Packing your survival kit

Be prepared for the year ahead by gathering some basic tools and supplies to help you on your way.

Essentials for your first week (kill off in no go!)

- Introduce yourself to other students, many of your classmates will be your peer group for your future career.
- Explore the School of Pharmacy portal (pharmacy.auckland.ac.nz) and find:
  - The part II student handbook
  - Part II key dates
  - Student well-being support
  - ARSA guides
  - Student illness during study
  - Find the health and counselling centre in Rooms, Level 2, 916 even if you haven’t already.
  - Locate the +MUs student centre and add your email to your contact list
  - Find the library and learning services page to register for a workshop.
  - Find the GuideCity website to help with academic referencing.

Essentials to gather throughout the first semester

- Check your student email and essentials in your CANVAS course once a day, if you can. Get to know CANVAS really well, and rely on the timetable key rather than on SSO.
- Check out the recommended readings for your course and have a read of them – they really do help!
- Most labs and workshops are mandatory and incredibly useful when OSCEs come around.
- Do your pre-work as you will need to contribute in discussions and role plays.
- Always bring a $2 coin with you for lockers and your lab coat.

Get your compass out

Grab your map and your compass, and spend some time familiarising yourself with key spots on campus that you might need to visit during your journey.

Computer labs

Information Commons Level 1

School of Pharmacy Reception

Open Hours
8.30am - 5pm
Assignment Collection Hours
9.30 - 11am & 3.30 - 4pm
Email: enquiries@auckland.ac.nz
Assignments can be dropped anytime into the Assignment box to the right of the Pharmacy reception office window on the third floor.

Course/degree queries and planning

Student Centre BS03-025
Ground Level past the main reception

Timetable

Download your timetable and highlight key dates and what to prioritise e.g. Case resolution sessions – these are important to attend.

Timetable Services Office (T Timetable)

Careers advice, CV tips, interview preparation, workshops

Career Development and Employability Services, University of Auckland
Level 1, Kate Edger Information Commons

Grub

Meal of the day $5.50 Supersize cafe
Hospital cafes are open to the public, L1 of the old building

Study areas

- Phelon Library first floor BS05 has spaces for loans and short loans for required texts
- To book a School of Pharmacy room on Level 3 follow the Pharmacy Administration information on the OPharm portal
- The AMEP Medical Sciences learning centre BS05 Level 1

Inside...

Packing your first professional year survival kit

Be prepared for the year ahead by packing and gathering some basic tools and supplies to help you on your way.

When it’s time to call ‘wayday’

While it’s normal to feel a little bit stressed, it’s OK to ask for help if things are becoming too much to handle on your own.

No one is an island

As a Pharmacy student, you have a wealth of student support services available to call on when you need academic advice.

Get your compass out

Learn your way around campus and make your journey straightforward.
Staying afloat while sailing the study-sea

Making your way through your BPharm can feel a bit like trying to stay afloat on a life raft out at sea. You might experience beautiful, warm and calm weather one moment, and suddenly, a storm starts to brew and you feel as if you could be thrown overboard at any moment! Try not to stress - this is completely normal, and there are several things you can do to keep yourself afloat.

Set your feet back on land and take a breath
Taking regular breaks from the sea of study will help you to reboot and increase your productivity levels. Be sure to make breaks a regular part of your study routine.

• Some things you can do include:
  • Take a 10-minute break away from technology after every hour of study or assignment work.
  • Take some time out to read a chapter in a book you’re reading for fun.
  • Take a walk outside and get some fresh air.
  • Have a coffee with your first mate.
  • For course content concerns, talk to your class rep or teacher.

Maintain balance and make time to explore
The key to a successful (and enjoyable) university experience is to ensure you maintain a healthy balance between keeping on top of your study, and exploring other activities that you enjoy.

