

BELIEVE. ACHIEVE. CONQUER.

Kovsie
Advice

QUARTER 2, 2019



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UNIVERSITY OF THE
FREE STATE
UNIVERSITEIT VAN DIE
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YUNIVESITHI YA
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UFS·UV
CENTRE FOR TEACHING
AND LEARNING (CTL)
ONDERRIG-EN-LEERSENTRUM
(OLS)

CONTENT



Click in the title
to open a
specific
article

Believe that you can	1	Eight ways to manage your academy for the		Exam Venue Rules	13
Kovsie students lending a helping hand	3	coming exams	8	How much sleep do you Really need?	14
Preparing and Coping with Failure	4	Eight ways to manage your energy levels this		Are you familiar with the UFS General Rules?	16
A message from your Teaching and Learning		coming exam	9		
office	6	How to beat Exam Stress	10		
Time for Exam Prep!	7	Tips for the Actual Exam	12		

Believe that you can

In the words of late Nelson Mandela “A winner is a dreamer who never gives up.” In this edition of Kovsky Advice, we would like to inspire you to keep on dreaming, to build on your dreams, to set high standards for yourself, and to never give up.

Having a long-term vision helps you keep your eye on the prize. Set short-term wins, and work towards achieving your goals. We would like to help you set goals for the upcoming Mid-Year exams, and share ideas on how to beat exam stress. Furthermore, this edition comes with faculty specific information from your faculty’s Teaching and Learning Office.

Of course, sometimes things don’t go as planned. We have included an article on dealing with failure to help you endure and conquer.

We believe this edition will inspire you to aim for more, and realise your dreams.

Enjoy reading!

The Central Academic Advising Team



**BELIEVE IN YOURSELF.
ACHIEVE YOUR
DREAMS.
CONQUER THE WORLD.**



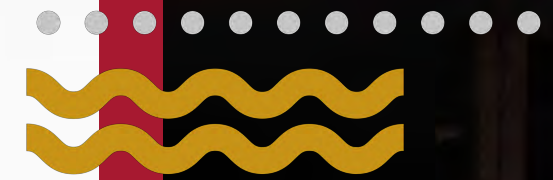
Kovsie *Advice*

Best viewed sideways.

In order for you to have more comfort reading our articles (especially on your mobile device), we have moved to a landscape design. Thus, if you are viewing this magazine on your phone, just turn your screen. Enjoy!



Kovsie students lending a helping hand



Hand2Hand is mainly known for the Mr and Miss Hand2Hand Ambassadorship Programme. Hand2Hand is a student association at the University of the Free State and has been the driving force behind the support for students who are food insecure (those who can't afford to buy any textbooks) through food drives and textbook libraries.

This year, the association celebrates five years of continuous good work and has even bigger plans to do greater work for this year and years to come. In addition to addressing food insecurity and providing textbooks to those in need, Hand2Hand is taking things a step further this year to expand its reach by branching into mentorship and social entrepreneurship.

Food Insecurity

The association has always been a giving hand and is now adopting the 'teach a man how to fish' approach by collaborating with the Department of Nutrition and Dietetics in the EAT&SUCCEED Project. This is to ensure that in addition to providing food, they teach students how to work with the limited food that they have.

Social Entrepreneurship

In as much as Hand2Hand has been operating on donations, the association will be shifting from being solely a charity-based organisation to a social enterprise. It will be working closely with Enactus at the University of the Free State in this regard by establishing gardens using modern farming techniques as a source of income in line with their mission to address food insecurity.

Textbook and Mentorship

Hand2Hand will be going a step further by cooperating with Ikusasa Decolonisation Libraries to reach more students in line with their vision of providing textbooks, as they have been doing in the past.

This time, Hand2Hand will also be working with the nearby Children's Home to extend the work they have done thus far to the surrounding community within which the university is located.



If you want to join the association in this fifth celebration to make a positive impact on the world around you, email them at: ufshand2hand@gmail.com and follow them on twitter, facebook and instagram.



