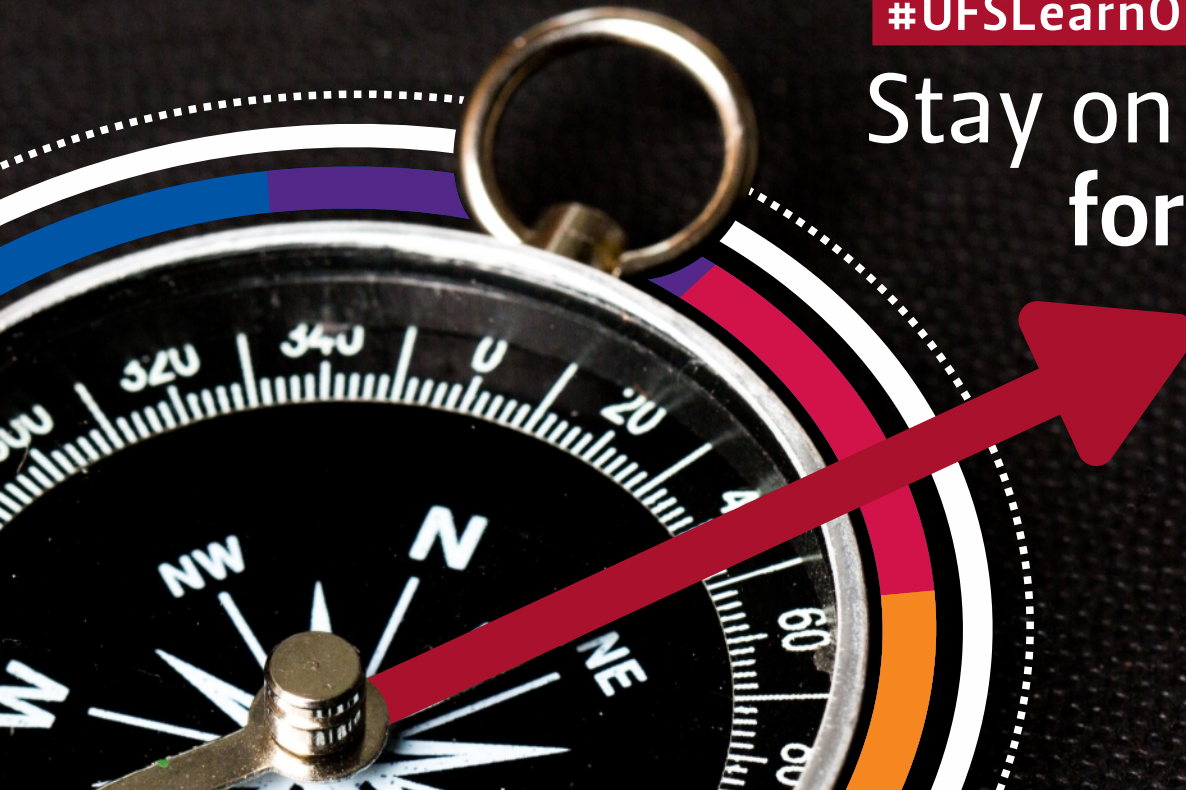


#UFSLearnOn:

Stay on track for success



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T: +27 51 401 7421 | E: advising@ufs.ac.za | www.ufs.ac.za

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Inspiring excellence. Transforming lives.

UNIVERSITY OF THE
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FREISTATA



UFS
CENTRE FOR TEACHING
AND LEARNING (CTL)



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The Road to Success



The journey has been long but your GPS (*Graduation Positioning System*) has not lost its coordinates.

Being further than the halfway mark of the 21 day lockdown, the end is in sight.

It's still recess, which means for some of you, you are still on holiday but the rest, of you may be experiencing fatigue and bored of sitting around and doing endless house chores. You never imagined the day you would be so excited and ready to get your academic groove back! With COVID-19 creating a new normal for the higher education sector, revolutionizing, reshaping and refreshing the learning landscape, the UFS has been working tirelessly to ensure this academic semester does not pass any of us by.

We are aware of our students realities and we are exploring all possible solutions to optimise the learning and teaching environment. UFS lecturers have been working since 1st April to ensure that all your academic content/materials are refined without compromising the quality of your qualification. With this said, we are confident that you will be well sought after when academic activities resume 20 April!

Ignore the fake news, if its not from Official Government communication or Official UFS communication, it's fake.

