

WELCOME TO UNI PARENTING

2016

A GUIDEBOOK FOR PARENTS

WELLINGTON

THE ENGINE
OF THE **NEW**
NEW ZEALAND



CONTENTS

Why we have written this guide	3
Important dates	4
What first-year students experience	6
What student support is available?	8
Top 5 tips for parents	12
“Gems of wisdom” from Massey Parents.....	13
What accommodation is available?	14
What are real costs of study?	15
What financial help is there for students?	17
How students finance their studies	18

WHY WE HAVE WRITTEN THIS GUIDE

Starting University is a significant milestone in your child’s life. They will be both excited and nervous at the prospect of embarking on their new journey. We appreciate this is also a new chapter for you as parents. Your relationship with your son or daughter will change as they learn and grow in this new environment with a new set of experiences laying ahead for the both of you.

Being a parent of University graduates myself I know this process can be extremely exciting and sometimes nerve racking for you too. We wrote this booklet to ease some of the uncertainties you may have, as well as introducing you to the services we here at Massey’s Wellington Campus have in place to support students throughout their University experiences on both an academic and social level.

You will get to know a typical cycle of University life, learn some “pearls of wisdom” from other parents and find out some ways to best assist and support your son/daughter during this exciting transition into Wellington’s creative campus.

Please appreciate that due to privacy requirements, Massey cannot give out any information on students to others unless they have expressly given us permission to do so. The best way to acquire information about your son or daughters experiences and studies here at Massey University is to discuss this with them directly.

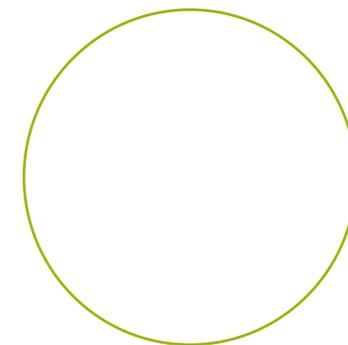
The team here at Massey are committed to supporting and assisting our students to settle into their new environment as well as providing an excellent level of care throughout their time here. We welcome you all to our University and look forward to a great year ahead.