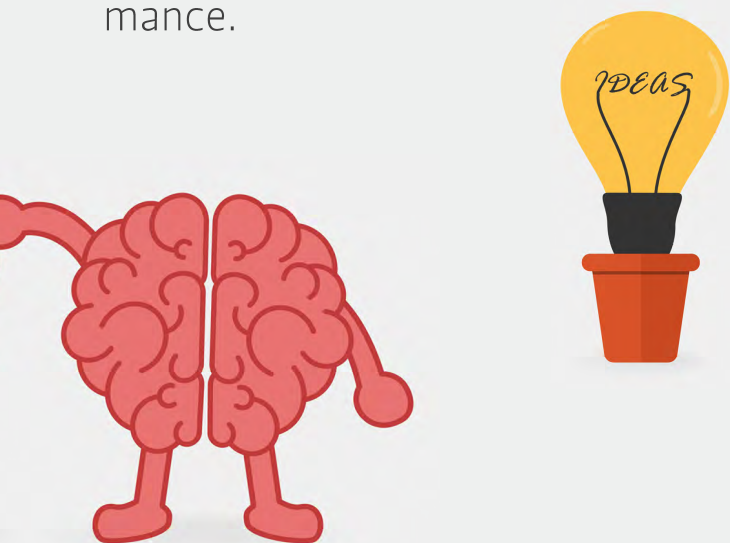
Preparing and Coping with Failure

The first assignments have been submitted, and tests have been written. As you are still getting used to the added pressure of university or a new academic year, you might have experienced failure in the first assessments. However, research shows that with the right mindset, failures can be turned into successes.

Failing causes stress in students, and can leave them feeling discouraged and demotivated. The positive side to this, is that you have a choice as how to handle disappointment and failure. Carol Dweck and her colleagues became interested in students' attitudes about failure. They noticed that some students rebounded while other students seemed devastated by even the smallest setbacks. What made the difference was what they termed 'mindset'.

Dr Alia Cum explains how mindset can play a dramatic role in our health and well-being. Your mindset matters in how you view failure, and consequently, how your body reacts to it.

The research of Dr Carol Dweck indicates that students who display a growth mindset prove to be more resilient when dealing with failure. The mere viewpoint of talent as being something that can develop over time, provides an opportunity for a student to grow from their failures and improve their academic performance.



Students who believe that they can get smarter, understand that putting in effort will make them stronger. Therefore, they are more willing to put in extra effort, leading to higher achievement (Mindwork.com).

But how do I change my mindset, you might ask. Well, by reframing your thoughts. The ABC model of stress management indicates how our perception of a situation or problem influences the consequence:

A—Activator (Eg. Event such as failing a test)

B— Belief (What are your beliefs about the event?)

C—Consequence (What are the emotional AND behavioural consequences of your beliefs?)

Stress is always caused by some form of an activator. An example of an activator is the difficult test, or poor test results you might have received.

Secondly, you have a certain set of beliefs that influence how you perceive the activator. For example, a student might believe that he/she "must get 75% for all tests". This will lead to great discouragement when a student experiences a failing mark.

The third important element of the ABC approach is the consequence. The consequence refers to how you would react to the activator as a result of your beliefs. Let's take the same student as an example. The belief that nothing less than 75% is good enough will probably result in the student experiencing stress and anxiety.

The good news is that by changing your beliefs around the stressor, you will also change the consequence. For example: by telling yourself that you can still improve your marks by trying study methods and not giving up, you will feel more positive about trying again and finding a way to improve your marks, and overcome the disappointment of failing.

We cannot always control what will happen in our lives, and what challenges we might come across. But, realising that you can change the way you view your situation, can completely change the effect it has on your life.

Click here to view the Tedtalk of Dr Alia Cum around mindset

ATTENTION ALL EMS FIRST-YEAR STUDENTS

The Faculty of Economic and Management Sciences is piloting a new student support initiative named the *Programme Specific Support*. The aim of the programme is to provide student support to all first-year EMS students. Our next Saturday session is on **18 MAY 2019 from 09h00 till 11h00 in the EBW AUDITORIUM**.



ATTENTION ALL THEOLOGY STUDENTS



The results of your first-semester assessments provide an indication of your academic progress.

Are you still on track to be successful in 2019?

If not, do you *want* assistance to help you succeed?

If you *want* assistance, follow these steps:

STEP 1

Write an email to theology@ufs.ac.za with the following information in the subject line:

Degree code, surname and initials, and your student number, e.g. Higher Certificate in Theology, Makena, S. 2018... (your own number).