This 3rd edition of #UFSLearnOn contains all the mechanisms that matter to reach destination graduation. All you need to do is:

- Stay connected
- Practice habits for success; and
- Adopt a growth mindset.

The journey to personal, academic and career success continues, keep your ear on the ground and stay safe!

Staying connected, **be savvy**

Did you know that a low tech/online distance learning and teaching environment comes with a few advantages? With the UFS looking to adopt this approach from 20 April, we want to help you prepare for this.

Some advantages that low tech/online distance learning presents include that time and space are flexible, and you can work relatively at your own pace. However, an online learning environment can also pose a few challenges, including that you may have limited to no data access, you may feel disconnected, discussions and assignments are reading and writing intensive, and some of you may encounter technical problems. In this article we highlight 3 key components that can help you stay connected during this time:

- 1) Ensure you have the necessary essential tools;
- 2) Beef up your internet connectivity as best you can; and
- 3) Refine strategies to cope with the new and developing learning and teaching environment.



Staying connected, **be savvy**

ESSENTIAL TOOLS

- [Click here](#) (Android devices), or [click here](#) (Apple devices) to download the **Blackboard App**
- [Click here](#) (Android devices) or [here](#) (Apple devices) to download the **Kovsie App**
- [Click here](#) to download **VLC Media Player**
- [Click here](#) to download **Adobe Acrobat PDF Reader**
- [Click here](#) (Android devices), or [here](#) (Apple devices) to download **Powerpoint**

CONNECTIVITY

- Be data savvy (i.e. try share data costs, have enough data per week or per month check some data deals below)
- Your lecturers will keep the materials low tech (i.e. minimum data costs)
- Use data conservatively on social media platforms (e.g Instagram)
- Use offline functionalities on Apps (e.g. Blackboard App)
- Capitalise on nighttime deals where you get additional data, and use this data to download materials

COPING STRATEGIES

- **Time management is key** – tips to manage your time effectively is included in this edition
- **Make use of online discussions** – In an online environment you learn most from your peer connections
- **Follow the 10 habits of highly successful UFS students** – Be sure to familiarise yourself with these included in this edition of #UFSLearnOn
- **Stay motivated-** keep your eye on the prize and develop a self-motivation plan

Telkom

500MB	R69.50
1GB Anytime + 1GB Night time	R100.00
2GB Anytime + 2GB Night time	R140.00
3GB Anytime + 3GB Night time	R201.00
5GB Anytime + 5GB Night time	R301.00
10GB Anytime + 10GB Night time	R505.00

Cell C

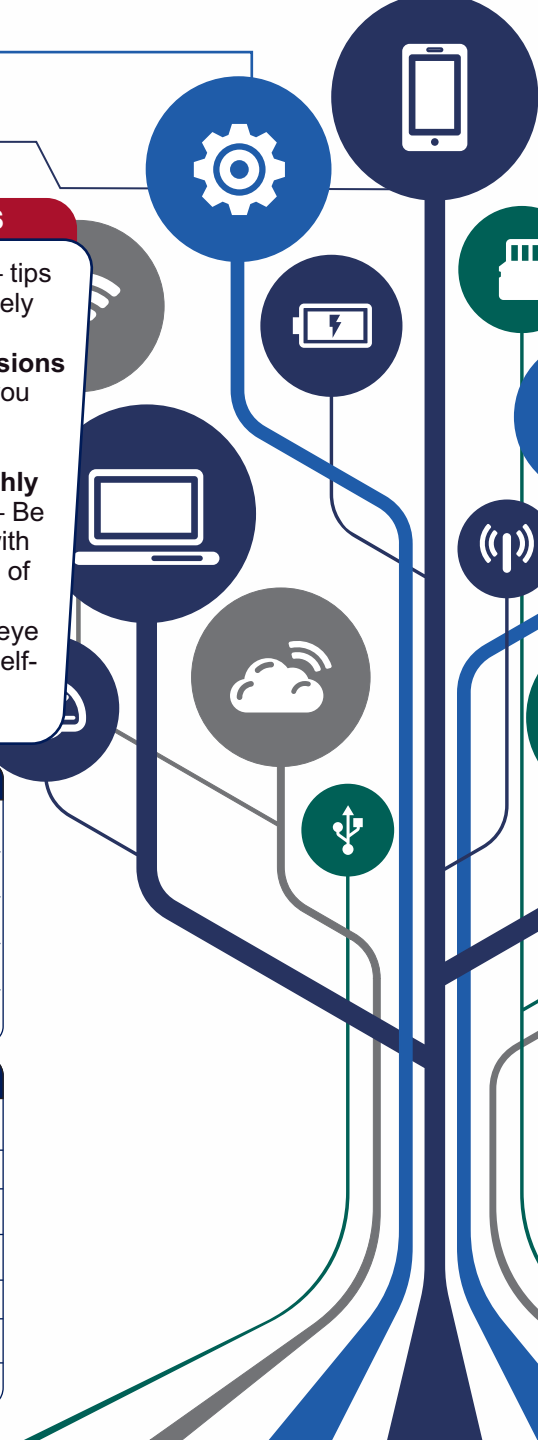
2GB Anytime + 2GB Night time	R100
3GB Anytime + 3GB Night time	R149
4GB Anytime + 4GB Night time	R199
6GB Anytime + 5GB Night time	R249
12GB Anytime + 7GB Night time	R299

