**CLMS Student Support Services (SSS): Second Semester 2024 group sessions**

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| **Group session** | **Date and time** | **Information/Zoom link and contact person** |
| Top tips for time management | Wednesdays at 12.20pm  First Wednesday of August, September and October 2024  7 August  Or  4 September  Or  2 October | 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/92886296443>  Meeting ID: 928 8629 6443  Contact Dr Margot Sennett Freedman at [sennett@ukzn.ac.za](mailto:sennett@ukzn.ac.za) for any further information. |
| CLMS PhD Support Groups | Meetings: PhD students.  Every second Monday from 10am – 11am  12 August  26 August  9 September  30 September  14 October  28 October  11 November  25 November | Join the CLMS Ph.D. Support groups! The support groups aim to provide a safe and confidential space. In the sessions, you will share your experiences and concerns about being a PhD student, listen to other students, and receive support. The group will be an excellent space to share skills and strategies to enhance well-being and academic success. Hopefully, sharing common experiences and fears, challenges, and successes with other students will give you a feeling of ‘I’m not alone in this!’ Also, understanding what others are doing to cope with their issues can inspire you.  Join Zoom Meeting - <https://ukzn.zoom.us/j/96811904159>  (same link every week) Monday 10am- 11am Meeting ID: 968 1190 4159  For more information on the CLMS PhD support group, please contact Dr Margot Sennett Freedman on [sennett@ukzn.ac.za](mailto:sennett@ukzn.ac.za)  DISCLAIMER: NEITHER THE MASTERS NOR THE PHD SUPPORT GROUP OFFERS ACADEMIC GUIDANCE OR SUPPORT!  We are a psycho-social support group for CLMS Post-graduate students. |
| Resilience: Surviving and Thriving in University! | Date: Wednesday 14 August  Time: 12:20 pm | The journey to getting your degree is not an easy task. It is filled with different challenges along the way. Some of these challenges even seem to dim your hopes of getting a degree. They can cause a lot of frustration and feelings of helplessness. Join us for an empowering session designed to help you build resilience and excel in your university journey. We will provide you with practical strategies to manage stress, stay organized and maintain a positive mindset. You will learn how to navigate through these different challenges by setting realistic goals and developing a strong support network. With the right strategies and mindset, you can not only survive but thrive in university!  So do not miss this opportunity to enhance your resilience and make the most of your university experience.  For more information, please contact Ms Nonhlonipho Biyela at [BiyelaN@ukzn.ac.za](mailto:BiyelaN@ukzn.ac.za)  Zoom link: |
| Work-Related Transferable Skills-Improving my CV | Date: Wednesday 21 August Time: 12h20 | The session aims to guide students to engage in on-campus activities that will help to enhance your CV and is targeted at CLMS students looking for jobs.  If you have any questions about the group, please contact Ms Yanga Lufundo at [Lufundoy@ukzn.ac.za](mailto:Lufundoy@ukzn.ac.za)  Zoom Link: <https://ukzn.zoom.us/j/99160154752> |
| Cover letter/CV writing and Soft Skill Development | Date: Wednesday 28 August Time: 12h20 | The session aims to help you compile a good Cover letter and a CV that is attractive to your prospective employer and is targeted at students looking for future employment! It will also help you start developing soft skills which are important in the workplace. Although hard skills show employers your expertise and technical abilities, soft skills indicate your ability to collaborate with your colleagues and grow within a company  If you have any questions about the group, please contact Ms Yanga Lufundo [lufundoy@ukzn.ac.za](mailto:lufundoy@ukzn.ac.za) or Ms Mbatha at [mbathan4@ukzn.ac.za](mailto:mbathan4@ukzn.ac.za)  Zoom Link: <https://ukzn.zoom.us/j/95440030046?pwd=qK20TNjNvOPTSeLjzZW6e9Pha7RYIL.1> |
| Understanding Suicide  For World Suicide Day | Date: Wednesday,11September 2024 @ 12.20pm | South Africa has the second highest suicide rate in the world and suicide has affected students within our university community. Perhaps you know of someone who died by suicide or is struggling at the moment. Perhaps you may be struggling.  There is a lot of stigma around mental health issues, including suicide and it can be hard to know what to do or how to reach out for help.  We would like to encourage you to attend this online webinar to learn more about suicide in order to better support one another in raising awareness, empowering yourself and preventing suicide.  Please join us in this psycho-educational webinar where we will cover the following:  • What is suicide?  • Statistics in South Africa  • Causes and Factors  • Myths and Facts  • Treatment  • Ways of coping when I feel suicidal - now and in the future  • How to support someone who is suicidal  To join, please go to <https://ukzn.zoom.us/j/93176593825>  Meeting ID: 931 7659 3825  For more information, feel welcome to contact Dr Margot Sennett Freedman on [sennett@ukzn.ac.za](mailto:sennett@ukzn.ac.za) |
