



Youth'07

Adolescent
Health
Research
Group

The University of Auckland
Private Bag 92019
Auckland
New Zealand

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PEPA WHAKAMŌHIO MĀ TE KAIWHAKAURU

2007

E te Kaiwhakaako.

Ko Tākuta Simon Denny ahau, he tākuta mā te hunga taiohi, he Pūkenga Matua hoki i Te Tari Hauora Tamariki o Te Whare Wānanga o Tāmaki-makau-rau.

Kei roto ahau i te 'Youth2000', he ohu rangahau e titiro ana ki te hauora o te hunga taiohi o Aotearoa. I te tau 2001, nā mātou te tirohanga hauora tuatahi e pā ana ki ngā akonga o ngā kura tuarua o Aotearoa – Youth'01.

He taonga nui ngā putanga o tērā mahi kua mahia whānuitia e ngā kura, e ngā hāpori, e ngā rōpū, e ngā tari, hei whakapiki i ngā putanga kētanga mō te hunga taiohi i ō rātou ake hāpori. Kua riro i a mātou he pūtea nā Te Kaunihera Rangahau Hauora me ngā tari kawanatanga e 8, kia taea ai tēnei tirohanga hauora taiohi te mahi anō i te tau 2007.

Ka whai a Youth'07 i ngā tapuwae o Youth'01 me te tino whāinga ko te kōhi, ko te tātari, ko te tohatoha hoki i ngā tino kōrero me ngā māramatanga whānui mō te hauora o te hunga taiohi o Aotearoa. Hei wāhanga anō o Youth'07, ka titiro hoki ki ngā kaimahi i roto i ngā kura kua kōwhirihiā. Ka aronui te tirohanga kaimahi ki te taiao o te kura me te hauora o ngā kaimahi. Mā tēnei ka ata tirohia te hononga o te taiao o te kura ki te hauora o ngā akonga. Ko te taiao o te kura e kōrerotia ana i konei, ko ngā tikanga me ngā āhuatanga o te mahi o ngā kaiako me ērā atu kaimahi.

Ko tēnei te inoi ki a koe ki te uru mai ki tēnei kaupapa ranaghau mā tō whakakī i tēnei rārangi urupounamu. Ehara i te mea kua herea koe ki te uru mai. Kei a koe te mana, ā, ka taea te whakamutu i te wā kei te hiahiatia. He āhua 15 miniti te roa ki te whakaoti i ngā pātai. Ka noho tapu te rārangi urupounamu nei, arā, e kore e taea te whākī nā wai ake ngā whakahoki. Kei te hiahia hoki mātou i ōu na whakaaro mō ngā pātai, mō te taiao rānei o tōu kura.

Tēnā koe me ōu whakaaro e pā ana ki tēnei kaupapa. Pānuihia te whārangi o roto mō ētahi atu kōrero whakahirahira.

Tākuta Simon Denny

PURITIA TĒNEI WHĀRANGI MĀ ĀU REKOATA.

HE KŌRERO ATU ANŌ

Mehemea he pātai āu he hiahia rānei ki ētahi atu kōrero e pā ana ki te kaupapa rangahau nei, whakapā mai ki ahau i ngā wāhi whakapā kua hoatu ki a koe. Ka taea anōtia te whakapā atu ki te Tumuaki o te Kura:

Ahorei Alistair Woodward
Te Kura Hauora o Te Tini
Te Whare Wānanga o Tāmaki-makau-rau
Pēke Muna 92019, Tāmaki-makau-rau
Waea (09) 373-7599 toronga 86361

Mō ngā pātai e pā ana ki ngā whanonga pono:

Te Tūru
Te Kōmiti Whanonga Pono Tangata
Te Tari o Te Tumuaki
Te Tari Rangahau
Pēke Muna 92019, Tāmaki-makau-rau
Waea (09) 373-7999 toronga 87830

Kua whakaāetia e te University Of Auckland Human Participants Ethics Committee i te 13 Hongongoi 2006 mō ngā tau e 3, mai i 8/12/2005. Nama 2005/414

PURITIA TĒNEI WHĀRANGI MĀ ĀU REKOATA.



