**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)** | 131**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)** | 151**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** **to book a session.**