



#UFSLearnOn:

Crossing the Finish Line



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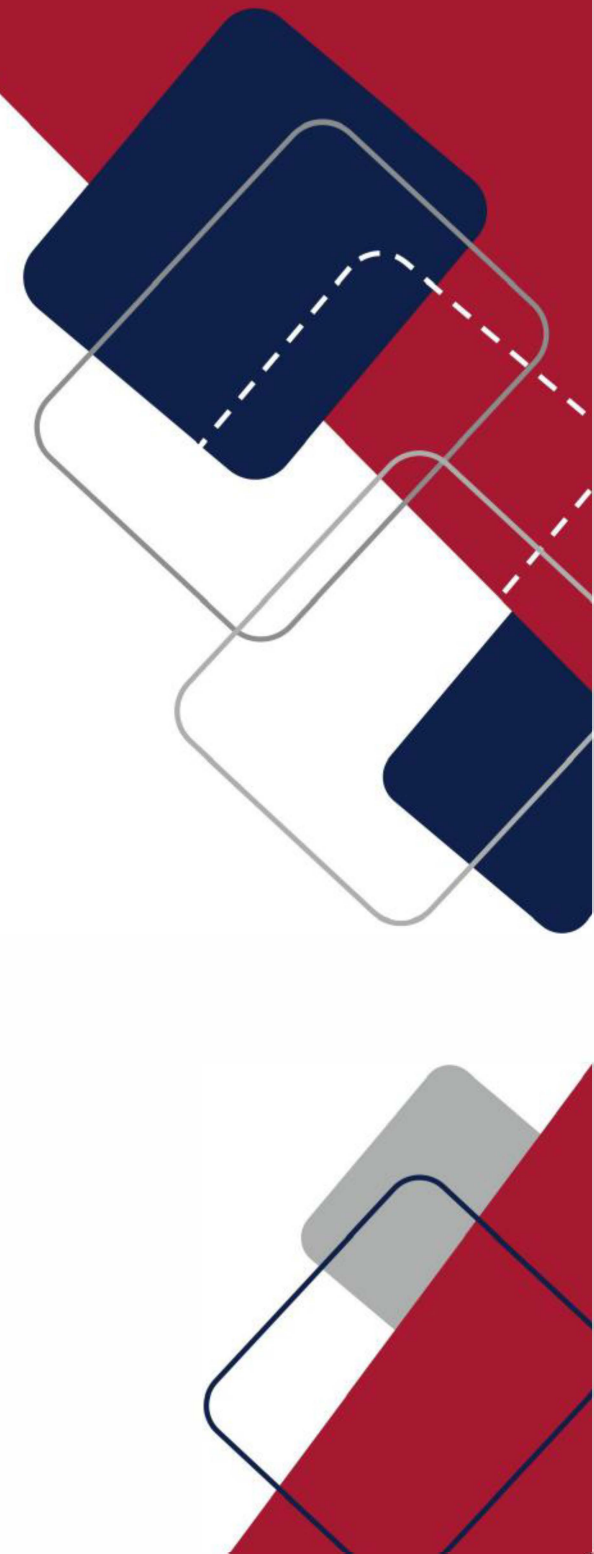
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UFS
CENTRE FOR TEACHING
AND LEARNING (CTL)

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Keep your eye on the **FINISH LINE**

Dear *Kovsie*

Yes, indeed this year has been difficult, and students were expected to endure and persist under extreme circumstances. However, this year is approaching its end, and we have the finish line in sight. Give yourself a pat on the shoulder for getting this far!

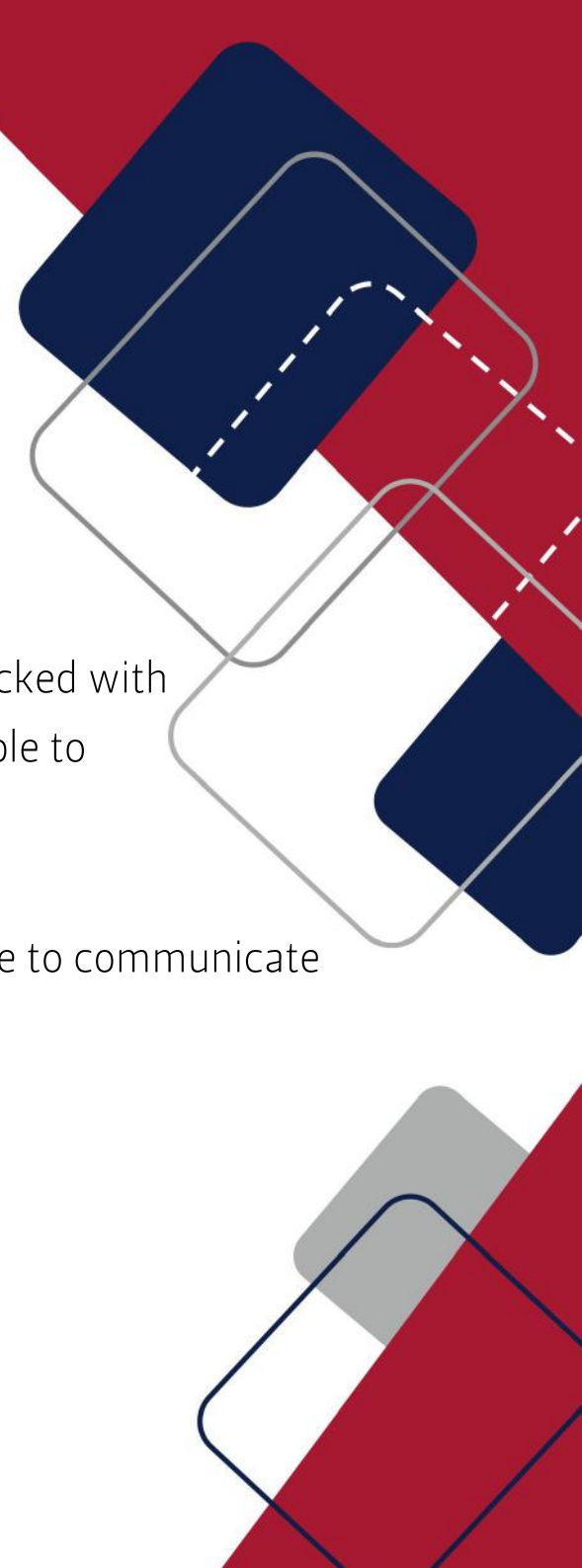
The UFS is determined to support you in this journey. With a second semester jam-packed with assessments, we would like to encourage you to make use of the support tools available to help you succeed: ufs.ac.za/toolsforsuccess.

