

#UFSLearnOn:

**Check-In
and Settle**



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FREISTATA



UFS
CENTRE FOR TEACHING
AND LEARNING (CTL)

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Check-In message!

Since we have transitioned as a nation from level 5 to level 4 of the lockdown, we trust that this has deposited for you a sense of hope. We shall overcome this pandemic.

As we continue to transition and settle into this new remote online learning environment, this edition provides support to check-in and ensure that we assist in developing a plan to settle and succeed. Before we get started, here are 6 check-in points to reflect and prepare you to settle:

1. Have you downloaded the [Global ProtectApp](#) to make use of the zero-rated websites?
2. Have you accessed [Blackboard](#) to check your latest module announcements and downloaded all your module content
3. Do you have a list of dates of quizzes/assignments/assessments for each module?
4. Do you have a **monthly/weekly planner** to allocate time to all your modules? If not, contact an academic advisor (advising@ufs.ac.za or advisingqq@ufs.ac.za) to help you plan.
5. Do you have a **daily planner** to give each module at least an hour a day to cover academic content? If not, contact an academic advisor (advising@ufs.ac.za or advisingqq@ufs.ac.za) to help you plan.
6. Have you familiarised yourself with support available, are you making use of it -
 - a. Academic support - [tutorials](#), [academic advising](#), [WriteSite](#)
 - b. Mental health support - [#WellbeingWarriors](#)
 - c. Social support - peers on Whatsapp, [StudentAffairs](#), family time

The UFS is aware that even with all the plans in place to help students continue learning during this time, there are some students who will not be able to study effectively until they get back to campus. We echo the principle of DHET, *"no student left behind"* and continue to work on solutions for the provision of strategies that will make provision for structured catch up.

We are fully confident that as the UFS community, we have the ability to overcome and succeed; we are a resilient and determined community!

Stay tuned to the [Official UFS Communication](#) platforms to get the latest news and developments.



Data clarification

The UFS continues to work towards making your remote learning experience as conducive and productive as possible. One of the main efforts of the UFS during time is making learning material and resources available. In these efforts, the UFS has implemented the provision of anytime structured and managed data to all undergraduate and postgraduate students for four months as from 20 April 2020. This structured data is provided through the Global Protect App (myaccess.ufs.ac.za) to enable you to access academic websites. This data does not reflect the same way as you load/check you data/airtime balance, it is free to access via the myaccess.ufs.ac.za. Through the Global Protect App you can **ONLY** access academic sites (refer to page 20 for more info). Should you continue to have challenges with the App, email studentdesk@ufs.ac.za and visit the [Digital Life](#) page for full details.

In the meantime, Universities South Africa (USAf) is negotiating with national mobile providers (i.e. Vodacom, Telkom, MTN and Cell C) regarding the provision of an additional 10 GB data deal for all students. This is, however, a separate arrangement, and the UFS will communicate the outcome thereof should it be successful.

2020 ACADEMIC CALENDAR

Quarter 2

(online transition and orientation period)

20 April – 30 April 2020

Your responsibilities

(what you must do)

- ☐ Make sure that you get set up and log on Blackboard and download the Blackboard app.
- ☐ Refer to #UFSLearnOn resources to help you.

(completion of the 1st semester through online)

4 May – 31 July 2020

Your responsibilities

(what you must do)

- ☐ Check your module communication and submission dates for assignments at least once a week and make use of the resources in #UFSLearnOn to adapt your study skills, and #WellbeingWarriors to take care of yourself.
- ☐ Support staff are available, email: advising@ufs.ac.za (Bloemfontein Campus), advisingqq@ufs.ac.za (Qwaqwa Campus) or ShupingCN@ufs.ac.za | MosiahLP@ufs.ac.za (South Campus).

