

## Unlock your potential: The journey begins here!

Are you ready to take your university experience to the next level? The University of the Free State (UFS) invites you to explore our co-curricular programmes, specially designed to align with the university's Vision 130 that has at its core the values of excellence, innovation, impact, accountability, care, and social justice. Our co-curricular offerings are here to help you grow personally and professionally, contributing to these core values while enriching your academic journey.

At the heart of this initiative is the Co-Curricular Hub, a dedicated team that promotes academic quality, integrity, reciprocity, and care. Team members collaborate to offer dynamic learning experiences that extend beyond the classroom and align with the UFS Graduate Attributes. This isn't just about ticking boxes; it's about becoming the best version of yourself.

By participating in our programmes, you'll not only earn certificates that highlight your skills but also gain experiences that enhance your employability. Plus, you can easily add these credentials to your LinkedIn profile, building a portfolio that sets you apart in the job market.

These modules are crafted to meet your academic, social, and emotional needs, helping you develop leadership qualities and engage in community service, establishing a sense of social responsibility. You'll learn invaluable life skills – such as stress and time management – that will give you a competitive edge in your career.

## So why wait?

Join us in this exciting journey of personal and professional development and unlock a world of opportunities that will benefit you now and, in the future. With the support of the Division Student Affairs and a commitment to high standards, the co-curricular programmes at the university are your gateway to a more successful future.

## Seize the moment:

### Take charge of your future!

Take the next step in your personal and professional development by enrolling in one of the co-curricular programmes today. Whether you want to enhance your leadership skills, engage in community projects, or prepare for your future career, there's something for everyone. Don't miss out on these valuable opportunities to grow, connect, and make a positive impact. Join us and start your journey towards a more enriched university experience!

## Beyond the classroom:

### Discover your opportunities

Each of the following offices plays a vital role in supporting you on your journey, offering opportunities for growth, leadership, and meaningful engagement. Explore how these programmes can enrich your university experience and help you thrive at the UFS.

## Student Counselling and Development (SCD)

SCD is dedicated to helping you become your best self, offering free, professional counselling and development services to all registered UFS students. Whether facing personal challenges, seeking career guidance, or simply aiming for growth, SCD provides support through individual and group sessions to help students navigate university life and achieve their goals. The team collaborates closely with other UFS departments and has strong connections to external mental health resources, ensuring that you always have a supportive community. With SCD, you never have to face your journey alone.

Contact for SCD: SCD Reception | SCD@ufs.ac.za

## SCD programme: GROW (Growth Resilience Optimism Wellness)

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates
After completion of the programme, you will be able to: ✓ Define, describe, apply, and develop increased self-awareness. ✓ Define, describe, reflect, explore, and develop self-regulation. ✓ Develop increased cognitive flexibility by learning to be more adaptable and flexible; applying creative problem-solving skills; and examine and change certain thought patterns. ✓ Explain the importance of social support; analyse and compare social support networks and sources; learn how to rely on and provide social support; define, describe, and apply compassion for yourself and others; and identify and choose role models to promote value-based living. ✓ Define, describe, adapt, and apply strategies that cultivate optimism, hope, and meaning.	<b>Critical thinking</b> (proficient level) <b>Problem solving</b> (developing level) <b>Entrepreneurial mindset</b> (entering level) <b>Community engagement</b> (entering level)	All students on the Bloemfontein Campus. (face-to-face sessions)	Offered once a semester (five units in six weeks). Dates to be confirmed.

Thirushni Sam | E: samtc@ufs.ac.za

Scan here for the programme:



## Essential attributes

### for advancement: Grow your future!

Our co-curricular programmes are thoughtfully crafted to nurture important graduate attributes that will empower you to thrive in today's fast-paced world. These attributes go beyond traditional academic learning, equipping you with the skills and competencies that employers and communities value.

We will be focusing on the following attributes:



## Critical thinking:

Be a Sherlock – analyse, evaluate, and never accept things at face value. Enrolling for our co-curricular programmes you'll improve your critical thinking abilities, allowing you to analyse information effectively and make informed decisions. This skill is important in a world surrounded by data and different opinions, because it helps you distinguish between fact and fiction.