While many of you are still continuing your studies from home for now, do not hesitate to communicate if you need support or assistance. Check in with your academic advisor:

- Bloemfontein campus: advising@ufs.ac.za
- Qwaqwa campus: advisingqq@ufs.ac.za
- South campus: advisingsc@ufs.ac.za

Keep moving forward!

The Central Academic Advising team



Checklist for this semester:

- I check each of my modules on Blackboard at least twice a week.
- I have compiled a list of assessments and due dates for my modules.
- I have a daily study schedule that I follow.
- I have downloaded the necessary learning material for all my modules.
- I check my student and personal email accounts regularly.
- I look after my health and wellness.
- I keep in touch with my lecturers if I struggle in a module.

NB UFS Calendar dates:

2nd Semester Registration	3 Sept—11 Sept
Quarter 3	1 Sept—16 Oct
UFS Break	24 Sept—27 Sept
Quarter 4	19 Oct—27 Nov
UFS Break	30 Oct—2 Nov
Second Semester classes end	27 Nov
Main exams	30 Nov—19 Dec
UFS Break	21 Dec—1 Jan

Academic Advice at your fingertips!

Not able to reach an academic advisor to help you navigate strategies to support your learning and academic success?

The Central Academic Advisors have developed a series of short learning online workshops that you can complete at your own pace and time. What will it cost, you might ask? Nothing. We have ensured that you do not incur data costs! Don't be left behind! Access the support you need. Find out more about the workshops by [clicking here](#).

Make sure you develop academic success strategies to help you reach your finish line:

- Time Management
- Healthy Sleep
- Note-taking
- Study methods
- Goal-setting
- Stress Management
- Exam Preparation

Dealing with a **HEAVY** workload

It is that time of the year, when many of us feel overwhelmed with what needs to be done, and the little time available to get it done. The second semester has started with a bang, and there are still many assessments, assignments, classes, chapters, and even maybe exams before we can enjoy the bliss of a December holiday. In this article we give you some pointers that might help you get things done and stay focused.

“If you wish to fly to new heights, begin by setting your sights on a destination you can reach and then create a flight plan, a map, that will be your guide”
-(Debbie Ford)

1

Determine what is most important.

After compiling your to-do list, ask yourself which tasks are urgent (it needs to get done now), as well as important. Do these tasks first.

2

Plan every hour of the day.

Do not fall in the habit of “taking things as they go”. Set a plan for each hour of the day. Schedule house chores as well, so that they do not interfere with academics.

3

Visit online learning platforms regularly.

Make sure you check in with Blackboard daily, and keep an eye on your student emails, so that you do not miss important information.

4

Keep in touch.

Make sure that you ask when you are unsure of something, or have difficulty in your learning.

5

Plan out assignments.

Do not only plan for the deadline of assignments, but plan when you will do specific sections of the assignment, when your first draft will be completed, and when you will submit your final draft.

6

Focus on one task at a time.

Avoid working on multiple things at once, but rather focus on the task at hand and get it done.

7

Use a timer.

Set a timer for tasks. An example would be to work for 50 minutes, and then take a ten minute break. This could help you get in the habit of being more conscious of your time.

Principles in managing your time effectively:

Michael Papworth identifies the following four steps to good time management:

- 1** **Have an excellent reason.** Always have a good reason why you are doing something. Spending time and energy on a task should support your life goals.
- 2** **Have an excellent plan.** Don't just rush into things, but plan how you will execute a task. Break it up into smaller tasks with a set time frame.
- 3** **Do things right.** Doing things right the first time would mean that you would not need to redo at a later stage.
- 4** **Do the right thing.** Being responsible for your own time might result in a struggle between doing what seems nice, and doing what is needed at the moment. Try not to let other things like unplanned social events interfere with your studying.

