



MAGAZINE



Hello

SENIOR

E: ctl@ufs.ac.za | www.ufs.ac.za/ctl

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Inspiring excellence, transforming lives through quality, impact, and care.



UNIVERSITY OF THE
FREE STATE
UNIVERSITEIT VAN DIE
VRYSTAAT
YUNIVESITHI YA
FREISTATA



UFS
CENTRE FOR TEACHING
AND LEARNING (CTL)



DEAR STUDENT

Welcome back to 2023!!!!

You have already managed to get through the first quarter. We understand that the past 2 years have been challenging for you (during the pandemic), but the Centre for Teaching and Learning continues to strive toward finding more innovative ways of ensuring no student is left behind academically.

This magazine will help you navigate your way throughout the year, and shares relevant information for the different university stakeholders you can contact for different challenges you may encounter along your journey. It also provides all important UFS dates to ensure that you are up to date with what is happening in the institution. We also strive for a holistic approach where your wellbeing is important to us, which is why we have included information on how to ensure your wellbeing leads you to success, as well as what initiatives from other departments you can look forward to this year.

One spirit, one team and one win
#StayingOnTheGreen

We wish you the best for the year ahead!

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Important UFS Dates

2023



DATE	EVENT
15 April	April Graduation Ceremony: Qwaqwa Campus
18 April	April Graduation Ceremony: Bloemfontein Campus
06 May	Bloemfontein Campus Open Day
13 May	Qwaqwa Campus Open Day
02 June	Predicate Day
05 June	Main mid-year examination starts
17 June	Main mid-year examination ends
19 June	Additional mid-year examination starts
	Additional mid-year examination ends
01 July	First semester ends
17 July	Second semester starts
30 October	Main end-of-year examinations starts
11 November	Main end-of-year examination ends
13 November	Additional end-of-year examination starts
25 November	Additional end-of-year examination ends
25 November	Second semester ends
06 December	December Graduation Ceremony