In the body of the email, only state the codes of the modules you are having trouble with.

STEP 2

Attend all your classes

STEP 3

Increase your study hours

DO YOU PLAN TO APPLY FOR 2020?



All students applying to study in Health Sciences in 2020 should complete an online UFS application form. UFS applications for 2020 open on 1 April.

Closing date for 2020 applications is 31 May 2019. Closing date for Bachelor of Social Science in Nursing is 31 July 2019. All admissions are subjected to selection.

For Enquiries:

Lydia du Toit: +27 51 401 3739 | 7513
fhsapplications@ufs.ac.za

A MESSAGE FROM THE TEACHING AND LEARNING UNIT IN THE FACULTY OF EDUCATION



The Teaching and Learning Unit is one of three interconnected priority areas that have been identified by the UFS. One of the strategic goals related to the Academic Project is to improve the institution's academic reputation by, inter alia, remaining sustainable and increasing student success. Furthermore, the management of teaching and learning in the Faculty of Education hinges on four declared intentions, namely to:

- To support and engage students inside and outside the classroom
- Support staff in their professional development journey,
- Employ academic advising and student-tracking mechanisms,
- Enhance the learning environment by attending to quality-assurance mechanisms,
- Enhance the faculty processes for new programme application, submission, implementation, and marketing of offerings.

Additionally, the Teaching and Learning Unit also initiates and collaborates with students to form the Student Representative Council; and the Teaching and Learning Coordinator who facilitates tutorial activities in the Faculty of Education.

For any further queries or concerns, feel free to contact the Teaching and Learning office on the ground floor of the Winkie Direko Education Building.

NAS STUDENTS, BE AWARE OF FACULTY RULES



The Faculty of Natural and Agricultural Sciences has very strict rules for progression.

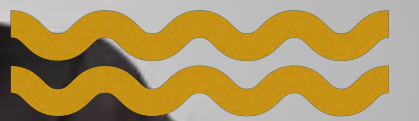
This rule is published on p.34 of the Rulebook. Please consult the 2019 Rulebook:

[CLICK HERE](#)

A message from your Teaching and Learning office

Time for Exam Prep!

The Mid-Year exams are just short of a month away, and it is time to start your preparation. Click on the icon below and follow our simple exam prep guide to ensure you are ready to go.



Eight ways to manage your academy for the coming exams

1



Calendars

Print calendars for April and May and fill in your exam dates and times.

2



Plan

Make a list of the things you still need to do for each subject, for example summaries, assignments, tests, etc.

3



Study Schedule

Decide when you are going to study each module during the next month and fill it in on your calendars. Be realistic!

4



Self-Discipline

Stick to your study schedule and try to study for all your modules before 24 May 2019.

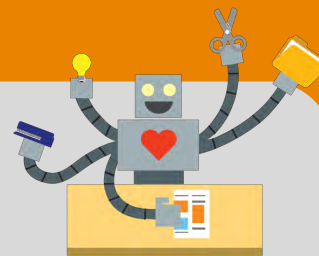
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Revise

Try to leave only revision for after 24 May 2019. This will also reduce your stress levels.

6



Productive Person

Consider whether you are a morning or an evening person when scheduling your study times. If you are an evening person, try not to study after midnight. You still need a good night's sleep.

7



Accountability

Ask a friend to keep you accountable for your study schedule. The success of a study schedule lies in the application thereof.

8



Social-media challenge

Challenge yourself to avoid social media, especially during designated study times. Delete the apps from your phone to limit distractions. Every minute is valuable during the next month.

Eight ways to manage your energy levels this coming exam

1



Get enough Zzzzz...

Try to get at least 6-8 hours of sleep during the exam. If you really need to cut down on sleep, do not sleep less than 5 hours in exceptional cases. 'All-nighters' are never an option and will only cause your body to crash the next day.

2



Exercise

Being physically active actually gives you energy although you feel tired beforehand. It will also help you to sleep better during the night. Furthermore, exercise is a healthy way to reduce stress.

3



Brain Foods

Make use of the Student Success Portal for healthy, affordable recipes during exam time. Make sure that you eat enough protein, fruit, vegetables and healthy starches. Also, try to reduce your sugar intake, especially before the exam.

4



Breaks

Take short breaks throughout the day. Breaks allow your mind to rejuvenate so that you can continue to concentrate. Also, switch between high- and low-attention tasks.