Finding the **CORE** in your studies

With limited time available, it is important that you know how to identify the core of each module. Make sure you focus on what is most important:

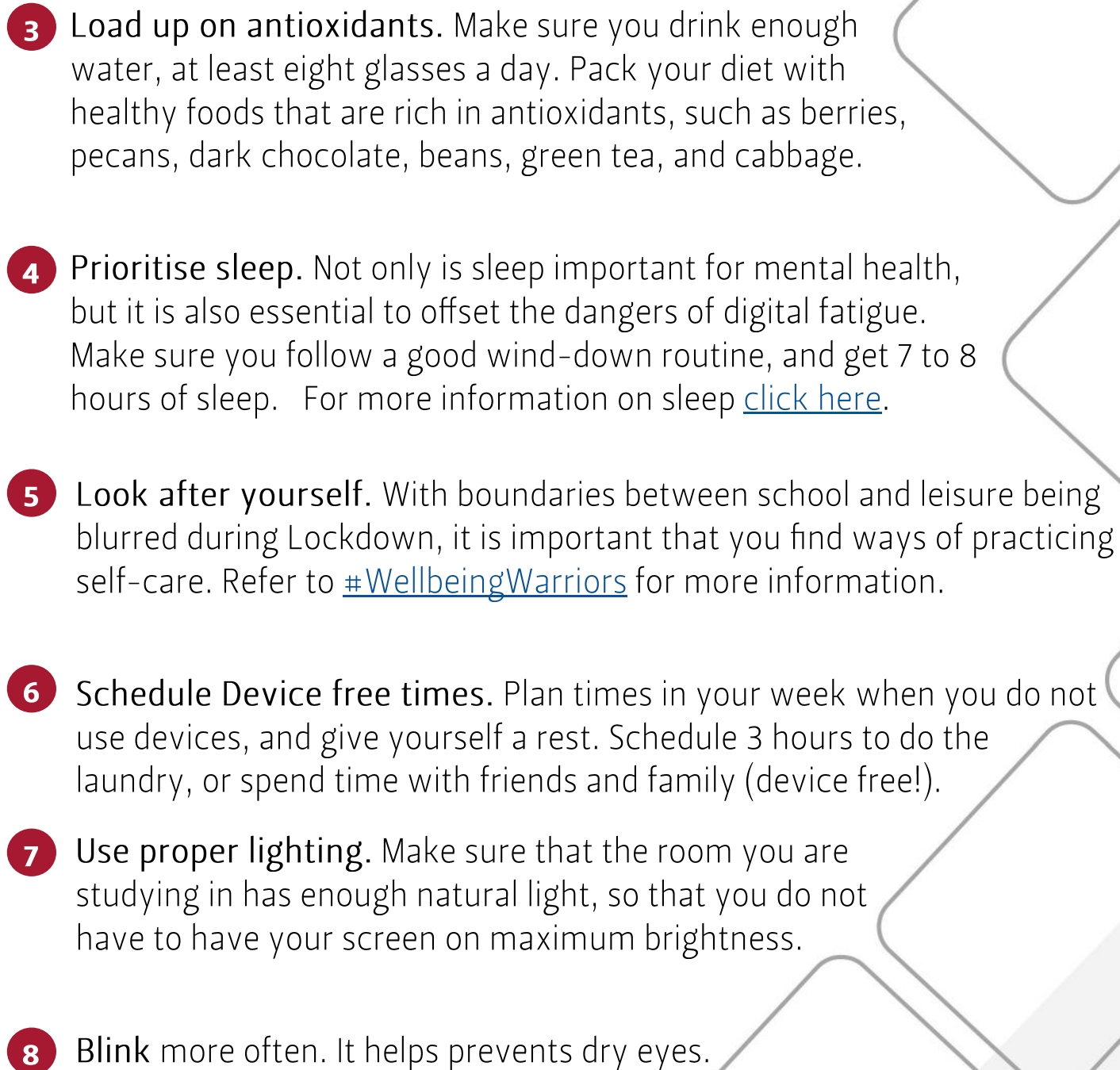
- Make a **diagram** of how concepts are related to one another.
- Focus on what the **lecturer emphasizes**. Look for concepts that are explained on slides, of which alternative resources are provided, and what lecturers are enthused by.
- Look out, Listen and read what is emphasised in the **beginning** of the lecture/notes.
- Use your **online module guide** as a roadmap.
- Apply information to the **real world**.
- **Anticipate questions**. Ask yourself what would I ask in the assessment if I was the lecturer in this module?
- **Strive to understand** rather than to remember. After reading a paragraph, listening to a video or audio recording of a lecture, try to explain it in your own words.
- Read the **introduction and conclusion** of the chapter or section.
- Identify **main ideas** in paragraphs. Look at the first sentence of the paragraph. Then, read the last sentence of the paragraph.
- Answer the **questions** in the chapter of your textbook.

- *Use the unit Learning Outcomes to test for yourself.* Remember, lecturers will focus on covering the learning outcomes in their modules, as these are the most important objectives for your modules. Make a list of the learning outcomes that will be covered in the week, and then turn them into possible questions. Try to answer these questions.
- *Locate additional books or previous test/exam papers.* Check additional materials loaded on Blackboard, or visit the UFS library resources: [kwiuhttps://apps.ufs.ac.za/exampapers/login.aspx](https://apps.ufs.ac.za/exampapers/login.aspx)
- *Ask/consult with your lecturer* what the format of the remaining assessments will be (i.e. formative, summative or continuous), and what examples are available and how certain sections will be asked.
- *Meet up with a tutor.* They often have a good sense of what types of questions you can expect, as well as effective study techniques to master the specific module content. Contact the faculty TLC to find out about tutorials, or otherwise your lecturer will inform you on whether e-tutorials are available in a specific module.
- *Look for themes among the class notes and textbooks.* Identify the relationships between concepts. For example, can you compare and contrast two different ideas or describe the cause and effect of an event? This is especially important for essay exams.
- *Change headings and subheadings into possible test questions.* This will guide what you need to master in the section.
- *Practice, practice, practice.* If you are studying math or science, complete as many practice examples as you can.
- *For assignments, make sure you understand clearly what the gist OR what is required in an assignment.* If you are not sure, and you would like assistance, make use of a WriteSite consultant by emailing: writesite@ufs.ac.za.