MTN

Bundle	Weekly rate (7 days)	Monthly rate
500MB	R55	-
1GB	R70	R149
2GB	R99	-
3GB	-	R299
5GB	R199	-
6GB	-	R399
10GB	-	R499

Vodacom

Bundle	Weekly rate (7 days)	Monthly rate
500MB	R60	R79
1GB	R80	R99
2GB	R120	-
3GB	-	R229
5GB	-	R349
10GB	-	R469



What to expect- getting my academic groove on

While South Africans play their part in fighting a war against an invisible enemy, the UFS continues to play its part in ensuring Kovies are victorious in their fight to complete the academic year strong.

Stakeholders across UFS campuses have come together to explore the use of alternative resources for the continuation and achievement of academic success. Your academics remain a priority to and we continue to work tirelessly to ensure you thrive. The #UFSLearnOn and #UFSTeachOn campaigns are ways to support both students and staff while adapting to a different style of learning and teaching. Having taken into consideration the unique traits of our society, all its strengths and growth areas, we remain committed to providing quality education and support.

Around this time of the year, in accordance with the academic calendar, formative assessments (tests and exams) were fast approaching and they still will, just with a twist. What is important to remember is that none of the hard work you have put in has gone to waste. With all these transitions, its important to reassure you that the quality of your education will not be compromised. Our aim remains to deliver quality learning and teaching that will enhance your success.

To get that academic groove back, simply think of your modules as having undergone a bit of a makeover, same entails on the inside but different on the outside. The 'new' reveal you can prepare yourself for:

Module content

The quality and content of your module will not change, however focus will be given to core learning that is required for each of your modules. The quantity will also not decrease, only reorganized in a way that differentiates core and supplementary content.

Assessment

Assessments have been altered, however the objective remains the same, to ensure you demonstrate understanding and mastery of knowledge and skills. The variety of assessments may range from online quizzes, essays (reflective or otherwise); remote lab activities, guided reading and you will also contribute to the compilation through student generated questions. For all these assessments thorough instructions will be provided so that you too know what is expected of you. Feedback for assessments will also continue to be provided. The purpose of providing feedback is to ensure you keep on track but also to motivate you and encourage improvement. Ample opportunities will be provided for the preparation of formative assessment and a variety of submission formats have also been considered to accommodate different circumstances and realities.

Scheduling and Communication

Through any change in circumstances, communication is key, so do expect communication and scheduling from your lecturers via primarily email or Blackboard announcements weekly. Firstly, you are likely to receive an initial module-level communication, which will include:

- an announcement to share formal information on what will happen with the module moving forward;
- what is expected of you; and
- instructions on assessments.

Secondly you are then likely to receive weekly module-level communication, this will comprise the following information:

- course schedule/module guide (detailing units/sections and additional materials) and;
- how best to approach the content (i.e. units) and assessments for the week.

The third level of communication lecturer may use is individualized communication between yourself and your lecturer, this will only take place as and when the need arises.

Some lecturers might communicate through other platforms such as Microsoft teams, WhatsApp, Zoom, Video or audio recordings so ensure your ear is on the ground and know what tools your lecturer will be using.

With everything that is happening make sure you stay organized, keep track of information coming in and timely submission of everything going out.

10 Habits for highly successful UFS students in the current environment

*Helping you
remain effective,
and in routine*

The same way you are use to attending class, planning your time, and approaching your studies in general, from 20 April you need to get back into this routine!