Noho ora mai

Deanna Riach
Wellington Campus Registrar



Photography by Woolf



IMPORTANT DATES

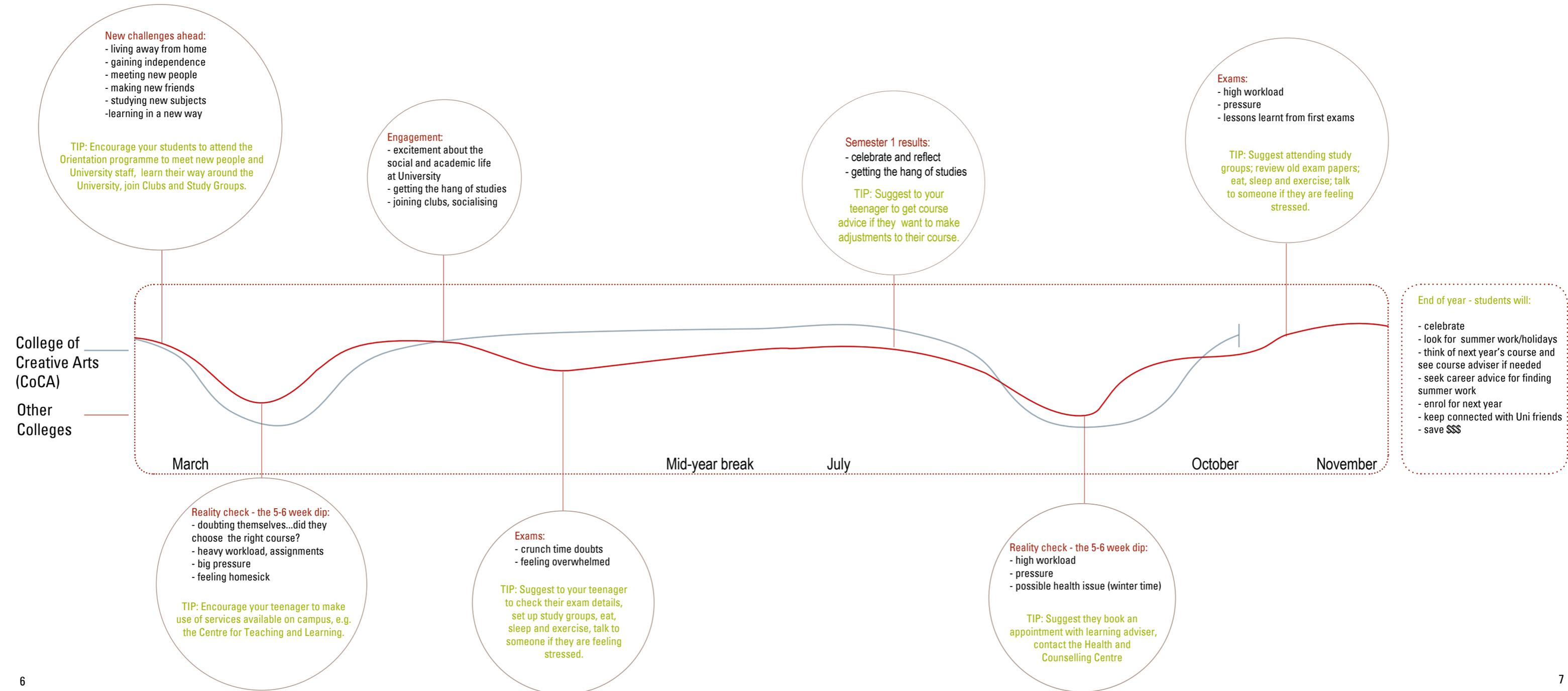
Semester 1

February	24-26 Orientation	24 Due date for adding a Semester One or Double Semester distance (extramural) or block mode paper to an existing 2016 enrolment, conditional on availability of remaining places.	29 Semester 1 starts
March	15 Final date to withdraw from Semester 1 papers without financial penalty.	21 1st year nursing students start placements	25 Mid-semester break
April	11 Classes commence Assignments hand-in week	18 Assignments hand-in week	
May	16-20 Assignments hand-in week	20 CoCA students finish their semester	27 Nursing placements finish
June	13-25 Exams		

Semester 2

July	18 Semester 2 starts		
August	15-26 Assignments hand-ins	29 Mid-semester break begins	
September	12 Classes commence Nursing placements start		
October	10-21 Assignment hand-ins	21 CoCA students finish their year Nursing placements finish	31 Exams begin
November	16 Exams finish	21 Summer School begins	
December			

WHAT FIRST-YEAR STUDENTS EXPERIENCE



WHAT STUDENT SUPPORT IS AVAILABLE?

There is an abundance of services and resources to help your student make the most of their time at Massey University. Encourage them to use at least some of them to help their academic and social life while they study.

INFORMATION SERVICES

Student Central, located in Level A Block 4, is the place to go to when students have enquiries regarding information services, course advice, cashiering, Study Link advice, admission and enrolment, timetables, ID cards or directions. Student Central is open Mon-Tue, Thu-Fri 8.30am - 4.30 pm and Wed 9am-4.30pm
www.massey.ac.nz



COURSE ADVICE HUB

Students can talk to an adviser from our Course Advice Hub to get all the information they need on study and programmes and papers they are interested in. This includes advice on:

- progressing to completion
- credit for previous study
- changing programmes
- planning and sequencing paper choices
- graduation

Students can make an appointment to speak with an adviser (normally on the next working day or it may be possible to see an

adviser the same day if they are available). They can e-mail courseadvice@massey.ac.nz, phone 0800 MASSEY or visit Student Central.

CENTRE FOR TEACHING AND LEARNING

The Centre for Teaching and Learning is a great service for students who want to learn smart study skills or who need assistance while studying. Students can book an appointment with one of the learning advisers to get help with writing assignments well, studying effectively, or developing study skills. The service is free for students and very popular just before assignment hand-in time, so booking in advance is important. The Centre for Teaching and Learning runs a set of online courses for students called StudyUp and students can also find a comprehensive online study resource called OWLL. The Centre is located in the Library (Level A Block 5).
www.owll.massey.ac.nz

