



Tuakana Handbook

Kia Ora **Hauora**

MAI TAWHITI

SECTION ONE

OVERVIEW FOR TUAKANA

Introduction

Welcome to Kia Ora Hauora Mai Tawhiti and thanks for being a part of our awesome new Kia Ora Hauora e-Mentoring programme. Here we will give you an overview of the programme and what it means to be a Kia Ora Hauora Mai Tawhiti Tuakana. Remember you are a part of the wider Kia Ora Hauora whānau now having registered with us so make sure you have a look around the Kia Ora Hauora website to see what other programmes and support you can access.

Purpose

Kia Ora Hauora is all about encouraging and supporting more Māori students to get a tertiary education and ultimately a rewarding career in the health sector. We know it can be hard for a lot of Māori students to make the transition from secondary school to tertiary study, so that's where Kia Ora Hauora Mai Tawhiti and you as a Tuakana come in.

The Kia Ora Hauora Mai Tawhiti kaupapa is all about helping Year 13 students successfully make the tertiary study transition and as a Tuakana you will be in a privileged position to help grow the next generation of Māori health professionals. We will support you to build a strong Tuakana – Teina relationship so that you can share your experiences, pass on your knowledge and skills and help get them off to a great start.

You are not expected to be an expert on any particular subject or provide academic support; all we ask of you is that you give the best of yourself. You will be supported throughout Kia Ora Hauora Mai Tawhiti to ensure you feel comfortable and safe within your Tuakana - Teina relationship with Kia Ora Hauora staff available for you to contact should any concerns arise.

The benefits of Kia Ora Hauora Mai Tawhiti are not only for Teina. As a Tuakana the programme is committed to supporting you to thrive as a student and develop as an individual. By the end of this programme you will have:

- gained a professional CV reference
- had access to 1-1 skill building sessions with professionals
- received a payment recognising your time and effort
- had access to information provided in group sessions that will support your current university experience
- supported a fellow Māori student make the jump into a tertiary health pathway.

Programme overview

Kia Ora Hauora Mai Tawhiti is a 12-week online Tuakana - Teina e-Mentoring programme to support Māori year 13 students interested in studying a health-related pathway at university talk to older Māori students (Tuakana) who have recently made the jump from Secondary School to University. As a Kia Ora Hauora Mai Tawhiti Tuakana you will be supported to be a great leader, access knowledge around te ao Māori (Māori world view). and have your time and effort recognised throughout the programme.

You are a part of our pilot programme, so together we can figure out what is working, what's not and how we can refine the programme to be its best to expand. The programme will be run with a mixture of 1-1 and group sessions. You will be supported to provide frequent feedback so that Kia Ora Hauora can continuously improve your experience as a Tuakana. You will also have the opportunity to be involved in marketing to help promote the programme.

Tuakana Orientation Sessions :

The first 2 sessions will be Tuakana orientation sessions with Teina joining the programme from session 3 onwards. Sessions 1 & 2 only involve Tuakana and the Kia Ora Hauora Mai Tawhiti support team. These sessions are a chance for you to meet the crew, learn more about the programme, answer any questions you may have and get you match fit to be a Tuakana. You will learn about your role and responsibilities, the ins and outs of the different sessions and become familiar with our 'Shields and Forcefields (policies and procedures) including our escalation process should you ever have concerns for the mental or physical wellbeing of yourself or others.

Group Sessions three & four

Everyone will come together for Session 3 for an online Mihi Whakatau (welcome) and whakawhanaungatanga session with Teina welcoming them into the programme. This session will be a time to meet each other and outline the programme to Teina.

Session 4 will again be a group session where we explore the tikanga of the programme and also provide insight into tikanga more generally. This session is intended to provide a strong foundation for your first 1-1 session with your Teina where you will decide together what type of tikanga you might want to incorporate into your sessions. It will also be another opportunity to ask any burning questions and check everyone is ready for their first 1-1 session.

The times and dates will be confirmed by the Project Coordinator.

One on one Sessions

These sessions are the heart of Kia Ora Hauora Kia Ora Hauora Mai Tawhiti where you build the foundation of your relationship with your Teina and grow the trust required for you both to feel comfortable sharing with each other. These sessions are guided by a series of session plans to help you both make the most of your time together.