How? Seize the moment and apply these 10 Habits for highly effective UFS students:

10 Habits for highly successful UFS students in the current environment

Habit # 1 Be Proactive

Don't wait for someone to tell you what you need to do. Look out for your course schedule/module guide from your lecturer, and allow yourself extra time for adapting to new methods and ways of learning and teaching.

Habit # 2 Begin with the end in mind

Check your module outcomes, remind yourself why you pursued your studies in the first place, and what it is that you want to achieve. Use short-term goals to motivate you while focusing on moving towards your long-term goal. Keep your eye on the prize!

Habit # 3 Stick to a routine

Afford each module sufficient time. Stick to a routine as close as possible. See purpose in your day. Work out a work schedule for each day. Try to follow the same routine every day, so that it is easier to adapt to the new way of learning. Remember you have more than one module.

Habit # 4 Prioritise your work

It will be challenging at times, that's for sure! This is why it will be so important that you start with the most important tasks first. What is core and what is supplemental.

Habit # 5 Cooperate and be a responsible citizen

Follow [National](#) and UFS communication channels, and don't take chances.

10 Habits for highly successful UFS students in the current environment

Habit # **6**

Connect with others for support

Don't allow circumstances to get in the way of engaging with your studies. Stay in contact with your lecturer and classmates. Also involve those at home in your studies.

Habit # **7**

Keep a healthy body and mind.

Successful students know the importance of looking after themselves holistically. Keep a strong body and a sharp mind to master your studies.

Habit # **8**

Be accountable for each day

When working on your own or with others, be responsible and be accountable for what tasks need to be completed each day.

Habit # **9**

Expect turbulence, change your flight direction

This is the time that you will need to be flexible. Being willing to adjust and go with the changes will be critical to your success.

Habit # **10**

Adjust your study strategies to the current circumstances

Think carefully about the way you are receiving your academic work, and how to make sense of the content. Adjust your study strategies to accommodate the environment.

For practical help on applying these 10 Habits, click on the link below:
<https://rise.articulate.com/share/taYThUP0YbBnA160R8OaaqBY4Rhncj6l>

Grit, Growth Mindset & Resilience

Characteristics of survival tools

Popular psychologist, Angela Duckworth believes that one personal quality that is shared by high achieving and successful people is grit. Grit may be the number 1 quality that sets these highly successful individuals apart from everyone else.

Grit: a quality that enables people to work hard and stick to their long-term passions and goals

You are probably wondering if you are going to be able to manage all your work and activities, if you are going to meet all your deadlines, and whether or not you have the ability to make it through this semester. All those thoughts and concerns are normal to have, especially during this transition period. This is why it is crucial for you to successfully develop the trait 'grit' during this time.

However, for you to develop grit, you will need to put in the effort required into mastering your module content, and you will need to have certain survival tools for you to succeed. Consider the following characteristics of survival tools you will need:

ADAPTABILITY:

Be flexible with being able to work in any environment. Keep your mind open and alert; keep your body ready to do things differently.

SELF-CONTROL:

Be able to manage your emotions. Remain calm in the face of adversity. Do not let your feelings cloud your rational decision-making processes.

RESOURCEFULNESS:

Take advantage of your surroundings; bend the current situation to your needs.

THE ABILITY TO LEARN:

Always be willing to absorb new knowledge and new methods. Incorporate those, with previously accumulated methods.

MOTIVATION:

Whatever comes your way, you need to have the inner desire to survive. This will keep you focused on your goals & the things that must be done.

Once you have equipped yourself with survival tools that possess the characteristics displayed above, note that it is important that you consistently maintain a **growth mindset** and that you are able to be **resilient** when challenges present themselves. See below the **4 STEP process for building resilience**:

STEP 1:

Learn to identify your stressors (e.g., inability to understand a topic/module content). Identify how you feel and why you feel that way.

STEP 2:

Identify what you normally do when presented with stressors. Be honest. You will start developing self-awareness.

STEP 3:

Brainstorm alternative positive and constructive ways to respond to stressors. They may be unique & individualized.