Main Exams

3 – 22 August 2020

Additional Exams

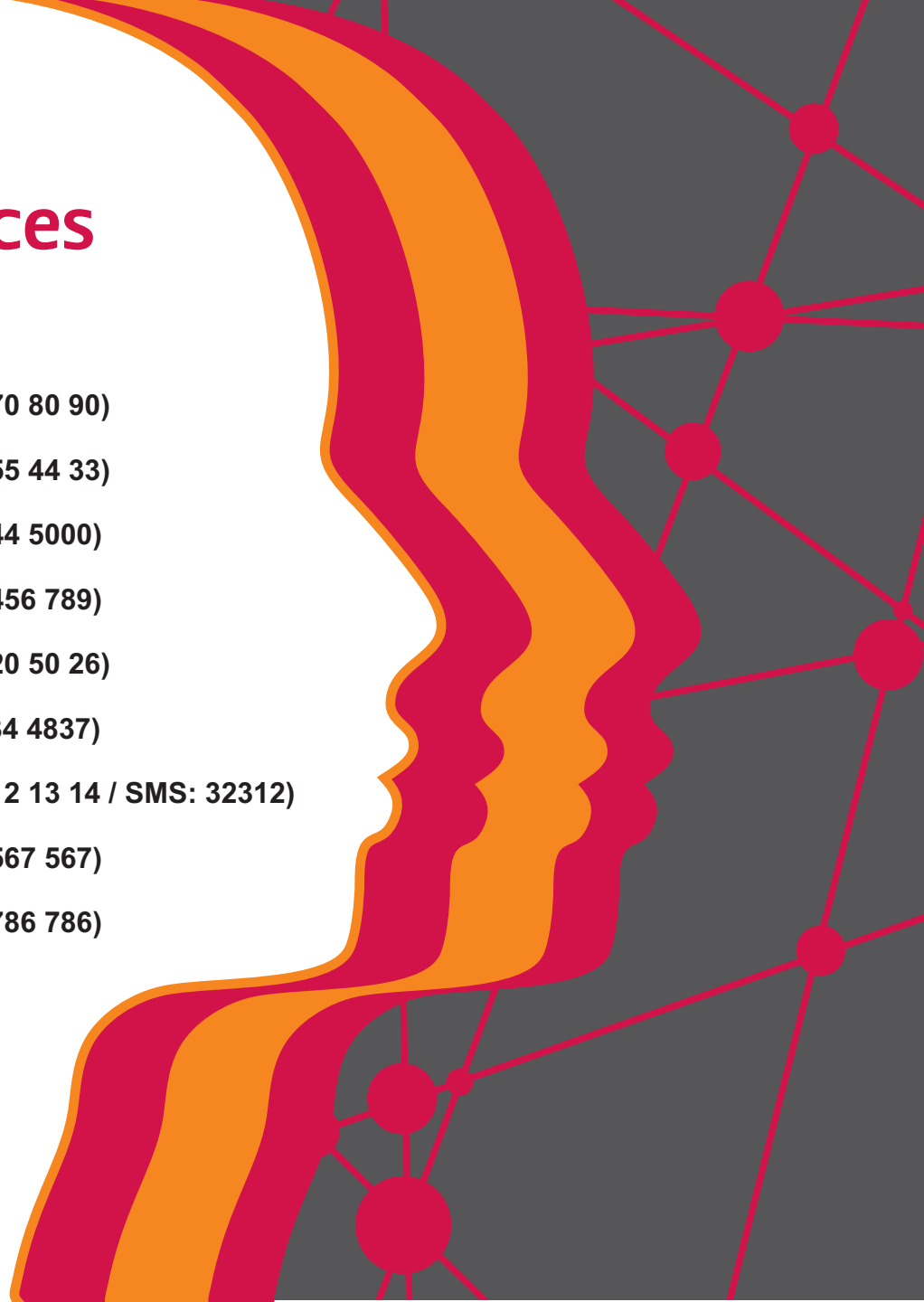
24 – 29 August 2020

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)





Become the **master** of your **time**

The latest speech on the progress of the lockdown does not seem to be siding with citizens moving freely and going back to normal. So, a new normal is one we will have to start accepting. We know that it is challenging when we have to transition from how we used to study (blended learning) to now doing remote online learning. One of the key aspects of an effective transition is proper time management. In this article, we help you become the master of your time by avoiding procrastination and distractions, through prioritisation, and taking appropriate steps in planning your time effectively.

We often procrastinate because we think we still have enough time, we do not structure our time, the task is unpleasant, or we are afraid we will fail at the task. One of the best productivity systems used are the six steps called The Ivy Lee Method:

1. At the end of each day, write down the six most important things you need to accomplish the next day. You can select from your to-do list if you already have a list.
2. Prioritise those six items in order of their importance to you.
3. When you start the next day, concentrate only on the first task. Work until the first task is finished before moving on to the second task.
4. Approach the rest of your list in the same fashion. At the end of the day, move any unfinished items to a new list of six tasks for the following day.

Another pitfall to avoid while focusing on your academics is distractions. We often get distracted because our minds are occupied, we have a lot to do or simply, the environment we are in doesn't allow us to complete certain things efficiently. Here are a few tips to help you avoid distraction while studying:

1. Put your phone on silent mode and place it out of reach;
2. Turn off your internet access; and
3. Ask people to give you privacy.

No matter how swamped you are, prioritising will always help you and your academics. To-do lists that you then decide on what's most urgent and important are especially helpful. To-do lists help as once you have written a task down, you can stop worrying about forgetting to do it, and it helps you to focus as you are less likely to become side-tracked when concentrating on your list and you will gain more of a sense of purpose. To-do lists can also be rewarding as it is satisfying to tick things off as you do them which encourages you to do more, and it gives you a feeling of control over your workload, rather than feeling that the work is controlling you. Once you know your priorities, you need to take proper steps in planning your time.