Part 2 of this handbook provides session plans to guide your conversations when you are in the 1-1 session. However, if there is something that you and/or your Teina would rather talk about, please do so. The intention of these sessions is to provide Teina with an opportunity to hear from someone who has gone through a similar experience they themselves will soon make. Your experience as a Māori University student and advice about how to make the transition easier are the main conversations we want you to have and if these do not fit with the session plan – kei te pai!

Group Sessions

Kia Ora Hauora will regularly arrange group sessions to provide all Tuakana and Teina with opportunities to learn more and engage with te ao Māori. These sessions will provide insight into tikanga, financial support to attend university and explore Māori concepts found within the health sector. The information shared will be practical and will include time for questions. A timetable of these sessions is provided in section 3.

Programme Tools

As an online programme you will need a computer, laptop or tablet with the ability to host a video calls and have reliable access to broadband connectivity. While we know most phones can do this, you will need a bigger screen to engage with the online workbook to complete session plans. If anyone does not have a computer, laptop or tablet please contact the programme coordinator who will arrange for you to have access to the tools you need.

Kaupapa o Kia Ora Hauora Mai Tawhiti

Kia Ora Hauora Mai Tawhiti has been developed with a te ao Māori view. Mentoring relationships are aligned to our traditional whānau practices and our Māori values that encourage the sharing of experience and knowledge to awahi others. Strong relationships, based on respect, reciprocity and trust are essential to effective learning for Māori.

The Kia Ora Hauora Mai Tawhiti team are on-hand to support you every step of the way and there is a robust set of values and policies designed to support the programme and to keep Tuakana and Teina safe. These values and policies will be explained during orientation to support you to embody them throughout the programme.

There are 5 Māori values we use to guide Kia Ora Hauora Mai Tawhiti to ensure that it supports Māori to be successful as Māori within the programme.

These values are:

Whakapapatanga (Relationships)

Through whakapapa we develop and deepen relationships between Tuakana and Teina.

Whanaungatanga (Connection)

Whānau binds people together and we are never alone.

Manaakitanga (Looking after people)

Caring for people with respect, humility and kindness.

Rangatiratanga (Leadership by example)

Foster the qualities of humility, leadership, diplomacy, generosity, integrity and honesty.

Kotahitanga (Working together)

Working together we will achieve our purpose.

What is your role?

Your Tuakana role is to be a support person for your Teina and role model behaviours that uphold the values of Kia Ora Hauora Mai Tawhiti. We ask that you conduct yourself in the way you would expect your Teina to behave, honour your word, demonstrate good work ethics, respect, and honesty.

Be a positive force in the life of your Teina - commit to the following:

1. Share your knowledge and experience of moving into tertiary health study
2. Work to build trust and confidence with your Teina
3. Be non-judgemental - try to relate to them and their background
4. Create a relationship where Teina know they can ask questions without fear or embarrassment
5. Treat them with respect
6. Keep your word and be a great role model

Success requires work - Tuakana commit to the following:

1. Devote time to meet with your Teina as needed (approx. 4 hours a month)
2. Devote one hour a month to provide feedback to improve the programme
3. Seek help, advice, guidance to support your Teina
4. Make time to reflect on your actions
5. Stay in regular contact with the Kia Ora Hauora Mai Tawhiti team
6. Ask for help and support when you need it

What is the support we will provide you?

Kia Ora Hauora is committed to providing you with all the support you require to be a confident and comfortable Kia Ora Hauora Mai Tawhiti Tuakana. We will tailor support to meet your individual needs. It can include internet connection, online devices, te reo Māori resources and specialist advice such as budgeting support. Kia Ora Hauora will also provide you with:

