



Kovsie

Advice

Quarter 3, 2018



T: 051 401 7421 | E: advising@ufs.ac.za | www.ufs.ac.za


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Inspireer uitnemendheid. Verander lewens.*

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UFS·UV
CENTRE FOR TEACHING
AND LEARNING (CTL)
ONDERRIG-EN-LEERSENTRUM
(OLS)



“ Education is the most powerful weapon which you can use to change the world. ”

–Nelson Mandela

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Dear *Kovsie*

Welcome the sixth edition of *Kovsie Advice*! This time, as fellow South Africans, we take time to celebrate who we are and where we come from.

We celebrate the legacy of late President Nelson Mandela, and on the 24th on September, we celebrate Heritage Day.

With education being one of the most prized values of our late president, we would like you to reflect on how important your education is to you, and why you should work so hard to pursue your dreams.

Take a moment to be proud of your heritage, and what sacrifices have been made, so that you may have the privilege to pursue your dreams. Let your dreams help you add warmth against the winter chill!

Enjoy reading!

The Advising Team





NO STUDENT SHOULD GO HUNGRY



Article by: Masabata Mosoeu

Abraham Maslow, a psychologist famous for his theory on the hierarchy of needs, asserts that humans are fueled by the desire to achieve. Achieving what we have set out to accomplish, motivates us to strive for more. Additionally, it helps to satisfy our needs. Maslow identifies our most basic human needs as physiological needs, namely: food, shelter, clothing, and sleep.

Higher order needs contribute to personal and educational development to eventually reach your full potential.

If you find yourself constantly feeling hungry, you would not be motivated to learn, and it would be difficult to pay attention in classes.

Only after these needs have been met, are we able to aim



“*Achieving what we have set out to accomplish, motivates us to strive for more.***”**

Insufficient food intake can lead to decreased discipline, lower academic achievement, and decreased academic cognitive performance among students.

Thus, being hungry will not only affect how motivated students are, but also their ability to concentrate.

As a result, students can experience problems that limit their ability to learn, simply because a basic need for food has not been met. Struggling to learn can demotivate students and result in them dropping out.





[Click Here](#)

6 Years of Success!!

864 Students Assisted

62 Graduates

34 560 Community Service Hours





DEVELOPING GRIT

Article by: Masabata Mosoeu

Take a minute to envision yourself walking across the stage in your graduation cap and gown.

Basking in the glory of an achievement so significant that it is worthwhile in the end. Immerse yourself in the celebration of that moment; oh, what a day that will be!

Now back in this moment, ask yourself: "What am I prepared to do to make sure I get there?"

The road to success is not an easy one, nor is it all smooth sailing. It is long, hard, and bumpy. It comes at a price; a price you have to be prepared to pay.

One thing all successful people have in common, is that they value what they have to offer the world.

See, understanding your value, puts you in a better position to uncover the passion for what you intend to achieve. And passion is needed to improve endurance.

Grit, can be defined as consistently working hard towards a desired long-term goal. It's the constant effort we put into what we want, and according to Angela Duckworth, it is known to be the predictor of lifelong achievements.





“
...if you can't fly, then run. If
you can't run, then walk. If
you can't walk, then crawl.
But by all means keep moving.”

Learning comes from struggling and requires one to have grit.

Learning comes from trying, failing, reflecting on your mistakes and trying again.

It's about having a growth mindset. You have control over how you react to failure - as either an excuse to quit or an opportunity to learn and try again. It's how you react to a struggle that determines how far you will get in life.

The temptation to quit will be there, but you have to find a way to keep your vision alive. Didn't get the mark you wanted for a module? Review your script to see where you made silly mistakes. Predicate day came as a shock to you?

Determine how you can do better than before. It all boils down to what you choose to do when reality strikes.... choose not to quit, choose

to do it for yourself. A famous quote by Martin Luther King says

“...if you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl. But by all means keep moving.”

If you want to be a success, you have to have the passion to go for what you want, the determination to keep moving forward despite adversity, and the power to keep your vision alive. Do your best always... do it for yourself and by all means keep moving!

For more information on grit and how it can be developed, see Angela Duckworth.