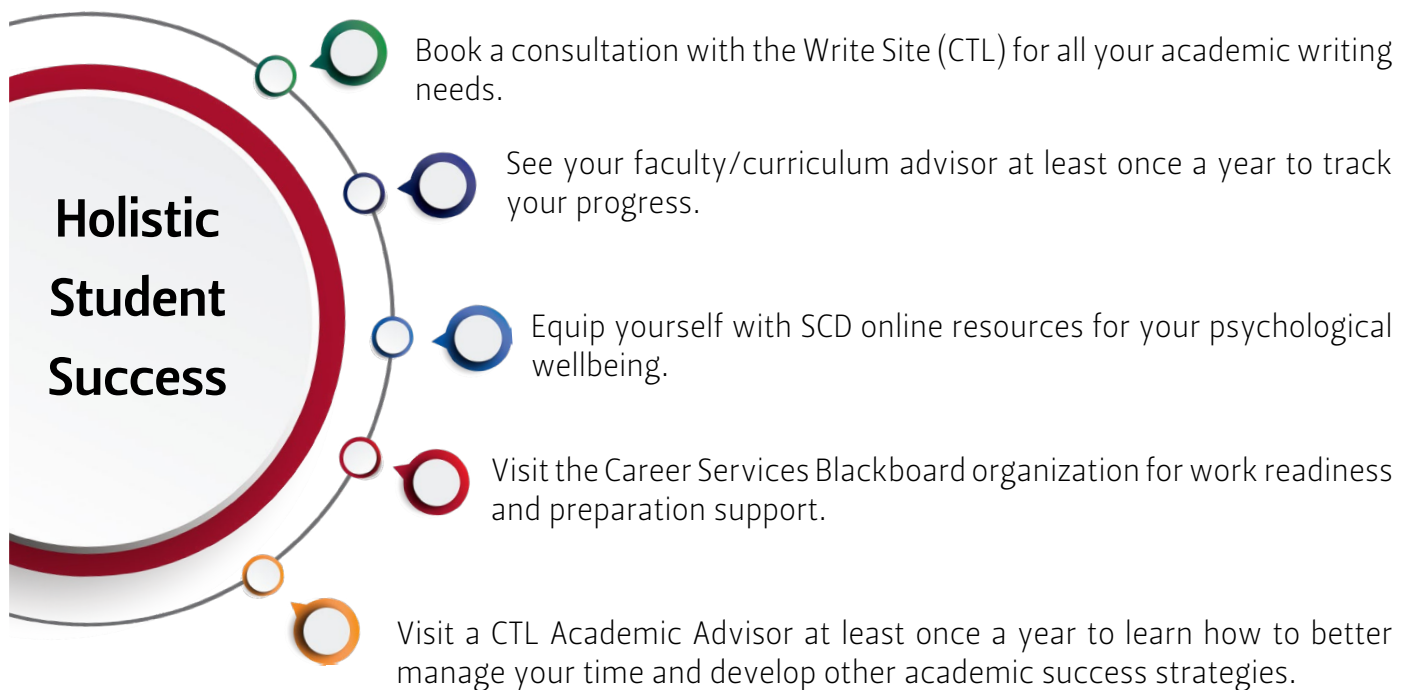


Making holistic
success
fashionable

What is holistic success?

Generally, holistic success refers to the accomplishment of an individual's emotional, mental, spiritual, relational, career, financial, and physical goals, leading to overall satisfaction with life. As a student, being able to seek and explore opportunities to learn and grow in the academic (career), physical, relational, financial, and emotional domains of your life, can ensure holistic success. The true measure of holistic student success is how well-prepared you are to accomplish your current and future personal and professional goals through the development of knowledge, a sense of responsibility and self-reliance, and a connection to the university and your wider community.

In addition to attending your lectures and doing your academic work, it is also important for you to use the student support services on campus to enhance your likelihood of achieving holistic success. Here are a few tips to get you started:



Being able to regulate your experiences inside and outside the classroom deepens your sense of meaning and purpose in life and your journey to holistic success. Nowadays, when they recruit for various jobs, most companies or organizations not only consider a student's overall academic performance but also their holistic development. Don't hesitate to reach out to Central Academic Advising if you require additional support!

Compiled by: Kate Poen





The library is your study buddy

HOW TO OPTIMIZE LIBRARY *USAGE*

The UFS Library is here to support you on your academic journey to success. Whether you are attending your course face-to-face or in a blended manner, we would like to help you make the most of using the library and ensure you excel academically.

The UFS Library staff are available to support students in the library and online. The various library spaces are also available to all students, to study and use the state-of-the-art facilities available. There are book-drop boxes at the entrance of the library to return library books, and students can now borrow books from the library with the self-help check-out system.

For your convenience, you may visit the UFS Library Webpage (<https://www.ufs.ac.za/library>) to familiarize yourself with all services that the library offers, including the online services.

Most of the frequently asked questions are answered on “How do I” (<https://ufs.libanswers.com/>) on the library’s webpage. This is an interactive service where you will find answers to your questions and may ask questions when you are unsure or having difficulty.

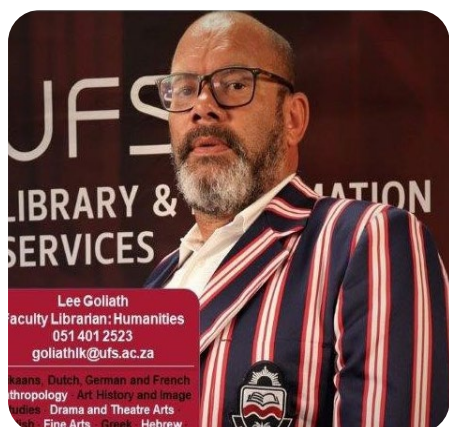
Since we are striving to deliver an excellent online experience, the library subscribes to many online Journal Databases and eBooks (<https://ufs.libguides.com/eresources>) which you can access from any location, on and off campus.

NB. To access the electronic resources from an off-campus location, you need to authenticate with your `studentnumber@ufs.ac.za` credentials, and NOT `studentnumber@ufs4life.ac.za`, e.g., `2022012100@ufs.ac.za`, and your password.

- For additional support and information, visit your Faculties Library Guide (Libguide) at <https://ufs.libguides.com/>. The contact details of your Faculty Librarian are available in the respective Faculty Library Guide.
- You may also get support through using the Ask-A-Librarian (<https://www.ufs.ac.za/library/library-information-services/unlisted-page/ad-hoc-page-for-each-template/ask-a-librarian>) function on the library webpage.
- You may also schedule an online training session or reference interview with your Librarian which will be delivered through Blackboard Collaborate, or alternatively, face-to-face Library Research Skills Training is available.
- The LIS has recently launched its Library App, which can be downloaded from the App Store, and you can thereafter have access to the library in the palm of your hand.



