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

**Skills for success ☻ Career Development ☼ Support Groups ♥♥**

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| **Group session** | **Date and time** | **Information/Zoom link and contact person** |
| Stress and Self-care Management**☻** | 1st Thursday of each month  **3rd October**  **7th November**  **@ 12h20** | Creating and maintaining an effective and balanced life while being a student can be overwhelming and stressful, often resulting in us not prioritizing our mental, physical and psychological well-being. Academic pressures can impact our self-confidence, social relationships, and how we handle peer pressure. If this sounds familiar to you, join us for a transformative workshop to equip you with essential stress management and self-care strategies. We will focus on dealing with academic pressure, building social connections, coping with peer pressure, setting boundaries, maintaining a healthy social life while managing stress and seeking support from friends and your counsellor. We will share proven stress management techniques to enhance productivity, help you maintain focus and achieve a healthy work-life balance.  Join Zoom Meeting  <https://ukzn.zoom.us/j/98611534955?pwd=SeC022DupUwCYqYVF3WOjRWiuhJjc4.1>  For enquiries, contact Ms Lalitha Reddy at [ReddyK2@ukzn.ac.za](mailto:ReddyK2@ukzn.ac.za) |
| Top tips for time management**☻** | Wednesdays at **12h20**  First Wednesday of August, September and October 2024  **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>  Contact Dr Margot Sennett Freedman at [sennett@ukzn.ac.za](mailto:sennett@ukzn.ac.za) for any further information. |

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| LGBTQIA+ Support Group**♥♥** | Meetings: LGBTQIA+ students Every **2nd Thursday(15h00- 16h00)**  **19 September 3 October 17 October 31 October 14 November** | Join Ms Snethemba Gwambe for the LGBTQIA+ support group this Thursday. This will be a safe space for students with diverse sexual orientations and gender identities to process, explore and share experiences. The group aims to build community, provide psychoeducation (coming out, navigating family relationships, mental health issues, spirituality), develop positive coping strategies and foster healing and acceptance. Be around people who “get it” and be empowered!  Meetings: LGBTQIA+ students Every 2nd Thursday @ 12:20  5 September,19 September, 3 October,17 October, 31 October ,14 November  For more information, please contact Ms Snethemba Gwambe at GwambeS1@ukzn.ac.za  Zoomlink:https://ukzn.zoom.us/j/92845298447pwd=971PsgbSNGVNO2T93saaPN3ua3sliZ.1  Meeting ID: 928 4529 8447  Passcode: 682524  (Use the same link for every meeting) |
| The Sisters Corner: Defining Me-  An introspective conversation**♥♥** | Every Second Friday  **13 Sep**  **27 Sep**  **04 Oct**  **18 Oct**    **@ 12h20** | 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 fantastic opportunity to network with like-minded people to share personal experiences, feelings, and coping strategies in a safe environment. Join us as we provide bi-weekly (every two weeks) sessions covering timely and emerging issues impacting women (female students).  In honour of Women's Months, the first opening conversation is titled **"Defining Me- an introspective conversation"**. This session aims to initiate thought-provoking dialogue and teach attendees skills that will enable them to promote positive change in their lives. 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)  **Facilitators: 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 |
| Understanding Suicide  for World Suicide Day**☻** | Wednesday **11 September** **2024** **@ 12h20pm** | 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 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>  For more information, feel welcome to contact Dr Margot Sennett Freedman at [sennett@ukzn.ac.za](mailto:sennett@ukzn.ac.za) |
| Building Healthy Relationships**☻** | Wednesday, **18 September 2024**  @ **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.  Join Zoom Meeting: <https://ukzn.zoom.us/j/99697154520?pwd=VRoPtUT6W1YnXp3zbgPtag4Ifycfck.1>  Meeting ID: 996 9715 4520  For more information, please contact Ms Nonhlonipho Biyela at BiyelaN@ukzn.ac.za and Snethemba Gwambe at GwambeS1@ukzn.ac.za |
| Chasing deadlines:  A look into student burnout and self-care**☻** | Wednesday, **2 October 2024**  **@ 12h20** | Key areas that the session will focus on:   * 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   **Join Zoom Link**: <https://ukzn.zoom.us/j/95171036754>  **Facilitator: Ms Nokwethemba Mbatha**: [MbathaN4@ukzn.ac.za](mailto:MbathaN4@ukzn.ac.za) |
| Exploring Career Options with an Accounting Degree**☼** | Wednesday **2 October 2024**  **@ 12h20** | The session aims to assist Accounting students with the variety of career options they can choose from and is targeted at all Accounting students interested in remaining informed.  Zoom Link: <https://ukzn.zoom.us/j/93385772506?pwd=GcfD7DbfudBjJGmQwlayeH2Ur49FeG.1>  If you have any questions about the group, please get in touch with Ms Yanga Lufundo at [Lufundoy@ukzn.ac.za](mailto:Lufundoy@ukzn.ac.za) |
| Identifying Depression and Anxiety**☻** | Wednesday, **9 October 2024**  **@ 12h20pm** | "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 Exam Anxiety**☻** | Tuesday **15 October 2024**  **@12h20 pm** | Feeling overwhelmed by upcoming tests/exams? Join our “Manage and Overcome 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**: <https://ukzn.zoom.us/j/99909273533?pwd=8PvDfBma7dudxka5TyLciskuvyPrbL.1> |
| CLMS Masters Support Groups**♥♥** | Every 2nd Friday **14h00 – 15h00**  **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 provide a safe space where students can connect, share experiences, navigate the challenges of postgraduate life together, and empower their academic journey by offering opportunities for camaraderie, growth, and success. We endeavour 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 the same link for every session Friday, 14h00 – 15h00)  For more information on the CLMS Masters support group, please contact Ms Reddy on [ReddyK2@ukzn.ac.za](mailto:ReddyK2@ukzn.ac.za) and Ms Biyela at [BiyelaN@ukzn.ac.za](mailto:BiyelaN@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 Postgraduate students.* |
| CLMS PhD Support Groups**♥♥** | Every second Monday from **10h00 – 11h00**  **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 10h00- 11h00 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 Postgraduate students.* |
| Exploring Career Options with a Law Degree**☼** | Wednesday **16 October 2024** **@ 12h20** | The session aims to assist Law students with the variety of career options they can choose from.  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> |

**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/>