Combatting Digital Fatigue

Learning online might mean that you are spending much more time using digital devices in your learning. Digital fatigue starts with a twinge in your neck. Followed by the distinct feeling that you might be going cross-eyed. Added symptoms such as strained eyes, headaches, and stiff muscles (especially in the neck, shoulders and back), might be a sign that you are suffering from digital fatigue. Here are **eight tips** that might help you manage this better:

- 1 Be mindful of screen time.** Limit the amount of time you spend in front of screens. Try to use your screens for learning, and minimize unnecessary screen time such as Facebook and Twitter. Record lectures, and listen to them on your phone.
- 2 Increase movement.** Whenever you take a break from your studies, move around a little. Take a walk, or do some exercise.




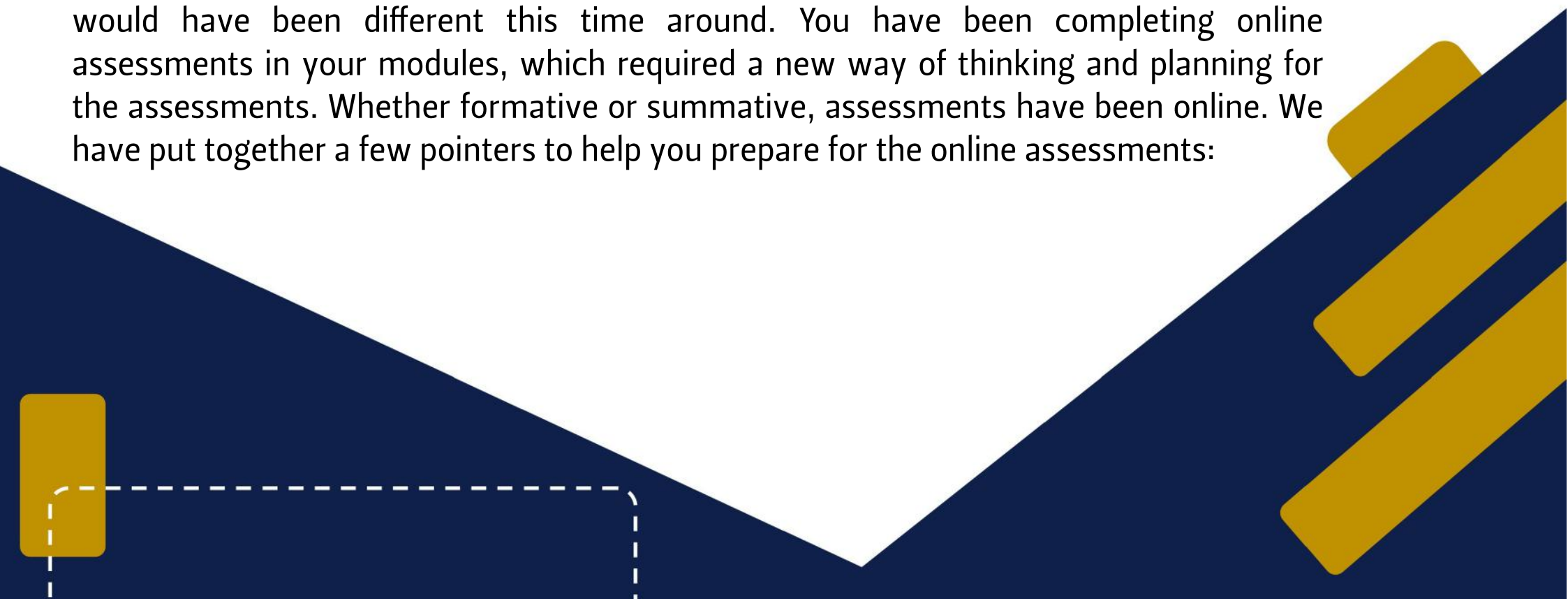
- 
- 3 Load up on antioxidants.** Make sure you drink enough water, at least eight glasses a day. Pack your diet with healthy foods that are rich in antioxidants, such as berries, pecans, dark chocolate, beans, green tea, and cabbage.
 - 4 Prioritise sleep.** Not only is sleep important for mental health, but it is also essential to offset the dangers of digital fatigue. Make sure you follow a good wind-down routine, and get 7 to 8 hours of sleep. For more information on sleep [click here](#).
 - 5 Look after yourself.** With boundaries between school and leisure being blurred during Lockdown, it is important that you find ways of practicing self-care. Refer to [#WellbeingWarriors](#) for more information.
 - 6 Schedule Device free times.** Plan times in your week when you do not use devices, and give yourself a rest. Schedule 3 hours to do the laundry, or spend time with friends and family (device free!).
 - 7 Use proper lighting.** Make sure that the room you are studying in has enough natural light, so that you do not have to have your screen on maximum brightness.
 - 8 Blink more often.** It helps prevents dry eyes.