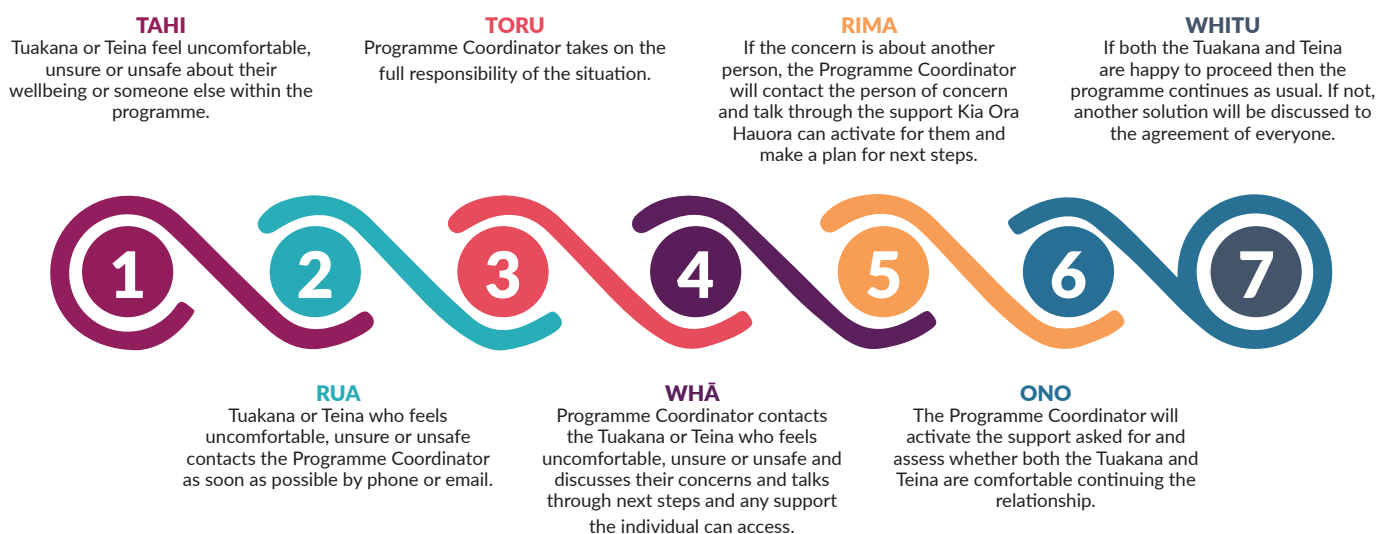
- a professional CV reference
- access to free 1-1 skill building sessions with professionals
- pūtea recognising your time and effort
- access to information provided in group sessions that will support your current university experience.

You will each receive a formal written CV reference for you to use in future employment as well as 1-1 skill building sessions with professionals. What this session looks like is up to you but they are there to help you develop your self and skill set in whatever way you like. Perhaps you would like support to improve your academic writing or how to create excel spreadsheets - whatever you need as an individual we will support you to access with 2 free 1-1 sessions with professionals who will help you grow. For more information see the '1-1 skill building sessions with professionals Overview' within the key documents section.

Kia Ora Hauora is also committed to ensuring that you feel supported in your participation on the programme. If you have any concerns about your own safety and/or wellbeing or that of your Teina please talk directly with the Project Coordinator who is there to support, you both at any time. The document 'Forcefields and Shields' outlines all the policies and processes Mai Tawhiti operates within.

The Project Coordinator is your go to person for everything. Any issues or concerns you have please raise them directly with the Project Coordinator who depending on the issue will activate support for you. This may include bringing in your Kia Ora Hauora Regional Coordinator who will be your main point of contact when Kia Ora Hauora Mai Tawhiti is completed.

We have developed a detailed escalation process should you ever feel uncomfortable during this programme which has been outlined below and documented within the 'Escalation Process' document located in the 'Key Documentation' section.



What are some of the challenges you may encounter?

Kia Ora Hauora Mai Tawhiti acknowledges that there will be times when things are hard or don't go to plan. Life is busy with many demands, and it can be a challenge to consistently be your best self. There are potential challenges that should be considered including:

1. Set realistic expectations – Identify what you hope to achieve throughout the programme and beyond. It is important to set clear expectations that are attainable in the time you have together. If there are any on-going concerns about meeting the expectations of each other, please contact the programme coordinator who will support you.
2. External support – The effectiveness of Kia Ora Hauora Mai Tawhiti is maximised when a number of parties are providing support to each person from many areas of life. Encourage your Teina to discuss Kia Ora Hauora Mai Tawhiti with their whānau, friends and teachers. You should also discuss the programme with those supporting your study- friends, tutors and lecturers so they understand the time commitment you have made and any other areas where they may be able to support you.
3. Time commitments/personal events – Unforeseen events and increased workloads may occur during the programme. It will be important to remain flexible and communicate clearly when setting your schedules. If your circumstances change, contact your programme coordinator and they can help you make a plan or activate extra support for your Teina.

