

STUDENT SUPPORT SERVICES

Tips for Completing your SWAT Wellness Assessment

The SWAT Wellness Assessment is now open...

Let's find our email titled: SWAT Wellness Assessment and "click here" to complete and submit.

I found my email. Let me connect to Global Protect first.

Great, connected! Let me select click here and head on over to the Wellness Assessment

Hey Samki, have you completed your Wellness Assessment yet?

Not yet, when is it due?

Let's submit early. I hear we get invites for all sort of support offered by our ADO and Student Counsellors

That was now so cool. I learnt alot about myself and my experiences here at University.

I shared my academics experiences, finances and how I manage my money, friendships and my mental health

They covered a range of experiences at university... and I got to share my experiences too

I learnt that I was spending more time on my devices and not managing my time well.

I also got an invite to see the Academic Development Officer to help me learn new skills before it's too late

I got to see how I was experiencing my first year at UKZN and what I am doing well in

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I need some help, who can assist me?

Contact the SWAT Administrator on swat.chs@ukzn.ac.za