with:

- Enrolment
- Fees and scholarships
- Timetabling
- All course related matters including advice on changing courses and degree options
- Study and exam advice
- Support for Māori and Pasifika students
- Accommodation queries
- Advice for international students
- IT and LEARN support
- Wellbeing support
- Navigating university systems such as applying for special consideration.

[www.canterbury.ac.nz/life/support-and-wellbeing/uc-support-services/student-services-hub](http://www.canterbury.ac.nz/life/support-and-wellbeing/uc-support-services/student-services-hub)



### Te Pokapū Pūkenga Ako Academic Skills Centre

Assignments and tests come up fast so it is important your young adult understands early what is expected of them academically. The Academic Skills Centre – a free advisory service and resource hub – can help them prepare for exams and develop skills for critical thinking and writing in the university context.

[www.canterbury.ac.nz/study/study-support-info/study-support/academic-skills-centre](http://www.canterbury.ac.nz/study/study-support-info/study-support/academic-skills-centre)

### Peer support/Mentoring

From their very first week, your young adult can be matched with a second or third year student mentor who can help them transition to UC and make sure all their questions are answered. Having an experienced student mentor can help them navigate all aspects of UC life. Students also have access to mentors in their halls, studies and potential business mentors.

[www.canterbury.ac.nz/life/support-and-wellbeing/uc-support-services/mentors](http://www.canterbury.ac.nz/life/support-and-wellbeing/uc-support-services/mentors)

### Te Ratonga Whaikaha | Student Accessibility Service

This team provides practical strengths-based support tailored to help students study at UC, whether they have a long-term disability or temporary impairment. Support can include note-taking, extra time or a separate room for exams, assistive technology and sign and language interpreters.

[www.canterbury.ac.nz/life/accessibility](http://www.canterbury.ac.nz/life/accessibility)

### Te Rōpū Rapuara | Careers, Internship and Employment

The UC Careers team can work with students so they make the most of their time from a career development perspective; to make informed course and career decisions, and to find and apply for a job, internship or a scholarship.

[www.canterbury.ac.nz/life/jobs-and-careers](http://www.canterbury.ac.nz/life/jobs-and-careers)

## Student life – tap into the UC whānau

### Māori Student Support

Te Ao Mārama is the centre for all Māori support. The team gives all ākonga Māori support to succeed, while encouraging personal growth and connection to Māori community and culture. Support offered can include:

- Academic support and guidance
- Manaaki atu, manaaki mai – pastoral care, support and guidance
- Tōia Mai – a noho marae experience for first year ākonga Māori

- Eke Panuku – our UC Māori Orientation event
- Paihere – our UC Māori Tuākana-Tāina mentoring and leadership programme
- Te Whare Ākonga o Te Akatoki Māori – the UC Māori Students' Study Centre
- Eke Tangaroa – our UC Māori Celebration for Māori graduands and graduates

Once enrolled, one of our Kaiurungī will connect with ākonga Māori to ensure they are settling well and have all the information they need.

Nāia te reo whakamanuhiri e karanga atu nei – tōia mai tō waka ki Te Whare Wānanga o Waitaha!

[www.canterbury.ac.nz/communities/akonga-maori-students](http://www.canterbury.ac.nz/communities/akonga-maori-students)

### Pasifika Student Support

The Pacific Development Team runs events to connect the Pasifika community on campus. They are available if your young adult needs advice, guidance, or just someone to talk to. Students can get supplementary tutoring for almost any course at no extra cost and a Pasifika mentor to provide guidance.

Support includes:

- Get Fresh (Pasifika Orientation)
- Events eg, Welcome Day, Jandals, Pasifika Graduation
- Pacific Student Advisors
- Pacific Mentoring Programme
- PASS Programme providing academic support.

UC has strong links to other Pacific educational institutions and local Pacific communities.