Compiled by: Lee Goliath & Larshan Naicker



Resource PACKAGE

1. CENTRAL ACADEMIC ADVISING

Bloemfontein Campus

E: advising@ufs.ac.za

T: +27 51 401 9111 (Option 2)

Chat with an adviser on WhatsApp

T: +27 87 240 6370

Qwaqwa Campus

E: advisingqq@ufs.ac.za

2. STUDENT SERVICE CENTRE

Bloemfontein Campus

T: +27 51 401 7407/7327

T: +27 51 401 9111 (Option 2)

E: StudentAdmin@ufs.ac.za

Qwaqwa Campus

T: +27 58 718 5186

E: UFS101@ufs.ac.za

3. NATIONAL BENCHMARK TEST (NBT)

Bloemfontein Campus

T: +27 51 401 2448

E: nbt@ufs.ac.za

Qwaqwa Campus

T: +27 58 718 5157

E: nbtqwa@ufs.ac.za

4. RECOGNITION OF PRIOR LEARNING (RPL):

Bloemfontein Campus

T: +27 51 401 7357/7326

Qwaqwa Campus

T: +27 58 718 5120

E: RPLOffice@ufs.ac.za

5. WRITE SITE

Bloemfontein Campus

T: +27 51 401 2324/7355

E: writesite@ufs.ac.za

Qwaqwa Campus

E: writesiteQQ@ufs.ac.za

6. BLACKBOARD

T: +27 51 401 9111 (Select option 5)
E: ehelppdesk@ufs.ac.za

7. STUDENT COUNSELLING AND DEVELOPMENT

T: +27 51 401 9111 (Select option 6)
E: SCD@ufs.ac.za

8. HOUSING AND RESIDENCE AFFAIRS

Bloemfontein Campus
E: resapplications@ufs.ac.za

Qwaqwa Campus
E: resinfoqc@ufs.ac.za

9. CENTRE FOR UNIVERSAL ACCESS AND DISABILITY SUPPORT (CUADS)

Bloemfontein Campus
T: +27 51 401 9111 (Select option 7)
E: cuads@ufs.ac.za

Qwaqwa Campus
E: SCDQQ@ufs.ac.za

10. CAREER SERVICES

T: +27 51 401 7393
E: career@ufs.ac.za

11. STUDENT FINANCES: SERVICES

T: +27 51 401 9111 (Select option 3)
E: tuitionfees@ufs.ac.za

12. FINANCIAL AID: NSFAS ENQUIRIES: HELPPDESK

Bloemfontein Campus
T: +27 51 401 9111 (Select Option 3)
E: finaidenquiriesbfm@ufs.ac.za

Qwaqwa Campus
E: FinAidQwa@ufs.ac.za

South Campus
E: finaidenquiriessouth@ufs.ac.za

13. LIBRARY AND INFORMATION

Bloemfontein Campus
T: +27 51 401 2745/2737

Qwaqwa Campus
T: +27 58 718 5212



FACULTY SUPPORT

BLOEMFONTIEN CAMPUS



Education	eduinfo.ac.za
Economics and Management Science	EMSAdvice@ufs.ac.za
The Humanities	humanities@ufs.ac.za
Health Sciences	StudentAdminFHS@ufs.ac.za
Law	LAWAdvising@ufs.ac.za
Natural and Agricultural Sciences	NASAdvising@ufs.ac.za
Theology and Religion	theology@ufs.ac.za

QWAQWA CAMPUS



Education	eduinfo.ac.za
Economics and Management Science	EMSAdvice@ufs.ac.za
The Humanities	humanities@ufs.ac.za
Natural and Agricultural Sciences	NASAdvising@ufs.ac.za

Know your CTL Squad:
Central Academic Advisors



Gugu Tiroyabone

**ASSISTANT DIRECTOR:
ADVISING, ACCESS & SUCCESS**

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CTL Sasol Library, Level 3

Meet

THE BLOEMFONTIEN TEAM



KEITUMETSE POEN

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CTL Sasol Library, Level 3



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CTL Sasol Library, Level 3



MASABATA MOSOEU

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Law**

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CTL Sasol Library, Level 3



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CTL Sasol Library, Level 3



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UCDG Coordinator

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CTL Sasol Library, Level 3



TEBOGO MOLEME

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Officer

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CTL Sasol Library, Level 3



Meet
THE QWAQWA TEAM



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The Humanities

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Intsika Building, Ground Floor