Be ready for

Assessments

Most of us have the picture in our minds around assessments as a student writing a test or examination with a pen, in a space where you are being invigilated. Well, things would have been different this time around. You have been completing online assessments in your modules, which required a new way of thinking and planning for the assessments. Whether formative or summative, assessments have been online. We have put together a few pointers to help you prepare for the online assessments:



Tips to **ACE** an online assessment:

1. Know **when** you will be assessed.
2. Check all the **relevant information** about your online assessment well in advance.
3. Make sure you are **connected** (Download the Global Protect App).
4. Know the **rules and regulations** for online assessments.
5. **Prepare** as hard as you would for a traditional face-to-face assessment.
6. Keep an eye on the **clock**.
7. Ensure you **know how to complete** an online assessment.
8. Make sure that you are in a quiet environment with **minimal distractions** when starting.
9. **Know you can ace** online assessments.
10. **Be prepared** for **different types** of online assessments.

1. Make sure you know when you will be assessed

Many modules are following a continuous assessment model, which means you are completing more regular small online assessments that contribute to your final mark. Make sure you stay abreast of what is happening on Blackboard, and keep an eye on assessment dates. Set up a calendar, where you mark all assessments, so that you can plan sufficient preparation time. Here is a helpful template: <https://www.calendarlabs.com/2020-word-calendar>

Also make sure you know what type of online assessment it will be. You can even indicate it on your calendar. Here is an example:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Crim 1134 Journal entry	3	4
5	6	7 Soci 1514 Test BB Quiz	8	9 Psych Reflection (Whatsapp)	10	11 Psych 3114 Assignment (Submit BB)

Now that you have plotted your assessment dates on a calendar, it is time to start planning when you will prepare for these assessments. Do this by setting up a revision plan.

We have created a zero-rated online course that will help you with planning your revision. [Click here](#) to access the course.

2. Check all relevant information about your online assessment well in advance

You might have the question: “Where will I complete my online assessments?” The answer is, not all online assessments will be approached in exactly the same way. A basic checklist of what to expect and how to approach online assessments can be found below.

	You can expect:	You need to:
Where?	Assessments will be on Blackboard or Questionmark.	Ensure you have the necessary internet access. Refer to the previous edition of #UFSLearnOn, Check-In and Settle, for information on accessing zero-rated sites through Digital Life.
When	Assessments will only be available for a certain period of time on scheduled dates.	Check Blackboard to see when the assessment will take place.
Number of attempts?	Only one attempt will be allowed.	Ensure you are ready and have everything needed before opening the assessment.
Open or closed book?	Since online assessments are often in uncontrolled environments, they can be an open book setting.	Still prepare your material as you would for a closed book setting. Leave markers in your textbook, in case you might need to quickly open your textbook. Never think that you can answer from your textbook without studying! Time limits will not allow. You still need to study as hard as you would have for a closed book assessment.
Can other students copy my work?	Questions in tests will be randomized (questions will appear in a different order for each student).	Focus on your own assessment. Your assessment will not look like the next person’s. Remember, normal plagiarism and copying rules apply in an online environment.

3. Make sure you have **connectivity**

With the zero-rated websites via the [Global Protect App](#) including Blackboard (learn.ufs.ac.za) and Questionmark (qm.ufs.ac.za), your connectivity to complete your online assessment should not be a struggle. The UFS aims at helping students get connected during this time of online learning. If you are still experiencing connectivity issues with regards to the Global Protec App or Blackboard, visit the UFS [#DigitalLife](#) webpage for helpful resources and contact information. Alternatively, email studentdesk@ufs.ac.za for assistance.

Remember, the speed/time-out due to connection has nothing to do with the assessment platforms (Blackboard & Questionmark). The UFS cannot be held liable for loss of connection during your login. Systematically all measures are in place to ensure that the platforms perform optimally.

Use your data wisely by not downloading content more than once, and prioritising academic resources.

4. Know the Rules and Regulations

Similar to sit-down assessments, there are certain rules and regulations that go hand in hand with writing online assessments. The big difference between a sit-down exam and an online exam is that you are limited to an exam venue with a sit-down exam, but can write an online exam from anywhere. Regardless of where you decide to write the assessment, you will need to ensure that you have the following with you:

- Your login details for access to Blackboard and Questionmark;
- Textbooks (if allowed);
- Calculation instruments (where applicable)

Similar to sit-down assessments, you will have time limitations. Therefore, remember to save your answers as you go along (where applicable) and remember to click the 'submit' button once you are finished. Marking will still be done according to a memorandum, it will only be done on an online platform rather than in the "red pen" you are used to. Thus, keep an eye out for assessment feedback. [Click here](#) to access the UFS examination rules and regulations.

5. Prepare as hard as you would for written assessments

Open book assessments imply that your online assessments will be open book and that you will have access to your class notes, textbooks and study guides while completing the assessment.

This does not mean that you don't have to study for the assessment. Make sure that you study for an open book assessment just as much as you would for a closed book assessment. Please do not underestimate the preparation needed for an open book test!

An open book test usually evaluates understanding rather than recall and memorization. You will most probably be required to apply knowledge to new situations, to analyse elements, or to evaluate a specific viewpoint or decision. Make sure that you have a knowledge base to draw from when answering these types of questions. Yes, even multiple choice questions can test your ability to apply knowledge! You will not have enough time during the online assessment to familiarise yourself with the content of the module (UFS Reboot Pack, 2016).

