

## Anamata Info Sheet Here-turi-kōkā / August 2010

### NGO Study Awards for Social Workers

The next application round for the NGO Social Work Study Awards opened on Monday 28 June 2010 and will close on Friday 15 October 2010. Applicants should be practising Social Workers/Whanau Workers who are paid employees of NGO's and be enrolled in or intending to enrol in a social work course that is recognised by the Social Workers Registration Board. See NGO Social Work Awards on the Ministry of Social Development website for Study Award Information and Application packs.

### Coexisting Disorders Symposium

Anamata is proud to be hosting a 2 day Coexisting Disorders Symposium in November 2010. The theme of the Symposium is Whānau Ora – Taking back control under which the symposium sub-title of Coexisting Disorders lies. The symposium is designed to raise the awareness of coexisting disorders and to inform best practice amongst practitioners working with at-risk populations. Anamata will update the [anamata.ac.nz](http://anamata.ac.nz) website with details of the symposium from September onwards.

### Tuhoe Fisheries Charitable Grants

The Tūhoe Fisheries Charitable Trust are seeking applications for their 2010 Charitable Grants round. The funds available are for charitable purposes for the benefit of Tūhoe. Applicant can apply for the following areas; charitable projects which maintain develop and disseminate Mātauranga Tūhoe; the establishment of a Kaumātua Forum; the establishment of a Rangatahi Forum; for projects which support Tūhoe small business owners; for research projects by Tūhoe people which relate to Tūhoe development as an iwi. Application packs are available on the website [www.tuhoefish.com](http://www.tuhoefish.com).

### Time Management

#### Managing Your Time

To be a successful student, it is important to learn to manage your time and effort. Students from cultures where time is seen differently will notice that New Zealanders place a high value on punctuality.

Full-time studies (lectures & tutorials) are usually around 20 hrs per week, that is, 4 to 5 hrs per day, Monday to Friday. Finding the right balance between studies, work and socialising is always a challenge for students, especially those who are not used to living independently and managing their own time and resources.

### **You will need to consider these things:**

How you allocate your time to classes, study, chores, recreation and social life. Be aware that you must complete essays and class assignments by the due dates set by your tutors. Decide on priorities and set time aside to work on them. Plan ahead and stick with your plan. Try to get hold of your text-books early. Use the study breaks to do some of your required reading. Remember, most students run short of time during the semester. You should try to complete all your assignments on time. Be aware of what mark each assignment is worth for your final assessment. Allow enough time for study and revision towards the end of the semester.

*(<http://www.whitireia.ac.nz/international/Pages/Managingyourtime.aspx>)*

### **Ngāti Rongo Hapu Wānanga**

Ngāti Rongo will be hosting a hapu wānanga to discuss offer feedback to the Tūhoe Establishment Trust regarding the new Tūhoe Iwi Authority to be established in the near future. The wānanga will be held on Saturday 21 August 2010, 10am – 3pm, at Tauarau Marae, Rūātoki. All Ngāti Rongo whānau, ahakoa taiohi mai, pakeke mai are encouraged to attend. The three topics to be discussed are; What is the purpose of an iwi authority; What is kaumātua leadership and how should that be applied within the new authority; and What are the Tūhoe principles to apply in establishing and disestablishing hapū, marae.

### **Website of the Month:**

Studylink are implementing changes to the Student Loan and Allowance scheme for 2011. To keep informed on the changes and how they will impact on your future studies go to **[www.studylink.govt.nz](http://www.studylink.govt.nz)**.

### **Winter Flu**

Pamphlets are being distributed to each programme to raise your awareness to keep warm and healthy during as the winter flu season approaches. This period can create havoc in homes with sick whānau members, who will need time off from studies or mahi. Easy steps you can take to avoid the flu include, hand washing with soap, surface disinfection of touched surfaces such as taps and light switches, cough and sneeze into a tissue.

***ki te ako, ki te ārahi, ki te āwheo***  
**[www.anamata.ac.nz](http://www.anamata.ac.nz)**