



**Kovsies**<sup>®</sup>  
Advice

# 2023?? 2020 ME TAKING BACK MY ACADEMICS



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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)



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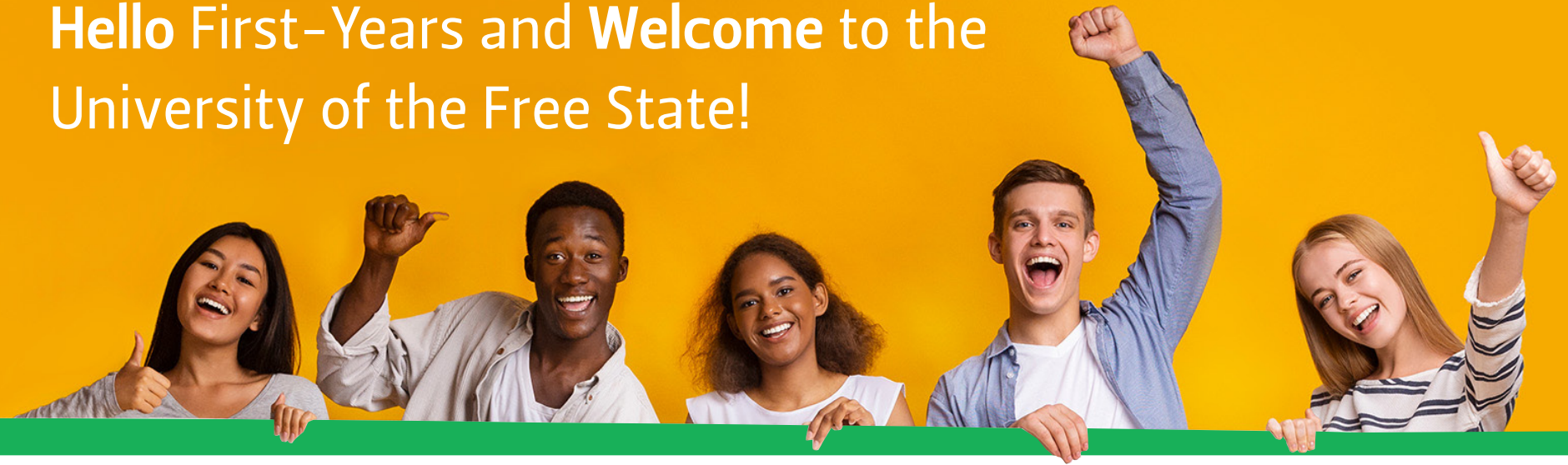


# TRANSITIONING students into university

By Melanie Ridgard & Lauren Oosthuizen



# Hello First-Years and Welcome to the University of the Free State!



Are you excited to start this amazing and new chapter in your academic journey? As you transition into university, it is normal to be feeling overwhelmed, nervous and anxious about this new change, and it could be a while before you feel at home at the university. At the University of the Free State, we make it a priority to assist you in your transition into university. At the Centre for Teaching and Learning, the Transition, Development and Success (TD) division assists students who transition from high school into the university and students transferring from other tertiary institutions, in a module called UFSS1504/UFSS1522. Students who are transitioning into the workplace are assisted in doing so through a module called EDED3712/ EDED3722.

## **What can you expect from UFSS1504/UFSS1522?**

In the first semester, the aim of UFSS1504 is to support you in the transition from high school to university, by teaching you the academic skills you need to be successful in your studies. These academic skills are taught in the first semester, through a high-impact, condensed, 3-day summer school. You will be equipped with the academic success skills needed to thrive succeed during your first few months on campus. The academic success skills include topics like computer literacy, time management and goal setting, study skills, referencing and plagiarism, financial literacy and how to develop a growth mindset.

