**CLMS Student Support Services (SSS): Second Semester 2025 group sessions**

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| **Group session** | **Date and time** | **Information/Zoom link and contact person** |
| **PhD Support Group – for registered students** | **Every second Monday**  **Time: 10:00 – 11:00**  1 September  15 September  29 September  13 October  27 October  10 November  24 November | A fortnightly, hour-long support group which is a safe, inclusive space for registered CLMS PhD students to connect, share challenges, celebrate wins, and navigate the ups and downs of academic life.  Whether you're grappling with writer's block, impostor syndrome, supervisor stress, or need a reminder that you're not alone, this group offers community, encouragement, and practical tools for wellbeing.  Come as you are—because no one should have to do a PhD alone.  Zoom link for every session: <https://ukzn.zoom.us/j/99528071354>  For more information, please contact Dr Margot Sennett Freedman at [sennett@ukzn.ac.za](mailto:sennett@ukzn.ac.za) |
| Reflect, Reset and Refocus | **Tuesday**  **05 August**  **12 August**  **Time: 12:00 – 13:00** | As you step into your second semester, take a moment to pause, reflect on your journey so far, and refocus on what lies ahead. This student-centred workshop will help you process your first semester experiences, reset your mindset, and build a personalised plan to tackle new challenges with clarity and confidence. Through guided reflection and practical strategies, you will leave feeling motivated, grounded, and ready to make the most of the semester ahead.  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/91283295334?pwd=WhPWWSCCz0MlvHarcpPBv4p4Jz4Iuq.1> |
| Anxiety and Depression Support Group | **19 August 2025**  **26 August 2025**  **Further dates will be added based on student engagement.**  **Time: 12:00- 13:00** | University life can be exciting, but it also comes with pressures that may feel overwhelming. Are feelings of low mood affecting your studies and wellbeing? You're not alone!  Join Vuyiswa Khanyile, Silindile Zulu and Asanda Chili for an engaging 1-hour session where we'll unpack the realities of depression and anxiety, explore how they affect university students, and equip you with practical coping strategies to navigate academic life with resilience.  Join Zoom Meeting: <https://ukzn.zoom.us/j/94168026614?pwd=hHXhJbil9e2rbHlMr4yZSaTntywZBk.1>  Meeting ID: 941 6802 6614; Passcode: 288588  For inquiries, contact Vuyiswa Khanyile; Silindile Zulu or Asanda Chili at: [Khanyilev@ukzn.ac.za](mailto:Khanyilev@ukzn.ac.za)/ [ZuluS2@ukzn.ac.za](mailto:ZuluS2@ukzn.ac.za) /[ChiliA@ukzn.ac.za](mailto:ChiliA@ukzn.ac.za) |
| "Speak Up"  Speak with Confidence  A workshop to build your public speaking skills | **Thursday, 11 September 2025  Time: 12:00-13:00** | Nervous about speaking in front of a crowd? Get butterflies just thinking about class presentations? Join us for "Speak Up", a high-energy, judgment-free group session designed to help you find your voice and own the room. Whether you're prepping for presentations or just want to stop saying "um" every 5 seconds, we've got you covered. Through fun activities and real-time practice, you'll walk out with more confidence and less panic!  Join Zoom Meeting  <https://ukzn.zoom.us/j/93840219030?pwd=HiJMFPFwGa1yFkaH4loIQAAYO5b7e4.1>  Meeting ID: 938 4021 9030  Passcode: 806505  For inquiries, contact Vuyiswa Khanyile; Silindile Zulu or Asanda Chili at: [Khanyilev@ukzn.ac.za](mailto:Khanyilev@ukzn.ac.za)/  [ZuluS2@ukzn.ac.za](mailto:ZuluS2@ukzn.ac.za) /[ChiliA@ukzn.ac.za](mailto:ChiliA@ukzn.ac.za) |
