

# Where to go for help with your academic development

## For Undergraduate Students

### DELNA

Book your DELNA Screening.

[DELNA Session booking](#)

### Writing in English workshops

[Writing in English workshops](#)

- Creating complex sentence structures
- Using active and passive voice
- Using verb tenses
- Using the article system
- Editing your work
- Report Writing

### Academic skills workshops

[Academic Skills Workshops](#)

- Time management
- Note-taking
- Reading effectively
- Essay writing
- Finding information
- Critical thinking
- Paraphrasing and quoting
- Exam preparation
- Referencing



### Language advice

[Language advice](#)

Bring your questions or a piece of your writing to an online or on campus advisory session.

Go to the website to book an appointment.

### Inclusive Learning

[Inclusive learning](#)

Supports the academic success of neurodivergent students. Inclusive Learning work alongside students with ADHD, Autism and specific learning disabilities such as dyslexia.

### Māori and Pacific students

[Te Fale Pouāwhina](#)

Workshops, study groups, wānanga/fano, and advisory sessions.

[Leadership Through Learning](#)

A leadership development programme.

### 'Let's talk' groups

[Language learning groups](#)

Develop your English communication skills by talking with others, including local New Zealanders.

- Let's Talk  
Thursdays 1-2
- Let's Talk to locals  
Mondays 3-4,  
Wednesdays 12-1,  
and  
Fridays 3-4



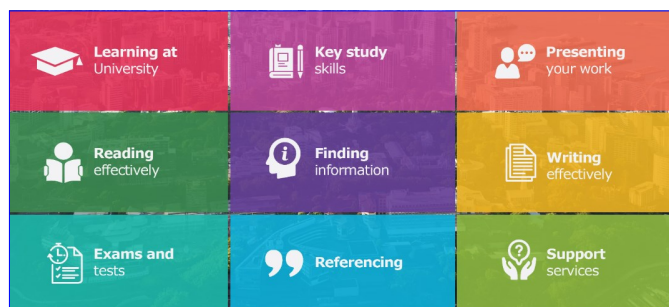
### Online language resources

[ELE online](#)



### Online learning resources

[Learning Essentials](#)



### Campus Care

[Te Papa Manaaki | Campus Care](#)

A safe, confidential and free service that supports the health, wellbeing and safety of everyone at University.

### Student Counselling

[Student Health and Counselling](#)

Counsellors can provide help when you're faced with academic stress.

### Your lecturer/tutor

- Meet them in person at lectures and tutorials and during office hours.
- Meet them online through Canvas and via email.