## Problem solving:

Navigate life's challenges like a pro with creative solutions. Problem solving equips you with the tools to tackle challenges head-on. Whether you're faced with a complex project, a team conflict, or unexpected changes, you'll learn to devise innovative solutions that demonstrate resilience and adaptability.



## Oral communication:

Speak up, make your voice heard, and wow your audience. Through our co-curricular initiatives, you'll refine both your oral and written communication skills. This means you'll be prepared to express your ideas clearly, engage your audience, and leave a lasting impact – traits indispensable in today's collaborative work environments.



## Written communication:

Write with clarity and impact, leaving no room for misinterpretation. Craft your words with clarity and precision, ensuring your message leaves a lasting impression. Whether you're writing essays, reports, or emails, you'll develop the skills to express your ideas effectively, making every word count.



## Ethical reasoning:

Always do the right thing, even when it's the hard thing. We emphasise the importance of integrity and accountability, guiding you to make principled decisions even in difficult situations. This attribute not only builds character but earns you respect in both academic and professional settings.



## Community engagement:

Be a force for good, making a difference in your community. We allow you to connect with others and contribute positively to society. This involvement nurtures a sense of social responsibility and cultivates empathy, helping you understand diverse perspectives and make a meaningful difference.



## Entrepreneurial mindset:

Think big, take risks, and turn your ideas into reality. With a strong emphasis on establishing an entrepreneurial mindset, you'll be inspired to think creatively and take calculated risks. This attitude is essential for innovation and can open doors to new opportunities and career paths.



## Digital skills and competencies:

Master tech tools to stay ahead in the digital age. You'll gain hands-on experience with the latest technologies and tools, ensuring you are well-prepared for the demands of the modern workplace.

All these attributes revolve around **academic competence**, the foundation for your success. By sharpening these skills, you're not just preparing for exams; you're building a solid platform for lifelong learning and achievement in every area of your life.

Join us to unlock your potential and equip yourself for the challenges and opportunities that lie ahead.

## SCD programme: REBT (Rational Emotive Behavioural Therapy)

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates
After completion of the programme, you will be able to: ✓ Identify, challenge, and replace irrational thoughts. ✓ Increase helpful emotions and behaviours. ✓ Increase rational thoughts.	<b>Critical thinking</b> (developing level) <b>Problem solving</b> (developing level) <b>Digital skills and competence</b> (entering level)	All students on all three UFS campuses. (on Blackboard)	March to November (self-paced workbook on Blackboard)

Nadia Maloney | E: cloetent@ufs.ac.za

Scan here for the programme:



## SCD programme: Self-esteem

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates
After completion of the programme, you will be able to: ✓ Define self-esteem, identify the formation and their impact on well-being. ✓ Discover, reflect and learn about your own self-esteem formation. ✓ Develop and implement relevant self-esteem-building skills.	<b>Critical thinking</b> (proficient level) <b>Problem solving</b> (developing level)	All students on the Bloemfontein Campus. (face-to-face sessions)	Offered once a semester (eight sessions in eight weeks). Dates to be confirmed.

Mosa Setlaba | E: setlabnm@ufs.ac.za

Scan here for the programme:



More UFS programmes  
continue on the flip side.

## Stay connected: We're here to help!

For more information about the co-curricular programmes, please contact:



**René Pelsier**  
Programme Manager:  
Student Leadership Development  
Assistant Director: Student Life  
T: +27 51 401 9087  
E: pelserr@ufs.ac.za

**Maleshoane Mofokeng**  
Senior Assistant Officer:  
Student Leadership Development  
T: +27 51 401 9085  
E: mofokengme@ufs.ac.za

# Navigate your path

Build on your journey of growth with the  
**UFS Student Affairs co-curricular programmes**

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  
VREESTAT  
UNIVERSITHI YA  
FREESTATA

UFS  
STUDENT AFFAIRS  
STUDENTESIE  
DITABA TSA BATHUTHI