

TERATONGA TAURIMA ĀKONGA

Tā mātou whāinga mātāmua:

Kia kaha ake te puta o te ihu i ngā mahi whare wānanga, kia pakari tonu – taha whaiaro, taha tangata

HE AHA TĒNEI MEA, TE ĀRAHITANGA?

- Ka whai wāhi koe ki te kōrero ki tētahi tangata ka āta whakarongo, kāore e tātā i a koe, ka mutu, ka noho tapu tonu ō kōrero.
- Ko ētahi tāngata ka haere mai i te mea kei te hiahia hoa whakarongo noa, kei te kimi rānei i ngā whakaaro o tētahi atu e pā ana ki tētahi raruraru (he raruraru hononga tāngata, aha atu rānei)
- He neke atu i te kōrero noa ki tētahi hoa – kei a koe te wā ki te kōrero i ngā mea e tino whaitake ana ki **a koe** – ā, kāore koe e tūtaki anō ki taua tangata i ō karaehe āpōpō!
- Ehara i te mea he pōrangi koe ki te haere mai koe ki a mātou. Kei te toro noa koe i tētahi ara hou hei whakataki i ngā uauatanga kua pā ki a koe, kei te mōhio rānei koe ka puta he hua ki te tautokona koe i a koe e whiriwhiri ana i aua uauatanga.
- He wāhi haumarua tēnei hei whakapuaki māu i ō whakaaro me ō kare-ā-roto – mā te whakapuaki rawa pea e mārāma ake ai, e taea ai hoki ēnei mea te whakataki.
- He rerekē te āhua o te ārahitanga e tika ana mō tēnā, mō tēnā. Kia kaha te whiriwhiri tahi ki te kaiārahi he aha ngā hua e hiahia ana koe kia puta i tō hui tahi ki a ia.

TE NOHO TAPU O NGĀ KÖRERO

Kua puta ā mātou kaimātai hinengaro me ā mātou kaiārahi i ngā whakangungutanga ngaio, ka ū anō hoki rātou ki ngā Rārangi Matatika ō ā rātou whakahaere ngaio. Ko ngā kōrero ka puta i ngā hui, ka noho tapu tonu ki te ratonga, māna – ka āta whakaae kē koe kia kōrero te kaiārahi ki tētahi atu tangata e tika ana. Ka āta tirohia ngā mahi a te kaiārahi e ētahi atu kaiārahi o te ratonga, me ētahi atu tāngata ngaio o waho. I aua wā ka kōrerotia ngā take ka ara ake, mō te tūpono ko tētahi kē atu kei te mōhio ki te huarahi tino tika hei whai māu.

NGĀMOMOÄWHINA ETAEANA

Nō ngā iwi maha ā mātou kaiārahi. Ka ārahina e rātou ngā ākonga takitahi, ngā tokorua, me ētahi anō pea o te whānau. Ka mauria mai ngā take huhua, pēnei i:

- te kore e āta tau o te noho ki te whare wānanga
- te ngākau-kore, te kore rānei e āta whakatau take

- ngā raruraru hononga tāngata – ki ngā hoa, ki te whānau, ki te hoa tāne, hoa wahine, ki ngā hoa noho whare, ki a wai ake rānei
- te pōkaihaha i ngā wā whakamā- tautau
- te kore e mōhio e ahu pēhea ana ngā akoranga, te ara mahi rānei e takahia ana e koe
- te hinapōuri, te mokemoke, te pōkaikaha, te pōuri rānei
- te hiahia whakamomori, te whakaaro kāore he take o te ora tonu
- te māharahara ki te kai, ki te kai waipiro, ki te kai tarukino rānei
- te uaua o te whakahoahoa, te kōrero tahi rānei ki ētahi atu
- te tū pakari ina hemo tētahi tangata e aroha nuitia ana e koe, ina pāngia rānei ia e te mate, ina pāngia rānei ko koe.

Anei anō ētahi mahi kawea ai e mātou:

- te aromatawai i ngā ākonga ka tono tiwhikete e whakamana ana i tō rātou māuiuitanga i ngā wā whakamātautau
- te whakarite hui whakatau mauri mā ngā tāngata kua pāngia e tētahi taumahatanga (e.g. kua aituā pea)
- te takawaenga ki ērā atu ratonga pērā i a MUSA, i ngā tākuta, me ngā pūkenga i ngā wā e tika ana
- te whakarite rūma hei āhuru mōwai mō ngā ākonga kei te hiahia noho ko rātou anake mō tētahi wā

ĒTAHIATURATONGA

Āpiti atu ki ngā mahi ārahi ākonga, anei anō ētahi o ā mātou kawenga:

- he whakatū hui mō ngā kaupapa huhua, pēnei i ngā tikanga whakamahea, te rīhi whare, te whakatau tautohe, me te hoki ki tō whenua ake
- he whakaputa mātārere huhua mō ngā kaupapa pēnei i te hinapōuri, i te waiho mahi mō raurangi, i ngā hononga me te whakarere atu i te kāinga
- he kohinga pukapuka tā mātou e āwhina ai koe i a koe anō, tae atu ki ngā rīpene whakamahea, hei tango māu mō tētahi wā
- he pae tukutuku, he wāhi noho i-mēra e toroa ai ā mātou mātārere me ā mātou rauemi katoa

TEWHAKARIEWĀHUI

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- E tuwhera ana te ratonga atu i te 8.30am ki te 4.30pm, Mane ki te Paraire.
 - Kaua e matakū ki te waea mai, ki te peka mai rānei, ka kōrero ki tā mātou kiripaepae atawhai, ki a Ms Julia Sich. Māna e whakarite wā e hui ai koe ki tētahi o ngā kaiārahi.

- E kore pea e wātea he kaiārahi ki te kite i a koe i taua wā tonu, engari ki te whakaaro koe kāore e taea e koe te tatari, tēnā whakaaturia tēnei ki te kiripaepae.
- Anei tō mātou whare, kei te Ara o Colombo nei, e tata ana ki Residential Services, ko Facilities Management and Security kei te tū tauaro mai. Anei tā mātou tau waea: 350 5935.

TEUIU

Kāore he utu mö te whakamahi i te ratonga mehemea kua utu koe i te utu Ratonga Äkonga. Ko ngä äkonga noho ki waho o te whare wänanga, me utu i tētahi utu paku nei ina hui rätou ki tētahi o ngä kaiārahi.

TE WHAKAPÄ MAI

He maha ngä huarahi whakapä mai, i tua atu i te haere ä-tinana mai ki te tari:

Tau waea: 350 5935

<http://counselling.massey.ac.nz>

s.counselling@massey.ac.nz

INAPÄHEMATEWHAWHATITATA

Kāore mātou e hora ratonga whawhati tata i waho o ngä haora mahi.

- Ki te hiahia whakapä mai koe i waho o ngä haora mahi, whakarērea mai koa he kōrero ki te mīhini hopu karere ina waea mai koe ki te tari.
- Ki te pä he mate whawhati tata, waeahia te 111, mehemea ränei he mate hinengaro whawhati tata, waeahia te **Mental Health Emergency Team**, waea 0800 653 357 (24 haora).
- Ki te hiahia hoa whakarongo koe, waea atu ki ngä **Samaritan** i te 358 2442 – ka whakautua ä rätou waea i te ao, i te pō.