

## College of Agriculture, Engineering and Science (CAES): Student Support Services

The College of AES Student Support Services Team invites all 1<sup>st</sup> Year students to online the **Extended Orientation Programme** which is aimed at helping student's **cope and adjust better** to the university context. This invitation is also extended to all CAES students.

We are mindful of the fact that this is a new environment for you and can appreciate how extra support may be needed as you find your feet. It is for this reason that we have short online workshops which will equip you with the **critical skills that every student needs** in order to cope in this new environment. These will be live interactive sessions, students will also have an opportunity to ask questions and be answered. You can attend a morning or an afternoon session.



Programme	Benefits of Attending	Date	Zoom Links	Facilitator
<b><i>Counselling at the University</i></b>	Meet your counselors and the services they provide for students. Other essential student services.	<b>Mon, 12 April</b>	09:00 <a href="#">Join</a>	Nokwe Mbatha
		09:00 - 09:30 15:00 – 15:30	15:00 <a href="#">Join</a>	Sanele Zuma
<b><i>Managing Online Learning</i></b>	Tips on working from home. Managing the online space. Planning.	<b>Tues, 13 April</b>	09:00 <a href="#">Join</a>	Mzamo Zondi
		09:00 - 10:00 13:00 – 14:00	13:00 <a href="#">Join</a>	Sanele Zuma
<b><i>Career Decision Making</i></b>	Are you doing the right degree? Did you choose right?	<b>Wed, 14 April</b>	09:00 <a href="#">Join</a>	Andile Mkhize
		09:00 - 10:00 15:00 – 16:00	15:00 <a href="#">Join</a>	Sanele Zuma

<b>Time Management</b>	Balancing your social life with your studies. Planning and dealing with procrastination.	<b>Thurs, 15 April</b> 09:00 - 10:00 15:00 – 16:00	09:00 <a href="#">Join</a> 15:00 <a href="#">Join</a>	Mzamo Zondi  Nokwe Mbatha
<b>Stress Management</b>	Strategies of coping with stressful situations. Health-care support.	<b>Fri, 16 April</b> 09:00 - 10:00 15:00 – 16:00	09:00 <a href="#">Join</a> 15:00 <a href="#">Join</a>	Cebisa Nkathu  Sanele Zuma
<b>Study Skills</b>	Useful study methods. Memory strategies.	<b>Mon, 19 April</b> 09:00 - 10:00 15:00 – 16:00	09:00 <a href="#">Join</a> 15:00 <a href="#">Join</a>	Mzamo Zondi  Nokwe Mbatha
<b>Counselling at the University</b>	Meet your counselors and the services they provide for students. Other essential student services.	<b>Tues, 20 April</b> 09:00 - 09:30 15:00 – 15:30	09:00 <a href="#">Join</a> 15:00 <a href="#">Join</a>	Sanele Zuma  Nokwe Mbatha
<b>Time Management</b>	Balancing your social life with your studies. Planning and dealing with procrastination.	<b>Wed, 21 April</b> 09:00 - 10:00 15:00 – 16:00	09:00 <a href="#">Join</a> 15:00 <a href="#">Join</a>	Mzamo Zondi  Nokwe Mbatha
<b>Self-Esteem Development</b>	Building your confidence. Personal development. Assertiveness training.	<b>Thurs, 22 April</b> 09:00 - 10:00 15:00 – 16:00	09:00 <a href="#">Join</a> 15:00 <a href="#">Join</a>	Sanele Zuma  Cebisa Nkathu
<b>Plagiarism and Ethics</b>	Understanding plagiarism. UKZN policies on plagiarism. Ethics.	<b>Fri, 23 April</b> 09:00 - 10:00 15:00 – 16:00	09:00 <a href="#">Join</a> 15:00 <a href="#">Join</a>	Mzamo Zondi  Andile Mkhize
<b>Career Decision Making</b>	Are you doing the right degree? Did you choose right?	<b>Mon, 26 April</b> 09:00 - 10:00 15:00 – 16:00	09:00 <a href="#">Join</a> 15:00 <a href="#">Join</a>	Sanele Zuma
<b>Plagiarism and Ethics</b>	Understanding plagiarism. UKZN policies on plagiarism. Ethics.	<b>Wed, 28 April</b> 09:00 - 10:00 15:00 – 16:00	09:00 <a href="#">Join</a> 15:00 <a href="#">Join</a>	Cebisa Nkathu  Mzamo Zondi
<b>Managing Online Learning</b>	Tips on working from home. Managing the online space. Planning.	<b>Thurs, 29 April</b> 09:00 - 10:00 15:00 – 16:00	09:00 <a href="#">Join</a> 15:00 <a href="#">Join</a>	Cebisa Nkathu  Sanele Zuma
<b>Study Skills</b>	Useful study methods. Memory strategies.	<b>Fri, 30 April</b> 09:00 - 10:00 15:00 – 16:00	09:00 <a href="#">Join</a> 15:00 <a href="#">Join</a>	Mzamo Zondi  Nokwe Mbatha