6. Keep an eye on the clock.

Some online assessments will be timed. Take a few seconds to calculate roughly how long you should spend on each question by taking into consideration how much time you have, and how many marks each question count. You will not have enough time available to search for the answers in class notes, textbooks and other resources. You are advised to answer questions without consulting your notes first. This will save you time by allowing you to get through certain questions without fumbling with your notes. It will also afford you the opportunity to spend more time on the questions that you might find more difficult. Mark each chapter as well as those pages that contain important content. This will save a lot of time as you won't have to page through your textbook and your notes searching for answers.

Before you start answering essay questions, read the instruction words carefully. Ask yourself what exactly it is that the assessor wants you to do, and what the mark allocation will be for each component of your answer. Do not over answer the questions but rather aim for accurate, concise, and thoughtful answers (UFS Faculty of Law, 2016).

7. Ensure you know how to complete your assessment

If possible, complete a practice assessment beforehand. Some faculties/ departments have practice exams available on their Blackboard pages. Avoid last minute problems, make sure your device has all the correct hardware and software.

8. Minimise Distractions as much as possible

With the current Lockdown arrangements, for some of you it might be a bit cramped at home. Finishing an online assessment can seem daunting. Discussing your assessment dates with your family might help remind them to consider you while you are completing assessments.

Here are some tips to minimise distractions from Oxford learning(2020):

- Try to get the room concentrate-able. Playing classical music, or try to keep play to a minimum when you need to work. Using earplugs when studying might also help.
- Deal with hunger before you start studying.
- Put your phone on do not disturb.
- Find the spot that works best for you.
- Take frequent breaks.
- Try to create a distraction free space in your home where everyone can do focus work.
- Create a routine to stay organised.
- Make learning fun.
- Use a calendar and plan ahead.
- Split your work up in sections.

To read more about these tips, [click here](#).

9. Know you can ACE online assessments

It is understandable that you might feel uncomfortable, and even maybe afraid of being assessed online. The truth is, because students are assessed more often in this kind of environment, they often perform better, and are more engaged in their learning (CAE Computer Aided USA, 2020). Singh (2019) indicated that very often, students prefer being assessed online rather than with pen and paper, because of some benefits online assessments hold. These can include: students can get feedback faster, assessments can be completed anytime anywhere, students can have resources available, online assessments are often more fun and interactive, assessments are completed in a more comfortable environment than a classroom, online assessments often cater more for students with special needs, and feedback is given more often (Singh, 2019).

Just as with anything new in life, the more prepared you are, the more likely you are to make a success of it. Knowing that you are well prepared, will leave you more confident when completing online assessments. On the other hand, if you do not prepare sufficiently, you will probably feel a lack of confidence and perhaps even some anxiety that you will not earn good marks. “Preparation is your best defense against test anxiety” (Kanar, 2014).

Try your best to stay calm. Remember that a healthy body keeps a healthy mind (Jooste, 2013). Make sure you look after yourself physically, and get enough rest in between study sessions. Make use of relaxation techniques such as the breathing exercise, or the progressive muscle relaxation technique to help you relax. Refer to the #WellbeingWarriors resources for more information on dealing with stress and uncertainty.

10. Be prepared for different types of online assessments

Your assessment can take many different forms. Make sure that you know what kind of assessment you will get, and prepare yourself accordingly. Examples of assessments might include:

- An essay as a formal assessment, which you need to submit online.
- A Blackboard quiz with multiple choice questions
- Class reflection activities submitted via email, WhatsApp, or Blackboard
- Remote lab activities
- An assignment which you submit through Turnitin
- A Journal Entry completed on Blackboard
- A written examination which you write on campus
- A research paper that you need to submit through Turnitin

The types of questions you get in an assessment might also vary. You might be asked to complete multiple choice questions, or answer in a paragraph. In some instances, you might be asked to apply information in a case study. Being aware of these different types of questions can help you be better prepared for your assessment.

[Click here](#) to read more about prepare for different types of assessments.

[Click here](#) to read more about preparing for different types of questions.

*Note the additional data costs will incur when opening links.

Practical TIPS for completing assessments in a low-tech/distance environment (#UFSTeachOn):

- Always look out for the **Rubric** of the assessment, and use it to guide your answers.
- Do not **plagiarise** or copy. It is easy to detect plagiarism through software such as Turnitin.
- Do not leave assessments to the last minute. You need to **plan for the unforeseen**, such as connectivity problems.
- **Speak up** if you are not able to deliver. Let your lecturer know if you are not able to perform/submit an assessment ahead of time, so that they are aware of your challenges, and can assist you with finding alternatives.
- Remember, quantity does not always mean quality. Rather than trying to write too much, try to answer the question/instruction as thorough and concise as possible. **Stick to the word limit** provided.
- Look for **example essays** or structures when planning your assignments and essays. Use the same structure as provided when completing your assignment
- Make sure you **know how many attempts** you have, and how to submit your attempt.

Message from UFS Careers Office

Make sure you get your copy of GRADnext!

GRADnext is a 69-page booklet created to help you make the huge transition from student life to the working world. The 20 short chapters contain clear and practical guidelines to support you every step of the way, from deciding where you want to go, to finding the job, making it yours, and joining the world of working adults. You can download the text or listen to the 20 audio episodes for free.



[Click here](#) to download your free copy.

