

WHAT'S ON AT AUT IN THE MID-SEMESTER BREAK

AUT

Stay connected and well and develop your skills over mid-semester break. Take a look at what we have in store for you.

Link into our live workshops on study tips or how to stand out with employers, social hangouts, meditations, and workouts – or book into our weeklong programmes to help you build a positive mindset and reduce stress and self-doubt.

Head over to the AUT App or [Student Hub Online](#) to see all the events and how to register and join.

We've got something for everyone!

**S2 MID-SEM
LOCKDOWN
STYLE**



Sharpen your study skills

Use the downtime from classes to learn tips and tricks from peer mentors on how to improve your grades, find motivation, and combat procrastination. You can also check out workshops by the AUT Library on how to find great resources for your assessments and tips on how not to lose marks for poor referencing. [See what's on](#)

DON'T MISS

Tune in to the AUT 3-Minute Thesis Competition Finals on Friday 3 September to watch the finalists' videos, cast your audience vote and hear the judges' decisions on who will be progressing to the National Universities Masters 3MT Competition (masters) and Asia-Pacific Competition (doctoral).

[➤ Tune in](#)

Stay connected with our communities

Many of our teams are online and can't wait to hear from you during the break if you'd like to connect with them for a yarn. You can reach out to our RUOK advisors, AUTSA student association and the Rainbow room for chats and hangouts.

If you don't already, follow some of our communities [@oceanianohana](#), [@autmaori](#), [@autstudentambassadors](#), [@autrecreation](#) and [@Horizon.ADP](#) to see the events and competitions they have in store across the break. [See what's on](#)

DON'T MISS

To kick off the week, AUT Music Club is debuting their Lockdown Live Open Mic Night! You can either perform and share your talent, or just stream in to enjoy live music.

[➤ Sign up](#)



Feed your mind body and soul

Begin your day by opening your senses and mind with bilingual Māori and English Tai Chi classes, take regular breaks throughout the day with the AUT Gym's live workouts, or tune in for Bright Side's midday meditations on Instagram. Harness your creativity and participate in our 'Making from Home' competition brought to you by the Library's Maker Space – Studio55. Or register for Bright Side's weekly programmes to reduce stress, build resilience and a positive mindset, manage your emotions, and overcome self-doubt. [See what's on](#)

DON'T MISS

Harness your creativity and participate in our 'Making from Home' competition brought to you by the Library's Maker Space – Studio55. Follow [@studio55makers](#) on Instagram or Facebook for our interactive make from home guides then tag [@studio55makers](#) or [#studio55makers](#) in any Instagram and Facebook posts or stories, to go in the draw for a \$100 Gordon Harris shout, on us!

[➤ Find our interactive guides](#)

AND ALSO

Build a positive mindset and resilience by registering for Bright Side's Express Future Focus weeklong programme, starting Monday 30 August. Facilitated by Alexis Pritchard, mindset and performance coach and boxing Olympian, you'll gain a deeper understanding of who you are, help you manage your emotions, and overcome negative narratives.

[➤ How to register](#)



Get a head start on being career ready

Mid-semester break is a great time to consider your career options and fill in gaps in your CV for when you graduate. Take up a workshop on CV development and how to thrive in the workplace through developing the skills employers are looking for. Hear industry secrets from recruiters and advice from AUT's in-house social media team who spill the tea on some hilarious social media blunders, along with some top tips on the best way to enhance your online presence. [See what's on](#)

DON'T MISS

Join the Employability team on Tuesday 31 August for a brand-new take on how to write a CV and cover letter to get the interview for your dream job.

[➤ Register now](#)