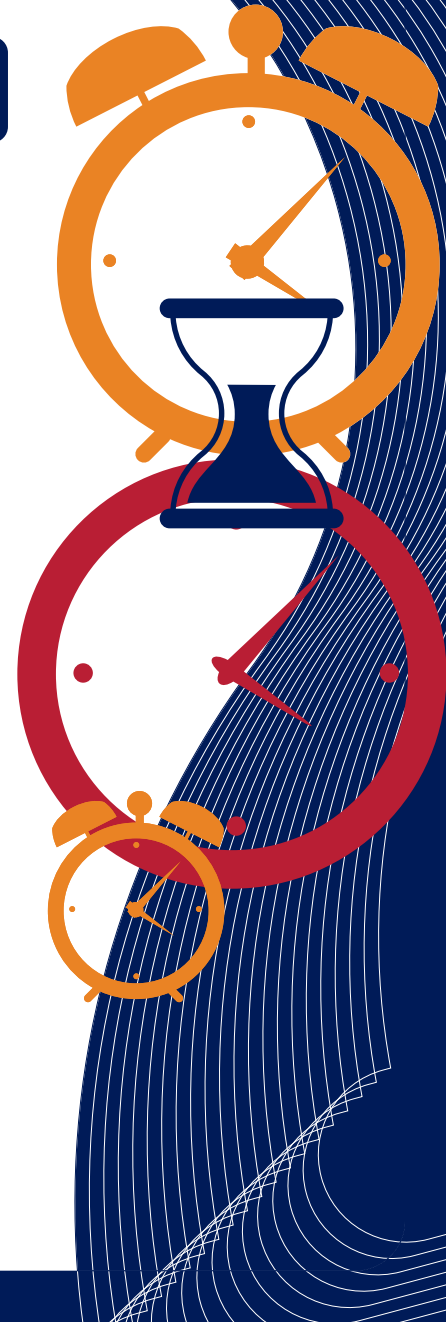
Remember:

Proper Prior Planning Prevents Poor Performance

Staying indoors with not much to do (or even having too many responsibilities) has thrown our productivity and energy levels off track. Still, it would seem now is a good time to begin establishing a lifestyle and routine that will keep us productive, creative, motivated and energetic. Here are a few tips we have for you to ensure that you keep moving forward, even if it's within limited spaces:

- a) **Stick to a routine** – You may have many responsibilities, but it is important that while making contributions to the functioning of the household, you communicate your responsibilities as a student to your family. It may help to share a roster of when you would be able to assist around the home and when you would like support and time to do your schoolwork.
- b) **Decide on if you want to study at night or during the day** – There are various benefits to studying at night such as the lack of distractions, tranquillity and silence. On the other hand, studying during the day allows you to keep in touch with classmates, keep your natural cycle, and you feel refreshed after a good night's sleep.
- c) **Get enough sleep** – good sleep is the key to not only keeping healthy, but also to information processing. Getting 6-8 hours of sleep may be difficult, but depriving yourself of good sleep will have a detrimental effect on your ability to focus and pay attention, so make sure you rest.
- d) **Spend the right amount of time to cover the work done 'in class'** (on your new module schedule). To calculate how much time to spend on each module per week, use the following formula:

Time to work through the week's 'class-load' (lecture recordings and slides) + **tutorial hours** + **note-taking or practice time** (how long it would take you to cover the necessary units of the week) + **assessment time per week** (refer to the section on 'planning for my assessments').



Here are some practical steps to plan your time:

1. Schedule fixed commitments

- Family responsibilities with fixed times like meal prep or group discussions with fixed times

2. Divide time for each module during week

- Use the formula above to calculate this time
- Take concentration levels into consideration for each module
- Have regular breaks
- Don't exceed 8 hours/day for academics