[Click Here](#)

To watch a video on GRIT



The Heritage of *Kovsies*

From a humble start, the UFS became a well known institution boasting 158 NRF rated researchers and 2 521 staff members. Our students can participate in 22 different sport disciplines and study from 671182 library books, including 14 000 E books. The Centre for Universal Access and Disability Support at the UFS is working hard to create an institutional culture where persons with disabilities are embraced and welcomed on all three our campuses. Our ever expanding facilities and knowledge base present many opportunities for scholars to impact locally and globally.



Things didn't go my way – **NOW WHAT?**

Article by: Gugu Tiroyabone



So, semester 1 might have gone well, but for some, a module or two might not have gone so well and now you are thinking about what to do. Whether you are contemplating a programme/degree change, dropping a module, taking a break or facing an appeal. This article describes each option you may be considering, as well as considerations/advantages/disadvantages and faculty requirements.



1. **Programme/degree change** means completing a DV2 form and getting a signature from the faculty advisor or faculty manager. Beware that a DV2 form may be declined if you do not meet faculty requirements, do not have an acceptable number of accumulated credits, or do not meet general requirements.

PS: With the over-enrolments of the 2018 academic year, programme changes may be declined on the basis of over-enrolments in certain programmes – visit your faculty to find out more.



2. **Dropping/changing a module** – you may cancel/drop a module with financial credit until 15 August, thereafter you will incur financial costs and the module will appear on your academic record as 'Discontinued'. No financial credit is granted for year modules discontinued from 16 August. Modules may not be cancelled during the examination period.
**You may only register a module twice over the duration of the qualification.



3. **Taking a break** means you will have to redo the module(s) when you decide to return to resume your studies. Should you take a break from studying for longer than one year (2 semesters), you will have to reapply to resume in the following academic year.



4. **Academic appeal** means that you have not met faculty conditions to progress. You will be required to make a written submission explaining to the Faculty Appeals Committee why you have not met progression requirements. Your submission must include valid reason(s) and supporting documents (e.g. medical certificates if it is due to medical reasons).

Faculty logo	Faculty Manager	Teaching and Learning Manager:	Teaching and Learning Coordinator
Law	Courtley Pharaoh 051 401 2735	Dr Manie Moolman 051 401 7084 moolmanHJ@ufs.ac.za	Dineo Khoase 051 401 3559 khoaseda@ufs.ac.za
Edu	Ms Charmell Cardoso 051 401 9264 CardosoC@ufs.ac.za		Carolina van der Merwe 051 401 9252 vandermerwecf@ufs.ac.za
EMS	Ms Lizette Pretorius 051 401 2173 LPretorious@ufs.ac.za	Dr Corlia Janse van Rensburg 051 401 3691 JanseVanVuurenEC@UFS.ac.za	Sivuyile Nzimeni 051 401 9503 nzimenis@ufs.ac.za
Natural & Agri Sci	Ms Lee-Ann Frazenburg 051 401 3199 DamonsLE@ufs.ac.za	Ms Elzmarie Oosthuizen 051 401 2934 OosthuizenEM@ufs.ac.za	Lubabalo Saba 051 401 7849 sabal@ufs.ac.za
Theo & religion	Ingrid Mostert 051 401 9079 Mostertie@ufs.ac.za	Dr Thomas Resane 051 401 9331 ResaneKT@ufs.ac.za	Malejakane Lejakane 051 401 7353 LejakaneMC@ufs.ac.za
Health	Ms Marlene Viljoen 051 401 2847 viljoenma@ufs.ac.za	Ms Cheryl Jaftha 051 401 7563 JafthaCBA@ufs.ac.za	Galaletsang Moletsane 051 401 7420 MoletsaneGM@ufs.ac.za
HUM	Ms Marica Coetsee 051 401 2369 CoetseeM@ufs.ac.za	Ms Jackie Storer 051 401 9579 StorerJA@ufs.ac.za	Koketso Mudunusana 051 401 9578 mdunusanaklm@ufs.ac.za

NB: Academic Appeals serve on the Faculty Appeals Committee and may be approved, declined or escalated to the Registrar as per the discretion of the committee.

All appeals are submitted to the Faculty Manager or the Dean's Office.

All the above options will impact on your residential period - think before you act!