STEP 4:

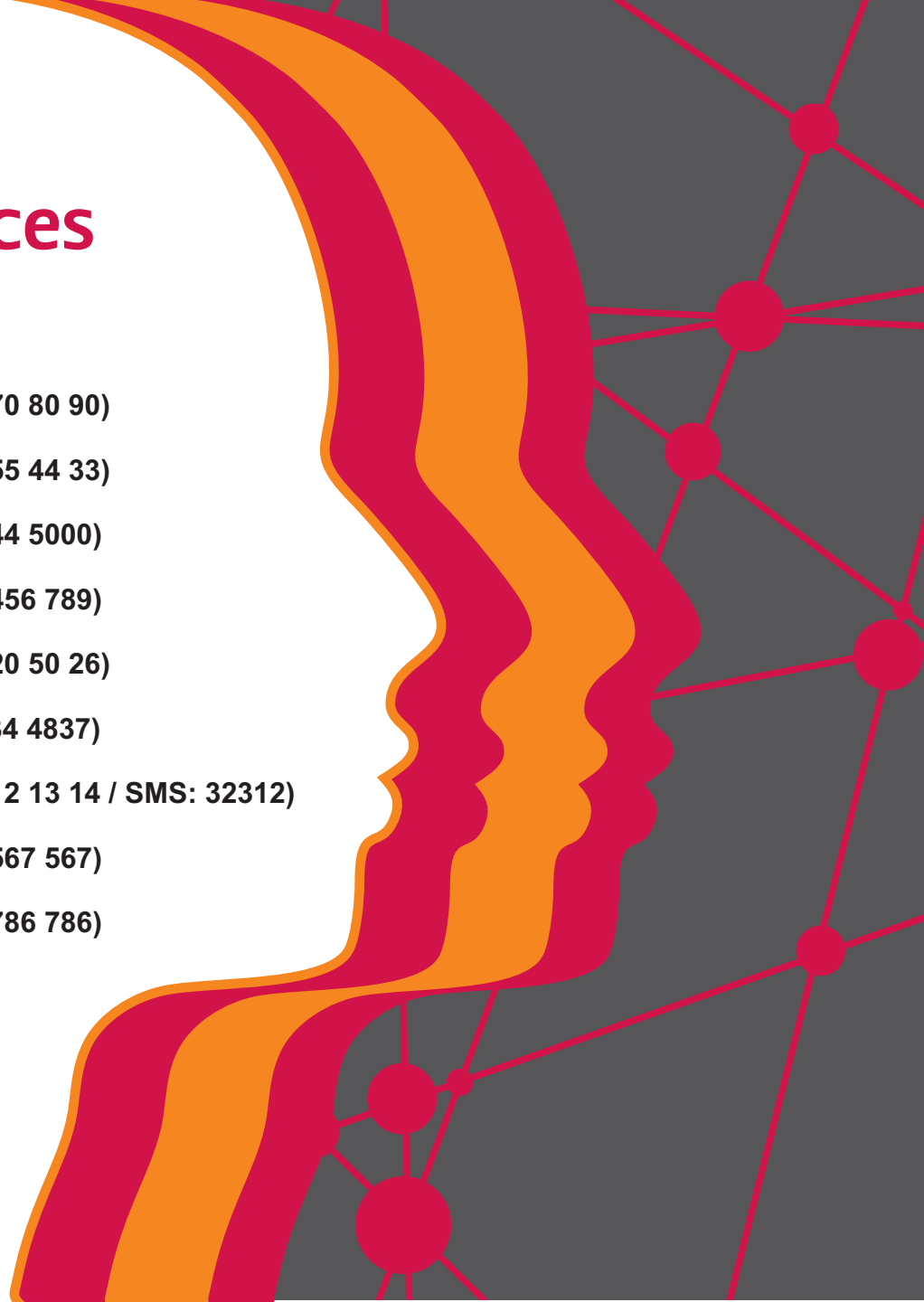
Practically apply and maintain the new ways. If one way does not work, consider trying other ways. Reach out to your lecturer, an academic advisor or your peers.

Alternative mental health resources

telephonic online

Adcock Ingram Depression and Anxiety Line	(0800 70 80 90)
ADHD Helpline	(0800 55 44 33)
Befrienders Bloemfontein 24h Helpline	(051 444 5000)
Cipla 24h 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)



Holistic support **for success**

1. Personal:

Why wellness matters:

Maintaining an optimal level of wellness is crucial to living a quality life, especially during these uncertain times.

As the UFS we cannot emphasise important wellness matters, everything we do and every emotion we feel relates to our well-being, mentally, emotionally and physically. As a Kovsie, in order to achieve optimal wellness to subdue stress, reduce the risk of illness, and ensure positive interactions, here are things to keep in mind.