Ngā Ritenga me ngā Te Āhuratanga o te Kura (Wāhanga Tuatahi)

Ko wai te ingoa o to kura? _____

Ngā Ritenga me ngā Te Āhuratanga o te Kura (Wāhanga Tuarua)

Ko ngā rārangi kōrero e whai ake nei e pā ana ki tō kura e mahi ana koe, me te āhuratanga mahi. Me āta whakaaro ki ngā rārangi nei, mehemea e whakaae ana koe, e ō rite ana ki ou ake whakaaro mō te āhuratanga o te kura. Me whakarārangi ngā whakautu kia rite ki tō whakaae, whakahē rānei.

Mehemea, kāhore koe e mōhio me pēhea te whakautu, mahia kia pono tonu koe. Mehemea ka huri ou whakaaro, tuhia he rārangi ki te mea hē, tuhia anō ki te mea tika.

1 E tino whakahē ana	2 E whakahē ana	3 Kahore e whakāe, whakahē rānei	4 E whakāe ana	5 Tino Whakāe ana
E wātea tonu ana ngā kaimahi hauora, toko i te ora (hei tauira; kaitohutohu, nēhi, kaimahi ā iwi) ki te āwhina i ngā tauira.				1 2 3 4 5
He pai taku noho, e rongō ana ahau i te wairua pai o aku hoa mahi.				1 2 3 4 5
He nui ngā pūkenga o ngā kaimahi o tēnei kura ki te mahi i waenganui i te tini o ngā tauira nō ētahi momo ā iwi, ētahi atu whenua hoki.				1 2 3 4 5
E tautokohia ana ngā kaimahi o tēnei kura kia whai tonu i te wairua wana.				1 2 3 4 5
Kei te tautoko kei te āwhina tonu ngā kaimahi o tēnei kura i ngā tauira e noho rerekē ana ō rātou hōkakatanga, pēnei i te tāne e moe tāne ana, te wahine e moe wahine ana hoki, me rātou anō e pai nei ki te tāne me te wahine ahakoa ko wai, ā me ngā tāne e noho wahine kē ana, ngā wāhine hoki e noho tāne kē ana.				1 2 3 4 5
He pai ngā mahi kōrerorero whakawhitiwhiti whakaaro i waenganui i ngā kaimahi me ngā kaiwhakahaere matua o tēnei kura.				1 2 3 4 5
He maha anō ngā tikanga kei tēnei kura ki te mahi ki te whakatika hoki i ngā tauira tutu whakararururu nei.				1 2 3 4 5
Kei te wātea tonu te huarahi mō ngā kaimahi o tēnei kura ki te whai i te matauranga kia pakari tonu, kia whai pūkenga, kia eke hoki ki ngā tōhungatanga o tō rātou mahi.				1 2 3 4 5
He mea tino nui tēnei ki ngā kaimahi o te kura arā te urunga mai o ngā whānau, ngā mātua ki roto ki ngā mahi o te kura.				1 2 3 4 5
He pai he hoahoa te nuinga anō o ngā tauira, ki ngā kaimahi.				1 2 3 4 5
E mōhio ana ahau, e tautoko mai ana aku hoa mahi i au, mēna ka hiahia ahau ki tō rātou āwhina.				1 2 3 4 5
He pai tonu me te mōhio anō ō te nuinga ō ngā kaimahi ki te mahi i waenganui o te tini o ngā tauira, ahakoa he rerekē te reo, te kara o te kiri, me ngā tikanga hoki.				1 2 3 4 5
Kotahi tonu te wairua piripono o ngā kaimahi ki te aro atu ki ngā wawata e whaia nei e te kura.				1 2 3 4 5