CAREERS & EMPLOYABILITY

Our career development consultant won't tell your son or daughter what to study or what to choose as a career. Rather, their aim is to help them to explore the factors which influence these choices. That being said, you as a parent or guardian could be the single biggest influence on their decisions. It is likely that your support, guidance, and information are more valued than you imagine. Career workshops run throughout each semester ranging from CV writing to interview skills and beyond. Our career development consultant is based in the Student Experience Hub on Level 2, SST Building.
www.careers.massey.ac.nz

RECREATION

Massey has a gym and recreation centre to keep students healthy and fit. Massey Gym is Wellington Campus' own gym and it is open for all students with very affordable subscription rates. Each semester the gym team organises an indoor social sports league, and currently there are football and netball leagues.
www.massey.ac.nz

HEALTH & COUNSELLING SERVICES

Being enrolled at Massey University doesn't automatically enrol your teenager into the Health and Counselling Centre. Registering with the Centre will ensure that your student will get special rates while they are studying at Massey University. The Centre offers high quality holistic care and is staffed with doctors, nurses and counsellors. It offers a general practice service, including ACC, sexual health and family planning consultations. Student Counselling offers a private and confidential service that deals with issues like relationships, self-esteem, grief, anger management, sexuality and abuse.
www.massey.ac.nz
For online counselling resources: www.crow.massey.ac.nz

DISABILITY SERVICES

The Inclusive Education Adviser (Disability) is located in the Centre for Teaching and Learning (Level A, Block 5). Students can access support by registering with the

Disability Services when they enrol with Massey University, or at any time during their course of study. Disability Services maintain a pool of equipment that is available for loan to students to help with disability related barriers. An alternative format service is available to students managing print disabilities who are unable to access the standard print versions of their study material. Assistance in lecturers / laboratories / contact courses is provided. Support is available for students with a disability who require alternative exam arrangements so they are not disadvantaged in their exams and it can include things like a reader/writer, extra time or special equipment.
www.disability.massey.ac.nz

ADVOCACY & BUDGET ADVICE

The Advocate and Budget Adviser's role is to help with a range of issues that students face, including:

- Academic concerns and complaints
- Personal issues
- Tenancy and housing issues
- Financial and budgeting assistance
- Food grants

This service is free and confidential. The Advocate will talk through any questions or concerns a student might have in a variety of different areas. They will work to help students come up with a solution they feel happy and confident with, and will support them along the way to resolve the situation. They can attend face to face meetings with them and provide you with relevant information on university processes. The Advocate is based in the MAWSA offices, SST Building Level 2.

www.massey.ac.nz/advocacy

CLUBS

Clubs are a great way for students to get amongst it while at Uni. Getting involved in the management of a club gives students valuable leadership and management skills that look very attractive on a CV. There are over 30 different clubs at Massey Wellington ranging between academic, sport, creative, spiritual, cultural and special interest so your student will have plenty to choose from. It is an easy way for students to meet and make like-minded friends and also to try something new.

www.mawsa.org.nz/clubs

LGBTI @ MASSEY

Young lesbian, gay, bisexual, transgender and intersex students may appreciate additional support as they navigate the transition to university life, or on their coming out journey. Create an atmosphere of open communication, and your student will not only appreciate that you respect him or her as an adult, but will also be more likely to turn to you, the people whose opinions they most respect, for guidance.

Uni Q is a Queer representative group, providing support and running events for LGBTI students and friends at Massey Wellington. Experienced counsellors are available at the Student Health and Counselling Centre, and accommodation staff are trained to lend support as well.

www.mawsa.org.nz/clubs

MĀORI @ MASSEY

Massey is the place that attracts more Māori than any other university. No matter what programme your student is enrolled in, the completion of a certificate, diploma or degree will provide a basis for a career and for contributing in one way or another to Māori development. Your teenager's time at Massey will also enable him/her to become involved with a range of social, cultural and sporting activities - balance is an important part of university life.

Kokiri Ngatahi provides support and community for Māori students on the Massey Wellington Campus. The name, which means 'Advance Together', recognises the importance of manaakitanga and whakawhanaungatana for success and describes the way Māori students, in one strong unit, can persevere and strive forward to achieve goals.