Dimensions of Wellness

- a) **Emotional Wellness** - relates to understanding your feelings and coping effectively with stress. It is essential to pay attention to self-care, relaxation, stress reduction, and the development of inner resources so you can learn and grow from experiences.
- b) **Environmental Wellness** - inspires us to live a lifestyle that is respectful of our surroundings and nature. This realm encourages us to live in harmony with the Earth by taking action to protect it.
- c) **Financial Wellness** - involves the process of learning how to successfully manage financial expenses, especially now with some of you not getting financial assistance. Money plays a critical role in our lives, and not having enough of it influences health as well as academic performance.
- d) **Intellectual Wellness** - involves having an open mind when you encounter new ideas as learning online and expanding your knowledge. It encourages active participation in academic, cultural, and community activities.
- e) **Physical Wellness** - relates to maintaining a healthy body and seeking care when needed. Physical health is attained through exercise, eating well, getting enough sleep and paying attention to the signs of illness, and getting help when needed.
- f) **Social Wellness** - helps you perform social roles effectively and comfortably and create a support network with your family, peers, lecturers, and the university, especially during this time.
- g) **Spiritual Wellness** - allows you to develop a set of values that help you seek meaning and purpose. Spirituality can be represented in many ways, for example, through relaxation or religion. But being spiritually well means knowing which resources to use to cope with issues that come up in everyday life.

The UFS [Student Toolkit](#) compiled by SCD is also a self help tool you could use.

*"...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."
- The World Health Organization*

National Support Hotline

South Africa has several Support Hotlines that you can call, to assist you with emotional support.

o Lifeline South Africa

Lifeline South Africa offers 24-hour service to people in South Africa to address the psychological and social stresses and trauma that they are struggling to deal with.
Tel: 0861 322 322

o SADAG Suicide Prevention Line

South African Depression and Anxiety Group's Suicide Prevention Line offers 24-hour support to people in South Africa who are at risk of suicide.
Tel: 0800 567 567

2. Academic

A_STEP: e-tutorials

In support of the UFS online learning approach, A_STEP will be continuing its support by providing online tutorials.

Online tutoring can be defined as an educational approach where a community of students uses internet-enabled tools under the facilitation of a trained tutor, and they engage, collaborate, develop skills to transfer and apply skills in different modules or contexts.

In much simpler terms, tutorials will be facilitated by a trained A_STEP tutor via the internet using various educational technology tools such as discussion forums, reflective journals, blogs, quizzes, to mention a few.

Students will be able to:

- ask questions and learn from one another
- participate in a tutoring session from anywhere
- use innovative tools to understand difficult concepts better and test their knowledge

Many of these A_STEP tutorial sessions will be asynchronous, considering that many of our students have limited access to electronic devices, data, or even network availability.

Connect with your Teaching and Learning Coordinator (TLC) for more support

Faculty	Name and Surname	Email address
Head of A_STEP	Evodia Mohoanyane	MotsokobiE@ufs.ac.za
Project Assistant	Malejakane Lejakane	LejakaneMC@ufs.ac.za
Law	Dineo Khoase	KhoaseDA@ufs.ac.za
Economic and Management Sciences	Sivuyile Nzimeni	NzimeniS@ufs.ac.za
Natural and Agricultural Sciences	Lubabalo Saba	SabaL@ufs.ac.za
Health Sciences and Theology	Rolien van der merwe	VandermerweCF@ufs.ac.za
Education	Zaynab Mobara	MobaraZ@ufs.ac.za
The Humanities	Cebelihle Sokhela	SokhelaCH@ufs.ac.za
The Humanities and Edu- QQ	Letsela Motaung	MotaungLP@ufs.ac.za
EMS and NAS- QQ	Dinkeng Motaung	MotaungDN@ufs.ac.za
A_STEP coordinator, QQ	Peter Mosikili	MosikiliPI@ufs.ac.za

3. Academic and Career planning:

Some of you might be concerned with your career plans, especially if you are enrolled for your final year or had plans to work part-time during the holidays. Do not despair; take this moment as a time to reflect on your academic and career goals.