Ko ngā hiahia ngā pirangi o ngā taurira e noho hōkakatanga rerekē i roto i tēnei kura ka āwhinatia.				1	2	3	4	5
1 E tino whakahē ana	2 E whakahē ana	3 Kahore e whakāe, whakahē rānei	4 E whakāe ana	5 Tino Whakāe ana				
Kei te karangahia tonu ngā kaimahi ki ngā hui mō ngā mahi whakatau i ngā tikanga o te kura.				1	2	3	4	5
E haere ana ngā kaimahi o tēnei kura ki ngā wānanga, arā e whai tonu i te mātauranga.				1	2	3	4	5
E rongohia ana ahau i te wairua, e mōhio ana, he maha aku hoa ki tēnei kura.				1	2	3	4	5
Ka pai ka rangatira atu tēnei kura mehemea e uru mai ana ngā whānau ngā mātua ki te kura.				1	2	3	4	5
He pai he mahi āwhina tonu ngā taurira i ngā kaimahi.				1	2	3	4	5
E pai ana ki ahau te tono i ngā taurira ki ngā kaimahi hauora, toko i te ora (hei taurira; kaitohutohu, nēhi, kaimahi ā iwi).				1	2	3	4	5
Kei te whakahautia ngā kaimahi kia whakapakari ō rātou pūkenga mōhiotanga ki te mahitahi me ngā taurira o ngā iwi kē.				1	2	3	4	5
Kāhore ētahi anō o ngā kaimahi e tino mōhio ana ki te āwhina ki te mahi tahi hoki me ngā taurira e noho rerekē ana o rātou hōkakatanga, pēnei i te tāne e moe tāne ana, te wahine e moe wahine ana hoki, me rātou anō e pai nei ki te tāne me te wahine ahakoa ko wai, ā me ngā tāne e noho wahine kē ana, ngā wāhine hoki e noho tāne kē ana.				1	2	3	4	5
He maha anō ngā hui e karangatia ana ki tēnei kura hei whakamōhio ki te katoa ngā mahi me ngā ritenga o te kura.				1	2	3	4	5
Kei konei anō ētahi kaimahi hei āwhina i a mātou ki te mahi me ngā taurira tutu whakararuraru nei.				1	2	3	4	5
Kāhore ngā kaimahi e whai kōrero ana, he iti noa rānei ngā urunga ki ngā tikanga whakatau o te kura.				1	2	3	4	5
E tuku rauemi ana te kura ki ngā kaimahi hei āwhina i a rātou ki te whai i te mātauranga, a kei te whakawātea hoki ia a rātou mai anō i ō rātou mahi, ki te haere ki ngā mahi wānanga whakapakari whakamātautau.				1	2	3	4	5
E hāpai ana tēnei kura i te kaupapa whakawhanaungatanga, i waenganui i ngā taurira katoa, ahakoa te kara o te kiri te reo me te momo ā iwi rānei.				1	2	3	4	5
Kāhore e tino aro atu te kura ki ngā raruraru me ngā hiahia o ngā taurira e noho rerekē ana o rātou hōkakatanga, pēnei i te tāne e moe tāne ana, te wahine e moe wahine ana hoki, me rātou anō e pai nei ki te tāne me te wahine ahakoa ko wai, ā me ngā tāne e noho wahine kē ana, ngā wāhine hoki e noho tāne kē ana.				1	2	3	4	5
He pai ngā kaiwhakahaere matua ki te kokiri ki te whai i te kōrero tika mō ngā mahi ngā tikanga o tēnei kura.				1	2	3	4	5
Kāhore he mahi kōrerorero whakawhitiwhiti whakaaro i waenganui i ngā kaimahi me ngā kaiwhakahaere matua o tēnei kura.				1	2	3	4	5



