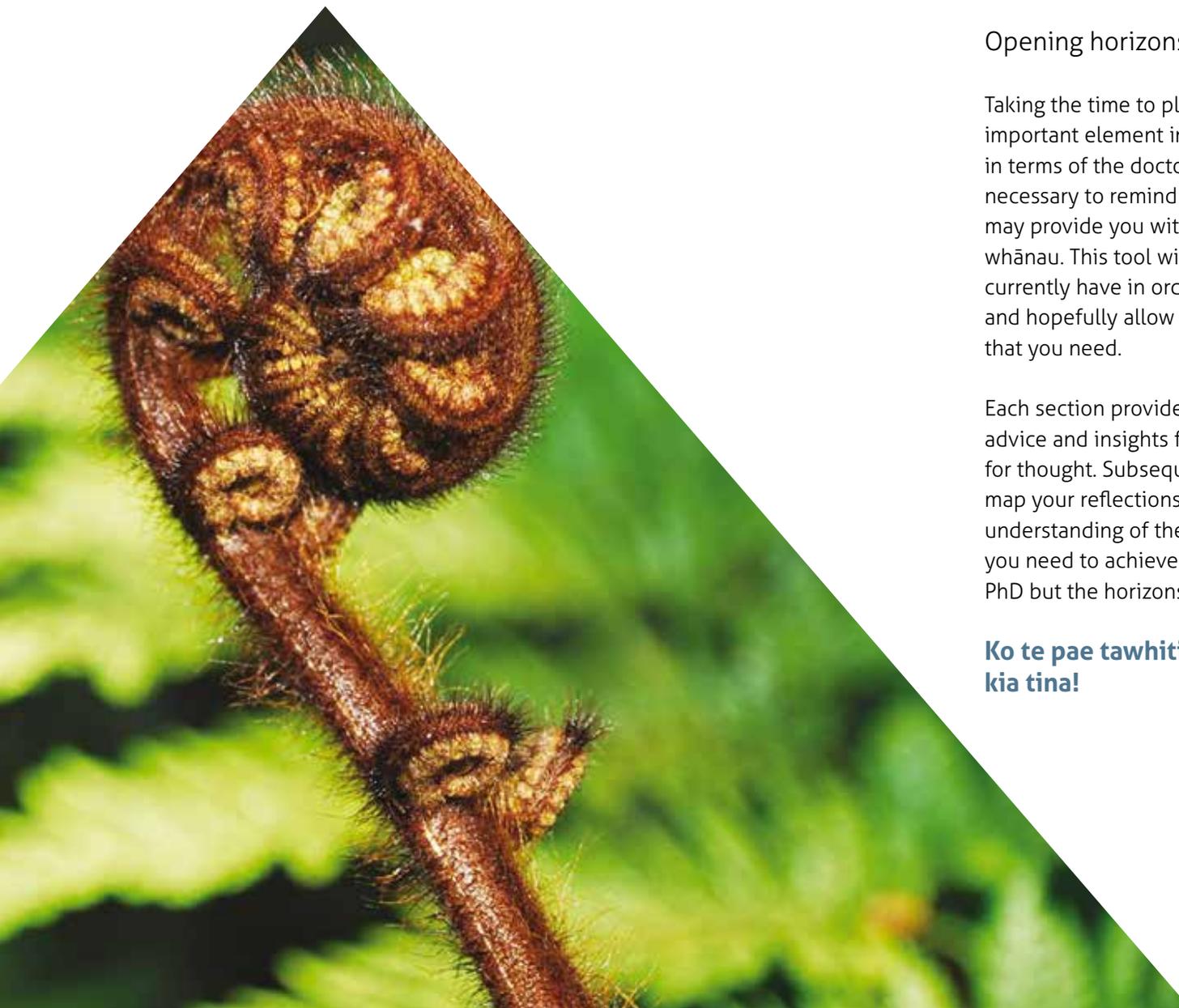


# Te Tātua o Kahukura

A Planning Guide





## TE TĀTUA O KAHUKURA

Opening horizons for Māori and Indigenous doctoral scholars

Taking the time to plan your pathway through and beyond a PhD is an important element in achieving success. Reflecting upon where you are in terms of the doctoral journey and where you dream to be as a result is necessary to remind us of why you are pursuing the doctorate which in turn may provide you with the motivation to continue, for yourself and for your whānau. This tool will ask you to think about what you need that you don't currently have in order to arrive at the horizons you are striving toward and hopefully allow you to successfully plan a way to gain the support that you need.