3. Schedule in other activities

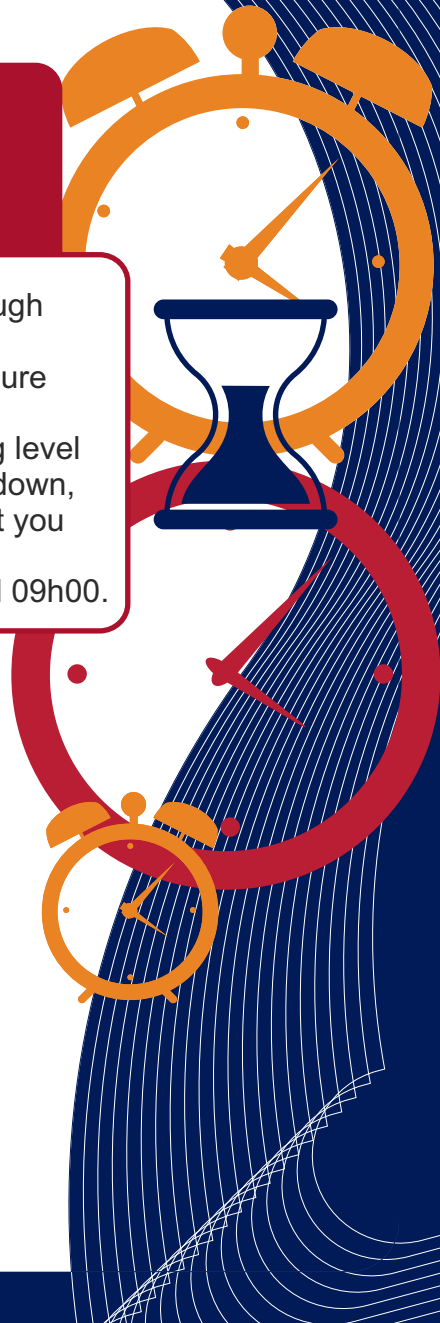
- Stay healthy through exercise
- Make time for leisure activities as well
- Remember during level 4 of national lockdown, regulations permit you to walk/jog in the morning 06h00 till 09h00.

Planning for my assessments

1. Diarise all your assessment activities and their due dates
2. Go through the instructions and rubric and take note of what you will be assessed on
3. Spend some time on learning the material of each of your modules and ensure that you thoroughly understand the topic
4. Estimate the time you will need to spend on writing up the assessment
5. Calculate the time needed per week per module: Assessment 1 hours (hours to go through content + hours to write up the essay) + Assessment 2 hours (hours to go through content + hours to write up the essay) = total assessment hours for module
6. Divide the total hours per module by 13 weeks (preliminary amount of weeks before exams)

Want to setup your own schedule, get a template via this link:

https://rise.articulate.com/share/Jyx68F7c_khKgNRRR0OCXKEZ7d8tMwTI



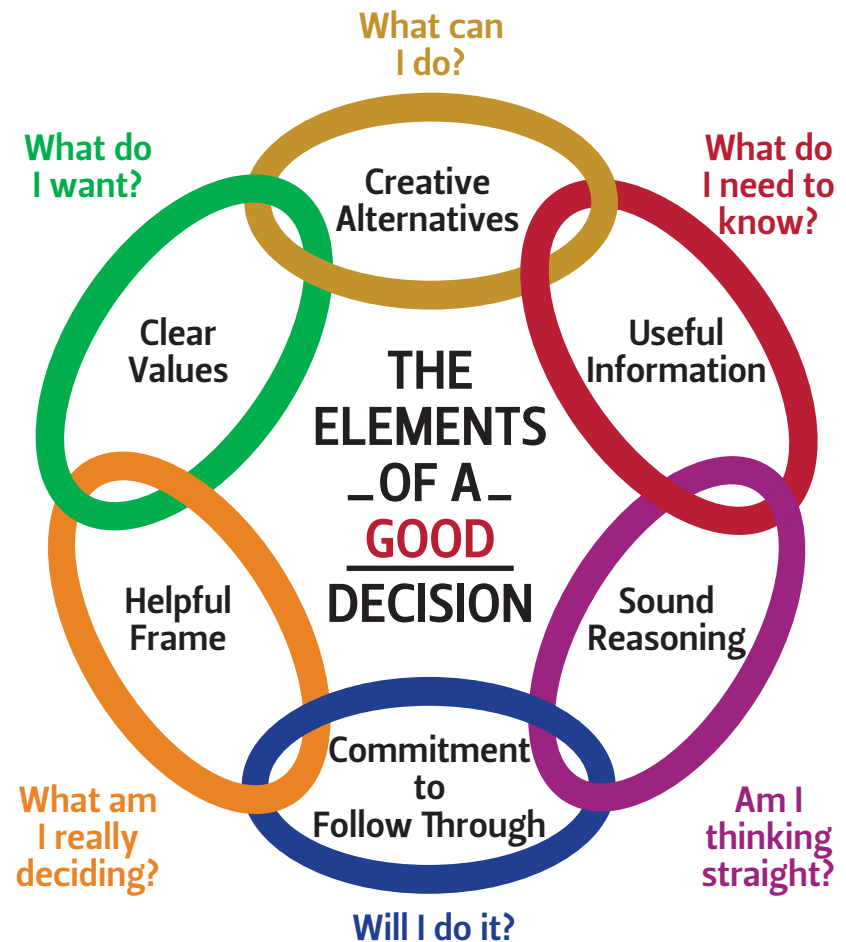
Weekly Schedule

[illegible]

Making good decisions about my studies

Are you worried about what to do with your studies and how to face the new realities that have come with Covid-19? Although everyday decisions such as what to wear might be easy, knowing what the right thing to do in your studies might be harder. Times of emergency often lead to emotional decision-making which might be regretted at a later stage. No matter how uncertain everything feels at the moment, it is important that you think clearly before making any hasty decisions around your studies.