[www.canterbury.ac.nz/communities/pacific-students](http://www.canterbury.ac.nz/communities/pacific-students)

### Rainbow Student Support (LGBTQIA+)



UC aims to provide a welcoming and inclusive environment and recognises that belonging is important for everyone. UC supports rainbow students and staff with assistance on and off campus, and celebrates sexual and gender diversity on campus.

[www.canterbury.ac.nz/life/support-and-wellbeing/uc-support-services/rainbow-student-advisors](http://www.canterbury.ac.nz/life/support-and-wellbeing/uc-support-services/rainbow-student-advisors)

### Te Ratonga Hākinakina UC Rec & Sport

The RecCentre is hugely popular as a place for students to look after their health, fitness and wellbeing – a great first stop for reducing stress levels. By paying the Student Services Levy, students are provided with access to the gym and most classes at no extra cost if they are registered with the RecCentre.

UC also provides great opportunities for student athletes to connect with the UC community at the level that suits them – social or competitive, and there are great options to complement their education.

[www.canterbury.ac.nz/life/sports-fitness-and-recreation/uc-recentre](http://www.canterbury.ac.nz/life/sports-fitness-and-recreation/uc-recentre)

[www.canterbury.ac.nz/life/sports-fitness-and-recreation/play-sport-at-uc](http://www.canterbury.ac.nz/life/sports-fitness-and-recreation/play-sport-at-uc)

### UniLife

UniLife is a free programme for first year students who board or live with family or friends. The programme includes regular social events, wellbeing support and opportunities to make new friends.

[www.canterbury.ac.nz/life/support-and-wellbeing/uc-support-services/unilife](http://www.canterbury.ac.nz/life/support-and-wellbeing/uc-support-services/unilife)



### Te Rōpū Ākonga | University of Canterbury Students Association (UCSA)

Te Rōpū Ākonga | UCSA offers ākonga everything from general advice and support, welfare and advocacy, to just having fun at some of UC's best-known events. UC's active club culture helps new students get and stay connected, offering over 160 clubs and societies.

[www.ucsa.org.nz/](http://www.ucsa.org.nz/)

## Safety and wellbeing

### Atawhai Ākonga | Student Care

If you are concerned that your young adult is struggling with their studies, is homesick, lonely or doesn't know who to contact about a problem, encourage them to contact UC Student Care to get in touch with the right service.

The team offers:

- practical guidance and advice on social, cultural or personal concerns impacting on study
- help in developing life skills outside of class to enhance personal wellbeing and chances for success.

[www.canterbury.ac.nz/life/support-and-wellbeing/need-to-talk](http://www.canterbury.ac.nz/life/support-and-wellbeing/need-to-talk)

### Te Tuarā Māori | UC Security

The safety of our students, staff and guests is extremely important. UC provides a comprehensive security service and regularly gives safety reminders and information to students through campus communications, halls of residence and student services. Security Officers are on campus 24 hours, seven days a week on foot and by vehicle, so can provide assistance and support for students and staff anywhere at any time. Thirteen Help Towers are located around the campus where students can ask for help or report incidents to security.

[www.canterbury.ac.nz/life/safety-and-security/security-tips](http://www.canterbury.ac.nz/life/safety-and-security/security-tips)



### Te Whare Hauora | UC Health Centre

Make sure your young adult registers with Te Whare Hauora | UC Health Centre at their earliest opportunity.

Registration and a Community Services Card entitles patients to free consultations (with some exceptions) and access to a full range of medical and counselling services that support their medical, physical, mental and sexual health needs. The Centre also offers a variety of speciality clinics to assist with overall wellbeing – lifestyle management, free smoking cessation consultations, physio and more.

[www.canterbury.ac.nz/life/support-and-wellbeing/uc-health-centre/register-with-uc-health](http://www.canterbury.ac.nz/life/support-and-wellbeing/uc-health-centre/register-with-uc-health)

### Know the Code – student conduct

At UC, your young adult will try new things, make mistakes and learn from them. UC takes its responsibility to create a caring community seriously. It's important that students understand that they have a responsibility to keep themselves and others safe and not bring UC into disrepute.