Kāhore he ritenga e marama ana me pēhea rawa te haere mena ka pa mai te āhuetanga nei o ngā taurira tutu mahi whakararuru hoki.				1	2	3	4	5
1 E tino whakahē ana	2 E whakahē ana	3 Kahore e whakāe, whakahē rānei	4 E whakāe ana	5 Tino Whakāe ana				
Ko ngā mahi kōrerorero whakawhitiwhiti whakaaro i waenganui i ngā kaimahi me ngā kaiwhakahaere matua o tēnei kura me whakatika tonu me whakapai anō.				1	2	3	4	5
E puare tonu ana te wāhanga ā e whakawāteahia ana e te kura he wāhanga kia uru tonu mai ngā whānau ngā mātua.				1	2	3	4	5
E whakapau kaha ana ngā kaimahi o te kura ki te whai i ētahi ritenga rerekē, ki te hiki ake i ngā pūkenga o ngā taurira.				1	2	3	4	5
He maha anō ngā wā, e kite ana ahau kāhore ngā kaimahi e whakaaro mai ana ki ahau				1	2	3	4	5
He maha anō ngā tikanga kei tēnei kura ki te mahi ki te whakatika hoki i ngā taurira tutu whakararuru nei.				1	2	3	4	5
E wātea ana ngā kaimahi o tēnei kura te whakapuaki o rātou whakaaro e pā ana ki ngā raruru i roto i te kura..				1	2	3	4	5
Kia māro tonu ngā ture me ngā tikanga whakatikatika i ngā taurira haututū, whakararuru nei.				1	2	3	4	5
He maha ngā ritenga hou, ngā ritenga rerekē hoki e tirohia ana i roto i tēnei kura.				1	2	3	4	5
Kāhore e tukua ana ngā mahi whakamātautau whakapakari pukenga i tēnei kura.				1	2	3	4	5
Tino pai hoki ngā kaimahi hauora toko i te ora ki te āwhina i ngā taurira e hiahia tautoko āwhina ana.				1	2	3	4	5
Kei te whakahautia ngā kaimahi kia kakama tonu tō rātou awhi atu, whakakore i ngā mahi kikino o ngā taurira, tutu whakararuru hoki.				1	2	3	4	5
E whakawāteatia ana e ngā kaiwhakahaere matua he wāhanga ki ngā kaimahi ki te kōrero ki te tohutohu i ngā mea i ākona e rātou i roto i ngā mahi wananga, arā, ngā kai kei roto i o rātou kete.				1	2	3	4	5
Kei te whakawāteatia atu e ngā kaiwhakahaere matua o te kura he wāhanga mō ngā mātua , ngā whānau ki te uru mai ki ngā mahi o te kura.				1	2	3	4	5
Kāhore he ritenga e marama ana me pēhea rawa te haere mēna ka pa mai te āhuetanga nei o ngā taurira tutu mahi whakararuru hoki.				1	2	3	4	5
He pai he hoahoa te nuinga anō o ngā taurira, ki ngā kaimahi.				1	2	3	4	5
Kua tonoa anō e ahau ētahi taurira ki ngā rātonga hauora toko i te ora hoki.(eg kaitohutohu, nēhi, kaimahi ā iwi).				1	2	3	4	5



Ngā Ritenga me ngā Te Āhuatanga o te Kura (Wāhanga Tuatoru)

Pēhea rawa ō whakaaro mō tēnei kura?

- a) E tino pai ana ahau ki tēnei kura.
- b) E āhua pai ana ahau ki tēnei kura.
- c) Pai noa iho ki au tēnei kura.
- d) Kāhore ahau e pai ana ki tēnei kura.
- e) He tino kino tēnei kura ki ahau.

Tuhia he porohita ki runga ki te pikitia e whakae ana koe e whakapuaki kaha ana i o whakaaro mō tō pānga ki tēnei kura.

Pehea rawa to hononga mai ki tenei kura?



Ngā Ritenga me ngā Te Āhuatanga o te Kura (Wāhanga Tuawhā)

Whakautua I ēnei mā ngā tūtohunga nei.

1 Te Katoa	2 Te Nuinga	3 Te Haurua	4 Ētahi	5 He iti noa iho/ Karekau
I ou ake whakaaro, ko tēhea wāhanga ō ngā tauira e...				
E kōrero mai ana i ō rātou raruraru ki ahau. E rongō ana ahau i ā rātou tangi.				1 2 3 4 5
He whakararuraru, whakapōrearea i ngā mahi o ētahi atu.				1 2 3 4 5
E uru mai ana ki ngā kōrerorero o te karahe.				1 2 3 4 5
Te whai mōhio ki te kaha o te tangata.				1 2 3 4 5
Kāhore he pai te noho				1 2 3 4 5
He māngai nui ki te karanga mai i ngā whakautu, ahakoa kāhore noa ki tukua atu.				1 2 3 4 5
E inoi mai ana kia āwhinatia rātou i te wā tonu e hiahiangia ana				1 2 3 4 5
He pai te whakaaro ki ngā mahi				1 2 3 4 5
Whakapuaki whakaaro				1 2 3 4 5
E whakatatae ana ki a rātou anō.				1 2 3 4 5
He pai te titiro whakamua				1 2 3 4 5
E kōrero ana mō te kāinga me te whānau.				1 2 3 4 5
He tautohetohe, he whakararuraru i waenganui i a rātou anō				1 2 3 4 5
Kāhore e whakarongo ana				1 2 3 4 5
He whakaaro ki ngā tikanga me ngā āhuatanga e pā ana ki te iwi whānui.				1 2 3 4 5
He whakaaro nui ki te eke ki ngā taumata				1 2 3 4 5
Te whakautu i ngā tikanga ā iwi he rerekē ki tou ake.				1 2 3 4 5
He pai tonu kia takia i ngā wā kia mataara kia kakama hoki.				1 2 3 4 5
Te whakautu kōrero, he rerekē ki ētahi atu.				1 2 3 4 5
He pai ki te mahi tahi.				1 2 3 4 5