TONA MOKOENA

CTL Advisor: Economic and Management Sciences
Natural and Agricultural Sciences

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Intsika Building, Ground Floor



What is **ACADEMIC ADVISING**

Academic Advising is an ongoing and intentional teaching and learning practice that empowers the student in their learning development process to explore and align their personal, academic and career goals. As a shared responsibility between the advisor and advisee, advising aims to maximize the student’s potential by facilitating a conceptual understanding, sharing relevant information, and developing a relationship focused on promoting academic success. The envisaged result is that students have a meaningful academic experience while in higher education and feel a sense of belonging within the institution.

Who are **ACADEMIC ADVISORS**?

CURRICULUM ADVISORS	REGISTRATION ADVISORS	CENTRAL ACADEMIC ADVISORS
<p>These advisors are dedicated, trained faculty/academic departmental staff (academic or non-academic) who offer support/guidance to students in understanding their curriculum (i.e., majors, minors, etc.). This includes students on academic monitoring, appeal and/or probation. This is the equivalent of faculty advising.</p>	<p>These advisors support you in the process/practice that guides and supports students through the technical navigation/troubleshooting of offer management, online registration, and other related information/processes.</p>	<p>Central advisors support students who are undecided in their programme selection and offer support/guidance. This is done through the alignment of a student’s personal, academic and career aspirations.</p>

Furthermore, **CENTRAL ADVISORS** help with:

- Educational planning: Aligning your academic (degree), career, and personal interests (incl. registration planning support).
- Career planning: Career goal design, programme selection.
- Academic success skills: Time management; study skills; revision planning; exam preparation.
- Transition into university: Connecting and engaging with diverse support services.

How do you contact your **CENTRAL ACADEMIC ADVISORS**

Office hours: Monday – Friday
07:45 – 16:30 (excluding weekends and public holidays)

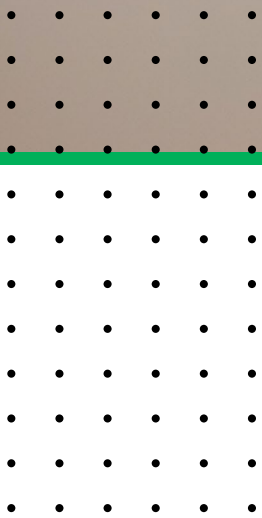
Facebook: *UFS Academic Advising*





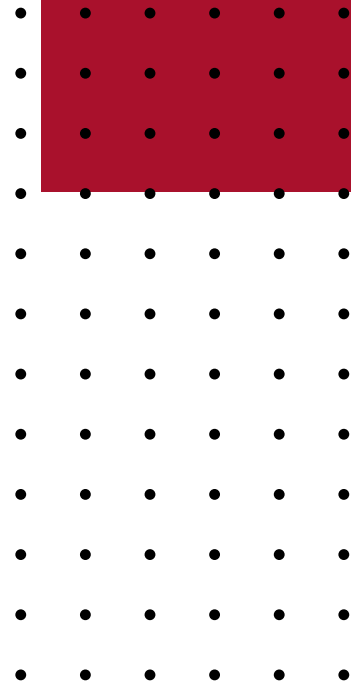
Good health = *Successful student*

Mental health is a state of wellbeing in which an individual can cope with the normal stresses of life and is able to function optimally in relation to the self and others. In order to achieve a state of good mental health and wellbeing, it is important to practice self-care as part of your daily life. In simple terms, self-care is anything that you do to take care of yourself in order to promote positive mental, physical, emotional and spiritual wellbeing. Therefore, prioritizing self-care can improve and sustain students' mental health and keep them on the path to academic and career success.