Find out more about the UC Student Code of Conduct and read the *Know the Code* brochure:

[www.canterbury.ac.nz/life/support-and-wellbeing/raise-a-concern/concerns-and-complaints-guide/student-code-of-conduct](http://www.canterbury.ac.nz/life/support-and-wellbeing/raise-a-concern/concerns-and-complaints-guide/student-code-of-conduct)

**‘UC support has been amazing right from the start. UC is very organised with great staff supporting students and parents. Wonderful place to be!!’**

**Tessa Pudney, Parent**

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# Āwhina atu, āwhina mai

## What to expect and how you can support ākonga

It can be an emotional time for students going onto university. They might be nervous about “have I made the right choice?”, potentially moving away from home and starting new subjects not previously studied, but they can also be excited about starting the next stage in their life.

Parents and whānau can also find it emotional, especially if your young adult is leaving home. However, university is an amazing place for your taiohi, young adult, to continue their development, meet like-minded people and make new friends. You can continue to support them in their growth as someone they can turn to for advice and guidance, but not someone they rely on to do everything for them.

### What you can do while they're still at school

- In Year 11/12 encourage them to begin exploring their options by attending local career expos/UC information evenings. UC's Future Student staff can help answer questions, including what subjects are best to take in their senior years.  
[www.canterbury.ac.nz/study/getting-started/preparing-for-university/secondary-school-students/year-11-and-12](http://www.canterbury.ac.nz/study/getting-started/preparing-for-university/secondary-school-students/year-11-and-12)  
[www.canterbury.ac.nz/study/getting-started/preparing-for-university/secondary-school-students/year-13](http://www.canterbury.ac.nz/study/getting-started/preparing-for-university/secondary-school-students/year-13)



- Visit campus for a tour and/or Rā Tōmene | Open Day with them. This gives you a chance to see where they'll be studying. They don't have to wait until Year 13 to do this.
  - Remind them to work hard to get the best NCEA results they can in Year 12 as these are the results used to inform scholarship decisions.
  - Apply for scholarships and, if required, accommodation.
  - Contact Hoto Akoranga | StudyLink early to apply for a student loan and/or allowance.
  - Speak to UC's Te Rōpū Takawaenga | Future Student Team about planning their courses/degree and the enrolment process. [www.canterbury.ac.nz/study/study-support-info/study-support/student-advisors/advisors-future-students](http://www.canterbury.ac.nz/study/study-support-info/study-support/student-advisors/advisors-future-students)
  - Chat to some of our current UC student ambassadors to find out more about life at UC and the student experience. [www.canterbury.ac.nz/study/outreach-for-schools-and-the-community/outreach-for-schools/chat-with-a-uc-student](http://www.canterbury.ac.nz/study/outreach-for-schools-and-the-community/outreach-for-schools/chat-with-a-uc-student)
- ### Things your taiohi can do throughout Year 13
- Sign up for UC's Stay in Touch database [www.canterbury.ac.nz/study/getting-started/stay-in-touch](http://www.canterbury.ac.nz/study/getting-started/stay-in-touch). This will mean they don't have to try and remember all the dates and things to do throughout the year.
  - Visit UC for Rā Tōmene | Open Day and a tour of the campus, halls of residences and labs.



- **Take note of when their assignments/exams are.** This will help you be aware of when they might start to feel some pressure.
- **Send a surprise care package** every now and then if they are living away from home.
- **Support them in making changes.** Many subjects will be new to them at university and it's not uncommon for students to change their minds about what to study once they are at university.
- **Encourage your young adult to ask us for help.** UC has a number of support services to assist students.

Throughout the year, we promote our range of support services via the student blog, e-newsletter, posters and digital screens around campus. We highlight particular services at key times, such as academic skills in the lead up to exams or counselling and advice when results are released. Our focus is on helping your taiohi to succeed. You can help by encouraging them to ask for help, so you may want to keep this guide handy to remind your young adult of the support available.