• Some opportunities include:
  Join APSA
  They’re the Auckland Pharmacy Students Association. They host different events such as sports challenges, the Pharmacy Ball, and other cool events.
  You can sign up at their Facebook page – www.facebook.com/APSA or apsa.ac.nz

Part time work in Pharmacy
Nothing will prepare you for work as a pharmacist like getting a pharmacy job. Working in pharmacy helps cement what you learn in place. Warning! You will need to prepare your employer to be flexible as your timetable varies each week and you can be away for 2 weeks at a time on placement around the domain. All are welcome, no fitness or exercise gear required, just a willingness to chat to others and appreciate the beauty of the domain. Walks occur roughly every two weeks and always on a Friday – but at the same time it can become extremely stressful as you attempt to learn new cultural practices and norms.

Move! Wellness Walks!
Grab a life raft by getting moving! Join the recreation centre – www.auckland.ac.nz/recreation
Join in with our staff and student Whakahangainga and Wellness Walks around the domain. All are welcome, no fitness or exercise gear required, just a willingness to chat to others and appreciate the beauty of the domain. Walks occur roughly every two weeks and always on a Friday lunchtime. Watch out for the canvas announcements or check out the school noticeboard in reception for the dates.

When it’s time to call ‘mayday’
If you find yourself thrown completely overboard and you’re struggling to pull yourself back onto your first professional year raft, don’t be afraid to radio in for help.

While it is normal to feel a bit stressed or overwhelmed during the year, it’s important to know when things are becoming more serious and it’s time to ask for help.

It is possible to experience the following at university so be sure to look after yourself and keep an eye out for signs of the following:

Culture shock
Moving to a professional programme can be exciting – but at the same time it can become extremely stressful as you attempt to learn new cultural practices and norms. Being a health professional requires suitable behaviour and ethics both on and off campus. To be fit for practice as a health professional means first ensuring you understand in order to be safe to care for others.

Loneliness or isolation
Loneliness is a far more common problem among young people than you may think – even in the age of social media.

Stress
Stress is a normal reaction to life’s pressures and is not always a bad thing. A small amount of stress motivates us and keeps us feeling stimulated; however, too much stress can be a big issue for university students, juggling university commitments, family and friends, part-time work and hobbies can feel overwhelming.

Depression
Finding out sometimes, for example after a relationship breakup, is normal. But what happens when the sadness refuses to go away, or has no obvious cause? Depression can affect anyone at any time in their life, and it’s important to seek support if you may be experiencing symptoms of depression.

No one is an island
Getting through your BPharm doesn’t have to be a game of ‘survival of the fittest’. As a Pharmacy student, there are a range of support services available for you to call upon any time you need a little extra support – and we encourage you to make use of them.

FMHS Student Centre
Student centre helps with admissions, enrolment, compassionate considerations, grievances and wellbeing. Pop into their office on the ground floor of B105 or email them at fmhs@auckland.ac.nz. You may be referred to the international office for help with visas etc.

Pharmacy Student Support Adviser
Sometimes a friendly face to talk through some of the problems you are facing with your courses is all you need. If that’s the case, then contact Danielle Heke, student support adviser. Danielle will confidentially talk about any academic, social, emotional, time management, financial pressures or other anxiety or concerns affecting your study.

Additional resources

Students Against Depression
A website for students, where fellow students share their stories of tackling depression.

http://studentsagainstdepression.org

Mental Health Foundation
This website provides fact sheets on all aspects of anxiety and how to manage it, including information for family and friends.

www.mentalhealth.org.nz

CALM - Computer Assisted Learning for the Mind
This website is provided by the University of Auckland’s Faculty of Medical and Health Sciences. It has tools and advice for managing depression, anxiety, stress, alcohol and drugs.

www.calm.auckland.ac.nz

If you believe you’re struggling with one of these conditions, the University offers a range of 24/7 health and Counselling services to students.

For more information, please phone 09 922 7662 or visit
www.auckland.ac.nz/healthandcounselling

You can also contact the Mental Health Crisis Line on 0800 922 7662 or free text 1717.

Other anxiety or concerns affecting your study.

Daniel Heke
Student Support Adviser
09 923 7071
fmhsupport@auckland.ac.nz

Viora Ture
Student Support Adviser (International)
vture@auckland.ac.nz

Viora can help with visa, compliance checking and immigration.