

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 TUESDAY FROM 12 MAY TO 23 JUNE 2026**

[CLICK HERE TO JOIN THE MEETING](#)

**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	12/05/2026
2ND SESSION:	<b>E – ENGAGEMENT:</b>	19/05/2026
3RD SESSION:	<b>R – RELATIONSHIPS:</b>	26/05/2026
4TH SESSION:	<b>M – MEANING:</b>	02/06/2026
5TH SESSION:	<b>A – ACCOMPLISHMENT:</b>	09/06/2026
6TH SESSION:	<b>H – HEALTH AND WELLNESS</b> , WRAP UP:	23/06/2026

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**