**‘My experience as a parent of three children attending UC has definitely been one of stepping into the unknown. I know what UC is about because my children share a portion of their university life with me. That portion is enough to make me smile and know that UC is and was the right choice.’**

**Fa'amanu Mauafu, Parent**

## Vaccinations

### Meningococcal vaccinations

As part of preparation for university, it's a good idea for young adults to get meningococcal vaccinations before arriving. This is to help prevent two serious and potentially life-threatening illnesses – meningitis and septicaemia. Young adults living closely with others in university halls or student flats are at greater risk.

There are two vaccines available and Whare Hauora | UC Health Centre strongly recommends both for optimal protection.

- Menactra or Nimenrix, protects against strains A, C, W and Y meningococcal disease (one dose) and is free for all domestic students up to 25 years who live in, or are about to enter halls of residence.
- Bexsero protects against strain B meningococcal disease (two doses required).

These are free for some young people – contact your GP for more information or Whare Hauora | UC Health Centre. More information about meningococcal disease is available on the Ministry of Health website.

<https://info.health.nz/conditions-treatments/infectious-diseases/meningococcal-disease/>

### Other vaccinations

It's also a good time to make sure childhood vaccinations, such as Measles, Mumps and Rubella (MMR), are up to date. You can check this with your general practitioner (GP).

### Once they start at UC

University is about your young adult continuing their journey to independence so it's important they take responsibility for being informed about what they need to do and where they need to be. Your support and guidance can help them develop and grow their independence and skills as they navigate their way through new challenges.

- **Attend Herea tō waka | Welcome Day** with them – don't worry, it's not the day with all the parties and concerts. You'll all find out key information and meet other students and parents, academics, and support staff.
- **Encourage them to get involved with university life.** UC has endless opportunities outside the lecture theatres and we see students thrive when they actively engage in wider campus activities. These include social clubs, societies, communities – you can find them all on the UCSA website. [www.ucea.org.nz](http://www.ucea.org.nz)

# Receive a bad mark?

It happens! Here's three practical steps to help you bounce back

## STEP ONE:



### Deal with the feels

- be kind to yourself
- give yourself some time out
- focus on self-comfort
- get some exercise or hang out with friends

## STEP TWO:



### Evaluate the situation

- do some detective work to find out what went wrong
- determine what you had control over
- talk to a classmate
- talk to course staff

## STEP THREE:



### Make a plan of action

- think about positive next steps to help improve
- eg, ask questions in classes and tutorials
- talk with support staff for their advice
- reframe how you think about failing

## The academic year

The University's academic year is similar to the school year with two main teaching semesters (Semester 1 and Semester 2), and each of them broken into two terms. The majority of 100-level courses (which is what students typically take in their first year) are half-year courses as opposed to the full year subjects they'll be used to doing at school.

In the first week of their courses, students will find out what will be taught in that class, who the department contacts are and when assignments are due. This is a good time for them to start planning the semester and developing their time management skills – especially when looking ahead to when assignments are due.

The mid-semester break is more of a study-break and less of a holiday as students will likely have readings and assignments due once they're back from the break.

Ngā Puna Mātauraka | UC Library staff are available to support students' learning and research throughout their studies. Ākonga can search and access online resources, and talk to the expert team in three locations about their study and research needs. UC's libraries are particularly busy in the lead-up to exams.

Most 100-level courses will finish with an exam. Once those are completed, the end-of-semester break can be a time for students to reflect back on their studies and acknowledge their achievements. They can also examine where there could be improvements, consider what courses they might take next, pick up a part-time job (or increase their hours if they already have some work).

While our focus is on helping your taiohi succeed, we also use a variety of relevant messaging to help them prepare for a year of highs and lows. This aims to help them cope when things don't quite go according to plan. This way they know that our Wellbeing Hub and wider UC whānau are there to help them, so they get the right support when they need it and can move forward in a positive direction. For some students, university is the first time that they experience some kind of disruption to their plans – so it is important that they know this is not the end of the world.