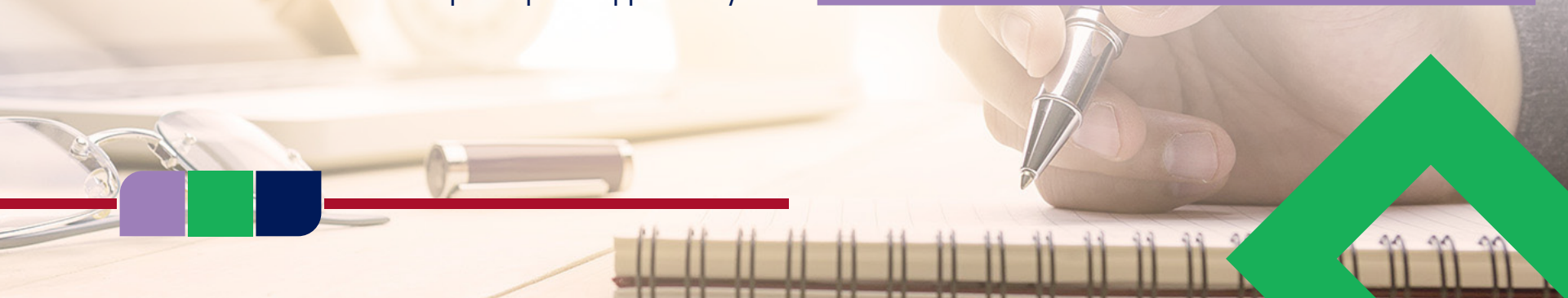


Studying at university is very different from the way you approached your studies at school. At university, you are expected to become a life-long learner whilst engaging, and participating in guided, self-directed learning.

These resources and support tools exist to help you become successful in your studies.

### **What can you expect from EDED3712/EDED3722?**

EDED3712/3722 is positioned as a capstone module for final -year and postgraduate students, and aligns with career development and employability initiatives at the UFS. The aim of this module is to enhance your employability by teaching you to take stock of the skills and attributes you have acquired during your studies, and articulate that in ePortfolios that will assist you in marketing your skills, networking, and applying for work. This module is offered during the first semester through a 2.5-day summer school, and repeated in the second semester through a 2.5-day winter school (so you do not need to register for both module codes). In 2023, this module is offered for free to students, and we have space for 2000 students to enrol as an additional module so do not pass up this opportunity!





# Graduation Positioning Support

## GPS CONTACT CENTRE

has trained Success Coaches  
on call waiting to assist you

Student Support Services we offer:

TUTORIAL  
SUPPORT

ACADEMIC  
ADVISING

ACADEMIC  
COACHING &  
REFERRALS

Call: +27 51 401 9111 (option 2)



087 240 6370

Email: [GPS@ufs.ac.za](mailto:GPS@ufs.ac.za)

Having **airtime issues**? Leave a missed call and one of our **SUCCESS COACHES** will call you back.  
Working hours: 08:00-17:00 (Weekdays)

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# Get Connected, Find Support

By Ninette Aucamp and Katleho Mbalo

The UFS is committed to helping you reach academic success. Don't get lost! Make sure you connect to UFS support services:

## Student Success Portal

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

- Study Skills
- Time Management
- Computer Skills
- Communication Skills
- Teamwork
- Academic Writing
- Critical Thinking and Problem-solving
- Leadership Skills
- Stress Management Skills
- Information Literacy Skills

## A\_STEP Tutorials

The Academic Student Tutorial and Excellence Programme (A\_STEP) is tasked to provide academic support to UFS students. To find out if there are A\_STEP tutorials available for your modules, email: [astep@ufs.ac.za](mailto:astep@ufs.ac.za)



## EduTechBuddy

Provides support to students during the first term towards the effective use of Blackboard in their teaching and learning.

## 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](mailto:cuads@ufs.ac.za) or phone 051 401 9631



### Write Site

Struggling with academic writing and constructing assignments? For more information on how to get one-on-one assistance, email: [writesite@ufs.ac.za](mailto:writesite@ufs.ac.za)

### Student Counselling and Development

Students of the UFS can make use of free counselling services to ensure overall wellbeing. For more information click here: [Student Counselling and Development Home \(ufs.ac.za\)](#)

### Food Environment Office

The food environment office aims to promote a healthy food environment, and to inform and empower students to take action regarding their food and nutrition, through the No Student Hungry Programme, community gardens, and the Food Parcel Programme. Visit this office at the Steve Biko Building, Ground Floor, and Kovsie Lane, opposite Kovsie Health. Email: [Visagiea@ufs.ac.za](mailto:Visagiea@ufs.ac.za)

### UFS Peer Mentor Programme

The peer mentorship program is designed to help first-year students transition to higher education by providing social and emotional support. Contact us at: [Peermentor@ufs.ac.za](mailto:Peermentor@ufs.ac.za).