Pūtea

In recognition of the commitment it takes to be a Tuakana, Kia Ora Hauora will provide a payment of \$1,000. This will be paid in 3 instalments and requires you to sign a contract and provide bank details.

Kia Ora Hauora acknowledges your workload as a full-time student and that as a member of the pilot we require your feedback and agreement to help promote the programme and ensure it is fit to roll out across the motu. Kia Ora Hauora is very aware of the real costs and time commitments you have as a student attending University. The aim of the pūtea is to make it easier for you to participate recognising you could be working instead of being a Kia Ora Hauora Mai Tawhiti Tuakana and that we value your time.

Contract

As part of our commitment to Kia Ora Hauora Mai Tawhiti succeeding, a draft contract has been developed that outlines Kia Ora Hauora role and responsibilities and the role and responsibilities you agree to undertake as a Tuakana. The contract outlines the confidentiality agreement, payment schedule and other legal conditions of participation within Kia ora Hauora Mai Tawhiti. Each Tuakana will be emailed a draft contract to sign. Please contact the Project Coordinator if you have any questions or concerns about the contract.

Kia Ora Hauora Mai Tawhiti Programme - how it will run

The Orientation and Group sessions are fixed dates and times. Sessions 14 & 15 will be arranged with the programme coordinator prior to the completion of the programme.

KIA ORA HAUORA MAI TAWHITI PROGRAMME <i>(draft)</i>	
Session	Kaupapa
Session 1 (Tuakana/Kia Ora Hauora)	Tuakana Orientation
Session 2 (Tuakana/Kia Ora Hauora)	Tuakana Orientation
Session 3 (Group)	Mihi Whakatau/welcome - whakawhanaungatanga
Session 4 (Group)	Tikanga session
Session 5 (1:1)	Getting to know each other
Session 6 (1:1)	Who's on your waka?
Session 7 (Group)	Māori models of healthcare - speaker
Session 8 (1:1)	Where's your waka going?
Session 9 (1:1)	What is life at university really like?
Session 10 (Group)	Financial support - speaker
Session 11 (1:1)	Good study habits and exam preparation
Session 12 (1:1)	How to apply for university
Session 13 (Group)	Whakamutunga
Session 14 (Teina/Kia Ora Hauora)	Debrief/feedback
Session 15 (Tuakana/Kia Ora Hauora)	Debrief/feedback

SECTION TWO

1-1 SESSION PLANS

The Session plans are designed to support you to have meaningful conversations with your Teina. Use these Session Plans as you need them. Some sessions you may go through all the questions other times, just a few. If you find that your session doesn't take the full hour – kei te pai. The important thing is that your sessions are a positive way to share your experiences and knowledge.

To end each session check out the 'Next week's prep' section – it will get you and your Teina thinking and help you both be prepared and make the best use of your time. While these session plans are designed to support your Teina, there are also learnings that will support your development as a Tuakana.

You do not have to follow the session plans exactly as they are outlined however, we do ask that at the conclusion of every 1-1 session you note down the main conversation points and any resources used. These notes will be used by Kia Ora Hauora as part of our evaluation of Kia Ora Hauora Mai Tawhiti and will be used to help improve the programme.

Your Teina has access to a cut down version of the session plans within their handbook as it is intended that you lead the conversation allowing the Teina to focus on their response.

SESSION PLAN 1 (SESSION 5)

Getting to know each other - Ko wai koe, mō hea koe?

Building a strong relationship is perhaps the most important step in developing a great Tuakana - Teina partnership! So Session 1 is all about breaking the ice! Letting your Teina know a bit about you, including some personal details, what you like to do in your spare time, the sort of music you listen to, where and what you study, where you grew up etc.

This is also the time to decide when you will discuss what tikanga, or guidelines you think you would like to include in your 1-1 sessions. This could include choosing to begin and end each session with karakia or any other tikanga that supports your learning. It's up to you both and what you are comfortable with, Kia Ora Hauora is also on-hand to help you to create a shared tikanga which acknowledges that Kia Ora Hauora Mai Tawhiti as a Māori space.

