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Inspiring excellence. Transforming lives. Inspireer uitnemendheid. Verander lewens



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Make your own way at Kovsies

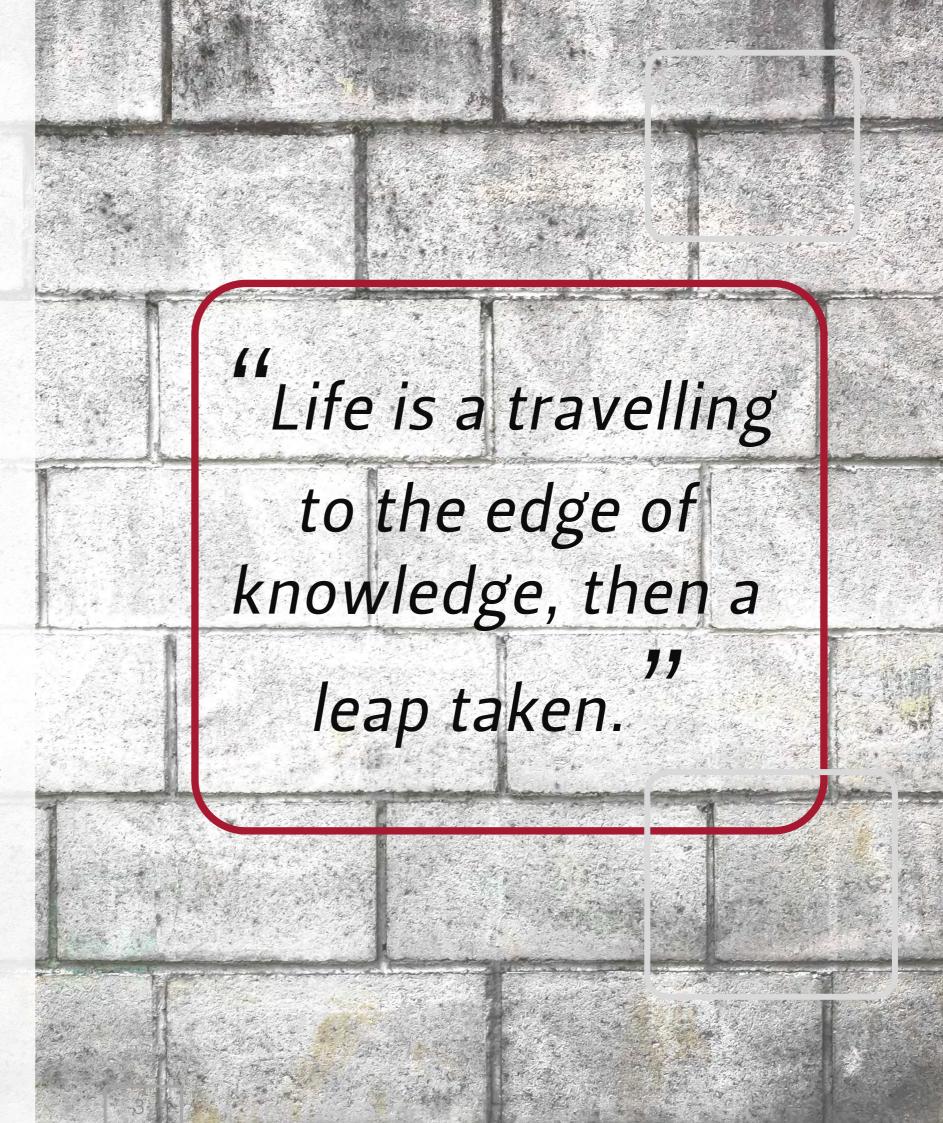
Dear Kovsie Student

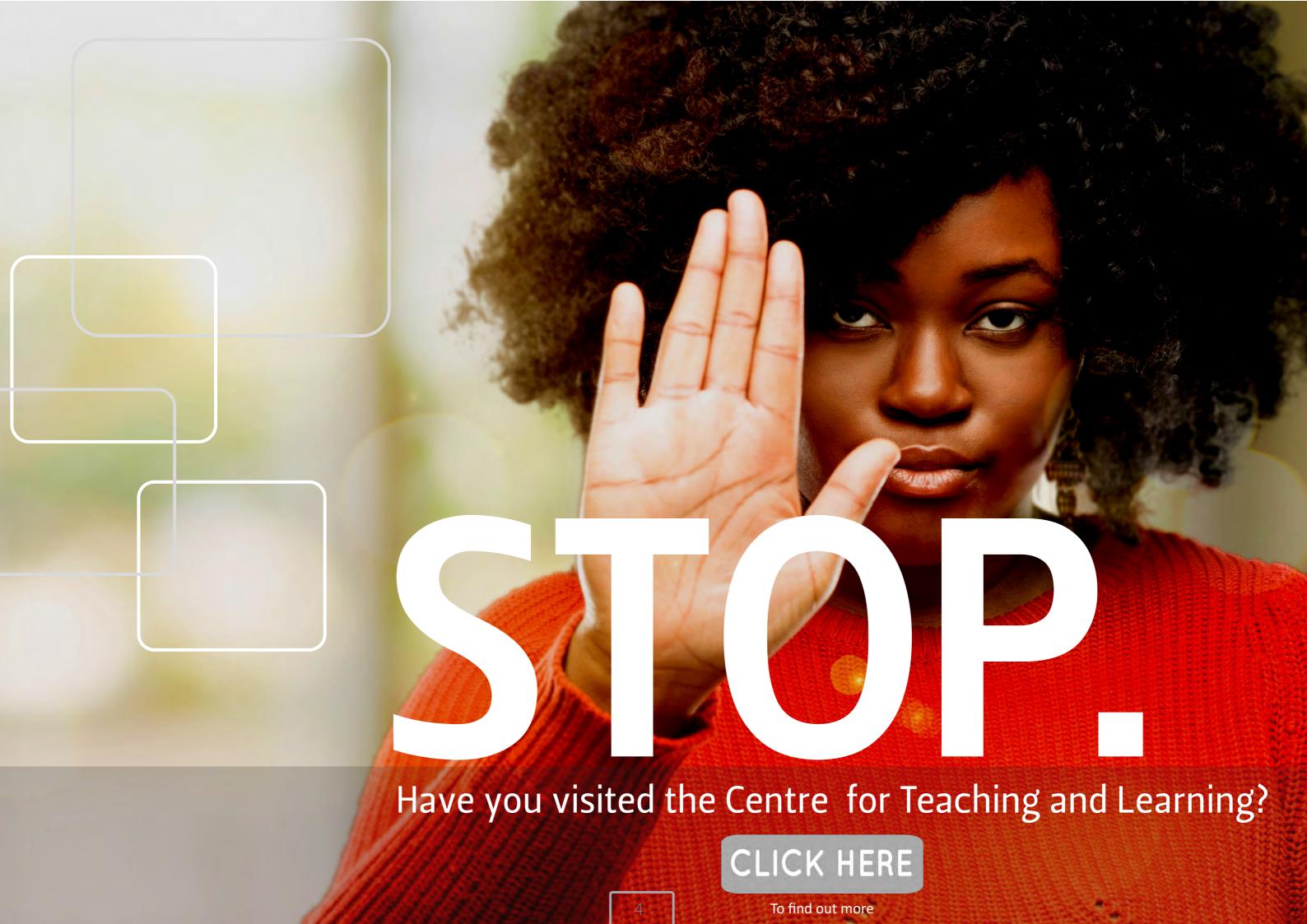
Welcome to the first edition of the Kovsie Advice for 2019. Starting your studies was the first leap towards a new future for yourself. In a diverse university community with an array of opportunities, it is time to make your own way into what you envision your future to be. In this magazine we would like to help you find your way and make the best of your studies.

While reminding you of all the student support services available to you, we will share some insight into maintaining a balanced lifestyle, managing your time, and understanding important academic concepts to get you going in 2019.

Time to tie your shoelaces and get going! Look out of each edition of the Kovsie Advice this year, so that we can journey with you towards success.

Happy reading!
The Advising team.







cademic advising at the UFS is core to you having a successful student experi-

ence.

Offering you an array of support s ervices and development opportunities inside and outside of the lecture halls, academic advising services are here to help you take full advantage by connecting and succeeding.

An academic advisor's role is to challenge you to stretch your mind and explore your academic and career goals with you.

Advisors help to provide a compass for you, and encourage you to succeed. They can also help you create relationships with faculty and support staff, who can support you as you pursue opportunities.