A Decision is Only as Strong as the Weakest Link



A good decision makes sense and feels right

Why is it sometimes so scary to make a decision?

It is not necessarily the act of making decisions that is so frightening, it is uncertainty of the results and repercussions of those decisions that we tend to fear the most. You might be scared that continuing your academic year under the current circumstances might have a negative impact on your studies. But in the same sense, giving up, or interrupting your studies might leave you with other worries like getting back into your studies at a later stage or financial strain.

Making effective decisions and sound decisions is an art learnt through life experiences. We aim to help you think carefully around your studies, and make informed decisions. The decision-making chain might help you view decision making as a step-by-step process, which takes careful consideration of all aspects to the situation. This process also compliments the examples provided in the [#WellnessWarriors campaign](#).

So to make this more real for you, here is an example of how the decision-making chain can be applied to a decision regarding your studies.

Six elements of good decision-making:

1. Helpful frame
2. Clear Values
3. Creative alternatives
4. Useful information
5. Sound reasoning
6. Commitment to follow through

So, how might I apply the 6 elements of good decision-making?
Here we go:

1. Be clear on the problem that you are solving:

Determine what you really are deciding. Ask yourself if you are clear on the problem you are solving.

Ask yourself: Is the problem that I am finding studying online hard or that I simply am not able to do it where I am? Identify the feelings you experience when thinking about your studies. What makes you anxious? What are you really worried about? For help on transitioning to online learning, consult the #UFSLearnOn editions: <https://www.ufs.ac.za/ufs-learn-on-campaign/>

Think about the impact that this decision will have on your life.

- What will change when you make this decision?
- How important is this to you?
- Who will be impacted by your decision?
- Who will be impacted if you decide to stick to your studies?

2. Identify what you truly want

Ask yourself what it is that you truly want. Consider your agency as an individual, is there something I can do to try make this work despite the current circumstances? OR Are you anxious that you won't be successful? Are you worried that you won't be able to overcome your circumstances? Remember, whatever you decide, the decision you make should be your own, and your decision should be directed towards your own happiness and success. Remember, a good decision requires both head and heart.

Ask yourself:

- Does my decision make sense?
- Does my decision feel right?

3. Gather a good set of alternatives

Ask yourself what other alternatives you can follow. Have you exhausted all the student support services the UFS offers? Have you spoken to your family/close friend about helping you to succeed? Can you possibly try and find ways of adapting to this new way of learning.

4. Gather all the relevant information needed

The key to making better decisions is to educate yourself and make certain that you are fully informed about the contributing factors. Undoubtedly, most of us have heard the phrase "knowledge is power". If you educate yourself and make an effort to learn as much as you can about the issue, you will find the power within yourself to be decisive.

Make sure you gather all the relevant information needed:

<i>Sticking to my studies:</i>	<i>Deferring/Deregistering</i>
<ul style="list-style-type: none">• <i>Have I familiarised myself with all #UFS LearnOn materials?</i>• <i>Have I asked for help from an academic advisor? To get a call from an academic advisor, send an email with your contact details to:</i> <i>BFN: advising@ufs.ac.za</i> <i>QQ: advisingqq@ufs.ac.za</i>	<ul style="list-style-type: none">• <i>What will the consequences be for my NSFAS / other bursary or loan? Many bursaries come with a 'no deferral/deregistration' condition, so be sure to check the conditions attached to your bursary before you act.</i>• <i>What will the effect be on my place of residence?</i>• <i>Can I afford to extend my studies?</i>• <i>What impact will deferring have on my residential period and graduation?</i>

Be aware of the rules relevant to your decision. Make sure you are aware of the [UFS General Rules](#).

Remember: Some decisions must be discussed with others. Contact your faculty advisor, Faculty Manager, Teaching and Learning Manager, or Programme Director, depending on your particular situation before making your final decision. Consult your parents/guardians, International Affairs office, the Postgraduate School, financial aid office for guidance and information on the various options. Make sure you have all the relevant information before proceeding.

5. Evaluate all alternatives in light of the information and find an alternative that gets you the most of what you truly want

Check your thinking. Are you making an emotional decision? Explain your decision to a family member or friend to make sure that you are not making an emotional decision. Or have you clearly evaluated all the alternatives in light of the information to find the one that gets you the most of what you want. Make sure you have thought about what the implications would be if you continue or defer your studies.