A: Ngā Ritenga me ngā Te Āhuatanga o te Kura (Wāhanga Tuarima)

Whakautua I ēnei mā ngā tūtohunga nei.

1 Kāhore rawa	2 Kōtahi, e rua pea ngā wā	3 Toru ki te rima ngā wā	4 E ono neke atu ngā wā
I tēnei tau ā kura kua pāngia ētahi o ēnei ki a koe....			
E hia ngā wā i matakū ai koe i te kura, kei whara koe i tētahi o ngā tauira?			1 2 3 4
I mauria mai anō e koe ētahi mea hei whakamaru ia koe anō i te kura? (Pena ki te naihi, te patu ranei)			1 2 3 4 5
E hia ngā wā i whakawehia i whakamātakuhia koe e tētahi anō o ngā tauira?			1 2 3 4 5
E hia ngā wā i whakamātakuhia koe ka patua rānei koe i a koe i te kura?			1 2 3 4

Wāhanga B: He pātai mou ake

Ō tau _____te pakeke	He Tangata: 1. Wahine 2. Tāne
Ko wai tō iwi?(Tohua ngā mea katoa e hiahia ana) Ō Iwi: _____ 1. Pākehā 2. Māori 3. Hāmoa 4. Māori nō ngā Kuki Airani 5. Tonga 6. Niue 7. Haina 8. Iniana 9. Tauīwi/ Tētahi atu nō Ūropi. 10. Tētahi atu: _____	
E hia ngā tau e mahi ana koe ki tēnei kura? _____ngā tau / _____ngā marama	
He aha tō tūranga mahi ki tēnei kura? 1. Tumuaki, Tumuaki Tuarua, Tumuaki Kaiāwhina Tohu rānei (Associate Principal, Deputy Principal and Assistant Principal Designations) 2. Kaiwhakahaere(Waenganui), Rangatira o te Tari, Rangatira tuarua, kaiāwhina rānei (Head of Department, Assistant Head of Department Designations) 3. Kaiwhakaako 4. Tētahi atu: _____	
Pēhea te roa e whakaako ana koe? _____ngā tau / _____ngā marama	
Kua ako koe ki tāwahi, ki tētahi atu whenua/motu i waho atu o Aotearoa?	



1. Ae 2. Kao

He aha te tau, te karahe taurira e whakaako ana koe inaianei (kōwhiritia ngā mea katoa e pā ana ki a koe)

1. Tau waru (karahe tuarua) ki runga ake 2. Tau iwa (karahe tuatoru)
3. Tau Tekau (karahe tuawhā) 4. Tau tekau mā tahi (karahe tuarima)
5. Tau Tekau mā rua (karahe tuaono) 6. Tau tekau mā toru (karahe tuawhitu)
7. Te katoa

He kaiāwhina kaiako rānei koe i waho atu i tō mahi i tō kura, pēnei i ngā mahi hākinakina, kapa haka, karapu me te haere ki ngā noho ngāhere takahi tahataha moana rānei?

1. Ae 2. Kao

Mehemea 'Ae', e hia ngā hōora e mahi koe ēnei mahi ia wiki?