The four stages of successful academic and career planning:

1. Know - get to know/reflect on your goals, aspirations, interests, skills, and strengths.
2. Explore - where do I want to go? Explore career pathways and education opportunities.
3. Plan - how do I get there? Set your route. Source out financing, fill out applications, and write resumes.
4. Recalculate - and reflect on your academic and career goals.

Email advising@ufs.ac.za (BFN) or advisingqq@ufs.ac.za (QQ) to discuss any academic or career related discussions.

Preparing to use everyday technologies for learning

Social media continues to play a pivotal role in our lives, influencing how we live and work, most importantly how we learn 😊.

Technology and connectivity during these times of physical distancing is proving to be the essential. While lecturers are now incorporating various technologies into their learning and teaching approaches to engage and support you, you also need to ensure you have the basic technologies at your fingertips:

- **Blackboard (Bb) mobile - the following are steps on how to download the app:**

1. Visit the Apple App Store on your iPhone®, iPad®, or iPod Touch®, Google Play Store on your Android® device or BlackBerry App World™ on your Blackberry
2. Search for "Blackboard Mobile Learn"
3. Install the app
4. Search for the name of your school i.e. **University of Free State**
5. Login with the username and password you normally use to login to Blackboard

- **Google Drive / Drop box**

This can assist when sharing large files with fellow classmates especially when you are tasked with group work, you can send video notes, questions or reminders.

- **Facebook chat / video calling:**

Instantly reach your classmates by chatting or calling if you prefer seeing their faces - you can use this to keep up with your classmates on the progress (you just need to log-in to your Facebook account)

- **Twitter, Facebook chat and Instagram**

You have previously used these platforms for leisure or to take a break from the books, but social media is increasingly being leveraged as a study tool, especially for today's tech-savvy students.

- **WhatsApp/ WhatsApp web**

Smartphones have become an integral part of our contemporary life. WhatsApp has become a tool used for learning. Most lecturers or class representatives create learning groups for sharing texts, videos, voice notes, documents and reminders for scheduled tasks.

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

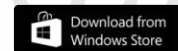
Push notifications pop up on your device for announcements, new tests, upcoming or past due tests, new grades, new content items, and new courses.

COURSE LIST

Course list 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 prioritize your work.



T: +27 51 401 9452 | E: ehelpdesk@ufs.ac.za | <https://ufs.blackboard.com>

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DOWNLOAD THE



KovsieApp

The **KovsieApp** is available to download from the Apple App Store or Google Play Store for your iOS or Android mobile device. Just search "KovsieApp" (**one word, note capitalisation**). The **KovsieApp** will enable you to access information from the UFS website on your mobile phone at no cost while connected to the on-campus Wi-Fi network. You will also be able to receive real-time emergency communication on the **KovsieApp**.

Step 1: Download the **KovsieApp**

Download Links

- Apple App Store (for iOS devices such as iPhones)
- Google Play Store (for Android devices such as Samsung, Huawei, Sony, LG, etc.)

Step 2: Open the KovsieApp on your mobile device after downloading it from one of the stores listed above.

Step 3: Click on the red "Login Here" button at the bottom of the app.

Step 4: Read and accept the Terms and Conditions.

Step 5: Log in with your student or staff credentials and click on NEXT.

Step 6: Insert your OWN 6-digit pin when prompted by the App and click on NEXT.

Step 7: An OTP (one-time pin) will then be sent to the cell number that is linked to your student or staff profile. If this number is not up-to-date, you will not be able to access your personal information in the app. Staff and students need to follow different instructions to update their information on the UFS systems.

Students: https://www.ufs.ac.za/docs/librariesprovider31/default-document-library/2019-05-28e-kovsieapp-quickguide---edit-student-info-self-service.pdf?sfvrsn=234e8921_0

Staff: https://www.ufs.ac.za/docs/default-source/kovsieapp/2019-07-30f-step-by-step-how-to-change-or-add-your-cellphone-number-on-peoplesoft-hr.pdf?sfvrsn=a4408421_0

Step 8: Once you have received the OTP, copy or re-type the OTP into the required field on the **KovsieApp**. You will now be logged in and will be able to receive and view staff or student app notifications. Due to security reasons, the app will automatically log out after use. To log back into the app, type in the six-digit PIN you specified when registering your student number or staff username in the app (see Step 6).



Keeping my ear on the ground

With situations constantly shifting, and Covid-19 news being released throughout the day, it is essential that you keep your ear on the ground and stay abreast of changes and announcements globally, nationally and most importantly the UFS and its various divisions and your faculty. The UFS and its divisions will continuously communicate with you through not only email, but also official social media pages. Refrain from believing fake news and use the following channels to stay in touch with reliable information.



