



UNIVERSITY OF
KWAZULU-NATALTM
INYUVESI
YAKWAZULU-NATALI

ROOTED TO RISE: SUPPORT GROUP FOR UKZN CAES STUDENTS

Are you feeling overwhelmed by university life, family expectations, or academic pressures? You are not alone. Join our 6-week support group designed especially for students from the College of Agriculture, Engineering and Science (CAES) who want to build resilience, find belonging, and thrive at UKZN.



**Frank Bush
Board Room**



Start Date

Mid - Oct

6 weekly sessions
(1 hour each)

What you'll gain:

- A safe and supportive space to share your journey
- Tools to manage stress, survivor's guilt, and academic insecurity
- Strategies for balancing family expectations and campus life
 - Skills in confidence, assertiveness, and self-care
- A community of peers who understand and uplift each other

Facilitators:

Bulelwa Khanyile (Educational Psychologist) &
Anathi Mazongolo (Intern Educational Psychologist)

Seats are limited! To reserve your spot, contact **Anathi** at:
MazongoloA@ukzn.ac.za - 033 060 5696