Note: Residential period = the number of years to complete the basic undergraduate qualification (M) plus 2 additional years (i.e. M years + 2yrs)

(e.g. BCom Accounting is a 3yr degree + 2 additional years which is a total of 5yrs to complete the qualification)





BEAT THE

THIRD-TERM CRUNCH

Article by: Ninette Aucamp

With the third-term kicking off, your time will be packed with classes, academic activities, assignments, tests, practical's and campus activities.

Because the fourth term only consists of a few weeks before the main examination, the third term is always packed with academic activities and assessments to make up for lost time.

Being ready for third-term crunch time will help you manage your workload and feel in control of your surroundings.

Practical tips to help you deal with the crunch are provided in the circles below.



Apply the 80/20 principle.

[Click here to read more.](#)

Be effective when you work.

[Click here to read more.](#)

Stick to your study timetable

[Click here to learn more](#)

Use helpful students apps.

[Click here](#)

Ms Gugu Tirayabone

Health Sciences

TirayaboneGW@ufs.ac.za



Meet the CTL ACADEMIC ADVISORS

CTL Advisors are committed to help students succeed in their studies. We provide assistance to students with study skills, time management, educational planning, basic career advice, change of degrees, credit checks, and referral to campus support networks. See you soon!



Ms Ninette Aucamp

Natural and Agricultural Sciences /
Theology and Religion

aucampjj@ufs.ac.za



Ms Monique Schoeman

The Humanities/Law

DuToitM2@ufs.ac.za



Ms Masabata Mosoeu

Education/ Economic and
Management Sciences

MosoeuMP@ufs.ac.za





KOVSI *LEADERSHIP*

Article by: Monique Schoeman

Have you ever looked at someone and wished that you could be like that person? You look up to that person and want to follow him/her. Therefore, this person thus has some influence and can then be seen as a leader. Although there are more than 1 500 definitions of leadership (ASHE Higher Education, 2013, p. 80), these definitions often have “influencing other people” and that it is a process that can be improved through learning from observation, reflections on experience and applying new concepts at the core (McClellan, 2013, p. 216). If leadership is a process, it means that anyone has the potential to be a leader.

So, why would an Academic Advising Office be concerned about leadership? Two (2) important reasons come to mind: 1) when students participate in peer leadership roles, they help other students connect to the university and encourage academic and social engagement which contributes to student retention (students do not drop-out) (Rieske & Benjamin, 2015, p. 68); and 2) students who participate in leadership development opportunities acquire valuable skills and knowledge. The latter has a positive influence on growing a better society.

Some of the skills or outcomes that peer leaders can gain or improve, include: awareness of the value of community involvement (civic responsibility), building social capital (learning how to network), critical thinking, multicultural awareness and problem-solving skills (Erickson-Ludwig & Kelly, 2015; Rieske & Benjamin, 2015, p. 69; Roberts, 2013, p. 54; Soria, et al., 2013, p. 118; Strawn, et al., 2017, p. 34).



“A leader is one who knows the way, goes the way, and shows the way.”

At the UFS there are various opportunities offering peer-leader roles. **Within the 3rd quarter, applications to become SRC members will open.** There are also mentors in the residences that serve as peer leaders. Other peer leaders in residences include the Residence Committee members (RCs or RAs).

If you do not live in a residence, there are also day residences with peer leaders. Apart from the P3 mentors, some other programmes also have mentors, such as the University Access Programme (UAP). For a more academic peer-leader role, you can consider becoming a tutor for A_STEP in 2019.

Applications to become tutors for the various modules that have tutors, are usually advertised in class and/or on Blackboard.

A number of opportunities will be coming up during this quarter to reflect on where you would like to begin your leadership-development journey. However, these are not the ONLY way to develop your leadership skills. Sometimes you are so swarmed with academic and other responsibilities, that becoming an RC or RA might not be what is best for YOU. Being an official peer leader at university takes a big toll and if you cannot manage your time effectively, your academic performance can suffer. Thus, it can be risky, so weigh your options to see what will work for you.



Get your Academic life in order

It is the start of a new semester, and it is time to get your things in order again. Read on the next page what you can do to make sure you are proactive in your studies this semester.