5



Set time aside

Set aside time for thinking, planning, and worrying.

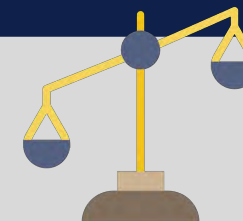
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Spiritual Energy

Make time for the activities that fulfil you.

7



Manage your energy

Manage your energy to make sure that you can manage your time and that you can function optimally. Take care of yourself to make sure you still have energy at the end of your exam.

8

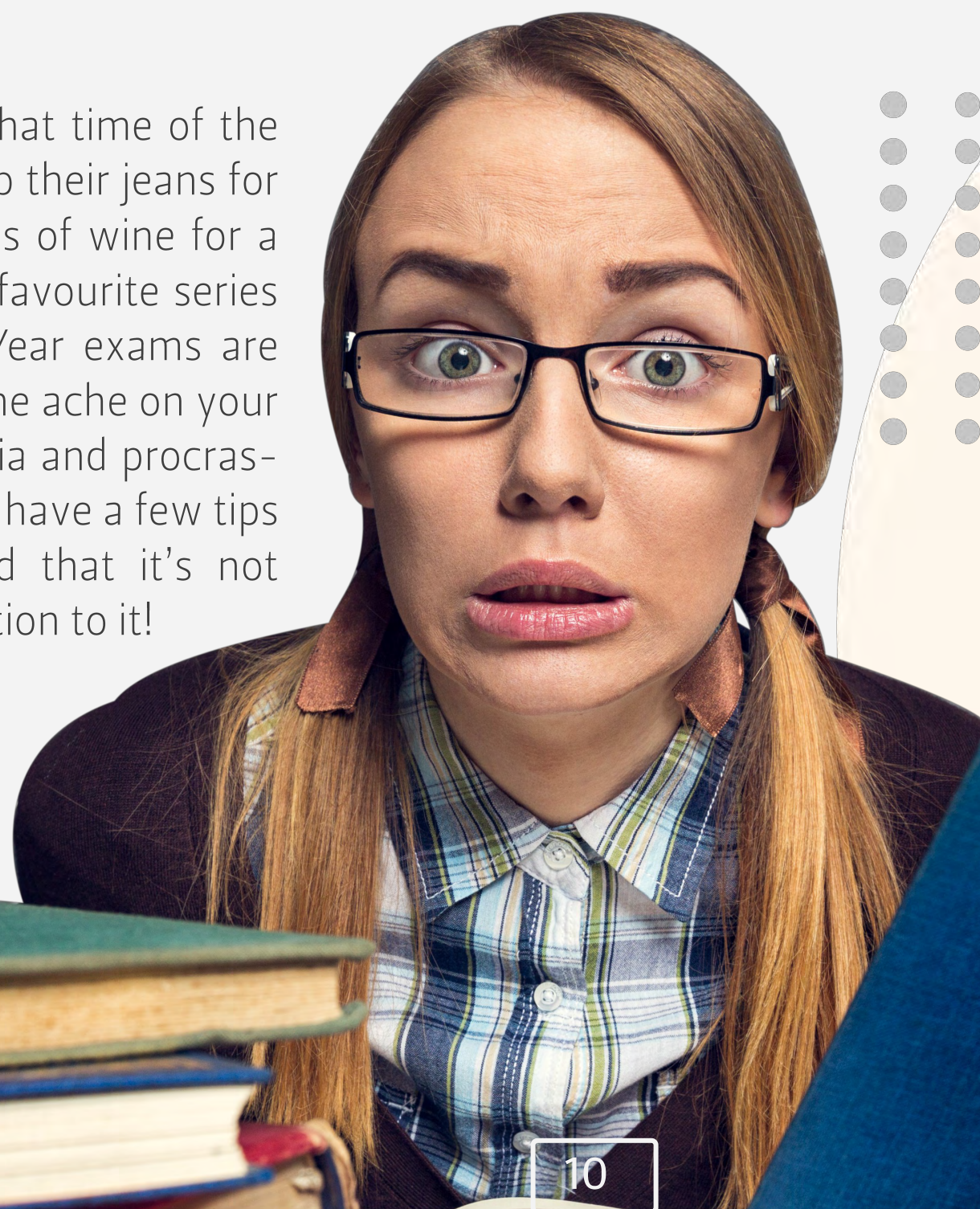


Supplements

Don't just rely on the food you eat for nourishment. Take vitamins to strengthen your immune system, and boost your energy. You can take vitamins orally, or go for a vitamin B injection at Koves Health.