The Whānau Room, which is located in T18 is a gathering space for Māori students and staff. It is a lounge type setting, where students can meet and also heat up their kai.

www.massey.ac.nz/massey/maori

PASIFIKA @ MASSEY

Massey University is dedicated to provide Pasifika students with any support they may require. That support ranges from accessing the assistance of our Pasifika Liaison and Learning Advisers to a friendly word of advice and encouragement.

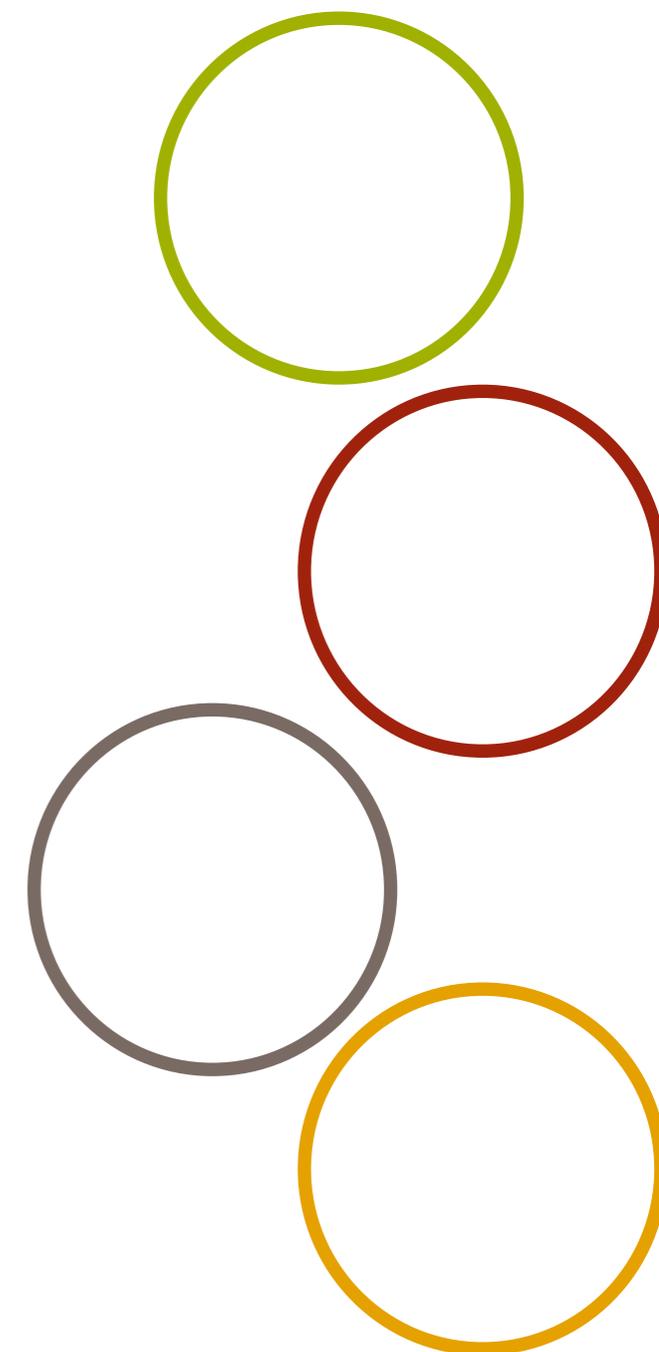
Massey Association of Pasifika Students (MAPS) is a club where Pasifika students can come together in a family environment to share their thoughts about their studies and get any support they need. Pasifika students also have a dedicated space located in T33, where they can hang out, organise events and meet with other Pasifika students.

www.pasifika.massey.ac.nz

INTERNATIONAL @ MASSEY

Wellington campus has an international support officer to help answer questions international students may have and provide them with a range of services and support while they are studying at Massey. This includes information on the campus, enrolment processes, assisting with visa renewals, and accommodation arrangements. We also run comprehensive orientation programmes and throughout the year students will have the opportunity to enjoy social events and functions.

The International Society (iSoc) is a club dedicated to provide a sense of networking and community for international students as well as a good platform for interactions between international and kiwi students through events.



TOP FIVE TIPS FOR PARENTS

Your teenager is about to begin an experience that is both exciting and frightening – a period of joy, discovery, and challenges. They will emerge from this period very different than when they entered – and you are travelling it with them. You will experience happiness and defeat just as they will, possibly with as much satisfaction and joy. Some hints may help you prepare for what lies ahead.