Article by: Ninette Aucamp



Work out your study hours per module

Think about how many hours you will need for each module per week.

Allocate study time to your schedule

Indicate on your schedule when you will be studying what each week.

Read your study guide.

The study guide provides a good overview of how the module is structured, and what the lecturer expects from you.

Organise your study space.

Make sure you know what goes where. File your notes according to subject, themes, and dates.





GETTING THE BASICS OF REFERENCING RIGHT

Article by: Anneen Church

At university, you cannot always rely on your own insight only and need to make use of information from sources in order to support statements that you make, or to show what you have learned. Whenever you use information from a source, you need to insert a **reference** to indicate where you got the information.





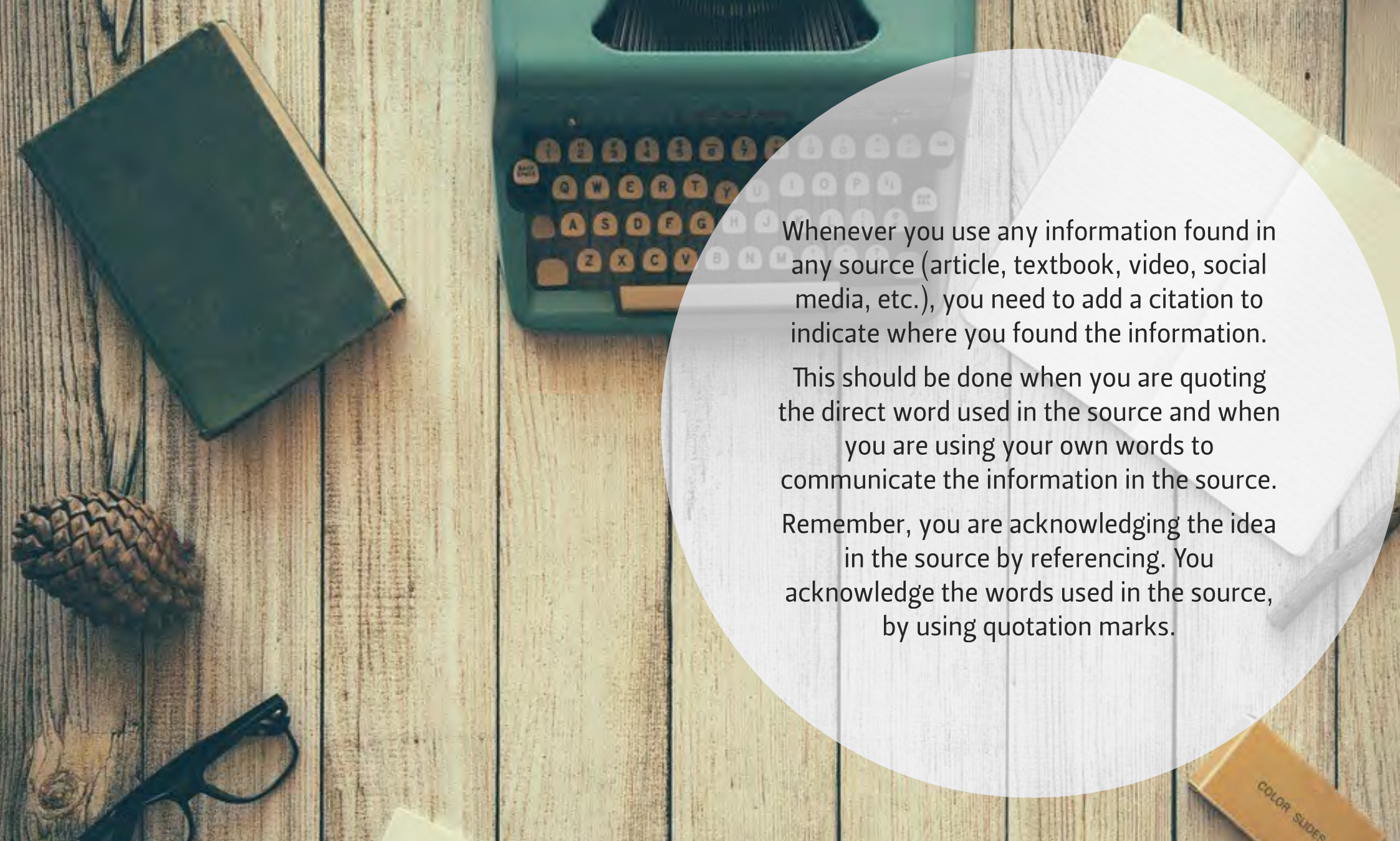
It shows that you have done research on a topic by reading or looking at enough relevant sources.

