

# Whakatika Get Ready

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## Mokoia Pre-Start Workshops 2025 – Semester 2

Monday, 7 July	Tuesday, 8 July	Wednesday, 9 July	Thursday, 10 July
<b>9am – 9.10am</b> <b>Room N222</b> Karakia, Whakatau (Welcome), Health & Safety, Overview of day	<b>9am – 9.10am</b> <b>Room N230</b> Karakia, Whakatau (Welcome), Health & Safety, Overview of day	<b>9am – 9.10am</b> <b>Room N222</b> Karakia, Whakatau (Welcome), Health & Safety, Overview of day	<b>9am – 9.10am</b> <b>Room N222</b> Karakia, Whakatau (Welcome), Health & Safety, Overview of day
<b>9.10am – 10am</b> <b>Room N222</b> <b>Workshop 1: Introduction to Services, Facilitated by Student Support</b> <ul style="list-style-type: none"> <li>Learning Support</li> <li>Pastoral Support</li> <li>Library services</li> <li>Careers and Employability</li> <li>Kaitātaiako Māori</li> <li>Health Centre</li> <li>Accessibility</li> </ul>	<b>9.10am – 10am</b> <b>Room N230</b> <b>Workshop 4: Digital Literacy Moodle Facilitated by LF/IF</b> <ul style="list-style-type: none"> <li>Navigating Moodle</li> <li>How to download Microsoft office 365</li> <li>How to use Microsoft Teams when connecting to online app</li> <li>Please note – You will need to have attended Workshop 2 Intro to IT</li> </ul>	<b>9.10am – 10am</b> <b>Room N222</b> <b>Workshop 7: Careers and Employability Facilitated by CF</b> Tips on accessing: <ul style="list-style-type: none"> <li>Grants</li> <li>Scholarships</li> <li>Iwi grants</li> </ul>	<b>9.10am – 10am</b> <b>Room N222</b> <b>Workshop 10: Health and Wellbeing Facilitated by EF</b> <ul style="list-style-type: none"> <li>Te Whare Tapa Whā</li> <li>Everyday applications for tertiary and home life</li> <li>Holistic approaches to well- being</li> <li>Coping strategies for stress</li> </ul>
<b>10am - 10.30pm Morning Tea</b>			
<b>10.30am - 11.30am</b> <b>Room N230</b> <b>Workshop 2: Intro to IT Facilitated by LF/IF</b> <ul style="list-style-type: none"> <li>Logging on</li> <li>Toi-Ohomai webpage</li> <li>The Hub - what's on there</li> <li>Learning Support Intranet</li> <li>How to book with Student Services</li> </ul>	<b>10.30am - 11.30am</b> <b>Room: N230</b> <b>Workshop 5: Digital Literacy Google Facilitated by LF/IF</b> <ul style="list-style-type: none"> <li>Navigating Google classroom</li> <li>Google drive</li> <li>Uploading Photos to Google Docs</li> <li>Please note – You will need to have attended Workshop 2 Intro to IT</li> </ul>	<b>10.30am - 11.30am</b> <b>Room: N222</b> <b>Workshop 8: Academic Writing Facilitated by LF</b> <ul style="list-style-type: none"> <li>Genres</li> <li>Features</li> <li>Structure and format</li> <li>Understanding instructions/ rubrics</li> <li>Tips and tricks</li> </ul>	<b>10.30am - 11.30am</b> <b>Room: N222</b> <b>Workshop 11: Time management Facilitated by EF/LF</b> <ul style="list-style-type: none"> <li>Strategies</li> <li>How to use daily planners</li> <li>Balance your timetable</li> </ul>
<b>11.30am - 12pm Lunch</b>			
<b>12pm – 12.50pm</b> <b>Room: N230</b> <b>Workshop 3: Getting Sorted Facilitated by EF</b> <ul style="list-style-type: none"> <li>Getting financial assistance during study</li> <li>Study link</li> <li>Local supports</li> </ul>	<b>12pm – 12.50pm</b> <b>Room: N230</b> <b>Workshop 6: Guide to using AI for study Facilitated by LF/ TEEL</b> <ul style="list-style-type: none"> <li>Using AI: ethical and academic issues</li> <li>GenAI and learning – how to use it to help you</li> <li>Bring a laptop for hands on practice – however computers will be available</li> </ul>	<b>12pm – 12.50pm</b> <b>Room: N222</b> <b>Workshop 9: Library resources Facilitated by IF</b> How to access: <ul style="list-style-type: none"> <li>Books</li> <li>Articles</li> <li>eBooks</li> <li>Magazines</li> <li>Koha database</li> </ul>	<b>12pm – 12.50pm</b> <b>Room: N222</b> <b>Workshop 12: Mindfulness Facilitated by LF/EF</b> <ul style="list-style-type: none"> <li>Mindful breathing - “Hā ki roto, Hā ki waho”</li> <li>A gentle breathing session focusing on stillness, releasing tension and engaging our sensory system</li> </ul>
<b>10 Minutes Q&amp;A Session</b> <b>1pm End of Day Karakia</b>			



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