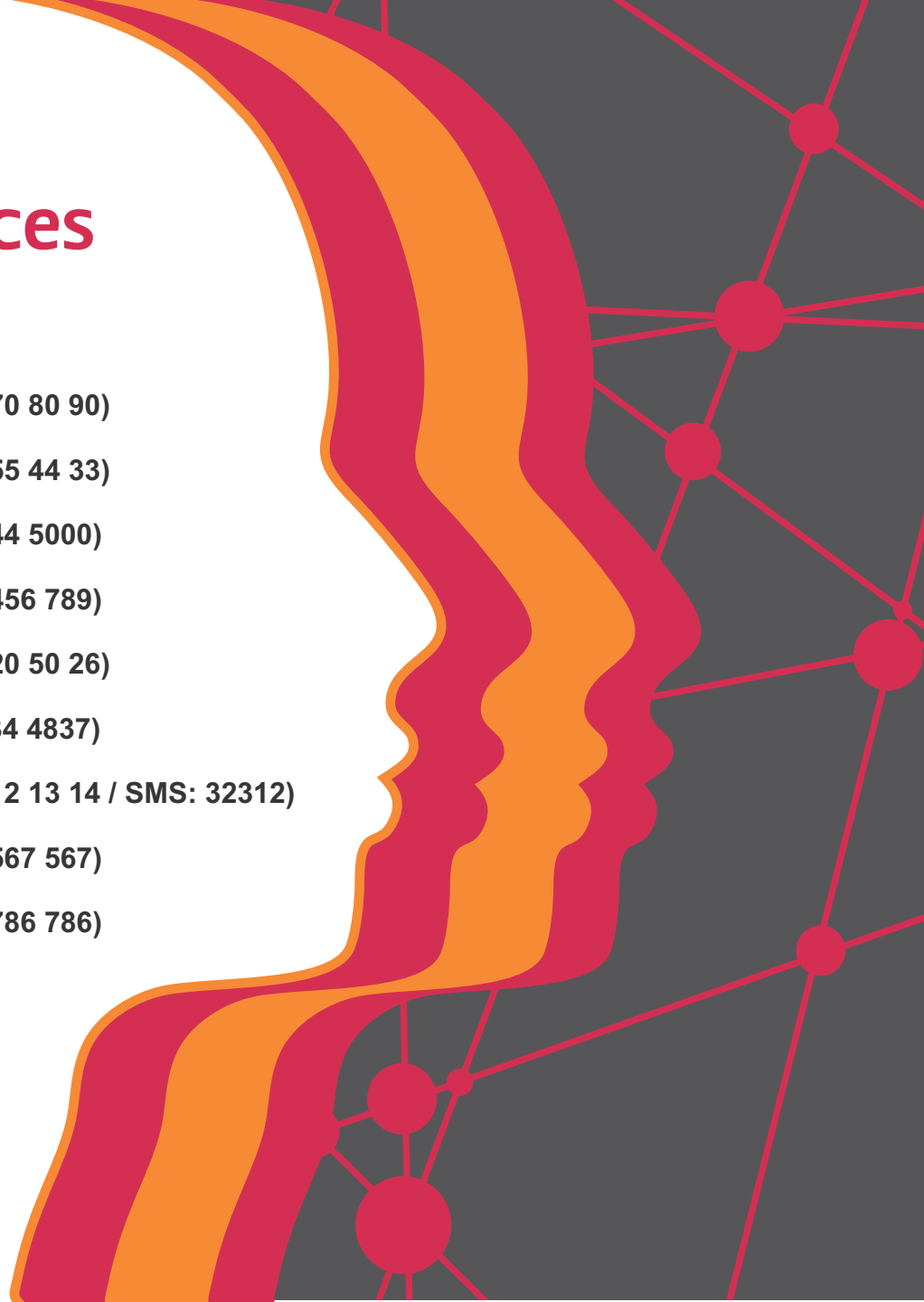
*GRADnext is brought to you by Ruda Landman, StudyTrust and Capitec Bank in partnership with Van Schaik Publishers.

Alternative mental health resources

telephonic online

Adcock Ingram Depression and Anxiety Line	(0800 70 80 90)
ADHD Helpline	(0800 55 44 33)
Befrienders Bloemfontein 24hr Helpline	(051 444 5000)
Cipla 24hr Mental Health Helpline	(0800 456 789)
Pharmadynamics Police & Trauma Line	(0800 20 50 26)
SADAG Mental Health Line	(011 234 4837)
Substance Abuse 24hr Line	(0800 12 13 14 / SMS: 32312)
Suicide Crisis Line	(0800 567 567)
Gift of the Givers COVID-19 Counselling	(0800 786 786)

www.mobieg.co.za (online chat, articles and app)
www.helpguide.org (online resources)



Trying to access **online library resources/textbooks** while off campus?

