

Engaged Scholarship

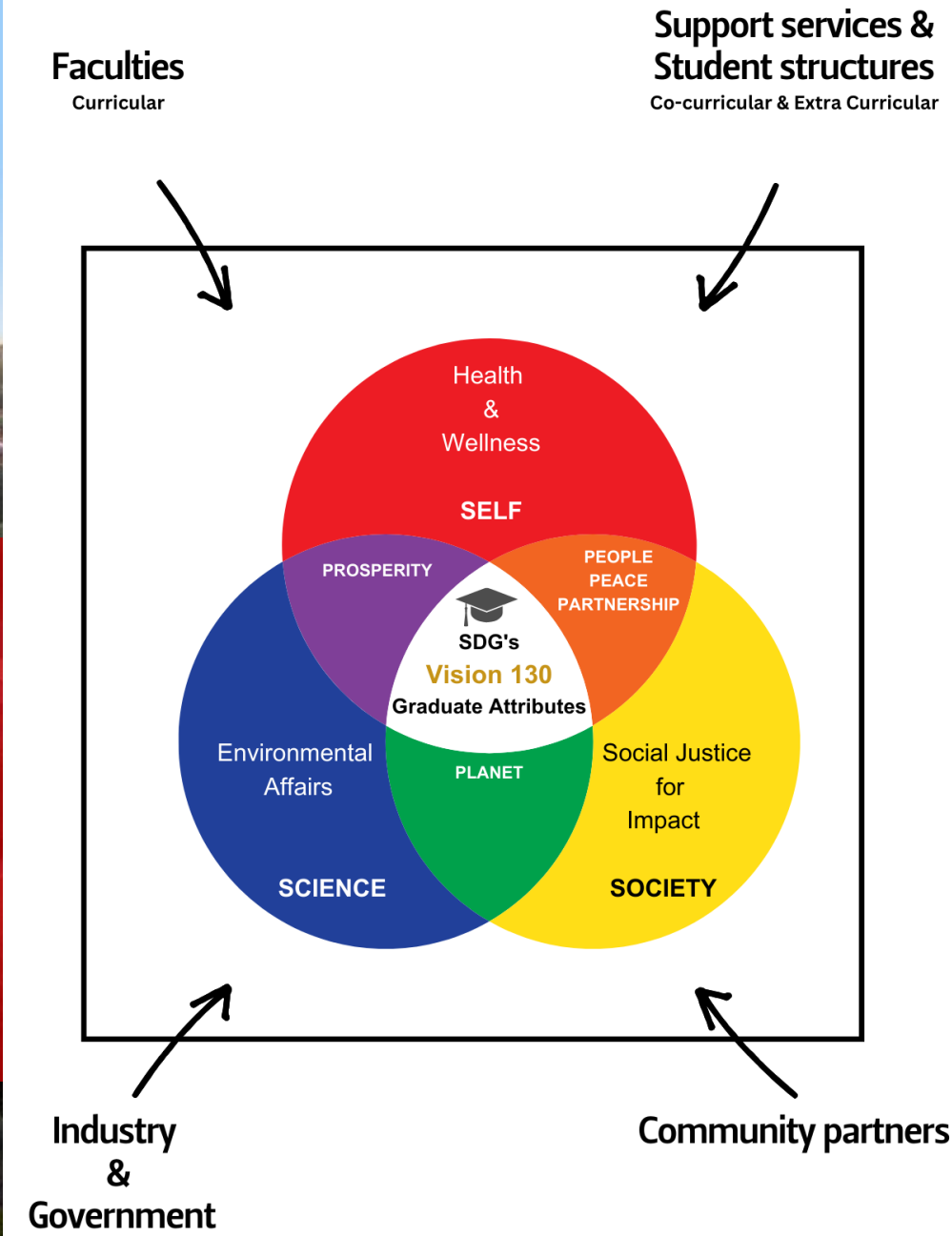
17 July 2025

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*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



ENGAGED SCHOLARSHIP

GLOBAL ENGAGED SCHOLARSHIP



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THE K₄C STRATEGY

At the heart of the Knowledge for Change (K4C) approach is the creation of K4C Hubs. These are formal partnerships between universities and community organizations.

These hubs are designed to:

- Advance CBPR practices
- Co-create locally relevant knowledge and solutions
- Address complex global challenges such as climate change, local governance, active citizenship, and social equity
- Align research and action with the UN Sustainable Development Goals (SDGs).