1. Iti iho i te tahi hōora ia wiki 2. Rua ki te whā hōora ia wiki
3. Rima ki te whitu hōora ia wiki 4. Waru ki te tekau hōora ia wiki
5. Konei atu i tekau hōora ia wiki

Ki a koe:

1. He mea taimaha rawa tēnei mahi 2. Ka nui te pai
3. Pau katoa te wā i ēnei mahi.



Kei roto i tēnei wāhanga, kua whakapū rārangihia he tūmomo uaratanga e ono. Māu e **whakatatau e whakarāranġi hoki** ia uaratanga, ia uaratanga.

Tuatahi, whakatatauhia ngā uaratanga i runga i ōu whakaaro mō te nui o tōna mana hei mātāpono whakaārahi i a koe i tō oranga, tohua te nama e tika ana ki a koe.

HEI MĀTĀPONO WHAKAĀRAHI I TŌKU ORANGA, ko te mana o tēnei uaratanga:

Kāhore he aha		He āhua nui			He tino nui rawa atu		Whaka rāranġi
1	2	3	4	5	6	7	
WHAKAWANA (ngā kare-ā-roto, te rekareka, te hōkakatanga)							1 2 3 4 5 6 7
ORANGA (te hauora, te tau o te mauri, te mataora)							1 2 3 4 5 6 7
WHAKAWHITI (te whakaawe, whanaungatanga, manaakitanga)							1 2 3 4 5 6 7
WHAKAMĀORI (te whakamōraro, te whakaponu, te tikanga)							1 2 3 4 5 6 7
WHAKANUI (te kaha, te mana, te angitū)							1 2 3 4 5 6 7
KEI TUA O TE WHAIARO (te ātaahua, te mātauranga, te pakaritanga)							1 2 3 4 5 6 7

Tirohia anōtia te rāranġi uaratanga, **whakarāranġihia** ia uaratanga mai 1 ki te 6, ko te 1 = te mea nui rawa te mana ki a koe hei mātāpono whakaārahi i tō oranga, ko te 6 = te mea he iti te mana. Tuhia te nama i te wāhi e watea ana i te taha.

WĀHANGA C Hauora Whānui (Wāhanga 1)

Ko tēnei wāhanga e pā ana ki tō hauora whānui. Tuhia kia kotahi anake te whakautu. Mehemea kāhore koe e mōhio me pēhea te whakautu, tuhia te mea e pātata ana ki ou whakaaro.

Mō ngā rāranġi kōrero e rima e whai ake nei, ko tēhea te mea e pā tata tonu ana ki a koe i ngā wiki e rua kua pahure ake nei. Ka piki ake ngā nama kia kitea te oranga o te tangata.

Hei tauira: Mehemea e hari ana koe neke atu i te haurua o te wā, i roto i ngā wiki e rua kua pahure ake nei, tohua te pouaka e toru.

5 I ngā wā katoa	4 Te nuinga o te wā	3 Neke atu i te haurua o te wā	2 Iti iho i te haurua o te wā	1 I ētahi wā	0 Kāhore he wā
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<i>I ngā wiki e rua kua pahure ake nei...</i>						
E piki ana e heke ana te wairua	5	4	3	2	1	0
E tau ana ahau, e ngāwari hoki	5	4	3	2	1	0
E tino ora ana ahau, e kakama hoki	5	4	3	2	1	0
E maranga ana ahau, e pai rawa atu taku moe.	5	4	3	2	1	0
E tino hari ana ahau ia rā, ia rā me ngā mahi pai ki ahau	5	4	3	2	1	0

Hauora Whānui (Wāhanga 2)

E pai ana e hari ana ranei koe mo to ora?

1. Pai rawa atu 2. Tino pai 3. Pai 4. Āhua pai 5. Kāhore e pai

He mea nui anō rānei ki a koe, ngā mahi ngāhau, whakapakari tinana?

1. Kāhore i te mea nui ki ahau 2. Āhua nui noa 3. Ae, he mea tino nui

E kai hikareti ana rānei koe? (tahi, e rua, neke atu ranei hikareti ia ra) Kaua e kautehia te paipa te cigar te cigarello rānei) Kautehia ko ngā tupeka hikareti anake.

1. Ae 2. Kao...

Mēna kao, i kai hikareti anō koe i ngā wā o mua? E hia rawa ngā hikareti e kaingia ana e koe ia ra?

