



WHAT HAS
Shaped
WHO YOU ARE?



WHAT IS SHAPING
WHO YOU ARE

becoming?

Identity

FIND IDEAS ON BECOMING THE
PERSON YOU WANT TO BE
www.wgtn.ac.nz/wellbeing

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If you would like more ideas on becoming the person you want to be, we have resources and services that can help.

Free to take!

For a list of our support services, go to: wgtn.ac.nz/students/support



“TŌKU MANA, TŌKU IHIIHI, NŌ TUAWHAKARERE, NO AKU TĪPUNA!”

“My mana, my psychic force is from eons ago, from my ancestors!”

— MĀORI WHĀKATAUKI

To understand who we are today and who we'll be in the future, it's important to look back on where we've come from.



What are three things that have helped you be who you are today?

What is one thing from where you've grown up that you think has helped you be who you are today?

Who are five people you look up to who have greatly influenced you?



Now think about the path you've been on so far.

What would you like to change?

What will you keep doing?

WE ALL HAVE STRENGTHS
WHAT ARE YOURS?

Character strengths are the best traits you possess. Knowing and developing these can help you feel more fulfilled.

WRITE DOWN FIVE POSITIVE TRAITS OTHER PEOPLE HAVE NOTICED AND SAID ABOUT YOU:

- 1.
- 2.
- 3.
- 4.
- 5.

To help identify your strengths try the FutureSelves questionnaire — contact Careers and Employment at careers-services@vuw.ac.nz or 04 463 5393.

Here are some example strengths:

CURIOUS APPROACHABLE CREATIVE PERSEVERANCE TRUSTWORTHY

PLAYING TO YOUR STRENGTHS CAN HELP YOU FEEL MORE FULFILLED.

YOUR 'THING'

The search for purpose is something we all share. Remember that you do not need to have it all figured out now.

Here are a few tips to get you started on your search for purpose.

- 1 Understand who you are; your skills, strengths and values
- 2 Set some manageable goals that play to your strengths, abilities and interests. You'll know when your goals are true to you because you will feel that 'spark', joy or excitement for them.
- 3 Focus on what you can control — like learning new skills, maintaining good relationships with people and doing your best at uni.
- 4 Take it one day at a time. The path is not straight, uncertainty is all part of it, so keep learning and enjoy the ride!

Where am I heading after uni?

No matter where you're heading, university gives you the opportunity to develop skills for the future.

- Focus on learning and growing your skills.
- Be open to opportunities when they come.
- Talk to the Careers team — they have great ideas and advice (Hunter 120).

Wondering what you can do with your degree? Go to Quicklinks on wgtn.ac.nz/careers

THE PATH ISN'T A STRAIGHT LINE

It's a spiral. You continually come BACK TO THINGS YOU THOUGHT YOU UNDERSTOOD and see deeper truths.

— BARRY H. GILLESPIE

V.A.K.A

Vaka represents navigating the shores—Māori and Pacific paddling on the vaka from past to present, embracing the journey.

Values

Atua (Spirituality)

Kinship

Authentic