ENGAGED SCHOLARSHIP

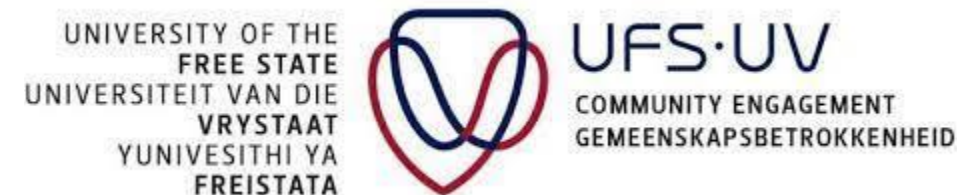
NATIONAL ENGAGED SCHOLARSHIP



KNOWLEDGE FOR CHANGE
SOUTH AFRICAN HUB

K4C SOUTH AFRICAN HUB

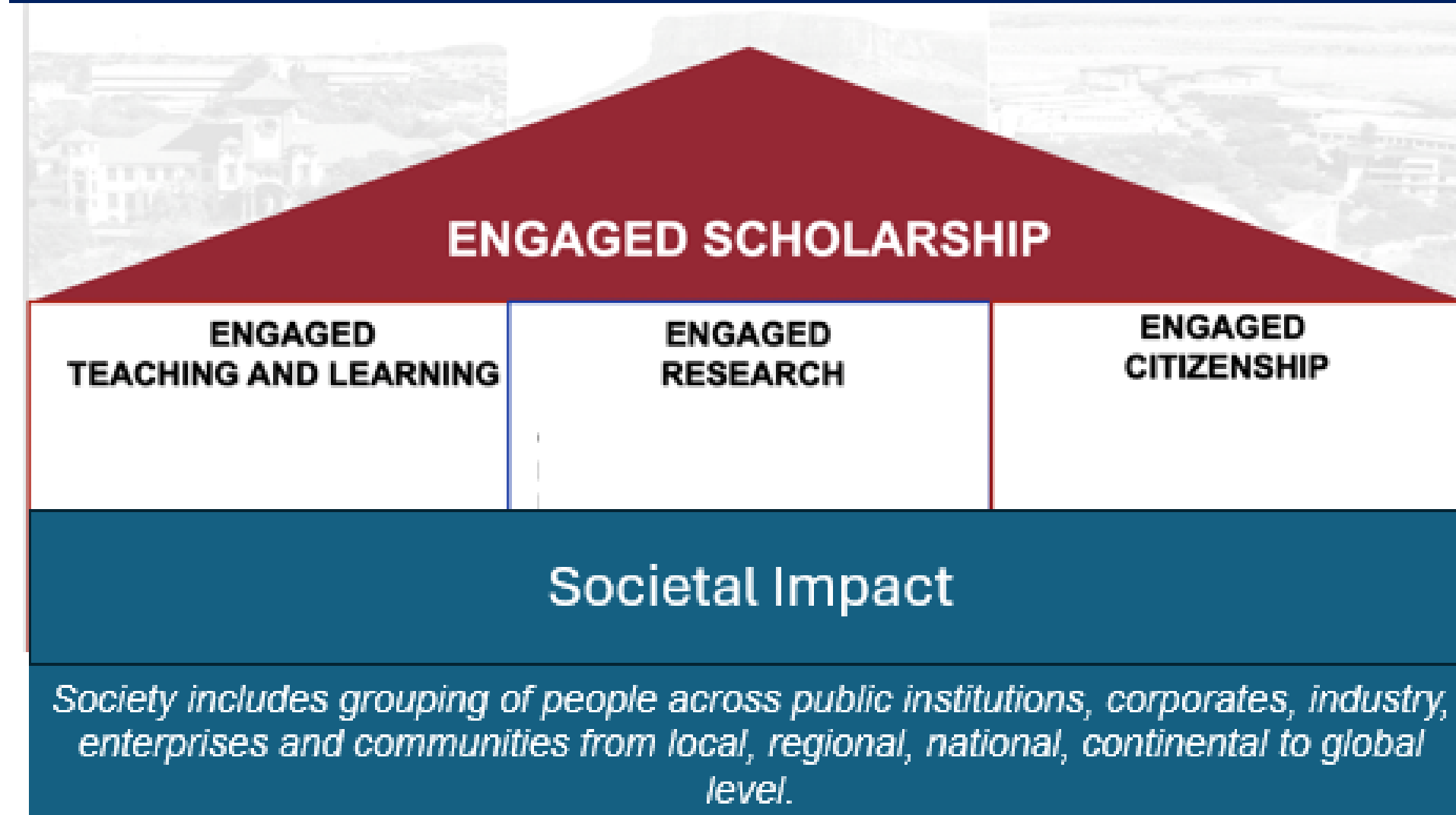
Northern Hub (Partnership between NWU, UFS, CUT)



ENGAGED SCHOLARSHIP

UFS ENGAGED SCHOLARSHIP

UFS MODEL FOR ENGAGED SCHOLARSHIP



WHAT IS ENGAGED SCHOLARSHIP

GRADUATE ATTRIBUTES

- The overarching graduate attribute that is central to the model and all activities associated with it is the attribute of Community Engagement.