1. Ae 2. Kao

E hia ngā wā, i kai waipiro rānei koe?

1. Kāhore ahau e inu waipiro ana.
2. Ia marama, iti iho ranei
3. E rua ki te whā ngā wā o te marama.
4. E rua ki te whā ngā wā ia wiki
5. E whā neke atu ngā wā o te wiki



Hauora Whānui (Wāhanga 3)

Whakautua i ēnei mā ngā tūtohinga nei.

1 I ngā wā katoa	2 Te nuinga o te wā	3 I ētahi wā	4 Kāhore he nui	5 Kāhore rawa
E hia ngā wā, i tino ngenge ai koe?				1 2 3 4 5
E tino ngenge koe i te mutunga o te mahi ā, i te mutunga hoki o te rā?				1 2 3 4 5
He mea pakeke rānei ki a koe, ki te mahi tahi me ngā tauira?				1 2 3 4 5
E hia ngā wā kei te tino pau te kaha o tō tinana?				1 2 3 4 5
I ngā ata, e ngenge ano koe i te whakaaro anake, mō ngā mahi taimaha o te rā?				1 2 3 4 5
E pau ana tō kaha ki te mahi tahi ki ngā tauira?				1 2 3 4 5
E hia ngā wā kei te ngoikore te hinengaro.				1 2 3 4 5
E whakaaro ana koe he taimaha rawa ngā hāora katoa o tō wā mahi?				1 2 3 4 5
E ngenge ana rānei koe i te mahinga tahi ki ngā tauira?				1 2 3 4 5
E hia ngā wā i whakaaro ai koe, "e kore anō e taea e ahau, kua pau taku kaha"?				1 2 3 4 5
E whai kaha tonu ana koe mō ngā mahi tākaro me ngā mahi mō tō whānau.?				1 2 3 4 5
Ki tō whakaaro e tuku noa atu ana koe i te nuinga o tō kaha ki ngā tauira, a kāhore e rite ana tō rātou whakahoki, tuku mai ki a koe?				1 2 3 4 5
E hia ngā wā e rongō koe i te tino ngenge?				1 2 3 4 5
E taimaha ana rānei ngā mahi ki tō hinengaro, ki tō wairua hoki?				1 2 3 4 5
E ngoikore ana koe ki te mahi tahi me ngā tauira?				1 2 3 4 5
E hia ngā wā kei te pā mai te mate, te ngoikore ki a koe?				1 2 3 4 5
E tino pukuriri ana koe i tō mahi?				1 2 3 4 5
E whakaaro ana rānei koe, pēhea rawa tō roa o te mahi tahi ki ngā tauira?				1 2 3 4 5
E whakaaro rānei ana koe kua pau tō kaha katoa nā te taimaha o tō mahi?				1 2 3 4 5



WĀHANGA D Whakamutunga

I whakautua tēnei puka uiui ki hea? (porowhita tētahi o ēnei)

- 1 Kei te kura, I roto I te hui kaiwhakaako
- 2 Kei te kura, ehara I roto I te hui kaiwhakaako
- 3 Kei te kainga
- 4 Tetahi atu

PITO PITO KŌRERO

Mehemea e hiahia ana koe te whakaputa ou whakaaro mō tēnei tirohanga rangahau me ngā āhuatanga katoa e pā ana ki te rangahau, tuhia mai ki konei.

Kāhore he pānga ki te kura, ki a koe, ki te rangahau mō ou whakaaro rangatira.

He āwhina kētia ēnei mō a mātou mahi a muri ake nei. Tēna rawa atu koe.

Tēnei te mihi kau ana ki a koe mō tō tautoko i tēnei Tirohanga Rangahau

Tapahia tēnei wāhanga

Tapahia tēnei wāhanga

Tapahia tēnei wāhanga

KIA WAIMĀRIE KOE, WHAKAKĪNGIA TĒNEI WĀHANGA!

Kia uru mai koe ki te whiwhi taonga arā te Nokia rorohiko, tuhia tō ingoa me tō kura, ka hoatu ki te kairangahau a te mutunga o te rangahau nei.

Ingoa: _____ Kura: _____