ASK QUESTIONS (BUT NOT TOO MANY)

Parental curiosity can be overbearing, alienating or relief-giving, depending on how questions are asked. “I have a right to know” questions should be avoided. However, genuine inquiries and other “between friends” communication and discussion will do much to further your relationship.

DO NOT WORRY (TOO MUCH) ABOUT DEPRESSING PHONE CALLS OR LETTERS

Often, when troubles become too much for a student to handle, the only place to turn, write or dial is home. Be patient with those nothing-is-going-right-I-hate-this-place phone calls or letters. You are providing a real service with your sympathetic ear.

VISIT (BUT NOT TOO OFTEN)

Occasional visits by parents (especially when accompanied by shopping sprees, dinners out, etc.) are another part of first-year events that students appreciate. Visits give students a chance to introduce some of the most important people in both of their worlds (home and university) to each other. It is also a way for parents to become familiar (and more understanding of) their son’s or daughter’s new activities, commitments, and friends.



“Give your kids the freedom to make their own mistakes, and learn from them, in the fun and caring environment of a University.”

Barry

TRUST THEM

Finding oneself is difficult enough without feeling that the people whose opinions you respect most are second-guessing you.

BE THERE BUT DON’T FIGHT THEIR BATTLES FOR THEM

Being a good listener and giving tips for dealing with problematic situations is a great way for parents to help their children. Immediately calling a professor or a roommate on behalf of your student is not. Listen, offer advice, and wait to hear back from them about how they have handled the problem and what the outcome was. Encourage your teenager to work through the problem on his/her own if at all possible.

“GEMS OF WISDOM” FROM MASSEY PARENTS

“Understand that they may get crabby and anxious at times of pressure, like exams.”

Liz

“Make sure that they know the basics of cooking, like cooking vegetables, cooking meat (if they eat it), how to make frugal and cheap meals that are actually healthy (like using lentils and chickpeas), and how to mash potatoes, etc. A lot of students just live on noodles because they have no money and don’t know how to cook, but it’s so easy to make cheap and healthy meals if you know how.”

Danielle

“Tell them: Be a geek; manage your workload so that hand-in is just a another week, rather than a series of all-nighters that results in you being sick as a dog.”

Bryce

“Think about vaccination prior to starting University. And flu vaccination during.”

Carole, Health nurse

“For those students who are used to being top of the class, or best in subject, or respected for their talent and intellect and tenacity - University is The Big Pond, and adjusting to being amongst some larger fish may be a challenge!

“Tell them: They always tell you you’ll “make friends for life” during those platitudinous welcome speeches. It’s actually true.”

Bryce

This will apply to many students, whether they be good all-rounders academically or someone with specific talents. Sometimes I think these students are assumed to be able to cope, when in fact they may not - particularly if they are living away from home.

The adjustment to this change of status can be significant, and can affect academic results, social interactions and of course mental health. “
Jeannette

“Encourage them to have structure to their days and not waste time when they don’t have classes or are between assignments- but don’t nag.”

Liz

“Telling them to not drink or to not get drunk won’t work, because they will do it anyway. Instead teach them ways to sober up people, first aid, how to make sure that they have a safe person or a safety net like a charged cell phone, and the importance of a sober driver.”

Danielle

“Getting to know how to understand a brief, write academically, produce work that is original but well referenced, as well as understand how this is marked and how to negotiate any concern or dissatisfaction with the result is really important. And of course many first years are not remotely confident about asking for help!!”

Jeannette

“Make sure that they know about what constitutes sexual consent, and how to negotiate sexual situations respectfully (this is super important for young men).”

Danielle

“Try not to go on about your own academic achievements - however wonderful- it’s not about you!”

Liz

WHAT ACCOMMODATION IS AVAILABLE?

Our approach to pastoral support

Massey provides pastoral support to assist students in the transition from living at home to flatting for the first time.

We ensure that students are living and studying in an inclusive and safe environment as we recognise the unique challenges students in their first year may face.

We work to ensure that the community and space are conducive to both personal growth and academic success as students embark on one of the most significant periods of their lives.