Each section provides a question or statement for you to consider, as well as advice and insights from both staff and students to provide you with food for thought. Subsequently, a section is provided for you to write/draw/mind map your reflections. The sum total of this is that you will have a clearer understanding of the smaller and larger goals you are striving for, the support you need to achieve them and the motivation to see not only the end of the PhD but the horizons that lie beyond it.

**Ko te pae tawhiti whāia kia tata! Ko te pae tata whakamaua kia tina!**



## What other MAI staff and students have to say about the importance of a PhD:

"...One of the strong things that came through that I felt was the idea of it not only being an intellectual journey but it was also a healing journey and that idea of healing came through partly through our expression and partly through what we were expressing and that that might create healing of historical trauma and there were lots of examples that came through with that."

"We talked about it fundamentally being about being the change that we want to see within our communities for our whānau and our hapū and our iwi and that was sort of the motivating factor that the PhD itself is just a platform to far greater things; it's not the thing that defines us and what we do. It's just a small space of time but it's going to hopefully be transformative not only for ourselves but for our people."

"We talked about making, normalising post-grad study for our whānau so it just becomes something we can all do as an option, doesn't have to be what you do, but as an option and honouring our original instructions, this is what we are supposed to be doing, and that we can accept that and work with that this is the original instruction, we are here to contribute back, to make it matter, to make what we think matter."

"I can remember one woman saying... that she wanted to get the 'Dr' so she could argue back. That in the work that she was doing; advocating for the people she worked with, whether you call them clients or patients, that Dr in front of her name would give her voice different power to argue for them. So, she had no intention of going into an academic kind of a career or a scholarship if you like, but she saw that as a way of saying, well, it means that other people think that my voice counts in a different way."

# Where are you at now?

Whakaahuatia ō whakaaro ki raro ake nei:



## Hei āwhina:

What have you done so far to get you here?

How much have you already achieved in order to have a PhD as a possibility in your life?

Remember, it takes years of learning, determination and accomplishment to get here!







# What kinds of support do you need?

Things for you to think about:

**Supervisors** are the most commonly cited source of support for Māori students. Good Māori supervision will include upholding Māori values, knowledge and practices. Good supervisors will assist you with your thesis as well as with other important components, such as:

- Introductions to appropriate networks and other academics
- Attending the right conferences and wānanga
- Help to find funding and work
- Opportunities to present and publish

**Mentors** and **sponsors** are invaluable and can be found both within and without the academy. Supervisors can be great sponsors, as too can whānau and hapū members who work or are engaged in spaces that provide opportunities for your growth. Your peers or friends, especially those who have already completed a PhD, can be great tuakana.

**MAI Te Kupenga**, a Māori and Indigenous support programme initiated by Professor Graham Smith, has been identified as integral to the success of past PhD students all over the country. Head along to a MAI event!

Your peers are a major source of support; forming **tuakana teina** relationships and writing groups, for example, can help you significantly. It is important to also remember that PhD scholars are expected to eventually become tuakana and play a role in giving back in order to ensure succession and the success of future Māori PhD doctoral scholars.

**Whānau, community, hapū** and **iwi** are incredible sources of holistic strength, motivation and even potential employment.