[www.canterbury.ac.nz/life/support-and-wellbeing/wellbeing-topics/fear-of-failing](http://www.canterbury.ac.nz/life/support-and-wellbeing/wellbeing-topics/fear-of-failing)

# Whakapā atu, whakapā mai

## Ways to get informed



‘The support received from the first point of contact, from Open Days through to the Orientation Week, has been superb. UC was very accommodating from day one. We could not make it to the Open Day, so UC arranged for our son to come and visit the campus on a separate occasion.’

**Ainie Kwok**

Parent

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From the website and aratohu, prospectuses, to our Future Student Advisors and Rā Tōmene | Open Day, you can choose the best ways to find answers to your questions, concerns and all the things you need to know.

### **Te Rōpū Takawaenga Future Students Office**

The Future Students team provides a link between the University and intending first-time students.

Advisors aim to help students make an informed decision about their study options. They can provide prospective students with information about the university system in general, qualifications, enrolment, subject and degree information, university entry regulations, support and facilities at UC. They can also assist with course and degree planning, campus tours, Māori and Pacific information and scholarships.

UC staff visit schools, work with school Career Advisors and senior school students, and attend careers expos and events around the country. They also host events on campus so you can find out what being an ākonga at UC is all about.

UC has Future Student Advisors in Ōtautahi Christchurch, Tāmaki Makaurau Auckland and Te Whanganui-a-Tara Wellington.

Ākonga, students can also make individual appointments with our Future Student Advisors to talk via phone, online or in-person.

[www.canterbury.ac.nz/study/getting-started/future-students-office](http://www.canterbury.ac.nz/study/getting-started/future-students-office)

## Rā Tōmene | UC Open Day

Each year, we host Rā Tōmene | UC Open Day, when future students and their families can come and see what UC has to offer.

[www.canterbury.ac.nz/news-and-events/regular-events/open-day](http://www.canterbury.ac.nz/news-and-events/regular-events/open-day)

## Campus tours

UC runs campus tours through the middle of the year. To find out the dates for these, and to book a tour of the campus facilities, accommodation and academic departments, please visit our website.

[www.canterbury.ac.nz/news-and-events/regular-events/campus-tours](http://www.canterbury.ac.nz/news-and-events/regular-events/campus-tours)

Bookings should be made at least two weeks in advance.



## Useful contacts

### Te Whare Wānanga o Waitaha University of Canterbury

+64 3 369 3999

[info@canterbury.ac.nz](mailto:info@canterbury.ac.nz)

[www.canterbury.ac.nz](http://www.canterbury.ac.nz)

### Te Rōpū Takawaenga | Future Students

(for prospective students and parents)

0800 827 748

0800 VARSITY (in NZ)

or +64 3 369 4999 (international)

[futurestudents@canterbury.ac.nz](mailto:futurestudents@canterbury.ac.nz)

[www.canterbury.ac.nz/study/getting-started/](http://www.canterbury.ac.nz/study/getting-started/)

[future-students-office](#)

### Te Ratonga Nohoanga Accommodation Services

+64 3 369 3569

[accommodation@canterbury.ac.nz](mailto:accommodation@canterbury.ac.nz)

### Hoto Akoranga | StudyLink

0800 88 99 00 (in NZ)

+64 4 917 3107 (international)

[www.studylink.govt.nz](http://www.studylink.govt.nz)

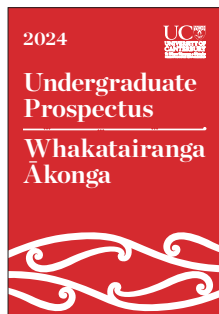
### Fees Free

[www.feesfree.govt.nz](http://www.feesfree.govt.nz)