1. Visit the library webpage: <https://www.ufs.ac.za/library>
2. Contact your faculty librarian:

Faculty	Librarian	Email address
Economic & Management Sciences	Mr Molatoli Sephoko	MolatoliAufs.ac.za
Education	Mrs Ronet Vrey	Ronetufs.ac.za
Health Sciences	Mrs Annah Mophosho	MophoshoAMAufs.ac.za
	Mrs Elma van der Merwe	ElmaAufs.ac.za
	Mrs Annamarie du Preez	annamariAufs.ac.za
The Humanities	Mr Lee Goliath	GoliathLKAufs.ac.za
	Mr Sihle Blose	BloseSDAufs.ac.za
Law	Mr Zinakile Sotu	SotuWAufs.ac.za
Natural & Agricultural Sciences	Mrs Gadibolae Moshotloa	MoshotloaGLAufs.ac.za
	Ms Kegomodicwe Phuthi	PhuthiKEAufs.ac.za
Theology and Religion	Ms Senovia Welman	Senoviaaufs.ac.za

Support Services

BLOEMFONTEIN CAMPUS

Faculty	A_STEP	Student Counselling and Development	Advising	Student Affairs	Blackboard	ICT password
<p>Economic and Management Sciences:</p> <p>Ms Lizette Pretorius LPretorius@ufs.ac.za</p> <p>The Humanities:</p> <p>HUM advising humanities@ufs.ac.za</p> <p>Education:</p> <p>Thandi Buso BusoNH@ufs.ac.za</p> <p>Law:</p> <p>William Awusi AwusiWK@ufs.ac.za</p> <p>Theology and Religion:</p> <p>Ingrid Mostert MostertIE@ufs.ac.za</p> <p>Natural and Agricultural Sciences:</p> <p>Velaphi Makgwahla MakgwahlaMVT@ufs.ac.za</p> <p>Health Sciences:</p> <p>Lydia Du Toit StudentAdminFHS@ufs.ac.za</p>	<p>Economic and Management Sciences:</p> <p>Sivuyile Nzimeni NzimeniS@ufs.ac.za</p> <p>The Humanities:</p> <p>Cebelihle Sokhela SokhelaCH@ufs.ac.za</p> <p>Education:</p> <p>Zaynab Mobara MobaraZ@ufs.ac.za</p> <p>Law:</p> <p>Dineo Khoase KhoaseDA@ufs.ac.za</p> <p>Theology and Religion:</p> <p>Rolien van der Merwe VandermerweCF@ufs.ac.za</p> <p>Natural and Agricultural Sciences:</p> <p>Lubabalo Saba SabaL@ufs.ac.za</p> <p>Health Sciences:</p> <p>Rolien van der Merwe VandermerweCF@ufs.ac.za</p>	<p>Bloemfontein Campus</p> <p>T: +27 51 401 2853</p> <p>scd@ufs.ac.za</p>	<p>Advising@ufs.ac.za</p>	<p>Student Affairs contact</p> <p>studentaffairs@ufs.ac.za</p> <p>Social Worker</p> <p>T:+27 51 401 9117</p> <p>24-hour Emergency Number</p> <p>T: +27 73 182 3048</p>	<p>Blackboard enquiries:</p> <p>T: +27 51 401 9452 ehelpdesk@ufs.ac.za</p> <p>Monday - Friday (07:45 - 21:00)</p> <p>Saturday, Sunday, university holidays, and public holidays (09:00 - 18:00)</p>	<p>Password enquiries (including Blackboard password):</p> <p>T: +27 51 401 3994 studentdesk@ufs.ac.za</p> <p>Operating times Mon – Sun: 07:45-18:00</p>

Support Services

QWAQWA CAMPUS

Faculty	A_STEP	Student Counselling and Development	Advising	Student Affairs	Blackboard	ICT password
Education: Ms Tshidi Mosea MoseaTM@ufs.ac.za The Humanities: MagaizaG@ufs.ac.za Natural and Agricultural Sciences: Ms Maria Mohono MohonoDM@ufs.ac.za Prof Aliza Le Roux LeRouxA3@ufs.ac.za Economic and Management Sciences: Ms Jabulile Zim ZimJN@ufs.ac.za	Economic and Management Sciences & Natural and Agricultural Sciences: Dinkeng Motaung MotaungDN@ufs.ac.za The Humanities and Education: Letsela Motaung MotaungLP@ufs.ac.za	QwaQwa Campus T: +27 58 718 5032 scdqg@ufs.ac.za	Advisingqq@ufs.ac.za	Kovsie support services: Ms Nicole Morris MorrisN1@ufs.ac.za	Ms Matlali Mthembu MthembuMLC@ufs.ac.za ehelpdesk@ufs.ac.za	Mr Teboho Leeu LeeuT@ufs.ac.za

SOUTH CAMPUS

Faculty	Tutorials	Student Counselling and Development	Advising	Student Affairs	Blackboard	ICT password
Economic and Management Sciences: Mr Lerato Sekonyela SekonyelaLE@ufs.ac.za Natural and Agricultural Sciences: Ms Elzmarie Oosthuizen OosthuizenME@ufs.ac.za		South Campus: T: +27 51 505 1298 T: +27 51 505 1430 scdsouth@ufs.ac.za	Mr Chwaro Shuping ShupingCN@ufs.ac.za (Sub-regions) MosiahLP@ufs.ac.za	Kovsie support services: Mr Vhugala Nthakheni NthakheniV@ufs.ac.za	Blackboard enquiries: T: +27 51 401 9452 ehelpdesk@ufs.ac.za Monday - Friday (07:45 - 21:00) Saturday, Sunday, university holidays, and public holidays	

Bloemfontein Campus Library	For assistance in finding resources for your assignments or research. You can contact your faculty librarian: Visit the Library website https://www.ufs.ac.za/library Under the resources tabs, you will be able to access electronic resources by clicking https://ufs.libguides.com/eresources
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OWN
DESTINY



“
If you **wish to fly** to new heights, begin by setting your sights on a
destination you can reach and then create a **flight plan**, a map, that
will be your guide” - (Debbie Ford)

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