How to beat *EXAM STRESS*

We are slowly approaching that time of the year again where students swap their jeans for comfortable sweatpants, a glass of wine for a strong cup of coffee, and their favourite series for... textbooks. Yes, the Mid-Year exams are around the corner, but before the ache on your stomach causes severe insomnia and procrastination takes over your life, we have a few tips for you. Hans Selye once said that it's not stress that kills us, it is our reaction to it!



Click here to
access the
Mid-Year exam
timetable

Planning, planning, planning!

Draw up a realistic schedule and stick to it. Having a schedule ensure that you have enough time for all your modules and prevent 'all-nighters' before an exam.

Stay calm

You won't make any progress while you are short of breath or completely stressed out. Focus on your breathing and approach your study schedule step by step.

Eat to succeed

Your body needs 'petrol' to function optimally. Have a look at *Eat to succeed* on the student success portal for affordable and easy recipes. [Click here](#) to visit their page.

A routine that works for YOU

Try to wake up and go to bed more or less the same time every day. Keep in mind when YOU are most productive during the day and get enough sleep. Your brain will adapt and 'know' when to focus and when to be tired.

Take regular breaks

If you notice that you are struggling to concentrate, take a break to eat or drink something, phone a friend or go for a walk/run.

Sweat it out

Exercise are the best medicine for exam stress. Whether you prefer a long run, a steady walk to the bridge or a session at KovesiFit, the 'feel-good hormones' (endorphins) will reduce stress and clear your mind from negative thoughts. [Click here](#) to find out more.

No technology

Limit your screen time (cell phones, laptop) to certain times of the day for optimal concentration.

Bigger picture

Keep your long-term goal in mind. If it was easy, everyone would do it.

Coping

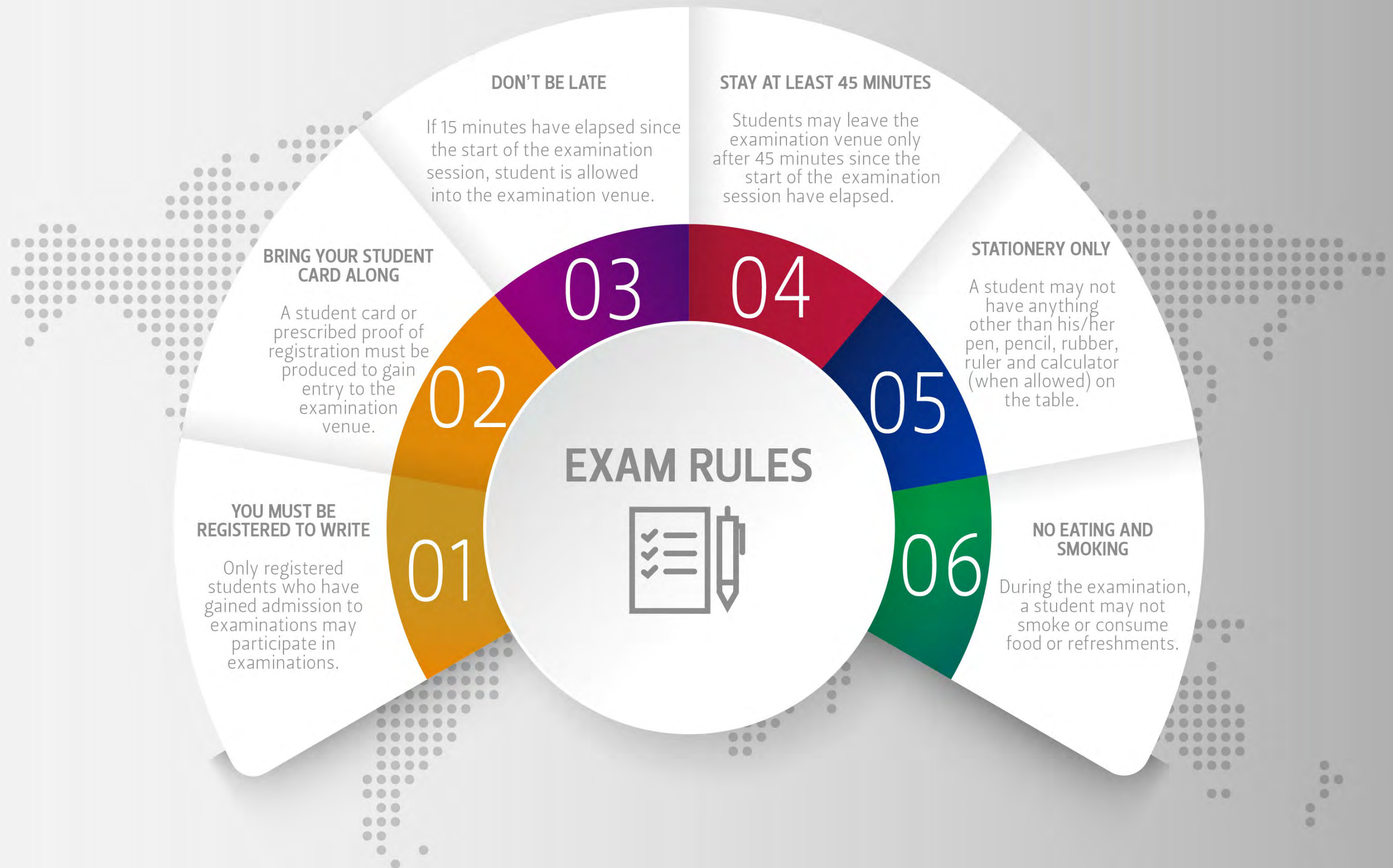
If you really struggle to cope with exam stress, make an appointment at Student Counselling and Development for professional help. [Click here](#) for contact details.