# He kōrero anō | Find out more

## Study



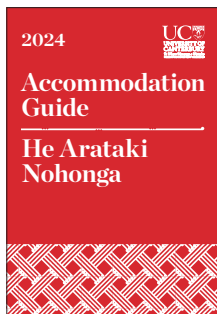
[www.canterbury.ac.nz/study/getting-started/brochures](http://www.canterbury.ac.nz/study/getting-started/brochures)

## Funding



[www.canterbury.ac.nz/study/getting-started/scholarships](http://www.canterbury.ac.nz/study/getting-started/scholarships)

## Living



[www.canterbury.ac.nz/life/accommodation](http://www.canterbury.ac.nz/life/accommodation)

## Careers



[www.canterbury.ac.nz/life/jobs-and-careers/subject-careers](http://www.canterbury.ac.nz/life/jobs-and-careers/subject-careers)

## Other useful publications

[www.canterbury.ac.nz/study/getting-started/brochures](http://www.canterbury.ac.nz/study/getting-started/brochures)

## Stay in touch

As a parent or whānau member, you can join our mailing list too – just email [futurestudents@canterbury.ac.nz](mailto:futurestudents@canterbury.ac.nz) or visit [www.canterbury.ac.nz/life/support-and-wellbeing/uc-support-services/parents-and-whanau-information/whanau-support-form](http://www.canterbury.ac.nz/life/support-and-wellbeing/uc-support-services/parents-and-whanau-information/whanau-support-form)

## Support



[www.canterbury.ac.nz/life/support-and-wellbeing/uc-support-services](http://www.canterbury.ac.nz/life/support-and-wellbeing/uc-support-services)

## Whānau members



[www.canterbury.ac.nz/life/support-and-wellbeing/uc-support-services/parents-and-whanau-information](http://www.canterbury.ac.nz/life/support-and-wellbeing/uc-support-services/parents-and-whanau-information)

## News



[www.facebook.com/universitycanterbury](http://www.facebook.com/universitycanterbury)

# Tukua te tono ki UC

## Applying to study at UC

### Key dates

|                                       |  |
|---------------------------------------|--|
| Kahuru   February                     | Te Rōpū Takawaenga   UC Future Student staff begin visiting schools to advise students on UC qualifications, scholarships, and accommodation   |
| Mātahi-ā-te-tau, Maruaroa   May, June | Regional Hui Tairanga   UC information evenings  |
| Toru   July                           | Semester 2 begins for UC students  |
| Whā   August                          | Many UC scholarship applications are due<br>Hall of Residence applications open<br>UC's Future Student Advisors begin visiting schools to assist students with course planning<br>Rā Tōmene   Open Day |
| Rima   September                      | Hall of Residence applications due   |
| Ono   October                         | Applications open to enrol in courses<br>Applications due for Bachelor of Music majoring in Performance<br>Responses to accommodation offers and deposits due<br>Responses to scholarship offers due   |
| Whitu   November                      | Applications and portfolio due for Bachelor of Fine Arts<br>Great time to start student loan and allowance applications with StudyLink   |
| Waru   December                       | Applications to enrol in courses due   |
| Iwa   January                         | School results are released to UC<br>Offers of place at UC are sent to students who obtained University Entrance<br>First instalments for accommodation are due  |
| Kahuru   February                     | Orientation for new students and Semester 1 begins   |

Note for parents and whānau: Exact dates for these will be sent to secondary school Career Advisors closer to the time. Students can also receive notifications by registering to be on UC's Stay in Touch database when UC Future Student Advisors visit the schools or sign up at an Information Evening. You can also sign up by emailing [futurestudents@canterbury.ac.nz](mailto:futurestudents@canterbury.ac.nz)



**Te Pokapū Whakamanuhiri  
UC Contact Centre:**

NZ Freephone: 0800 VARSITY  
(0800 827 748)

T: +64 3 369 3999

E: [info@canterbury.ac.nz](mailto:info@canterbury.ac.nz)

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*Information is correct at the time of publication  
but may be subject to change (April 2024).*