



CONNECT WITH SERVICES THROUGH MYHUB

MyHub has lots of helpful wellbeing resources for students. Students can book these online



Support & Wellbeing

We understand the challenges tertiary study can bring and the importance of a holistic approach to keeping well through your study journey. Our student wellbeing teams can guide and support you through every stage of your learning journey.

OUR PHILOSOPHY

Wellbeing encompasses more than simply the absence of illness. It suggests a holistic state of feeling good and functioning effectively, rather than just anything physical. Our student wellbeing framework service philosophy is based on the four dimensions of Te Whare Tapa Whā as developed by Massey University Emeritus Professor Sir Mason Durie.

STUDENT WELLBEING AND SAFETY AT MASSEY

Operating within our student wellbeing framework service philosophy we aim to be:

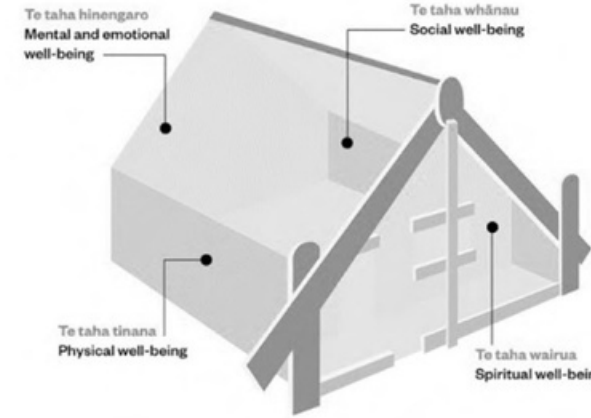
- strengths-based and transparent in conversations, processes and actions
- collaborative, working together with you for effective and positive outcomes
- partnership focussed through student voice, leadership and development and wellbeing support plans
- mana enhancing in our ways of being consultative with expert staff, students, whānau, hapu, iwi, stakeholders and community. We want to support you to succeed academically and can help develop wellbeing plans with your unique needs and strengths in mind.

HOW YOU CAN CONNECT

You can take advantage of the full student life experience within our various learning environments and communities. Connect with workshops, health education, skills programmes, peer support groups, medical services including doctors and nurse consultations, counsellors, wellbeing advisors and online tools:

- Open Days, Orientation and Celebration ceremonies
- Lectures, tutorials, labs, practicals and placements
- Events and clubs
- Academic advice and support
- Annual calendar of wellbeing workshops
- Career workshops
- Strengths@Massey
- Student partnership - associations, CoLab, committees
- Our diverse range of student support services
- Security, safety and wellbeing monitoring

Student wellbeing and safety framework



- ▲ Recruitment Admission Enrolment
- ▲ Lecturers Tutorials Placements
- ▲ Events Clubs Services Committees
- ▲ Recreation Security Monitoring

TE WHARE TAPA WHĀ

The four dimensions of the Māori model for wellbeing, Te Whare Tapa Whā, developed by Massey University researcher Professor Emeritus Sir Mason Durie (Rangitāne, Ngāti Kauwhata, Ngāti Raukawa) forms the basis for the student wellbeing and safety framework.

The model describes wellness as a house (whare) with all four walls being equally strong. The stronger your whare, the more likely you are to succeed and have a good time doing it.

SUPPORTING YOU THROUGH YOUR STUDY JOURNEY

The application of Te Whare Tapa Whā ensures a holistic approach through your study journey.

We aim to achieve this by:

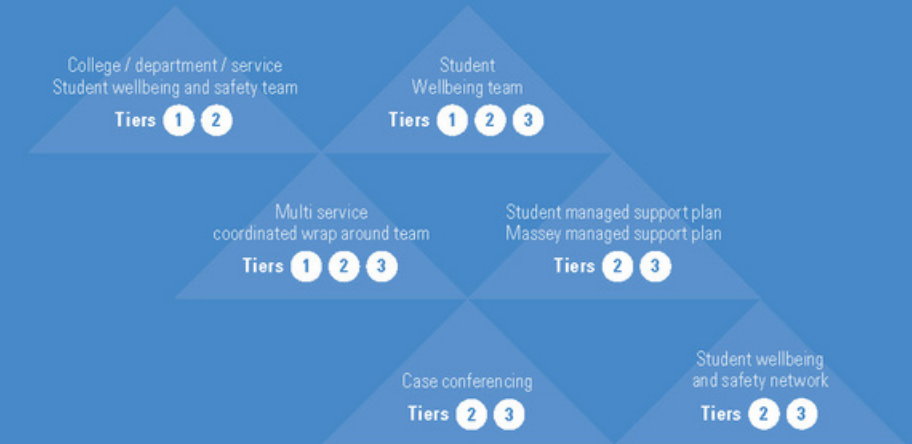
- Understanding and delivering to your unique needs and ambitions so that you get the most out of your time at Massey
- Providing equity of access to study, services and platforms
- Ensuring our services and systems are connected and cohesive, keeping you at the centre of our efforts by working in partnership on decisions affecting you.

Coordinated wrap around wellbeing support

We take a tiered approach to supporting and advising student wellbeing, in line with the New Zealand Government's pastoral care code of practice*. We want you to succeed academically and can help develop wellbeing plans with your unique needs and strengths in mind.

STUDENT WELLBEING TEAM

Coordinated wrap around wellbeing support is available. Our team offers wellbeing related expertise, student centric practice, cultural competence and a strengths-based holistic approach, supporting your study journey.
Email: studentcare@massey.ac.nz



1 TIER 1
Colleges, departments and services provide support based on identified or requested need. They check-in as agreed with you based on the need.

2 TIER 2
Colleges, departments and services support you to navigate multiple Massey support with an agreed action plan. They support your resilience and mana with a considered self-management plan.

3 TIER 3
Specialist staff within the Student Wellbeing team support you with acute wellbeing needs alongside other staff, whānau and, at times, external services.

* NZ Government requirements: The Education Code of Practice 2021 supports the wellbeing of tertiary and international learners enrolled with New Zealand education providers. Learn more here: massey.ac.nz/student-life/services-and-support-for-students/pastoral-care-code-of-practice/