



## GETTING STARTED: WEEK TWO

Welcome to your second week of Semester 1! With your first assignments in hand, you should now be starting to get familiar with your course material and engaging with your lecturers to make sure you fully understand what's being asked of you. Now is the perfect time to take advantage of all the academic support services that AUT has to offer, so you can stay on the front foot with your assessments.

In our quick guides, our ever-friendly Student Ambassadors will guide you through the first eight weeks of the semester, introducing services and events that will help you get off on the best foot. They like to keep a focus on what is especially relevant from week to week, so that you're not being overloaded with information.



### Study Success

#### Library

AUT Library offers a range of services and resources to help you get the most out of studying at AUT. We recommend checking out the range of workshops that the Library is offering this week.

## **Undergraduate workshops:**

[Digital library introduction](#)  
[Academic writing](#)  
[Reading for your assignments](#)  
[APA referencing](#)  
[EndNote for undergraduates](#)  
[Finding academic information](#)  
[Academic integrity: How not to get into trouble at university](#)

## **Postgraduate workshops:**

[Getting started with postgraduate coursework](#)  
[EndNote for researchers](#)  
[Getting started with library research](#)  
[Writing conclusion sections](#)  
[Writing discussion sections](#)  
[Literature searching for postgraduate research](#)  
[Tools for editing your writing](#)  
[Choosing a reference manager](#)  
[Writing literature review sections](#)

[See full list of library workshops](#)

Follow the AUT Library on [Facebook](#) and [Instagram](#)

## **Graduate Research School**

The Graduate Research School offers support and resources for AUT's research students. For more information about postgraduate research support and resources, events, researcher development, ethics and more, look up the postgrad research pages on Student Hub Online.

[Graduate Research School](#)

### **Graduate Research School workshops offered this week:**

[Presentation Skills for your Doctoral Oral Examination](#)  
[Fine Tuning your Ethics Application Draft](#)

## **Peer Mentors**

Peer mentors are senior students who provide one-on-one mentoring for a chosen subject area. It's a great way to talk to someone who has done your paper before and get tips from another student on how to succeed. You can book a peer mentor via the AUT App.

[Learn more about peer mentors](#)



## Specialised support services

### Student Hub

The AUT Student Hub is the one place to go for help. Our Student Hub Advisors can provide you with access to a range of services and online support, such as financial support, applying for special consideration, how to access to online learning, or general support.

We have dedicated teams to support all groups of difference at AUT. We offer specialised disability support, rainbow student support and Māori student support. If you're an international student, our international student support team can assist you with your needs while you study with us. Many of our student advisors are also bilingual and can talk to you in your preferred language.

[Learn more about Student Hub services and support.](#)



## Student life

### AUT Sport

AUT Sport offers a huge number of sports teams and events for all students as well as bookable facilities and equipment. Learn more about events and the range of services on offer on Student Hub Online.

[Sport at AUT website](#)

## Te Āhuru Recreation Centre

Our Te Āhuru Recreation Centre on the AUT City Campus has been designed to provide AUT students with spaces to do more than study – a space to connect with friends and cultivate your interests. With a sports court, dance and exercise studios, flexible spaces for clubs and large spaces to gather and share food, there is something here for everyone.

[Learn more about Te Āhuru Recreation Centre](#)

## Student clubs

Student clubs are a great way to meet other AUT students, but also to share your hobbies and interests with others. AUTSA support a wide range of clubs and offer the opportunity for AUT students to start their own.

[See all AUTSA clubs and communities](#)

## AUTSA

AUTSA, the AUT Student Association, provide a range of services for AUT students. Throughout the year, AUTSA will be hosting a range of events, as a way of engaging students with university life.

For more information on AUTSA's events and services, visit: [AUTSA website](#)

Follow AUTSA on [Facebook](#) and [Instagram](#)



## Health and Wellbeing

### Bright Side

At Bright Side, our community comes together for conversation, connection and reflection on the ups and downs of being human. Bright Side run a regular programme of talks, workshops, rituals, and social events covering topics like self-care, self-discovery and designing the impact you want to make in your life.

[Explore Bright Side](#)

## AUT Gym

The AUT Gym is a great place to take a break from studies and work on your physical and mental wellbeing. You will have access to state of the art indoor and outdoor training spaces at all three AUT campus locations. They also offer a range of specialist services so whatever your goal, the team will get you there.

[Learn more about AUT Gym](#)

### **Access online content like workouts and recipes**

If you are unable to attend the AUT gyms, you can still follow their social channels to access a range of on-demand content from workouts to recipes. To find them:

1. Head over to the @autgym Instagram page
2. Tap the IGTV section to view a range of pre-recorded group fitness classes and other on-demand content
3. Tap on the 'Series' button on the top left of the screen to see a list of each series available for viewing

Follow the AUT Gym on [Facebook](#) and [Instagram](#)

## Counselling and mental health support

AUT offers free and confidential counselling services and mental health support to all students based in New Zealand.

[Learn more about counselling and mental health support](#)

## Safety and security

We want to ensure you always feel safe and secure at AUT.

- > Information on AUT's emergency and safety procedures, as well as tips to help keep you safe when you're on campus: [Safety and security](#)
- > Information on reporting bullying or harassment : [Report a bullying or harassment incident](#)