Shows that you do not intend on plagiarising.

As a university student, you need to follow the conventions of academic writing – this include using references/citations appropriately.

You reference to acknowledge the work that someone else has done in the area you are writing about – you wouldn't want someone else to use your great ideas, and claim it as their own. Similarly, you shouldn't steal someone else's great ideas




WHY SHOULD YOU REFERENCE?

A top-down view of a wooden desk. On the left is a dark green book. In the center is a teal typewriter. To the left of the typewriter is a pinecone. At the bottom left are black-rimmed glasses. On the right, there are several sheets of paper, some yellow and some white, and a small orange box labeled 'COLOR SLIDES'. A large, semi-transparent white circle is overlaid on the right side of the image, containing text.

Whenever you use any information found in any source (article, textbook, video, social media, etc.), you need to add a citation to indicate where you found the information.

This should be done when you are quoting the direct word used in the source and when you are using your own words to communicate the information in the source. Remember, you are acknowledging the idea in the source by referencing. You acknowledge the words used in the source, by using quotation marks.

WHEN SHOULD YOU REFERENCE?



WHY DO YOU STUDY? MOTIVATING YOURSELF THE RIGHT WAY

Motivation is one of the Key drivers of student success. We went to Michael Combrink from the UFS 101 team, and asked him to share some thoughts on student motivation. [Click here](#) to start the journey. Once you have viewed the video, come back and read the next page.



Interactive
Article

After watching the first Video, you might wonder how to think about this problem? Watch the next video to share in Michael's lessons on motivation. Once you have watched the video, read the next page

[Click Here](#)



Interactive
Article

Now that you have some insight, complete the quiz below to see if you are intrinsically or extrinsically motivated.

Question	Agree/ Disagree
You cannot wait to get your marks at the end of the semester	
You cannot wait to go to class to learn new things	
Exams are exciting because you can test what you have learned	
You learn new things about your field as often as possible	
You are studying because you enjoy it	

If you have more than two disagrees for this quiz, then you might be extrinsically motivated. Go to the next page to read more.