We also want to ensure that students are provided with an environment to learn crucial life skills which will help them in their future.

We cultivate an environment where residents are meeting and interacting with other residents from a variety of backgrounds to broaden their worldview and enrich their university experience.



THE CUBE HALL

The Cube is uniquely situated in Wellington. It is a 5 minute walk to Massey which means that it will be easy for residents to access university services and their classes. It is also conveniently located close to town and other essential amenities such as grocery stores and restaurants.

Applications open on 1 August until 1 October 2015 and need to be submitted online. Tenancies run for 42 weeks and current dates for domestic students are 21 February - 10 December 2016; and for international students 14 February - 3 December 2016.

www.massey.ac.nz/accommodation

PARTNERSHIP WITH 222WILLIS, WELTEC RESIDENTIAL HALL

In 2016 in order to meet the high demand for a place in a student hall, Massey has selected 222Willis as our preferred accommodation provider for student accommodation. The structure of 222Willis is similar to how Massey runs our own accommodation with big emphasis on pastoral care.

It is situated at 222 Willis Street and is a 15 minute walk away from the Massey Wellington campus. Tenancies run for 42 weeks and run between 14 February - 4 December 2016.

www.222willis.co.nz



WHAT ARE THE REAL COSTS OF STUDY?

Becoming a student these days carries a lot of expense with it. University expenses involve a lot more than just tuition fees. There are ongoing costs of course materials (which can be quite high when College of Creative Arts or Nursing students are involved) and also the costs of living independently on a student's income.

Course-related costs

Course-related costs vary, depending on what course you are doing.

Nursing students: \$600+ Textbooks, \$300 Uniform and Nursing Kit, \$150 + Petrol to placement

Design students: \$600+ Textbooks, up to \$4,000 of course materials (more for Fashion and Industrial Students)

Communication: \$600 + Textbooks, storage media and hard drive \$150

Health students: \$600 + Textbooks

We have created a few scenarios to show what student expenditures may be:

Sample weekly expenditures

Students living in The Cube in a 5-bedroom apartment

Rent	\$80 (based on initial payment of \$5200 + 36 weekly installments = \$8080 per year)		
Power	included in the rent (reasonable use)		
Internet	\$6		
Mobile phone	\$5		
Groceries	approx \$70	Lunches at Uni	\$30
Toiletries	\$6	Entertainment	\$30
Insurance	\$7		
Banking fees	\$1		
		Subtotal	\$60
Subtotal	\$175	TOTAL	\$235

WHAT FINANCIAL HELP IS THERE FOR STUDENTS?

Students living in a flat sharing with 2/3 others

Rent	\$175
Power	\$25
Internet	\$6
Mobile phone	\$5
Groceries	approx \$70
Toiletries	\$6
Insurance	\$7
Banking fees	\$1
Transport	\$37

Subtotal **\$332**

Lunches at Uni	\$30
Entertainment	\$30

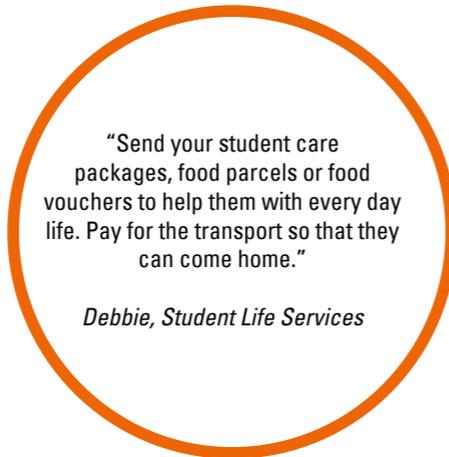
Subtotal **\$60**

TOTAL **\$392**

Students living with parents (around Lower Hutt area)

Mobile phone	\$5
Transport	\$37
Lunches at Uni	\$30
Entertainment	\$30

TOTAL **\$102**



Your student may be eligible for various financial benefits. There are several things that are worth checking.

STUDY LOAN

StudyLink can help to finance your student’s study. It’s made up of three parts:

- course fees – for the compulsory fees charged by education provider
- course-related costs – to buy materials or services for the course - up to \$1000
- living costs – up to \$176.86 to help with students’ weekly expenses.

