**May 2020 Schedule for CLMS Tele-psychology zoom sessions**

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
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| 4  **10 am: Managing my stress during Lockdown**  **2pm: Managing my stress during Lockdown \*(IsiZulu )** | 5  **12 am: Managing my stress during Lockdown**  **10am Time management during Lockdown**  **2pm: Time management during Lockdown \*(IsiZulu)** | 6  **10 am & 12 pm: Time management during Lockdown**  **10am: Managing Myself during Lockdown**  **2pm:**  **Managing Myself during Lockdown \*(IsiZulu)** | 7  **10 am & 12 pm Managing my studies during Lockdown**  **10am: Things that Are Worrying Me Personally that I’m not sure what to do about**  **2pm: Things that Are Worrying Me Personally that I’m not sure what to do about \*(IsiZulu)** | 8  **10 am Managing my stress during Lockdown**  **2 pm Managing my stress during Lockdown \*(IsiZulu)** |
| 11  **10 am: Managing my stress during Lockdown**  **2pm: Managing my stress during Lockdown \*(Isizulu)** | 12  **10am & 12 pm session: Managing my stress during Lockdown**  **10am: Time management during Lockdown**  **2pm: Time management during Lockdown \*(IsiZulu)** | 13  1**0 am &12pm: Time management during Lockdown**  **10 am: Managing Myself during Lockdown**  **2pm: Managing Myself during Lockdown \*(IsiZulu)** | 14  **10 am & 12 pm: Managing my studies during Lockdown**  **10 am: Things that Are Worrying Me Personally that I’m not sure what to do about**  **2pm: Things that Are Worrying Me Personally that I’m not sure what to do about**  **\*(IsiZulu)** | 15  1**0 am: Managing my stress during Lockdown**  **2 pm: Managing my stress during Lockdown\* (IsiZulu)** |
| 18  **10 am: Managing my stress during Lockdown**  **2pm: Managing my stress during Lockdown\* (IsiZulu)** | 19  **10am & 12 pm session: Managing my stress during Lockdown**  **10am: Time management during Lockdown**  **2pm: Time management during Lockdown \*(IsiZulu)** | 20  **10 am & 12 pm: Time management during Lockdown**  **10 am: Managing Myself during Lockdown**  **2pm:**  **Managing Myself during Lockdown \*(IsiZulu)** | 21  **10 am and 12 pm: Managing my studies during Lockdown**  **10 am: Things that Are Worrying Me Personally that I’m not sure what to do about**  **2pm: Things that Are Worrying Me Personally that I’m not sure what to do about \*(IsiZulu)** | 22  **10 am: Managing my stress during Lockdown**  **2 pm: Managing my stress during Lockdown \*(IsiZulu)** |
| 25  **10 am: Managing my stress during Lockdown**  **2 pm: Managing my stress during Lockdown \*(IsiZulu)** | 26  **10am & 12 pm: Managing my stress during Lockdown**  **10 am: Time management during Lockdown**  **2pm: Time management during Lockdown \*(IsiZulu)** | 27  **10 am & 12 pm: Time management during Lockdown**  **10 am: Managing Myself during Lockdown**  **2pm: Managing Myself during Lockdown \*(IsiZulu)** | 28  **10 am &12 pm: Managing my studies during Lockdown**  **10 am: Things that Are Worrying Me Personally that I’m not sure what to do about**  **2 pm: Things that Are Worrying Me Personally that I’m not sure what to do about \*(IsiZulu)** | 29  **10 am: Managing my stress during Lockdown**  **2 pm: Managing my stress during Lockdown \*(IsiZulu)** |
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\* Sessions in IsiZulu

**NB: Students participating in interactive group sessions are expected to complete a tele-psychology consent form to gain admission to the group. Please ensure that you have downloaded Zoom. Please contact Ms Nomathemba Makhathini at** [**MakhathiniN@ukzn.ac.za**](mailto:MakhathiniN@ukzn.ac.za) **to book a session.**