### Central Academic Advising Learning Communities

Learning communities are inclusive of group advising support initiatives and activities that facilitate the interaction between students, peer advisors and faculty advisors. To join these communities, WhatsApp: 087 240 6370





# STUDENT SUCCESS PORTAL

*A wide array of resources, all in one place – Skills online, anytime, anywhere!*



The student success portal is a collaborative Blackboard site that allows you to find valuable resources to support the development of crucial skills for your academic success, employability, computer competency and more! You can also connect with staff to help you succeed via the contact details for various student support services. This portal is just what you need as it not only offers you skills development but supports you to be a well-rounded UFS student.

*“Every skill you acquire doubles your odds of success.”* Scott Adams



# 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 students' 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.

By Masabata Mosoeu and Zanele Hlophe

# Who are Academic Advisors?

## Curriculum Advisors

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.

## Registration Advisors

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.

## Central Academic Advisors

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.

### Furthermore, Central Advisors help with:

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

### How to contact your Central Academic Advisors?

Office hours: Monday – Friday, 07h45 – 16h30  
(Excluding weekends and public holidays)



Bloemfontein campus: [advising@ufs.ac.za](mailto:advising@ufs.ac.za)  
QwaQwa campus: [advisingqq@ufs.ac.za](mailto:advisingqq@ufs.ac.za)  
South campus: [advisingsc@ufs.ac.za](mailto:advisingsc@ufs.ac.za)



Call: 051 401 2444



Chat with an advisor on  
WhatsApp: 087 240 6370



Facebook: UFS Academic Advising

## CENTRAL ACADEMIC ADVISING LEARNING COMMUNITIES



### BENEFITS OF BECOMING A MEMBER:

The **Central Academic Advising Learning Communities (CAALC)** is a project under the Central Advising Office (CTL), that is aimed at offering holistic support to foster the interaction between students, curriculum advisors, and student support offices. The core focus is on academic strategies and wellness habits, access to resources in a safe and supportive learning space and establishing a sense of belonging to the UFS.

- Connect with relevant campus personnel and resources
- Develop academic success strategies
- Assume responsibility for multiple dimensions of self-care (with an understanding relationship between well-being and academic performance)
- Develop a social network, support system, and build institutional belonging.



To become a member, click here or scan QR Code for sign-up

[www.ufs.ac.za](http://www.ufs.ac.za)

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A diverse group of young adults, including men and women of various ethnicities, are posing together against a clear blue sky. They are dressed in casual, colorful clothing like hoodies and jackets. Some are sitting on the shoulders of others, creating a sense of camaraderie and friendship. The overall mood is bright and positive.

# Welcome first-year, aka “Kovsie-F<sup>10</sup>”

to this **exciting** new period of your **life!**



## What is the **First-Year Orientation Programme?**

The First-year Orientation Programme is purposefully designed to orientate newly registered students effectively to the university environment, thus assisting in their transition to higher education. It is comprised of the Gateway Orientation course and exciting face-2-face events hosted across our campuses.

The Gateway Orientation course is presented as a module on the UFS Blackboard organization. It includes a series of exciting videos, guides and infographics to guide your understanding and expectation of university life. Furthermore, it assists students to orientate themselves on campus and to all the resources available to support students. The face-2-face experience includes exciting student-life events and activities such as the annual dream walk, first-year sports events such as athletics and swimming, and cultural

events, amongst many other activities. All these events provide students with well-structured opportunities to meet new friends and establish friendship networks that will support them during their studies.

During the Orientation experience, you will also be introduced to the Gateway Amigos and Peer Mentors to further support you in adjusting to university life.



## Navigating the Gateway Orientation Course?

The course will be available from 01 February to 31 March 2023 on the Blackboard platform.

**Step 1** Log onto BlackBoard and navigate to the '**Gateway First-Year Orientation**' organisation...

**Step 2** Scroll down to '**Resources**' and click on '**content**' to load your course.

**Step 3** Enable your pop-ups and launch the course. It will take you a week to work through the entire module.

### The programme also features the following face-2-face events:

- Campus and Library Tours
- Gateway Kowsie Week
- Faculty Orientation
- College Welcomings
- Kowsie Dreams Welcoming

For more info, contact us at: [Gateway@ufs.ac.za](mailto:Gateway@ufs.ac.za)

Now, **fasten your seatbelt** for the **best ride of your life**. It's gon' be **EPIC!!!**