| Building Healthy Relationships | Date: Wednesday 18 September  Time: 12h20 | Relationships in university can be both rewarding and challenging. As a student, you may encounter new friendships, romantic relationships and conflict within these relationships. This session aims to provide insight and strategies for maintaining healthy relationships, setting boundaries and communicating effectively. The session aims to highlight “red flags” that are an indicator of an abusive relationship. It is important to learn how to balance your relationships with your studies. Join us to explore the dynamics of relationships and enhance your interpersonal skills.  For more information, please contact Ms Nonhlonipho Biyela at [BiyelaN@ukzn.ac.za](mailto:BiyelaN@ukzn.ac.za) and Snethemba Gwambe at [GwambeS1@ukzn.ac.za](mailto:GwambeS1@ukzn.ac.za)  Zoom link: |
| Exploring Career Options with an Accounting Degree | Date: Wednesday 02 October 2024 Time: 12h20 | The session aims to assist Accounting students with the variety of career options they can choose from.  Who is the session aimed at: All Accounting students  If you have any questions about the group, please contact Ms Yanga Lufundo at [Lufundoy@ukzn.ac.za](mailto:Lufundoy@ukzn.ac.za)  Zoom Link: <https://ukzn.zoom.us/j/93385772506?pwd=GcfD7DbfudBjJGmQwlayeH2Ur49FeG.1> |
| Identifying Depression and Anxiety | Join on Wednesday  9 October 2024  12.20pm | "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/98710526598>  Meeting ID: 987 1052 6598  Contact Dr Margot Sennett Freedman at [sennett@ukzn.ac.za](mailto:sennett@ukzn.ac.za) for any further information. |
| Manage and Overcome Test/Exam Anxiety | Date: Tuesday 15 October  Time: 12:20 pm | Feeling overwhelmed by upcoming tests/exams? Join our “Manage and Overcome Test/Exam Anxiety” session designed to help you conquer those pre-exam jitters! This interactive session will provide you with practical strategies and techniques to manage stress, boost your confidence and enhance your performance. You will learn time management skills, relaxation exercises and positive thinking skills. Don not let anxiety hold you back from reaching your goals.  For more information, please contact Ms Nonhlonipho Biyela at [BiyelaN@ukzn.ac.za](mailto:BiyelaN@ukzn.ac.za)  Zoom link: |
| CLMS Masters Support Group | Meetings: Masters students. Every 2nd Friday 14h00 – 15h00  2 August  16 August  30 August  13 September  27 September  11 October  25 October  8 November | Join the CLMS Masters Support Groups where we offer psycho-social support to all those on their journey towards completing the Masters Degree. The group aims to offer a safe space where students can connect, share experiences, and navigate the challenges of post graduate life together and to empower your academic journey by offering opportunities for camaraderie, growth and success. We endeavor to support you with effective coping strategies, and a sense of community. Together, we can conquer challenges and celebrate achievements. Let’s thrive, not just survive!  Benefits of joining this group  1. Networking Opportunities  2. Peer Support  3. Personal Growth  Join Zoom Meeting - <https://ukzn.zoom.us/j/98096311228?pwd=BCWRWil10sIPoaDzcmn33JoWtV4EUU.1>  (use same link for every session Friday 14h00 – 15h00)  For more information on the CLMS Masters support group, please contact Ms Lalitha Reddy on [ReddyK2@ukzn.ac.za](mailto:ReddyK2@ukzn.ac.za)  DISCLAIMER: NEITHER THE MASTERS NOR THE PHD SUPPORT GROUP OFFERS ACADEMIC GUIDANCE OR SUPPORT!  We are a psycho-social support group for CLMS Post-graduate students. |
| Exploring Career Options with a Law Degree | Date: Wednesday 16 October 2024 Time: 12h20 | The session aims to assist students with the variety of career options they can choose from.  Who is the session aimed at: All law students  If you have any questions about the group, please contact Ms Yanga Lufundo at [Lufundoy@ukzn.ac.za](mailto:Lufundoy@ukzn.ac.za)  Zoom Link: <https://ukzn.zoom.us/j/99171466494?pwd=3aLwYveibvodEDPTSK3j8U8TadOu1s.1> |