Tips for the Actual Exam

1. First: Write down your **name and student number**.
2. **Read all the instructions** carefully before you do anything else.
3. **Read** through the whole test first.
4. Budget your **time**.
5. Decide which questions to answer first – answer those you **know best first**.
6. Take time to **structure your answer**, even if you are in a hurry.
7. Come straight **to the point** in your answer.
8. **Write legibly** and neatly.
9. Limit each paragraph to **one aspect** or topic.
10. Take time at the end to reread the exam paper.

Make sure you are familiar with the Exam Venue Rules for the coming exam

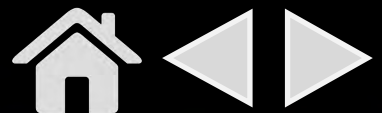


*How much sleep do you **REALLY** need?*

*Still a lot to do before the exams
start?*

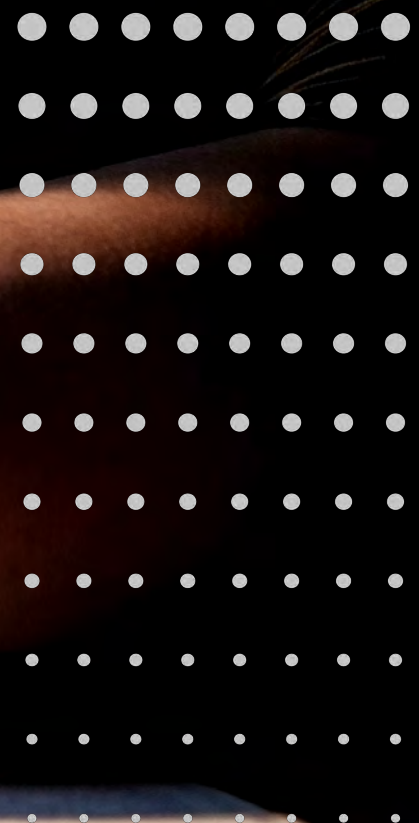
Students are notorious for staying up late, and having irregular sleeping patterns. Although some dream away for seven to nine hours, others might cut their bedtime to two to four hours during academically demanding times. But how much sleep do you really need?

Click here to
learn more




Still very worried about the upcoming exams?

*Email advising@ufs.ac.za for an
appointment with an advisor.*



Are you familiar with the UFS General Rules?

[Click here to
learn more](#)



*“A winner is a dreamer who never
gives up.” –Nelson Mandela.*