July interactive group sessions/webinars

Students are invited to register for the following zoom group sessions. These are interactive sessions.

Ishara

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| Group Work Topic | Date | Time |
| Changing voices of distress into voices of strength | 7, 14, 21, 28 (Tuesdays) | 14.00  |
| Managing my time and studies | 1, 8, 15, 22, 29 (Wednesdays) | 14.00  |
| Feeling anxious and unmotivated ?  | 2, 9, 16, 23, 30 (Thursdays) | 14.00 |

Michelle

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| Group Work Topic | Date | Time |
| Managing my stress during lockdown | 7, 14, 21, 28 (Tuesdays) | 12:00pm |
| Adjusting to the new normal | 1, 8, 15, 22, 29 (Wednesdays) | 12:00pm |
| Managing my studies during lockdown | 2, 9, 16, 23, 30 (Thursdays) | 12:00pm |

Margot

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| Group Work Topic | Date | Time |
| Managing my stress during Lockdown  | Mon 6, 13, 20 | 10am |
| Time management during Lockdown  | 7, 14, 21 Tues | 10am |
| Women’s Group | Wed 8, 15, 22, 29 | 10am |
| First Year Forum | 2,9,16,23 Thurs | 10am |
| Friday | Telephone crisis 8 – 12.30pm |   |

Cebisile

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| **Group Work Topic** | **Date** | **Time** |
| Managing my stress during Lockdown | 6, 13, 20, 27 | 09:00 |
| Time management during Lockdown | 7, 14 , 21 , 28 | 09:00 |
| Being effective in my relationships (family, friends, etc.) | 1, 8, 15, 22, 29 | 09:00 |
| **Crisis tele-counselling**  | **Crisis tele-counselling**  | **Crisis tele-counselling** |

Claire and Zama

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| **Group Work Topic** | **Date** | **Time** |
| Managing my stress during Lockdown | Wednesday, 1, 8, 15, 22, 29 July 2020 | 14:00 |
| Time management during Lockdown | Thursday, 2, 9, 16, 23, 30 July 2020 | 14:00 |
| Managing Myself during Lockdown | Friday, 3, 10, 17, 24, 31 July 2020 | 14:00 |
| Things that Are Worrying Me Personally that I’m not sure what to do about | Monday 6, 13, 20, 27 July 2020 | 14:00 |

Yanga

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| **Group Work Topic**  | **Date**  | **Time**  |
| Cover letter & CV writing | 08 July | 10h00 |
| Interview skills | 15 July | 10h00 |
| Work related transferable skill | 22 July | 10h00 |
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**July 2020 Schedule for Tele-psychology/Career Development zoom sessions**

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  | 1 **\*09.00: Being effective in my relationships (family, friends, etc.)****10.00:Women’s Group** **12.00: Adjusting to the new normal****\*14:00 Managing my stress during Lockdown** | 2**10.00: First Year Forum** **12.00: Managing my studies during Lockdown****\*14:00 Time management during Lockdown** | 3**\*09.00: Strengthening my coping mechanisms****\*14:00 Managing Myself during Lockdown** |
| 6**\*09.00: Managing my stress during Lockdown****10.00: Managing my stress during Lockdown****\*14:00 Things that Are Worrying Me Personally that I’m not sure what to do about** | 7**\*09.00: Time management during Lockdown****10.00: Time management during Lockdown****12.00: Managing my stress during Lockdown** | 8**\*09.00: Being effective in my relationships (family, friends, etc.)****10.00:Women’s Group** **\*Career Dev: 10.00: Cover letter & CV writing****12.00: Adjusting to the new normal****\*14:00 Managing my stress during Lockdown** | 9**10.00: First Year Forum****12.00: Managing my studies during Lockdown****\*14:00 Time management during Lockdown** | 10**\*09.00: Strengthening my coping mechanisms****\*14:00 Managing Myself during Lockdown** |
| 13**09.00: Managing my stress during Lockdown****10.00: Managing my stress during Lockdown****14:00 Things that Are Worrying Me Personally that I’m not sure what to do about** | 14**09.00: Time management during Lockdown****10.00: Time management during Lockdown****12.00: Managing my stress during Lockdown****14.00: Changing voices of distress into voices of strength** | 15**09.00: Being effective in my relationships (family, friends, etc.)****10.00:Women’s Group****Career Dev: 10.00: Interview skills****12.00: Adjusting to the new normal****14:00 Managing my stress during Lockdown****14.00: Managing my time and studies** | **16****10.00: First Year Forum****12.00: Managing my studies during Lockdown****14.00: Feeling anxious and unmotivated?** | 17**09.00: Strengthening my coping mechanisms****14:00 Managing Myself during Lockdown** |
| 20**\*09.00: Managing my stress during Lockdown****10.00: Managing my stress during Lockdown****\*14:00 Things that Are Worrying Me Personally that I’m not sure what to do about** | 21**\*09.00: Time management during Lockdown****10.00: Time management during Lockdown****12.00: Managing my stress during Lockdown****14.00: Changing voices of distress into voices of strength** | 22**\*09.00: Being effective in my relationships (family, friends, etc.)****10.00:Women’s Group****\* Career Dev: 10.00: Work related transferable skill****12.00: Adjusting to the new normal****\*14:00 Managing my stress during Lockdown****14.00: Managing my time and studies** | 23**10.00: First Year Forum** **12.00: Managing my studies during Lockdown****14.00: Feeling anxious and unmotivated?** | 24**\*09.00: Strengthening my coping mechanisms****\*14:00 Managing Myself during Lockdown** |
| 27**\*09.00: Managing my stress during Lockdown****10.00: Managing my stress during Lockdown****\*14:00 Things that Are Worrying Me Personally that I’m not sure what to do about** | 28**\*09.00: Time management during Lockdown****10.00: Time management during Lockdown****12.00: Managing my stress during Lockdown** | 29**\*09.00: Being effective in my relationships (family, friends, etc.)****10.00:Women’s Group** **2.00: Time management during Lockdown****\*14:00 Managing my stress during Lockdown** | 30**10.00: First Year Forum** **12.00: Managing my studies during Lockdown****14.00: Feeling anxious and unmotivated ?** | 31**\*09.00: Strengthening my coping mechanisms****\*14:00 Managing Myself during Lockdown** |

**\* Sessions in IsiZulu/English & 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.**

**Crisis roster**

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|  | **Morning 08h00-12h00** | **Afternoon 12h00 – 16h30** |
| **Monday** | **Michelle** | **Ishara** |
| **Tuesday** | **Claire** | **Claire** |
| **Wednesday** | **Zama** | **Zama** |
| **Thursday** | **Cebisile** | **Cebisile** |
| **Friday** | **Margot** | **Ishara** |