## What other MAI students have said about the kinds of support they believe important:

*"... we don't belong to universities really we belong to iwi and hapū so that should somewhere hopefully feature or figure in that support process. I was fortunate because I have connections to Tainui so it was at that level and also at a supervisory level and a mentoring level which I was lucky to have a lot of that from Ngāti Porou."  
(Waikato, Kaimahi)*

*"..it's all about decreasing the stress levels because they are all smart, they are really smart, capable people who will get to that stage and so what they will need is to decrease their stress levels and get them in a space where they can just focus on work. Financial assistance is huge because that takes away part of the stress levels of how I'm going to pay for this and how am I going to support myself."  
(Waikato Kaimahi)*

*"Getting responsible mentors, you know, people that act as mentors in their everyday life cause that's how we operate, but getting them to be really conscious, then going, I'm going to take you to this hui because I am going to introduce you to this person and I'm going to sell, not sell you, but you know, promote you until you have the confidence to promote yourself because that is a really important part."  
(Otago, Taurira)*

*"So, there's just informal and formal mentoring. Informal included whānau, kaumātua, kuia, tamariki, iramutu, siblings, cuzzies, uncles, aunties. Also under informal we had peer mentors, we talked about class cohort, other stuff, co-workers, sharing information, sharing experiences, encouraging each other, borrowing apps, literature, books etc. The formalised mentoring... there are breakfasts, writing retreats, workshops, Facebook page, conference opportunities and the other formal mentoring component was probably supervisors, head of school, other staff, and guest lecturers."  
(Awanuiārangi, Taurira)*

# Some things other scholars found helpful

## Te Taura Here: Stay connected

- Making time and space for involvement in cultural practices and events and other non-doctoral related activities helped Māori and Indigenous doctoral scholars and early career academics to gain the support, energy, motivation and restoration they needed to progress their research.
- Join your closest MAI Te Kupenga scholar support site. See: [www.mai.ac.nz](http://www.mai.ac.nz) for more details

## Tō whakaruruhau: Find your safe space

- You may feel most safe with your supervisor, your peers, your tuakana or teina, your hapū or whānau; whoever or wherever it is – use that space to build your confidence and develop experience. Practice that presentation, voice your critical thinking, ask questions, and challenge ideas. Chances are if you feel safe it's because you are!