| UKZN ANNUAL CAREERS EXHIBITION | Date: 31 July 2024 (Wed)  Time: 09h00-14h00  Venue: Sports Centre( Westville Campus)  Date: 01 Aug 2024 (Thurs)  Time: 09h00 – 14h00  Venue: Students Union Building ( Howard College Campus)  Date: 02 Aug 2024 (Fri)  Time: 9h00-14h00  Venue: Students Union Building ( PMB Campus) | The UKZN annual Careers Exhibition grants employers access to showcase their graduate opportunities and raise their employer brand with the UKZN student community. With a number of employers all under one roof, students have an opportunity to research your options and network with recruiters. Don’t miss this event! |
| LGBTQIA+ Support Group | Meetings: LGBTQIA+ students Every 2nd Thursday(15:00- 16:00) 8 August 22 August 5 September 19 September 3 October 17 October 31 October 14 November | The LGBTQIA+ support group will be a safe space for students with diverse sexual orientations and gender identities to process, explore and share experiences. This group aims to build community, provide psychoeducation (coming out, navigating family relationships, mental health issues, spirituality), positive coping strategies and foster healing and acceptance. Be around people who “get it” and be empowered!  For more information please contact Ms Snethemba Gwambe at [GwambeS1@ukzn.ac.za](mailto:GwambeS1@ukzn.ac.za)  Zoom Link: <https://ukzn.zoom.us/j/97565212956?pwd=de3AudQarYXp1NJecsDbnXSZVzlDjA.1>  (Use the same link for every meeting) |
| Mid-Year Reset | Date: **02 August 2024**  Time: **12:20** | Most students start out their academic year with the best of intentions. You, like other students, may have had intentions to start the year off with a high and made all the necessary plans to ensure that your academic goals are achieved. However, the reality is that life sometime gets in the way even as you work towards your goals. It’s easy to get distracted by life’s affairs and lose focus on your original plan. **Does this sound familiar?** Perhaps your plans for the first semester didn’t materialize and you are feeling discouraged and demotivated.  Falling off your resolution’s bandwagon doesn’t have to be a bad thing. Don’t wait till next year to try again, join us for a reset and refocus session. Where we will help you develop a growth mindset. Developing a growth mindset will teach you to embrace failure/delay and find new ways of succeeding. With the right mindset, the second half of the year can be an opportunity for you to see your goals become a reality.  **To join please use the following link**: <https://ukzn.zoom.us/j/93107437579>  **Facilitator: Ms Mbatha**. Please contact her at [mbathan4@ukzn.ac.za](mailto:mbathan4@ukzn.ac.za) for more information. |
| The Sisters Corner: Defining me-an introspective conversation. | Dates: Every Second Friday  **16 Aug**  **30 Aug**  **13 Sep**  **27 Sep**  **04 Oct**  **18 Oct**    Time: **12:20** | The Sister's Corner is a platform created by SSS for women (female students) to have real and honest conversations about matters that impact women in the present age. This is a wonderful opportunity to network with like-minded people, to share personal experiences and feelings, coping strategies, or first-hand information about the topic being discussed in a safe and professional environment. Join us as we provide bi-weekly (every 2 weeks) sessions covering timely and emerging issues impacting women (female students).  In honour of Women's Months, the first and opening conversation is titled "defining me- an introspective conversation". The aim of this session is to initiate thought-provoking dialogue and teach attendees skills that will enable them to promote positive change in their lives long after the session has ended. Let's have a chat. We are simply better together.  **Who is the session aimed at:** All female students who want to engage in conversations about women's matters.  **Zoom Links (please use the same link for other dates):** [**https://ukzn.zoom.us/j/94279024533**](https://ukzn.zoom.us/j/94279024533)  **Facilitator/s: Ms Nokwethemba Mbathat-Email:** [**mbathan4@ukzn.ac.za**](mailto:mbathan4@ukzn.ac.za)**Ms Snethemba Gwambe-Email** [**gwambes1@ukzn.ac.za**](mailto:gwambes1@ukzn.ac.za) **Ms Nhlonipho Biyela-Email:** [**biyelan@ukzn.ac.za**](mailto:biyelan@ukzn.ac.za)for more information |
| Chasing deadlines: A look into student burnout and self-care | Date:  **02 October 2024**  Time: **10:30 am** | The key areas to be discussed during the workshop are:   * Symptoms of Student Burnout * Ways to Cope With Student Burnout * Ways to Recover From Student Burnout * Tips to Avoid Student Burnout through intentional self-care strategies   **Who is the workshop aimed at?** All students who are registered with the College of Law and Management Studies.  **Join Zoom Link**: <https://ukzn.zoom.us/j/95171036754>  **Facilitator: Ms Nokwethemba Mbatha**: [MbathaN4@ukzn.ac.za](mailto:MbathaN4@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/>