Need more help? Here are some more tips that might help you in this phase of your decision making:

- Talk it over with someone who understands and who's opinion you trust. Talk to a family member, a friend, or a student leader about your decision.
- Sleep on it. Sometimes it helps to just take some time away from the decision itself, and to revisit it later with fresh perspective. Never make an important decision in a split second moment of a crises.
- Write about it. Make lists or write in a journal, explaining your decision and your thoughts. Send an email to someone explaining your situation and thoughts.
- Imagine you are locked into one of your choices. Imagine both sides of the coin. What does each side feel like? What seems right? Why does it seem right?

6. Stay committed and follow through on your choice

Ask yourself: If I decide to continue my studies, will I try my best to succeed OR will I be able to go back to my studies and/ or deal with the consequences? What can you do to ensure that you will benefit from your decision? Make sure you seek the necessary support. #UFSLearnOn.

As you can see there are many aspects to making a good decision. Making decisions does not have to be an overwhelming process. If you have followed a careful process in making your decision, and considered all factors, your decision will make sense to you, and make you feel good.

"Whether my decision is good or bad depends on how I make it, not on the outcome."

References:

https://www.reed.edu/academic_support/pdfs/Academic%20Decision%20Making.pdf

<https://www.decisioneducation.org/skills>

https://www.reed.edu/academic_support/pdfs/Academic%20Decision%20Making.pdf

<https://www.decisioneducation.org/skills>

<https://www.everydayhealth.com/neurology/importance-decision-making-process/>

<https://www.corporatewellnessmagazine.com/article/5-steps-to-good-decision-making>

<https://online.csp.edu/blog/business/decision-making-process>

Tips to manage my learning

With the changing learning environment, you will need to adjust to different academic and social demands and stay mindful of your emotional/psychological state in this environment. Different academic demands can include adjusting to remote learning and assessments, studying in a new environment (perhaps even one in which circumstances make it difficult to study), and less contact with peers and lecturers. Social demands may include returning home after enjoying independence away from home, or even increased exposure to stressful home circumstances. In addition, emotional/psychological demands can include being anxious and fearful or frustrated. If social and emotional/psychological demands are making you feel overwhelmed, ensure that you reach out to professionals and look out for the *Wellbeing Warriors* developed by Student Counselling and Development. To help you with the academic adjustment, here are some tips:

- **See your challenges as opportunities** to create alternative learning resources - your attitude during this period is key, so avoid comparing your current environment to your previous environment because this may be a barrier to you adjusting successfully.
- **Focus on what you can control and accept** what is beyond your control - The current circumstances are uncharted territory for everyone, and the statistics shared daily are scary, but the pandemic is not something you can control, so acceptance of "what is" and focus on what you CAN control (your academics).
- **Set realistic goals** and create a plan of action - Having clear goals and a plan to achieve them, helps you stay focused on why you are at university in the first place and keep you motivated.
- **Become a master of your time** - the key to staying in control and adjust is to manage the time that you have effectively. You can read how to do this in the article: *Become the master of my time* also in this edition of #UFSLearnOn
- **Stay engaged** as often as you can - checking in with your lecturers regularly will help you be proactive and stay engaged with the content of your modules. Even if it is just to check whether you understand a certain concept or not, with your lecturer.
- **Keep in touch** with your peers - You may not be physically close to them anymore, but that does not mean that you cannot still learn from them. You can create WhatsApp or Telegram groups for your classes and engage with each other on academic work.
- **Be patient** with yourself - It will take time to learn how to adapt to learning from home. The changes you need to make will not be easy, but will take time and practice. Your confidence will grow as you become more familiar with how learning from home works.
- **Ask for help** when you need it - the university's support staff are still available via their online communication platforms (email or Facebook in some instances).

Support Services

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

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 5033 T: +27 58 718 5029 T: +27 58 718 5032 scdq@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
QwaQwa Campus Library	For assistance in finding resources for your assignments or research at Qwaqwa Campus contact: Ms Zuki Ketiwe ketiweZ@ufs.ac.za or Ms Kenosi Maholela maholelak@ufs.ac.za
South Campus Library	For assistance in finding resources for your assignments or research at South Campus contact: Ms Lianda Coetzer Lianda@ufs.ac.za



Postgraduate **school** webinars

We may be on lockdown but the research work must continue. Check your schedule, shift things because you can't miss this. The Postgraduate School presents the May webinar series to ensure you don't lose track and deviate too far from your research plan because of Covid-19. Details of sessions below, don't miss out!

Also look out for information on the [Postgraduate School](#) website!