Questions/activities to get you started:

- Sharing pepeha (template available here)
- Where do you live?
- Who do you live with?
- What keeps you busy?
- What do you value? (family time, academic success, supporting others etc)
- What do you think you want to do next year?
- What made you want to sign up to Kia Ora Hauora Mai Tawhiti?
- What do you want to get out of Kia Ora Hauora Mai Tawhiti?
- What day/time works best for our sessions?
- Are there any barriers that might get in the way of you participating in the programme?
- Is there anything you are not sure about with Kia Ora Hauora Mai Tawhiti?
- What tikanga do you feel comfortable or want to get support to include in our 1-1 sessions?

Next sessions prep:

For your Teina ask them to think about what support they have around them. Ask them who is on their waka? Ask them to note down their support team for the next session.

For you, think about any studies or people you go to for advice that you could share with your Teina. Start making a list.

Mandatory Tuakana evaluation questions:

1. Rate your session out of 5 – 1 2 3 4 5
2. Do you think this session was helpful for your Teina? Y / n
3. Do you think this session was helpful for you? Y / n
4. Did you use the questions? Y / n
5. Do you think this session plan was helpful? Y / n
6. What were the main points of conversation?
7. Are there any resources or additional support either you or your Teina need?
8. Any other comments

SESSION PLAN 2 (SESSION 6)

Who's on your waka?

He waka kore hoe he tangata kore huarahi. A waka without a paddle is like a person without direction.

Te Ao Māori recognises and embraces the strength that comes from the support of your whānau and community. This session looks at the different support networks and people that your Teina has to draw on. Obviously, they have you on board their waka - and be sure to keep reminding them - but there will be other people around them who are prepared to support them too. This session is about helping your Teina to develop their support network and identify any resources they can get on board to make their waka go faster.

Remember to be flexible - if there is a more pressing discussion your Teina would like to have, please don't feel bound by the session plan.

Make sure you note down the main points of conversation in the evaluation and reach out to the Programme Coordinator if you have any concerns.

Questions/activities to get you started:

- Check in – how are you both going? How has your week been? etc
- Share who's on your waka - your support network and the people you go to for advice. Are there resources/ services you use for help? Share these with your Teina.
- Ask your Teina to share who is in their waka.
- Does your Teina feel like they need more support in any particular areas?
- Share any resources, groups or contacts that could benefit your Teina.
- Share your personal experiences, both good and bad in accessing support.
- Are there any supports that you as a Tuakana wish you had on board your waka earlier?

Next sessions prep:

Next week there is a group session on Māori models of healthcare within the NZ health system and hear from a Māori health professional who will share their journey - highs and lows with you to learn from. In preparation for this session we ask that all Tuakana and Teina come prepared with a question to ask during the zui. Think of something you are curious within the health sector with an example question being - what is the best thing about being a Māori health professional?

So, it will be a fortnight before you are back together 1-1 to talk about where your waka is going.

For your next 1-1 session ask your Teina to think about what goals and ambitions they have in terms of their education pathway. Is there a particular field of study they want to major in? Do they know the criteria for entry? Think about the direction they want to steer their waka and the actions they need to do to get to the end goal. Ask them to note them down to share at your next online meeting.

If you're unsure about how to think about goal setting and lead a goal setting conversation as a Tuakana watch this 4 minute video - www.youtube.com/watch?v=iOQfCZjASX8 to help get you started.

Mandatory Tuakana evaluation questions:

1. Rate your session out of 5 – 1 2 3 4 5
2. Do you think this session was helpful for your Teina? Y / n
3. Do you think this session was helpful for you? Y / n
4. Did you use the questions? Y / n
5. Do you think this session plan was helpful? Y / n
6. What were the main points of conversation?
7. Are there any resources or additional support either you or your Teina need?
8. Any other comments

SESSION PLAN 3 (SESSION 8)

Where's your waka going?

Setting good goals is a great skill to have and one many of us are not great at. It is important that you know where you want to go so that you can make decisions now that will ensure you get to your destination. In this session you will help guide your Teina through thinking about what their goals are or could be if they are unsure. Together you can discuss their goals and work out a plan to achieve them.