| Masters Support Groups | **Meetings: Masters students. Every 2nd Friday 14h00 – 15h00**  **08 August**  **22 August**  **05 September**  **19 September**  **03 October**  **17 October**  **31 October** | Join the CLMS Masters Support Group 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  (use the same link for every 2nd Friday, 14h00 – 15h00)  For more information on the CLMS Masters support group, please contact Miss Nonhlonipho Biyela at [BiyelaN@ukzn.ac.za](mailto:BiyelaN@ukzn.ac.za)  (Use the same link for every 2nd Friday 14h00 – 15h00  Join Zoom Meeting: <https://ukzn.zoom.us/j/92654828719?pwd=Sw7dNdxVthL4Fi1VEErruEgaZ90G8x.1>  ***DISCLAIMER: NEITHER THE MASTERS NOR THE PHD SUPPORT GROUP OFFERS ACADEMIC GUIDANCE OR SUPPORT!***  ***We offer a psycho-social support group for CLMS Postgraduate students***. |
| Building a Healthy Relationship with Yourself. | **Tuesday, 02 September**  **Time: 12:00 – 13:00** | Your relationship with yourself sets the tone for everything else in your life. This empowering workshop invites students to explore self-awareness, self-compassion, and personal boundaries in a supportive space. Through guided activities and honest conversations, you will learn how to better understand your needs, quiet your inner critic, and strengthen your self-worth. Walk away with practical tools to care for your mental and emotional wellbeing—and build a kinder, more confident connection with yourself.  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/94666794672?pwd=XsNKBLlTDDQg8bDEToz7UaGvei7RFF.1> |
| Emotional Intelligence Workshop: Level Up Your EQ! | **Thursday, 4 September 2025**  **Time: 12:00-13:00** | Want to boost your self-awareness, improve your relationships, and thrive both academically and socially? Join us for an interactive Emotional Intelligence Workshop.  In this empowering group session, you'll learn how to:   * Understand and manage your emotions * Communicate more effectively * Handle stress and conflict with confidence * Build stronger personal and professional connections   Whether you're leading a team, navigating student life, or just looking to better understand yourself and others, emotional intelligence is your superpower. Don't miss this chance to grow personally and connect with like-minded peers!  Join Zoom Meeting  <https://ukzn.zoom.us/j/93824978013?pwd=9DMs3CBkxzwJisGKxPvCyUmec1khyR.1>  Meeting ID: 938 2497 8013  Passcode: 339312  For inquiries, contact Vuyiswa Khanyile; Silindile Zulu or Asanda Chili at: [Khanyilev@ukzn.ac.za](mailto:Khanyilev@ukzn.ac.za) / [ZuluS2@ukzn.ac.za](mailto:ZuluS2@ukzn.ac.za)  /[ChiliA@ukzn.ac.za](mailto:ChiliA@ukzn.ac.za) |
| Building Healthy Relationships with Others | **Date: Tuesday, 16 September Time: 12:00-13:00** | 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 also aims to highlight “red flags” that are an indicator of an abusive relationship. 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)  Zoom link: <https://ukzn.zoom.us/j/93533974690?pwd=R9YebZizz1iMLZ4FfT3obIXOlUSFi3.1> |
| Dealing with Burnout | **Date: Tuesday, 07 October Time: 12:00-13:00** | Feeling drained, unmotivated, or overwhelmed? You are not alone. This workshop is designed to help students identify the signs of burnout, understand its causes, and develop healthy strategies to cope and recover. Through open discussion and practical tools, you will learn how to manage stress, set boundaries, and recharge without guilt. Whether you’re in the middle of burnout or trying to avoid it, this session offers real support to help you protect your energy and wellbeing, so you can thrive, not just survive.  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/96522481331?pwd=XNXFKCtnrtqD3ozL1pHp7OmMhBJmN0.1> |
| CAREER DEVELOPMENT WORKSHOPS AND OTHER EXCITING SESSIONS TO FOLLOW! PLEASE SEE BELOW FOR COUNSELLING BOOKINGS AND SHAREPOINT LINKS. | | |

**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/>