Interactive
Article

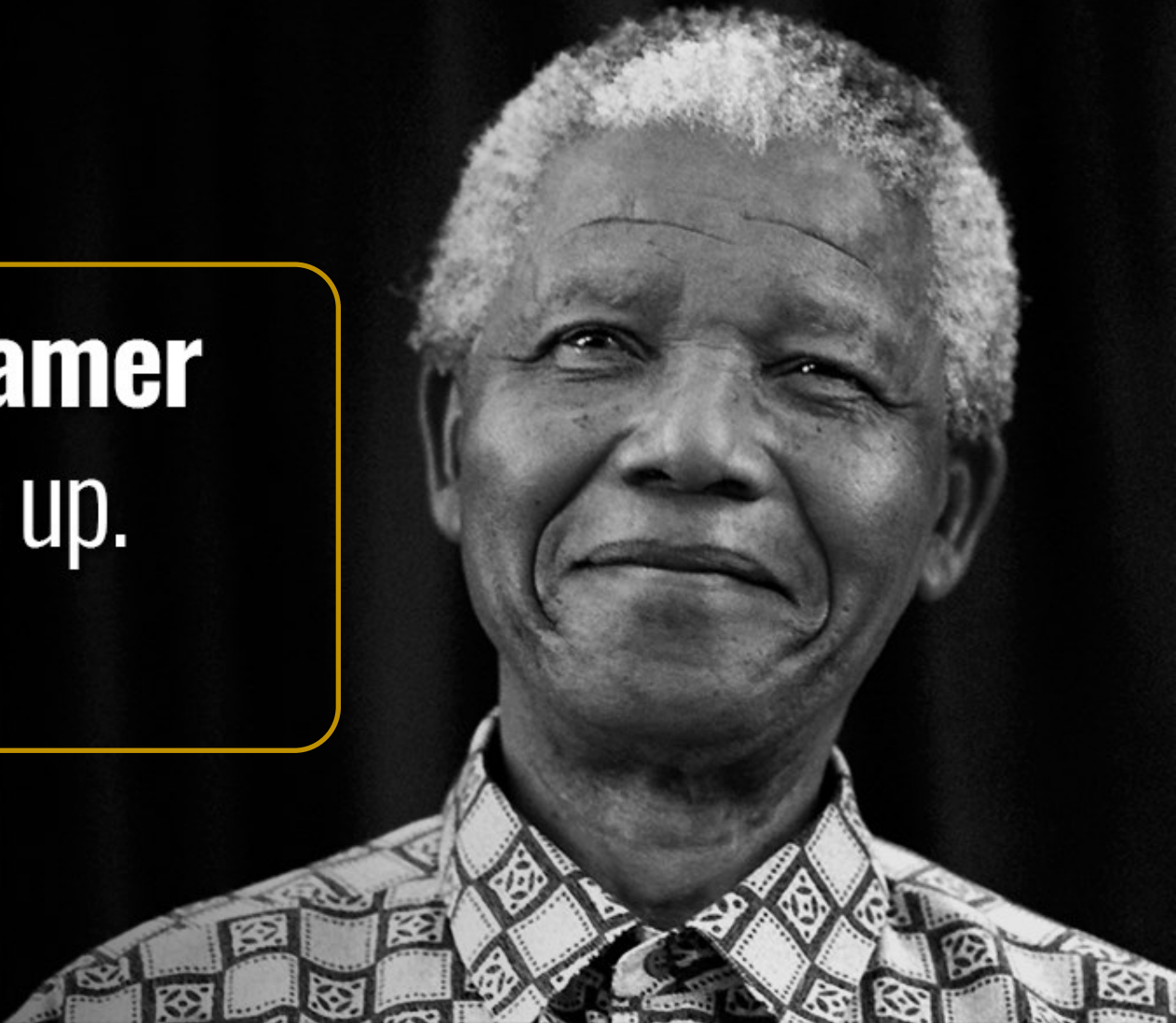
Whether you are extrinsically or intrinsically motivated, the next video will highlight how to optimise your thoughts and get your mindset on the right track.

[Click Here](#)



**A winner is a dreamer
who **never** gives up.**

- Nelson Mandela



Gear yourself up for the second leg of this educational journey!

The crossroad between academic advising and career services at the UFS is aimed at equipping a Kowsie with the set of attributes, information, skills and knowledge that will make you a competitive graduate.

The UFS is making strides towards ensuring that we support you optimally to achieve academic excellence.

Your career path does not begin when you start searching for a job but is actually the result of numerous decisions you make along the way.

As you rethink your success coordinates and position yourself to be a 'job-ready graduate', you need to ensure that you are already on the path to integrating your academic and career checkpoints.

THE CROSSROAD: ACADEMIC ADVISING MEETS CAREER SERVICES

IMPROVING YOUR NETWORK SKILLS

Article by: Gugu Tiroyabone



A background image showing three people in a meeting. On the left, a woman with dark hair in a bun, wearing a blue and white striped shirt, is looking towards the center. In the center, a man with glasses and a bald head is looking down. On the right, a woman with blonde hair is looking towards the center. They are all in a professional setting, possibly a meeting room or office.

WHY DO THEY MATTER?

CAREER SERVICES

- ♦ Support you towards developing employability skills for today's world of work;
- ♦ Prepare and connect you to the world of professions; and
- ♦ Help you explore and achieve career management skills.

ACADEMIC ADVISING

- ♦ Helps you synthesise and conceptualise your academic pathway
- ♦ Connect you to the institution and all student support services
- ♦ Individualised success skills support (i.e. time management, goal setting, planning, tracking your academic performance)

So, while getting the right grades, you need to develop skills that matter in the world of work.

Connect with the career services office: careers@ufs.ac.za

Find an academic advisor: advising@ufs.ac.za





*“The heritage of the
past is the seed that
brings forth the
harvest of the future.”*

–Wendell Phillips



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