Students will need to pay back their study loan, so it is wise to consider other options when financing the study as those cost will add up quickly.

www.studylink.org.nz

STUDENT ALLOWANCE

Student Allowance is a weekly payment to help with student’s living expenses while they study. It’s money that they don’t have to pay back.

How much Student Allowance your student will get depends on:

- student’s income
- parents’ income – if student is under 24 and doesn’t have children
- if student lives with their parents while they’re studying.

As part of a student allowance your student may be able to get an accommodation benefit to help with their accommodation costs.

www.studylink.govt.nz

SCHOLARSHIPS

Scholarships are a good way to fund study and are open to a wide range of students. Not all scholarships depend on previous academic achievements. There is a comprehensive list of scholarships that are available for Massey students. We offer more than 300 scholarship schemes for undergraduate students, so we’ve probably got at least one your student can apply for.

www.massey.ac.nz/scholarships

EXTRA HELP

There are a number of ways that StudyLink can help with extra costs while studying or if the student is on a study break and can’t find work. These include help with accommodation, health, ongoing medical, childcare or emergency costs.

www.studylink.govt.nz

PART-TIME JOBS

Students quite often need to find a part-time job to cover the costs of living. However, working more than 15 hours a week and studying can prove too much for some students and we would not recommend that. At minimum wage of \$14.75/hour, the after tax pay is approximately \$195 (based on M SL code and no Kiwisaver contribution and 15 hours a week).

HOW STUDENTS FINANCE THEIR STUDIES

Second year nursing student

StudyLink Loan:	My loan is currently \$17,800 and will end at \$23,000. This covers an additional year at Otago University, so Massey alone, my loan would be \$12,000 and end at \$17,000.
Government:	I get no support. I do not take the \$1000 for study related cost from Studylink, the allowance etc.
Income:	I work an average of 18 hours a week at a pay rate of \$15. I get \$190 after tax/student loan deduction.
Rent:	\$160 per week, plus \$20 groceries and \$15 bills a week.
Course related costs:	\$600+ Textbooks, \$300 Uniform and Nursing Kit, \$150 + Petrol to placement.

Second year nursing student

StudyLink Loan:	My loan is currently at \$21,251.11 Should be about \$29,000 when I finish.
Government:	No loan or allowance, parents earn too much and I don't want a big loan.
Income:	I work part time at a café, I do 3 days a week when not on placement and 2 days when on placement. On a 3 day week I get around \$315 and a 2 day is around \$250. I also get around \$90 from my parents each week. Weeks I have placement and have lower pay are weeks where money is super tight. Over summer I save up and use money from my savings to cover that gap.
Rent:	My rent is \$178.50 including power+internet.
Course related costs:	Health screening is around \$200 as students need to pay for blood tests etc. Uniform - 1 pair of pants and two men's tops \$111.75 (women's are more expensive) Textbooks- Approx. \$800 for every year Medical Kit- \$275 Transport to placement- Depends \$50 for 10 trip ticket to my placement and I needed 3 of these throughout the year.

Third year design student

StudyLink Loan:	My loan is now \$40,860.52, I would estimate about \$55,000-\$60,000.00 at the end of my studies.
Government:	Both of my parents work and therefore I don't qualify for an allowance from the government, but I do get living costs each week and I borrow the maximum, which currently is \$176.00.
Income:	I have to work a minimum of 10 hours a week to support myself with food, internet, power and other bits and pieces in terms of contributing money to the flat account for supplies, and course related costs such as printing at university, professional printing, materials, colours, paper stock.
Rent:	My rent is currently \$173.50 a week.
Course related costs:	I easily spend a minimum of \$1000 a year on just printing plus other cost related costs as above.





“As a student, informally discussing what you are learning with the people you live with is a great way to reinforce your study. This often happens naturally if students are living together. If your son or daughter is living at home with you during their time at uni, this environment can be created by encouraging them to regularly discuss the content of what they are learning with you. They could teach you some of the new theories and concepts they are studying (the best way to learn is to teach!), and even explore how those theories and concepts can be applied in the real world. A great way to facilitate this is to have a genuinely interested, inquiring attitude. This can really enhance and deepen their learning experience, and help them get great marks!”

Janet Wutzler, Centre for Teaching and Learning, Wellington.

