**CLMS Student Support Services (SSS) April/May 2024 group sessions**

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| **Group session** | **Date and time** | **Information/Zoom link and contact person** |
| Top tips for time management | Thursdays at 10h30  11 or 18 April or 9 May | Top Tips for Time Management for CLMS students   * Would you like to feel more in control of your life? * Do you lack the correct skills to complete your work? * Are you failing to bring out the best in yourself? * Do you start your semester strong, then somehow fizzle out? * Would you like to feel that there is time in your life for everything? * Would you like to feel more excited about your life and academic work? * Do you keep putting things off? * Do your stress levels get in the way of your studying?   Zoom link: <https://ukzn.zoom.us/j/98264254212>  Contact Dr Margot Sennett Freedman at [sennett@ukzn.ac.za](mailto:sennett@ukzn.ac.za) for any further information. |
| Understanding Depression and Anxiety | Tuesdays at 10h30  9 or 16 April or 7 May | "Depression" and "Anxiety" are two of the most common mental health issues affecting university students. They can affect all aspects of a student's life – concentration in class, ability to focus on studies and learn for assessments, motivation to attend class and do work, enjoyment in socializing, enjoyment of life, sleeping and eating (more or less than usual), how you feel about yourself, your life and your future.  How do you know if you are suffering from either or both mental health issues? How do you identify them, and what do you do if you struggle with these issues? How do you assist friends or family who struggle with depression and/or anxiety?  Join this workshop to help yourself and your friends and family by learning more about these common mental health conditions!  Zoom link: <https://ukzn.zoom.us/j/98748809451>  Contact Dr Margot Sennett Freedman at [sennett@ukzn.ac.za](mailto:sennett@ukzn.ac.za) for any further information. |
| Self & Stress Management | Wednesday, 17 or 24 April at 10h30 | The first semester is always daunting and challenging, whether for first or post-first years.   * Have you been feeling overwhelmed, worrying constantly, struggling to relax/sleep, always tired, worried, irritable & moody? * Do you not feel confident in your academic ability, struggle to keep up-to-date with academic tasks, or run out of steam?   Does this sound like you?   * Please join us on 17 April 2024 OR 24 April 2024. Let’s unpack through healthy discussion how to manage yourself and your stress to become more productive, focused and grounded as you prepare for your forthcoming exams.   Zoom link for 17 April: <https://ukzn.zoom.us/j/95536950821?pwd=Ym5xaENZTkhMWTBIZG1peGU4a1Rxdz09>  Zoom link for 24 April:  <https://ukzn.zoom.us/j/91050600202?pwd=ckZHS3ovOHMvV1o3aWtNN1ZGekRmdz09>  Contact Ms Lalitha Reddy at [ReddyK2@ukzn.ac.za](mailto:ReddyK2@ukzn.ac.za) for any further information. |
| The imminent  exam: Tips  on how to successfully prepare for your exams | Thursday 18 April  at 10h30 | Most students start the semester with the best of intentions.  However, without a continued plan, these positive habits can fade.  By developing some early organizational and planning skills, students can set themselves up for success with their tests and exams.  This workshop aims to guide students in creating good academic habits and applying practical skills they need to prepare for and write their exams.  The key areas to be discussed during the workshop are:   * Identifying and addressing common pitfalls that students make before and during exams * Strategies for answering exam questions * Providing students with strategic tools and techniques to enhance exam performance * Importance of good nutrition and sleep   Zoom link: <https://ukzn.zoom.us/j/98772642050>    Contact Ms Nokwethemba Mbatha [mbathan4@ukzn.ac.za](mailto:mbathan4@ukzn.ac.za) |
| Work-related transferable skills | Wednesday, 17 April at 12h30 | The session aims to guide students in engaging in on-campus activities that will help enhance their CV.  Zoom link: <https://ukzn.zoom.us/j/96144672195?pwd=QzROWW1JWWlCOXhUTmkyM2NrVE9MUT09>  If you have any questions about the group, contact Ms Yanga Lufundo at [**Lufundoy@ukzn.ac.za**](mailto:Lufundoy@ukzn.ac.za) |
| Cover Letter and CV Writing | Wednesday 24 April  at 12h30 | The session aims to help students compile a good Cover letter and CV that is attractive to prospective employers.  Zoom link: <https://ukzn.zoom.us/j/91808833762?pwd=dk0vQ0ljdmNrMms4bkxaV0kwQi9rQT09>  If you have any questions about the group, contact Ms Yanga Lufundo at [**Lufundoy@ukzn.ac.za**](mailto:Lufundoy@ukzn.ac.za) |

**CLMS STUDENT SUPPORT SERVICES (SSS) -INFORMATION AND LINKS TO THE SERVICE**

**THE CLMS SSS SHARE POINT**:

The CLMS SSS Share point links you to SSS. You will receive updates on all the SSS services and notices, including job/internship adverts, workshops, etc. and have access to the online resources.

CLMS SSS link: [**https://stuukznac.sharepoint.com/sites/clmsstudentsupport**](https://stuukznac.sharepoint.com/sites/clmsstudentsupport)

**WHERE TO FIND US**

Pietermartizburg campus: College Administration Office, 1 Golf Road

Westville Campus: Level 3, L Block

Howard College campus: Level 5, Dennis Shepstone Building, Rooms C504 and C507

**E-mail** | [clmssss@ukzn.ac.za](mailto:clmssss@ukzn.ac.za)

**Website** | <https://clmsstudentsupport.ukzn.ac.za/>

**ONLINE BOOKING**: <https://clmsstudentsupport.ukzn.ac.za/book-online>

**TOLL FREE NUMBER**: 080 080 0017

**FRONT DESK ADMINISTRATOR**: 031260 7337

Students can register on the **SSS Career Development database** using the following link:

<https://stuukznac.sharepoint.com/sites/clmsstudentsupport>

SSS Website: <https://clmsstudentsupport.ukzn.ac.za/>