It is in your best interest to connect with an academic advisor early, so that you could be guided towards academic excellence. Guided towards academic excellence, academic advisors promise to equip you with skills that you can use beyond university.

Make sure you connect to your academic advisor today. For general academic advice and help with study skills, visit the Centre for Teaching and Learning (CTL) on the 3rd floor of the

Library. Your faculty advisors are also ready to help you plan your curriculum and check your progress towards graduation. Click on the icon below to send an email to our academic advisors today!

CLICK HERE





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Understand your Academic Data Summary—

What does service indicators mean?

Your academic data summary is a summary of your academic journey at the UFS. It shows your financial and academic status, your grades, as well as a record of your application history.

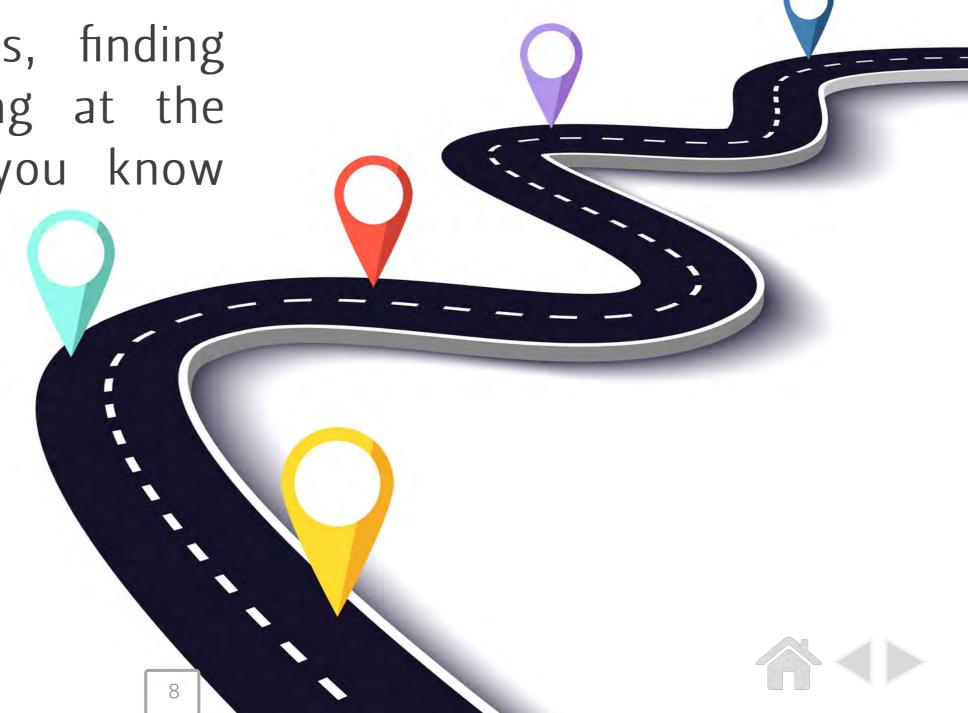
ADMT	Admitted	Evaluated and admitted into an academic programme.
APPL	Application	An application that is under consideration.
COND	Conditional Admission	Evaluated and accepted into an academic programme on a conditional basis.
DDEF	Deferred Decision	 Evaluated but no decision has been made, this could be due to the following: Marks are not updated An internal or external academic record exists Results are from an international school.
DEIN	Intent to Admit	Evaluated and based on the preliminary results, you meet the requirements but a final decision will be made at a later stage or during enrolment (registration). This status also indicates the intention to activate (MATR) for enrolment purposes.
DENY	Deny Admission	Evaluated and based on results received, you do not meet the requirements to be admitted into the specific academic programme.
MATR	Active - Admitted	Evaluated and actively admitted (ready for enrolment).
RECN	Reconsider	Evaluated and based on the current results, you do not qualify. You are eligible for re-evaluation if additional results are provided.
WADM	Reconsider Administrative Withdrawal	Evaluated and based on the current results, you do not qualify. You are eligible for re-evaluation if additional results are provided. The academic programme has been withdrawn from consideration for admission or from enrolment in a class. This could be due to multiple reasons: Duplicate application Data captured incorrectly The programme is at capacity (Full) Student did not enrol in the relevant year of admission Student has changed programme choice Student no longer eligible to enrol due to not meeting the university's progression rules (Redirected to Teaching and Learning Manager or Office of the Dean
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Finding your way on campus

Especially for first-years, finding venues can be daunting at the beginning. Make sure you know where you need to go.

