



**Kovsies<sup>®</sup>**  
**Advice**

# PAUSE, REFLECT AND SUCCEED



This work is licensed under the Creative Commons Attribution-Non-commercial-ShareAlike 4.0 International License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-sa/4.0/>.

T: +27 51 401 7421 | E: [advising@ufs.ac.za](mailto:advising@ufs.ac.za) | [www.ufs.ac.za](http://www.ufs.ac.za)

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

**VISION130**  
Renew and Reimagine  
for 2034

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



**UFS**  
CENTRE FOR TEACHING  
AND LEARNING (CTL)

# Intro About Us

Have you recently checked the calendar? If you haven't seen it, examinations are around the corner! Mark it in your calendar! On 27 May 2024, the UFS 2024 Main mid-year examinations start.

Not all students write exams; some modules have extensive assessments, but this is when we all will be super focused!

## Examination Dates

- Main mid-year examinations: **27 May – 15 June 2024**
- Supplementary mid-year examinations: **08 July – 13 July 2024**

Please familiarize yourself with all the exam rules and regulations ahead of time and contact your faculty if you need any support. Read more about the [rules here](#).

**Law:** LAWExams@ufs.ac.za

**Natural and Agricultural Sciences:** NASExams@ufs.ac.za

**Health Sciences:** HSCExams@ufs.ac.za

**Economic and Management Sciences:** EMSExams@ufs.ac.za

**Humanities:** HUMExams@ufs.ac.za

**Education:** EDUExams@ufs.ac.za

**Theology and Religion:** THLExams@ufs.ac.za



“

*Remember to read, rest,  
and write best!  
Good luck with your  
final assessments for  
semester 1!*

”

This edition is dedicated to all Kovsky Students  
Prepared just for you from the Central Academic Advising Team



# Other important *dates*

17 June  
–  
5 July 2024

Recess

8 July 2024

Semester 2  
(Classes start)

8–13  
July 2024

Supplementary  
exams

8–19  
July 2024

Semester 2  
registrations



# Aspirational moment: a story from a fellow student



Hi there, I'm Nkateko Maluleka, a 21-year-old student currently attending the University of Free State BFN campus. I can still recall how mentally exhausted I felt when I didn't get accepted into university at first and had to remain at home. Thankfully, I received an offer to study at the University of Free State, which wasn't my first choice, but I realized it was a once-in-a-lifetime opportunity that I couldn't let slip away. Despite what others thought, I decided to seize the opportunity and wholeheartedly accepted enrollment in a higher certificate program with the aspiration of passing all my modules to qualify for a bachelor's degree.

As a new university student, I found myself overwhelmed and struggling to navigate the unfamiliar environment. For the first two weeks, I couldn't even locate my classes. The workload was daunting and concentration was a challenge. After receiving disappointing results on my first-semester test, I even contemplated dropping out. Fortunately, my lecturer recognized my struggle and provided extra assistance to help me persevere.

As the midyear exams approached, I knew it was time to commit to my studies and make a concerted effort to succeed.

I understand how daunting it can be to embark on a new journey, but I truly believe that success is achievable with the right mindset and dedication. As someone who has pursued their own goals with determination, I can attest to the importance of commitment. Currently, I am working towards my Bachelor's degree and acknowledge that there may be moments of anxiety along the way. However, it's reassuring to know that support is readily available. Whether seeking help from Koves Health or utilizing resources like SRD, assistance is always accessible.

You've got this! I believe in you and I know you can do it. Remember to give yourself time to rest and recharge, but also to study hard and stay focused. Your dedication and hard work will pay off, and I can't wait to see all that you will achieve. Keep up the great work, and all the best on your upcoming exams!



# Get connected;

you have the connection to support!



The UFS is committed to helping you reach your academic potential. You don't need to try and figure out where to find support; the support is ready and available just for YOU!

Visit the Student Success Portal (on Blackboard) for all the online resources you need. The following resources are available:

- Communication skills
- Academic writing
- Critical Thinking and Problem-solving
- Stress management
- Study Strategies
- Time management

Visit Blackboard, [click here.](#)



# Word from a fellow student: On your Mark, get set, go!

**By Tsholofelo Moeng**

Just a few months ago, you fought tooth and nail to register. A moment that signified your belief in yourself. Now, as exam season unfolds, it's time for that same boldness to resurface. You deserve nothing less than the best you can offer yourself. In the following article, we'll explore how to pause, reflect, and triumph during this critical period of examinations.

**It is time to invest in yourself so:**

**On your mark**

Get into your lane. Reflect on where you are in your academic journey. Then chart out where you need to be to ace the exams. The crucial part of this is to know yourself. I am better at staying up late than waking up earlier. Therefore, when planning my study sessions, I prioritize allocating more hours before bedtime rather than relying on early mornings. Reflect on your strengths and leverage them to your advantage. Also, find ways to work around your weaknesses.

**Get set**

This is your last chance to get into the best position for academic success.

Set yourself up for success. I am a dedicated procrastinator. I then set myself up for success by breaking tasks into small achievable sections that I can do over time. Every day demands that you recommit yourself to your goal by actively taking positive steps toward it. As

the Setswana proverb goes, “ Noka e tlala ka melatswana”. Meaning the river is filled by smaller streams. Remember, even the tiniest of steps count, so make each one count.

**Go!**

Keep in mind that fear only wants to show you that something valuable needs protection. Embrace your fears, hold their hand, and do not run away from what could be your best self yet!



# Track your success

# Graduate on *time!*

## Success coaches offer the following services:

- General academic advice
- Referral and connection to on-campus student support services
- Student tracking and support

GPS@UFS at your fingertips

(Graduate Positioning Support)



WhatsApp +27 87 240 6370

T: +27 51 401 9111 (option2) | E: [gps@ufs.ac.za](mailto:gps@ufs.ac.za) | [www.ufs.ac.za/ctl](http://www.ufs.ac.za/ctl)

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

VISION **130**  
Renew and Reimagine  
for 2034

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



UFS  
CENTRE FOR TEACHING  
AND LEARNING (CTL)





# Keep your mental state in check!

The road gets bumpy and can take a toll on your mental wellbeing. Please don't wait for it to get too much. Contact Student Counselling and Development (SCD) for all the tools, support, and resources.

**#MindYou!** For all the information you need, [click here.](#)

# Student Support Services Directory

## WriteSite


- Bloemfontein: [writesite@ufs.ac.za](mailto:writesite@ufs.ac.za)
- South Campus: [writesitesc@ufs.ac.za](mailto:writesitesc@ufs.ac.za)
- Qwaqwa campus: [writesiteqq@ufs.ac.za](mailto:writesiteqq@ufs.ac.za)

## Centre for Universal Access and Disability Support (CUADS)

- [cuads@ufs.ac.za](mailto:cuads@ufs.ac.za)

## Central Academic Advising

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



*A little more persistence, a little more effort, and what seemed hopeless failure may turn to glorious success*

– Elbert Hubbard



# Tips for taking an exam (exam day)

1. Have your student card;
2. Read all the instructions carefully before attempting any questions;
3. Budget your time sparingly;
4. Only permitted stationary may enter the examination venue;
5. Structure your answers even when you are pressed for time;
6. Write legibly.
7. Write your name and student number on ALL the pages of your exam paper.

**NB:** Once the first **15 minutes** of the exam have lapsed, no students are allowed to enter the venue. You may leave the exam venue only **45 minutes** after the start of the exam session has lapsed.