## Moea te poi, moea te taiaha: Are you aware?

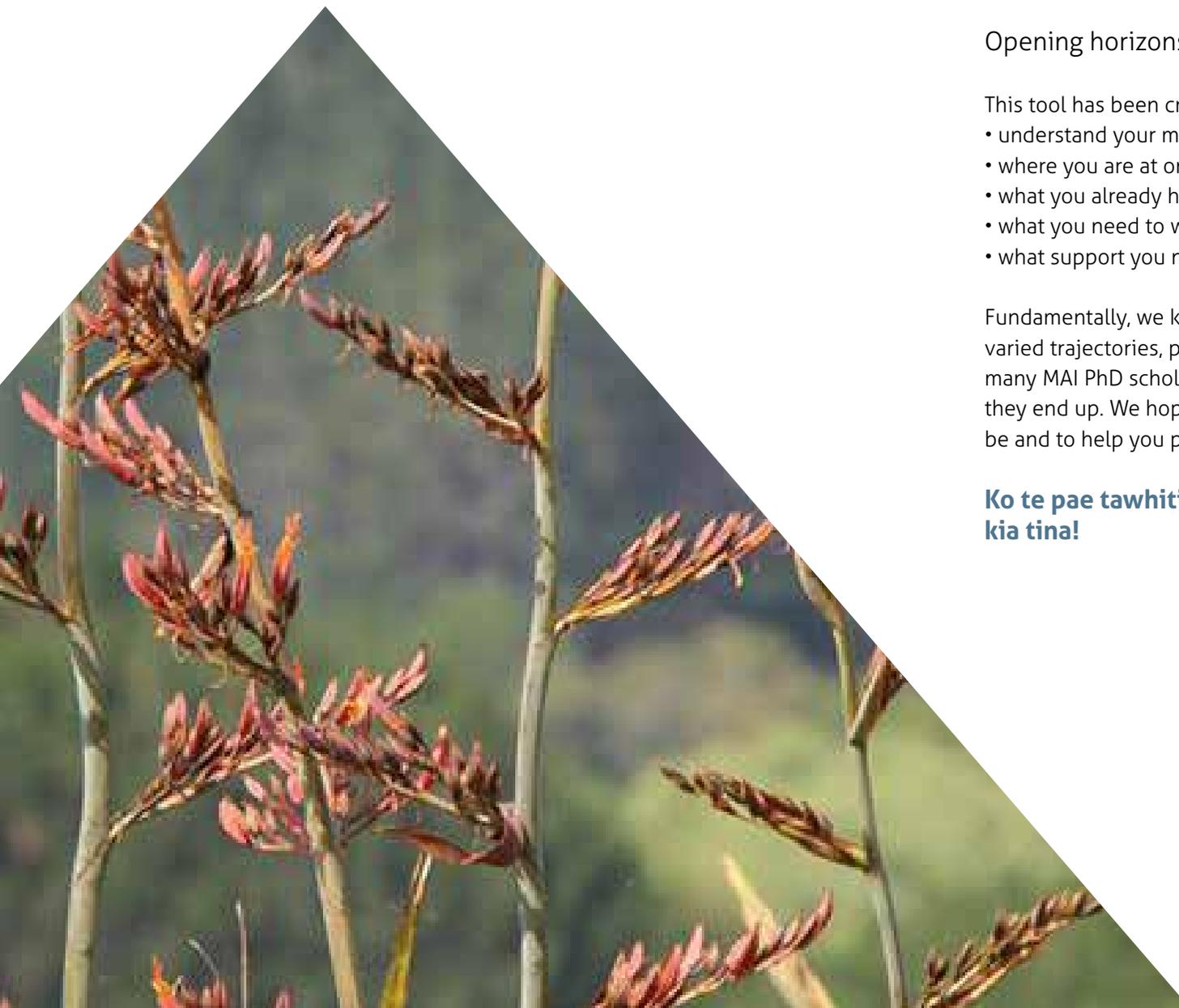
- Knowing the regulations and processes of your institution so that you are prepared to navigate or combat any barriers or constraints you may face, is extremely important. Part of being a great doctoral scholar is making sure you know what you are entitled to, what your rights are and the staff who are dedicated to supporting you through this.

*"[Students name] mentioned going off to reo wānanga and at the end of it being just totally exhausted physically, but just pumped up and energized. So, we were looking at all the different levels that we have and what feeds us and nourishes us and some of them don't look like academic things at all and that's really important."  
(Massey, Taurira)*

*"The things that we found to make these things successful... is fostering Whanaungatanga, you go to a place you get to eat, you get to chill out, you're comfortable, which means you're not whakamā to talk about your work or to ask questions and I feel like sometimes within departments and with your supervisors you might feel a bit dumb or something like that but if you're in a comfortable environment you're really confident you can talk about things and nut them out a lot easier and also being in the same waka together with like-minded people is really helpful like this, everyone's going through the same thing, you've also got your steerers so you've got the ones who have maybe been through it before that can provide you with guidance, they know what the journey is like... who know what things to provide and really helpful and also who had the relevant skills, so can help you complete your research."  
(Otago, Taurira)*







## TE TĀTUA O KAHUKURA

Opening horizons for Māori and Indigenous doctoral scholars

This tool has been created with the hope of guiding you to:

- understand your motivations
- where you are at on your journey
- what you already have
- what you need to work on
- what support you need

Fundamentally, we know that Māori and Indigenous students have many and varied trajectories, pathways and horizons ahead of them. We also know that many MAI PhD scholars will make hugely positive contributions wherever they end up. We hope that this tool has helped you to dream where that might be and to help you plan to get there.

**Ko te pae tawhiti whāia kia tata! Ko te pae tata whakamaua kia tina!**



Te Kotahi  
Research Institute

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TE MATA PUNENGA O TE KOTAHĪ