

STUDENT SUPPORT SERVICES

YOU ARE INVITED TO JOIN THE

PERMA PERSONAL GROWTH GROUP



This group has a strong focus on personal goals for growth. It further serves as a support group where students engage and learn from one another. The overall aim is to enhance the psychological well-being of the group participants.

The group will be presented over a 6-week period

EVERY MONDAY FROM 05 MAY TO 09 JUNE 2025

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[CLICK HERE TO RSVP](#)

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17H00 18H00

THE TITLE “PERMAH” IS AN ACRONYM FOR EACH SESSION OF THE GROUP:

1ST SESSION:	INTRO TO PERMAH, <b>P – POSITIVE EMOTIONS</b> , GETTING TO KNOW THE GROUP MEMBERS 05/05/2025	
2ND SESSION:	<b>E – ENGAGEMENT:</b>	12/05/2025
3RD SESSION:	<b>R – RELATIONSHIPS:</b>	19/05/2025
4TH SESSION:	<b>M – MEANING:</b>	26/05/2025
5TH SESSION:	<b>A – ACCOMPLISHMENT:</b>	02/06/2025
6TH SESSION:	<b>H – HEALTH AND WELLNESS</b> , WRAP UP:	09/06/2025

THE FORMAT OF EACH IS SESSION IS:

PARTICIPATIVE  
/ INTERACTIVE

PSYCHO-EDUCATIONAL  
COMPONENT  
(LECTURETTES)

JOURNALLING  
EXERCISE IS  
INCLUDED IN  
EACH SESSION

IN-SESSION  
PRACTICAL  
EXERCISES OR  
GROUP DISCUSSIONS

HOMEWORK  
ASSIGNMENTS  
TO BE DONE BETWEEN  
EACH SESSION

FEEDBACK ON  
HOMEWORK  
ASSIGNMENTS