Remember to be flexible - if there is a more pressing discussion your Teina would like to have, please don't feel bound by the session plan.

Make sure you note down the main points of conversation in the evaluation and reach out to the Programme Coordinator if you have any concerns.

Every person is different and while some people may be able to state clearly what they want to achieve, others may find this challenging. Listen to your Teina and support them to find the path, or paths, they want to take. Below we have provided two sets of questions/activities to get you started based on where you feel your Teina sits. You can use a mixture of questions/activities from both lists as you need. Maybe rewatch the video we shared at the end of the last 1-1 session - <https://www.youtube.com/watch?v=i0QfCZjASX8> to get you started. For Teina who are clear in their goals you still want to check in with how they are progressing and what support they may need.

The following questions/activities will get you started:

- Check in – how are you both going? How has your week been? etc
- Share your goals with your Teina and why you have them.
- Share what supports you have in place to achieve your goals.
- What challenges have you faced or overcome trying to achieve a goal?
- Have your goals ever changed and how did you manage this?
- What are your Teina's goals?
- What supports do they have?
- Do they feel confident that they will achieve these goals in a timeframe they are happy with? Use S.M.A.R.T if it helps: Specific, Measureable, Achievable, Relevant, Timebound.
- Do they feel they need more support? If so what kind of support?

For Teina who have no clear goals over and above getting into their chosen course and university this session is an opportunity to work through the steps required for that to happen. As you know there are many criteria that you need to meet in order to get into health-related pathways at university and the sooner you get on that pathway the easier it is. So now is a great time to check that your Teina understands the choices and actions they need to undertake in order to achieve their end goal.

Reassure your Teina that it is ok not to have a specific plan but that you are here to make sure they know the right pathway to get them to where they want to go.

Use the following questions/activities to get you started:

- Share how you use goal setting and what your educational goals are.
- Ask your Teina if they have any ideas about what they want to study and where?
 - o Reframe what they say as a goal, for example – get into Otago University in 2023 to study general health.
 - o Talk about what specific health related field they may be interested in
- Ask them if they know the criteria for their area of interest.
- If they are not sure about what criteria is required and what support is available, use this time to discuss and do the research together.

Next sessions prep:

Ask your Teina to think of any questions they have about what life at university is generally like and note them down for the next 1-1 session.

As a Tuakana think about how your life at university is different to what it was like at Secondary School. Is it as you expected? How has COVID impacted your university life? Think about things to share with your Teina that will prepare them for the great and not so great stuff about university life.

Mandatory Tuakana evaluation questions:

1. Rate your session out of 5 – 1 2 3 4 5
2. Do you think this session was helpful for your Teina? Y / n
3. Do you think this session was helpful for you? Y / n
4. Did you use the questions? Y / n
5. Do you think this session plan was helpful? Y / n
6. What were the main points of conversation?
7. Are there any resources or additional support either you or your Teina need?
8. Any other comments

SESSION PLAN 4 (SESSION 9)

What is life at university is, really like?

Flatting, life in a hall of residence, holding down a part-time job, getting a student loan, paying it back, what financial help is available, study groups, what is an average day at uni like, what are lectures like, what equipment do Teina need, what happens if you get sick, how much does car parking cost?..... All these questions will be things your Teina may not know much about. Sharing the realities, costs and how you manage all your responsibilities will give your Teina a good understanding of what they can expect when they start university.

Remember to be flexible - if there is a more pressing discussion your Teina would like to have, please don't feel bound by the session plan.

Make sure you note down the main points of conversation in the evaluation and reach out to the Programme Coordinator if you have any concerns.

Questions/activities to get you started:

- Check in – how are you both going? How has your week been? Etc
- What was the biggest surprise for you when you started university?
- What is the best thing about being a student at university?
- Are there any places you go to be supported by other Māori?
- How do you balance all the time commitments in your life?
- What is the hardest thing about being at university?

Next sessions prep:

Next week there is a group session on the types of financial support available to you and your Teina while you study at uni. It will cover StudyLink, navigating Work and Income and other entitlements you may be able to access. The session will also cover what scholarships are available and how Kia Ora Hauora can help you both find them and prepare awesome applications.

It will be a fortnight before you are back together 1:1 to talk about good study and exam tips.