Date: 8 May 2020 (09:00-11:00)

Topic: Plagiarism

Presenter: Danila Liebenberg

Outcomes:

- o What is plagiarism?
- o Myths about plagiarism
- o What plagiarism is not
- o Common knowledge
- o Why is plagiarism a problem?
- o Why do we plagiarise?
- o Different types of plagiarism
- o Consequences of plagiarism
- o How to avoid plagiarism
- o How to detect plagiarism: TurnItIn
- o Examples

RSVP link: <https://events.ufs.ac.za/e/PLAGIARISM2>





Date: 13-15 May 2020 (15:00-17:00)

Topic: Quantitative research design

DAY 1: 13 May - 15:00-17:00

The research process

The research problem

Research questions and hypotheses

Research approaches

Research design

Experimental design *only focus on repeated measures design*

The questionnaire: General issues

DAY 2: 14 May - 15:00-17:00

The questionnaire: Validation of constructs of scales

The questionnaire: Reliability of constructs of scales

Choose a validated scale

Calculating scores

DAY 3: 15 May - 15:00-17:00

Online questionnaires and format

Sampling: Important concepts

Sampling: Types of sampling techniques


Sampling: Determine sample size

Statistical Analyses techniques for the questionnaire

The research consistency matrix aligning your research

RSVP LINK: <https://events.ufs.ac.za/e/researchdesign>

Remember to check-in with your supervisor in your respective departments/faculty for faculty/departmental specific support, otherwise, email the Postgraduate School postgrad@ufs.ac.za



Global Protect App

The UFS is proud to present Digital Life, a portal that links you to learning resources while off-campus. Below are steps and tips to maximise the use of it.

What is Digital Life?

The Digital Life Portal links you up to available zero-rated academic resources while working during these uncertain times. It hosts zero-rated resources which means you can access these websites and are exempted from data fees when accessing them through the <https://myaccess.ufs.ac.za> platform. The **myaccess.ufs.ac.za** platform {Global Protect App} is your gateway to accessing these zero-rated resources.

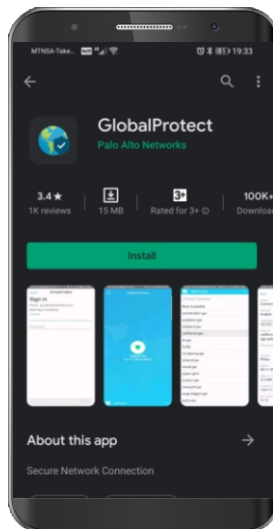
If you are using a desktop/laptop, please refer to the [site](#) for full details. This document focuses on getting connected on your phone as a start.

So let's get started!

Step 1.

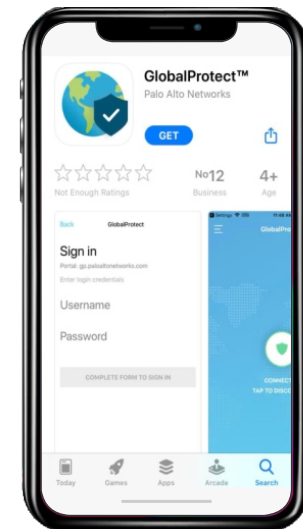
Using an Android device?

On Play Store, download and install the GlobalProtect App from Palo Alto Networks.
(Note: Downloading the App will require personal data -20MB.)



Using an Apple device?

On App Store, download and install the GlobalProtect App from Palo Alto Networks.
(Note: Downloading the app will require personal data -20MB.)



Tip: 75MB for 1hr costs R5 on Telkom (*180#)
100MB cost R17 on Vodacom (*100#)
65MB cost R9 on Cell C (*109# or *147#)
75MB cost R12 on MTN (*141#)



Step 2.

Open the App:

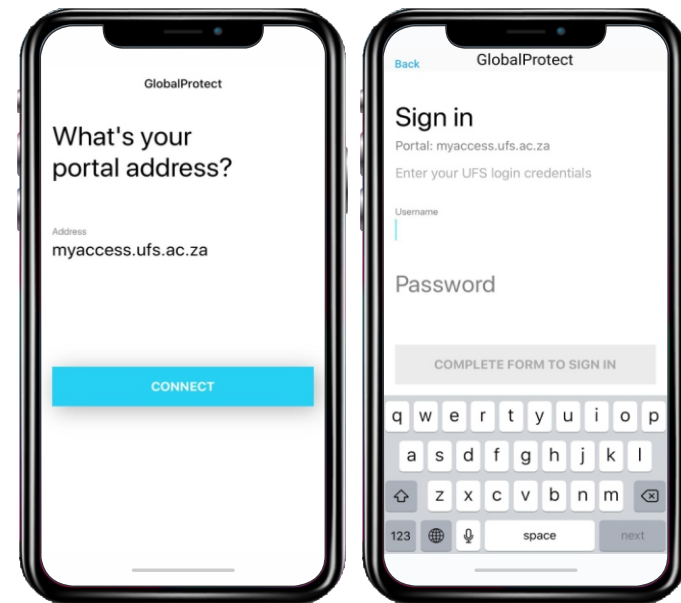
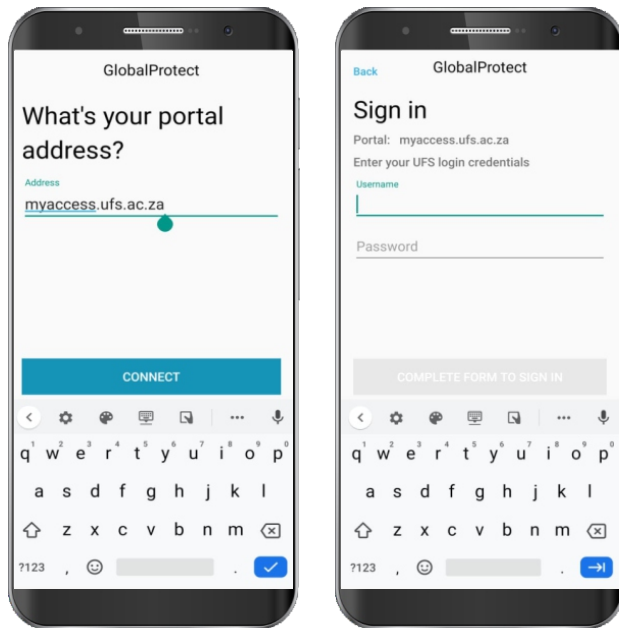
When prompted to enter 'Portal address'