Click boro to vious

Click here to view a map of the BFN campus

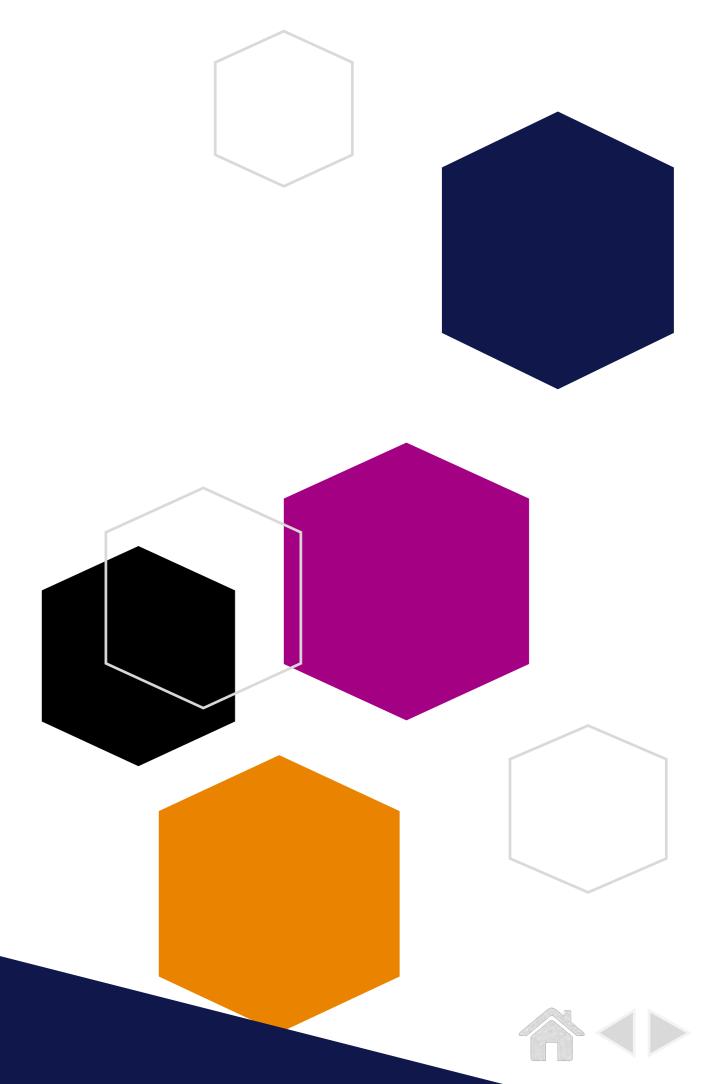


Completing your Academic Advising Cycle

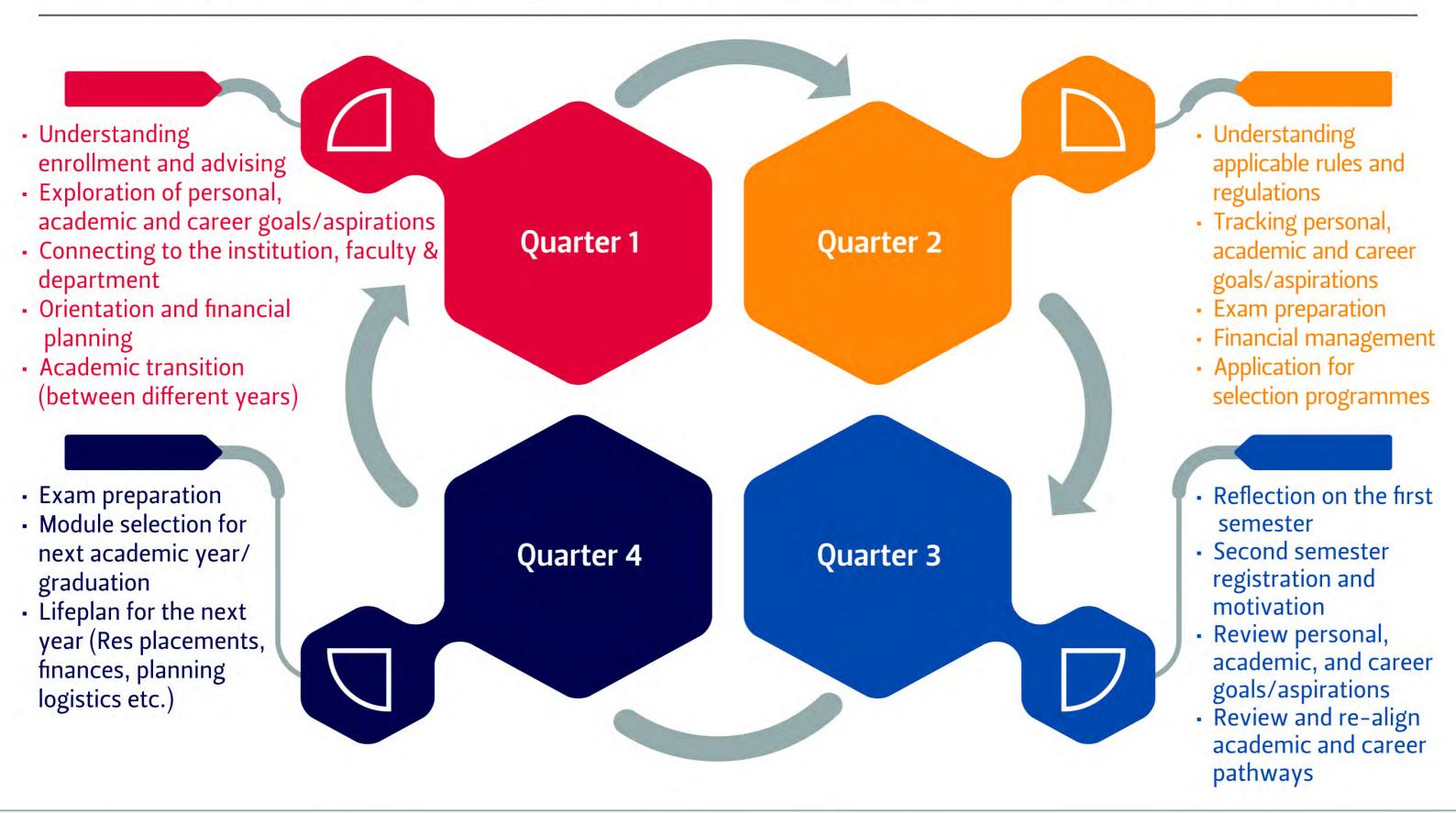
Did you know that there are critical points during the academic year in which you need to complete specific tasks related to your academic career?

Being aware of the UFS academic advisory cycle will guide you to know what to do when in order to ensure that your academic planning and progress is in place.

Completing the advising cycle annually will help you focus on your academic goals and prepare you for the challenges that higher education might present. The next page contains a layout of the UFS advising cycle.



ACADEMIC ADVISING CYCLE



The academic advising cycle is intended to provide you as a registered student (all different years) at the UFS with an overview of key activities that take place throughout an academic year. This is to enhance your experience, support you best and guide your progression from enrolment through graduation. For academic advising aufs.ac.za

Know where to Get Support

Success Portal

Resources for success at your fingertips! The Student Success portal is a portal hosted on Blackboard that provides students with resources on the following:

- Study Skills
- Time Management
- Computer Skills
- Communication Skills
- Critical Thinking and Problem-solving

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- Leadership Skills
- Stress Management Skills
- Information Literacy Skills

CLICK HERE

Career Services

Offers a range of services and resources designed to assist students develop the employability skills they need in today's world of work. Click here to access the UFS Graduate Career Guide

Student Affairs

Helps maximize the student experience through supporting student associations, residence committees, ACT, and student development. Click here to find out more.









Student Counselling and Development

Students of the UFS can make use of free counselling services to ensure overall wellbeing. Click here for more information.

Health and Wellness Centre

Visit the medical practice, campus clinic, or sports and exercise medicine clinic for your wellness needs. Click here for more information.











CUADS

The Centre for Universal Access and Disability Support (CUADS) provides support services to persons with disabilities:

For more information, email: cuads@ufs.ac.za or phone 051 401 9631.