UFS

[Click here](#) to visit the UFS webpage dedicated to updates regarding how the COVID-19 global pandemic influences your studies.
[Click here](#) to connect to the University of the Free State Facebook Page.



Economic and Management Sciences

[Click here](#) to visit the faculty webpage.
[Click here](#) to connect with the faculty on Facebook.
[Click here](#) (Bfn) or [click here](#) (QwaQwa) to send an email to the faculty for academic advice.
[Click here](#) to connect with the Teaching and Learning Coordinator, Mr Sivuyile Nzimeni, for queries regarding tutorials.



Education

[Click here](#) to visit the faculty webpage.
[Click here](#) to connect with the faculty on Facebook.
To check in with your faculty academic advisor:
QwaQwa - [Click here](#) to send an email
Foundation Phase (Bfn): [Click here](#) to send an email to Mr Teko Malefane
Intermediate Phase (Bfn): [Click here](#) to send an email to Ms Ruth Tshehisi
Senior & FET Phase (Bfn): [Click here](#) to send an email to Ms Puleng Letloenyane
[Click here](#) to connect with the Teaching and Learning Coordinator, Ms Zaynab Mobarra, for queries regarding tutorials.



Health Sciences

[Click here](#) to visit the faculty webpage.
[Click here](#) to connect with the faculty on Facebook.
[Click here](#) to send an email to the faculty.
[Click here](#) to connect with the Teaching and Learning Coordinator, Ms Rolien van der Merwe, for queries regarding tutorials.



The Humanities

[Click here](#) to visit the faculty webpage.
[Click here](#) to connect with the faculty on Facebook.
[Click here](#) (Bfn) or [click here](#) (QwaQwa) to send an email to the faculty for academic advice.
[Click here](#) to connect with the Teaching and Learning Coordinator, Mr Cebelihle Sokhela, for queries regarding tutorials.



Law

[Click here](#) to visit the faculty webpage.
[Click here](#) to connect with the faculty on Facebook.
[Click here](#) to send an email to the faculty for academic advice.
[Click here](#) to connect with the Teaching and Learning Coordinator, Ms Dineo Khoase, for queries regarding tutorials.



Natural and Agricultural Sciences

[Click here](#) to visit the faculty webpage.
[Click here](#) to connect with the faculty on Facebook.
[Click here](#) (Bfn) or [click here](#) (QwaQwa) to send an email to the faculty for academic advice.
[Click here](#) to connect with the Teaching and Learning Coordinator, Mr Lubabalo Saba, for queries regarding tutorials.



Theology and Religion

[Click here](#) to visit the faculty webpage.
[Click here](#) to connect with the faculty on Facebook.
[Click here](#) to send an email to the faculty for academic advice.
[Click here](#) to connect with the Teaching and Learning Coordinator, Ms Rolien Van Der Merwe, for queries regarding tutorials.

Keeping my ear on the ground



CTL

CTL has various focus areas and resources to help you succeed in your studies:
Student Success Portal - [Click here](#) to access resources for success on Blackboard
Central Academic Advising - [Click here](#) (Bfn) or [here](#) (QwaQwa) to send an email or [click here](#) to connect on Facebook
Write Site - [Click here](#) (Bfn) or [here](#) (QwaQwa) to connect for help with your writing assignments

Student Counselling and Development

Students of the UFS can make use of free counselling services to ensure overall wellbeing. [Click here](#) for information and contact details for all three campuses. There is also the Student Toolkit that you can access for additional resources, [click here](#) to access it on Blackboard.

Health and Wellness Centre

For information on the medical practice, campus clinic, or sports and exercise medicine clinic, [click here](#).

CUADS

The Centre for Universal Access and Disability Support (CUADS) provides support services to persons with disabilities. [Click here](#) to connect with the centre.

Student Finances

For financial information, [click here](#) to visit the webpage.

International Affairs


[Click here](#) to connect with Ms Jeanne Niemann regarding all international student affairs.

Student Academic Services

[Click here](#) for enquiries regarding application, admission, registration and student documentation (academic record and proof of registration)

[Click here](#) for enquiries regarding graduations





With the upcoming public holidays (Friday and Monday) the next edition of #UFSLearnOn will be released: 16 April 2020