Between now and then think about how you prepare for exams and what your general study habits are as a Tuakana. If there are any awesome resources you use, be prepared to share them with your Teina and ask your Teina to do the same.

Mandatory Tuakana evaluation questions:

1. Rate your session out of 5 – 1 2 3 4 5
2. Do you think this session was helpful for your Teina? Y / n
3. Do you think this session was helpful for you? Y / n
4. Did you use the questions? Y / n
5. Do you think this session plan was helpful? Y / n
6. What were the main points of conversation?
7. Are there any resources or additional support either you or your Teina need?
8. Any other comments

SESSION PLAN 5 (SESSION 11)

Good study habits and exam preparation

This session is an opportunity for you to share your study tricks and tips. It's also a great time to have a frank conversation about the demands tertiary study and exams have on your life and how you manage them. Share your experience of exams and how you prepare for them. Ask your Teina about their thoughts and feelings towards exams and study. Most people find these things stressful so sharing strategies and successful ways of dealing with them may help your Teina. This is an opportunity to share what study habits and techniques work for you and the different learning resources and tools you use.

Remember to be flexible - if there is a more pressing discussion your Teina would like to have, please don't feel bound by the session plan.

Make sure you note down the main points of conversation in the evaluation and reach out to the Programme Coordinator if you have any concerns.

Questions/activities to get you started:

- Check in – how are you both going? How has your week been? etc
- Talk about the demand's university study has on you and how you manage them.
- Talk about general life pressures and how to manage them at exam time. This may include family commitments and work expectations.
- Share what places and spaces you were/are able to use to study and prepare for exams that your Teina may be able to utilise.
- Talk through whatever fears or stresses your Teina holds around exams as often saying fears aloud can reduce their presence in our minds.
- Share what resources you like and use to study and prepare for exams.
- If you think your Teina would benefit from more support please reach out to the Programme Coordinator who can arrange extra support for your Teina.

Next sessions prep:

In the next session you are going to go through a mock template of a university application with your Teina. As a Tuakana think about what the experience of applying for university was like. Were there bits of the process you had no idea about?

Ask your Teina to bring an application form if there is one they are considering and think of any questions they have for you about the application process.

Mandatory Tuakana evaluation questions:

1. Rate your session out of 5 – 1 2 3 4 5
2. Do you think this session was helpful for your Teina? Y / n
3. Do you think this session was helpful for you? Y / n
4. Did you use the questions? Y / n
5. Do you think this session plan was helpful? Y / n
6. What were the main points of conversation?
7. Are there any resources or additional support either you or your Teina need?
8. Any other comments

SESSION PLAN 6 (SESSION 12)

How to apply for university

FINAL 1-1 SESSION

Applying for university can be stressful. Having recently gone through this process yourself your insight and advice about how to tackle this process will be gold. In this session we have provided a mock application template as well as information about how to navigate the scholarship page of Kia Ora Hauora.

In this session we ask you to work through the template together and that you provide advice on how you approached your university application, and though you may not have applied for scholarships before, to have a look at the scholarship template and talk through how you would approach it. If you get stuck please reach out to the Programme Coordinator who will join a session with you and your Teina to support you both with the templates.

This is your last 1-1 session together. Talk about how your time in Kia Ora Hauora Mai Tawhiti has gone and what the best bits for you both were.

Questions/activities to get you started:

- Check in – how are you both going? How has your week been? Etc
- Look at the mock templates and ask your Teina to choose the one they would most like to go through if they have not bought one with them.
- Go through the templates together providing advice as you do and if there are areas you are unsure about the Programme Coordinator can help.
- Talk about each of your experiences within Kia Ora Hauora Mai Tawhiti.

Next sessions prep:

Next week is our final group session where we reflect on our time together in Kia Ora Hauora Mai Tawhiti.

Mandatory Tuakana evaluation questions:

1. Rate your session out of 5 – 1 2 3 4 5
2. Do you think this session was helpful for your Teina? Y / n
3. Do you think this session was helpful for you? Y / n
4. Did you use the questions? Y / n
5. Do you think this session plan was helpful? Y / n
6. What were the main points of conversation?
7. Are there any resources or additional support either you or your Teina need?
8. Any other comments