Struggling with academic writing and constructing assignments? For more information, email:

writesite@ufs.ac.za



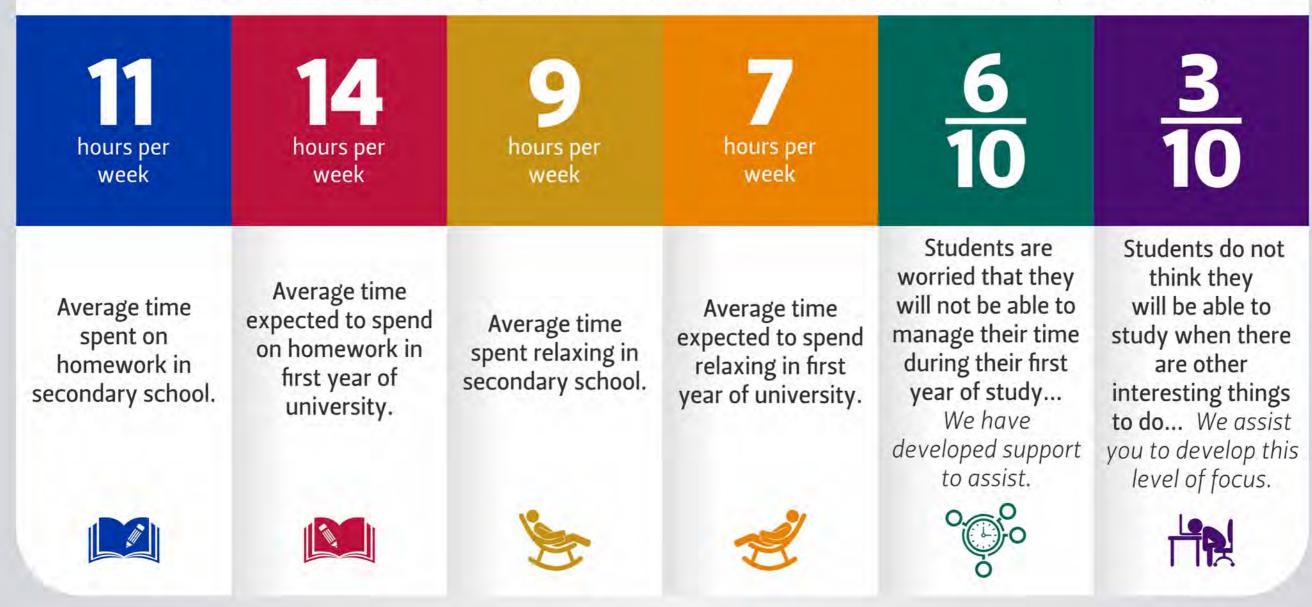




HELP US, HELP YOU!

Participate in the Beginning University Survey of Student Engagement (BUSSE)

The BUSSE helps us to understand first year students and their needs. Did you know that first year Kovsies spent:





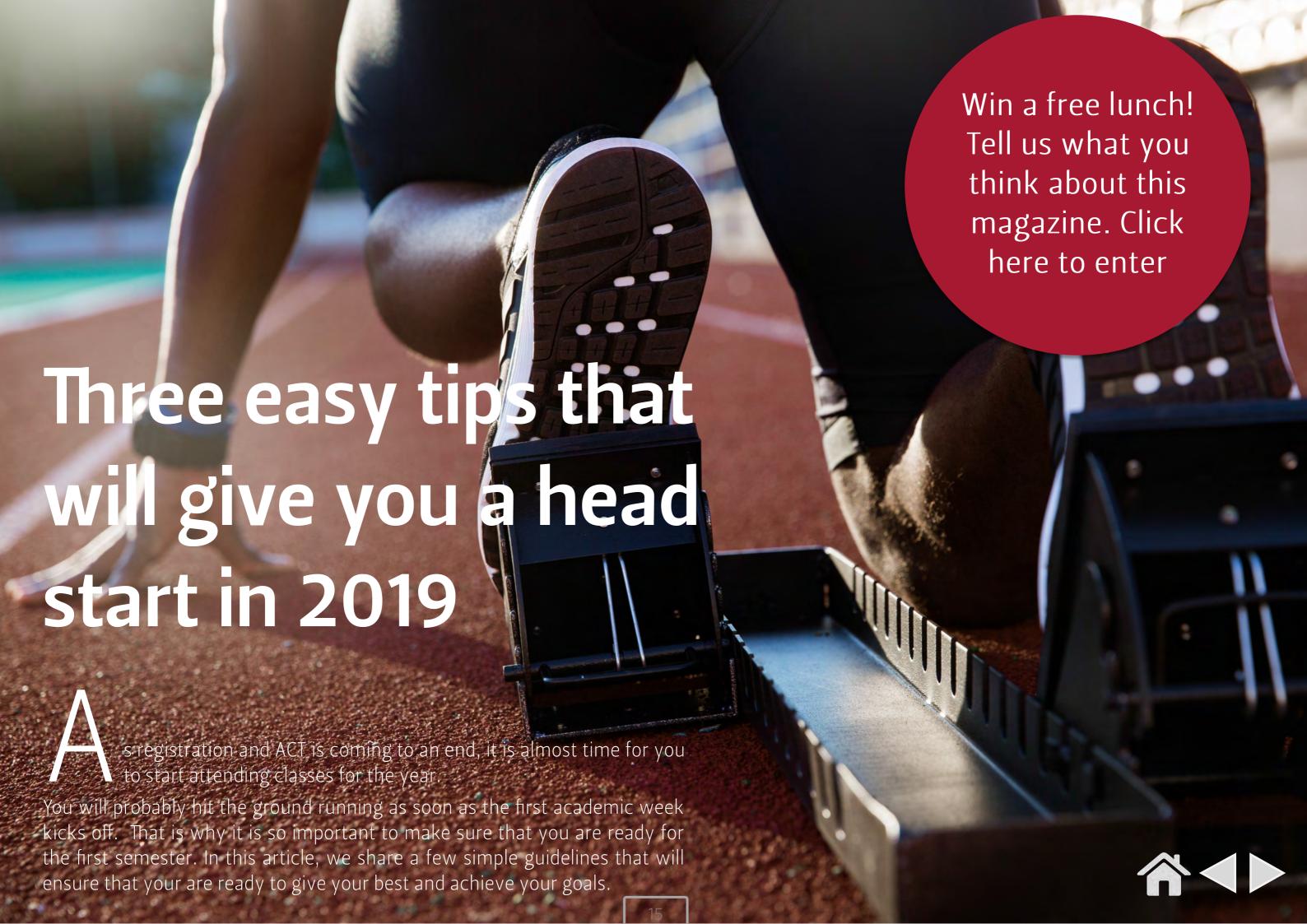
TIPS



Need help with Time Management?

- Manage your time so that you have more time for the things you love.
- Planning is key to good time management.
- Effective time management requires discipline.
- Schedule time for yourself.

Click here for a 30min course











Collect all your study guides

First, it is very important that you collect and read all your study guides. Study guides are prepared for your by your lecturer to ensure that you know exactly what to expect in the module. They provide a basic overview of the course, the assessments, and the programme that will be followed throughout the semester.

Set up a Study Timetable

It is important that you know how much time you should put into your studies in order to get through all your work. The South African Qualifications Framework (SAQUA) has defined the number of hours needed for studying in terms of notional hours.

Work out the weekly notional hours of e ach of your modules by using the following calculation:

Number of credits for the module (last module code number x 4) multiplied by 10. Once you have calculated the total notional hours, divide it by the number of weeks you will be spending on the module (use the UFS calendar to see how many class weeks you will have. This will give you an indication of how many hours per week you need to set aside for each module.

Then set up a weekly timetable, in which you allocate hours for class, tutorials, assignments, and studying for each module. If you need help with this, email advising@ufs.ac.za.

Make sure you attend class during the first two weeks

A study by Colb have indicated that students who attend classes during the first two weeks have a 60% higher chance of passing their module. During the first two weeks, important information about the structure of the module, assessments, and how classes will be presented is shared with students. Make sure you attend these classes, so that you know what to except for the rest of the semester.







Did you know that you really are what you eat – even when it comes to being successful at university?

Research over many years at the UFS has brought to light the struggle that students have in eating on a very limited budget and often with very limited cooking skills.

So check out EAT&SUCCEED by the Department of Nutrition and Dietetics at the UFS, which brings you everything you need to eat and succeed at university!

Click Here