One can practice **SELF-CARE** by doing the following:

- Positive self-reflection: Make a list of all your positive attributes as well as your achievements, and put the list in a place where you can access it as a daily reminder to think positively about yourself.
- Spend time outdoors: Make time to go for a walk, a jog, a hike, a swim, or just to bask in the sun on a cold day or sit under a tree on a hot day.
- Take care of your physical wellbeing: Get plenty of exercise, plenty of sleep, and eat a healthy, balanced diet. Make time to just rest and relax when your body feels too tired to do anything.
- Maintain healthy connections: Stay in touch with close friends and family. A simple phone call or visit to someone who listens to you and makes you laugh can improve your wellbeing.
- Take up a hobby: Spend time doing what you enjoy! Discover an activity that is of interest to you, such as dancing, singing, sports, or blogging.
- Put aside leisure time: Use this time for movies, reading, listening to music, drawing and/or poetry – activities that you enjoy.
- Set boundaries: Learn to say “no” when something does not sit well with you. Realize that you cannot make everyone happy – especially when it is at the expense of your own mental health.
- Remember that your self-care is for your own benefit, therefore you get to decide the type of self-care that works well for you.





ADVERTS

>> Write Site

The **Write Site** is open for bookings!



The Write Site aims to help undergraduate students with their academic writing needs. The consultants at the Write Site are trained to identify students' individual writing needs and work with them to become better writers, as well as produce improved academic writing assignments. The services at the Write Site are free of charge, and students are encouraged to visit us as often as possible for assistance with their writing tasks throughout their studies at the UFS.

Where are we **located?**

Bloemfontein Campus

The Write Site is situated in the Centre for Teaching and Learning (CTL) on Level 3 of the Sasol Library on Bloemfontein Campus. We also have limited online bookings available.

Students can visit our Write Site BFN organisation on Blackboard for more information, or contact us at writesite@ufs.ac.za.

Qwaqwa Campus

B0026, Ground Floor.

Students can visit the Write Site Qwaqwa organisation on Blackboard, or contact writesiteQQ@ufs.ac.za / 058 718 5356.

Visit the Write Site Qwaqwa campus office in the TK Mopeli Building (old library building) Room

CAREER SERVICES

2023 Career Weeks



Faculty of Health Sciences
30 January – 3 February



Faculty of Natural and Agricultural Sciences
2 May – 5 May
(4 May – Career Fair)



Faculty of Economic and Management Sciences
6 March – 10 March
(9 March – Career Fair)



Faculty of Education
24 July



Faculty of Law
22 March – 24 March
(23 March – Career Fair)



Faculty of The Humanities
31 July – 4 August
(3 August – General Career Fair)



Faculty of Theology and Religion
16 August

T: +27 51 401 7338 | E: career@ufs.ac.za | www.ufs.ac.za

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UFS
STUDENT AFFAIRS
STUDENTESAKE
DITABA TSA BAITHUTI
CAREER SERVICES



Students can also use the QR code to access the career week links.

Career Services Work Readiness:

TUTORIAL LINKS

CV Writing	http://bit.ly/3xM0VdU	For CV writing, click here
Interview skills	http://bit.ly/3Si2fyB	For Interview skills, click here
LinkedIn	http://bit.ly/3IN6Khv	For LinkedIn, click here
Networking & Job hunting	http://bit.ly/3Zaagrx	For Networking & Job hunting, click here
My personal brand	https://bit.ly/41kFQ7G	For My personal brand, click here
Future of work	http://bit.ly/3xI0u47	For Future of work, click here
Public speaking	http://bit.ly/3Zh2Gvn	For Public speaking, click here
Productivity skills	http://bit.ly/41fjI4a	For Productivity skills, click here
Purposeful Living	http://bit.ly/3ILOsnx	For Purposeful living, click here
Professionalism & Netiquette	http://bit.ly/3EvVljn	For Professionalism & netiquette, click here

**“ Education is the passport for the future,
for those who prepare for it today. ”**

– Malcom X



#SECURETHEGRAD

10 May 2023 | CAREER WEBINAR

Are you interested in enhancing your career aspirations and want to know more about networking? If the answer is yes, #SecureTheGrad invites you to join us in conversation with industry experts to unpack various career aspirations and the importance of knowing how to network. The webinar will take place as follows:

Date: 10 May 2023

Time: 13:00 – 15:00

Platform: MS Teams

Register here: <https://bit.ly/3ID2tLY>

PRIZE ALERT!!!! Kindly complete the survey using this QR code and stand a chance to win exciting prizes! The survey will be open from **19 April – 01 August 2023** and all winners will be notified via student email.