Enter: **myaccess.ufs.ac.za**

Enter your **Username** ("Student number")

Enter your **Password** ("Student Password")

Click on **Log In**



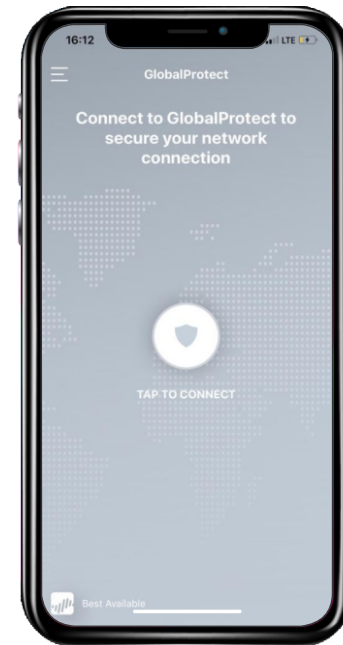
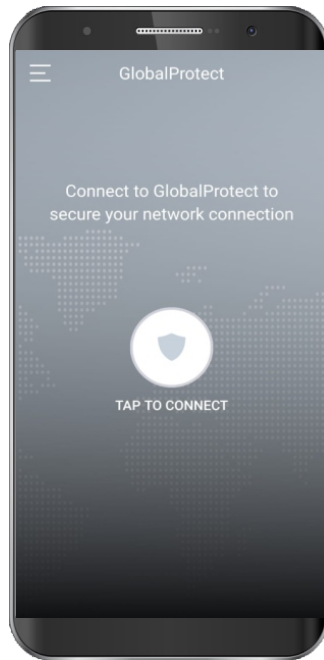
***Forgot/lost your password, visit [Password Self Service](#)



Step 3.

Success, the App is downloaded and you are connected!

You must tap on the icon "Tap to Connect" to connect and make use of the zero-rate websites. Once connected, you will **only be limited to use the zero-rated websites. Should you wish to access other sites, you must first disconnect.



Once you have to App, everytime you want to make use of the zero-rated sites, switch your mobile data off

Step 4.

You are connected! Open your browser and access the following zero-rated sites:

What can I access with GlobalProtect:

The following academic websites have been zero-rated for the UFS:

UFS Websites

PeopleSoft Student

UFS website

Blackboard

Question Mark

UFS Covid-19 info site

Password Self-Service

UFS Solve/T

E-mail (ufs4/ife)

UFS Library Resources

KovsieApp

Student MyAccess Portal

RIMS

The Blackboard App

A powerful App designed specifically for students. It's simple, easy-to-use and enjoyable mobile learning App for the on the go and goal-oriented students.

KEY FEATURES

ACTIVITY STREAM

The Activity Stream is the first page you see in the app. The stream shows new announcements, course content, tests, assignments, discussions, grades, and what's due. It prioritizes events and activities across all of your courses so that the most important items catch your attention first. Tap a stream item to go directly to the content or activity.

PUSH NOTIFICATIONS

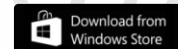
Push notifications pop up on your device for announcements, new tests, upcoming or past due tests, new grades, new content items, and new courses.

COURSE LIST

Courses provides a timeline of all of your courses and information. You can swipe to view past and upcoming terms.

DUE DATES

See upcoming assignments and tests across all of your courses in one place. Work is colour coded by course and grouped by day and week. You can quickly see what's due and



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