RECOGNIZING LEADERSHIP DEVELOPMENT

CO-CURRICULAR HUB MAPPING

- Co-curricular hub Co-curricular Programmes

Engaged Scholarship programme: ACCESS UFS

Outcomes of the programme	Attributes that are developed through this programme	Target audience	The time it will take to complete this module and when it will take place
<p>After completion of the programme, you will be able to:</p> <ul style="list-style-type: none">• Develop and apply the graduate attributes of the UFS.• Demonstrate leadership skills by taking part in programme-specific initiatives: Environmental Affairs – Living Lab projects, Social Justice for Impact events and Student Volunteer programmes.• Co-create objectives for skills development and community engagement.• Set up and manage fundraisers for events/projects.	<ul style="list-style-type: none">• Critical thinking (developing to proficient levels)• Ethical reasoning (developing to proficient levels)• Problem solving (developing to proficient levels)• Community engagement (proficient level)• Digital skills (developing level)• Written communication (developing level)• Oral communication (developing to proficient levels)• Entrepreneurial mindset (developing to proficient levels)	<p>Students who have shown sufficient interest and attendance in the volunteerism programmes.</p>	<p>The sessions take place between March and October.</p>

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ENGAGED SCHOLARSHIP FOSTERS ENGAGEMENT

RECRUITMENT

- First year community engagement festival
- Bootcamp (2025)
- Co-curricular hub
- Volunteers (900)
- Social media

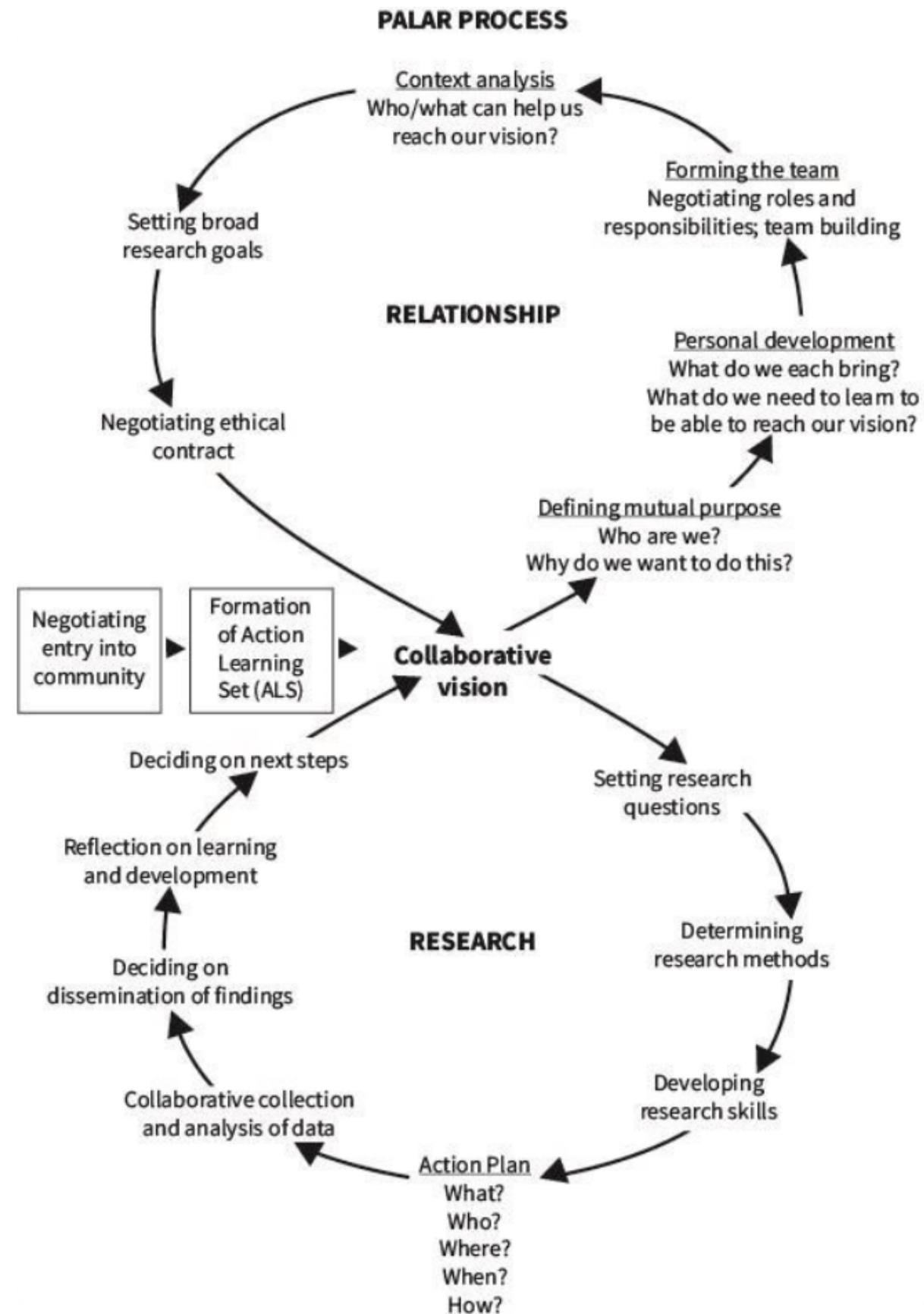




CHALLENGE

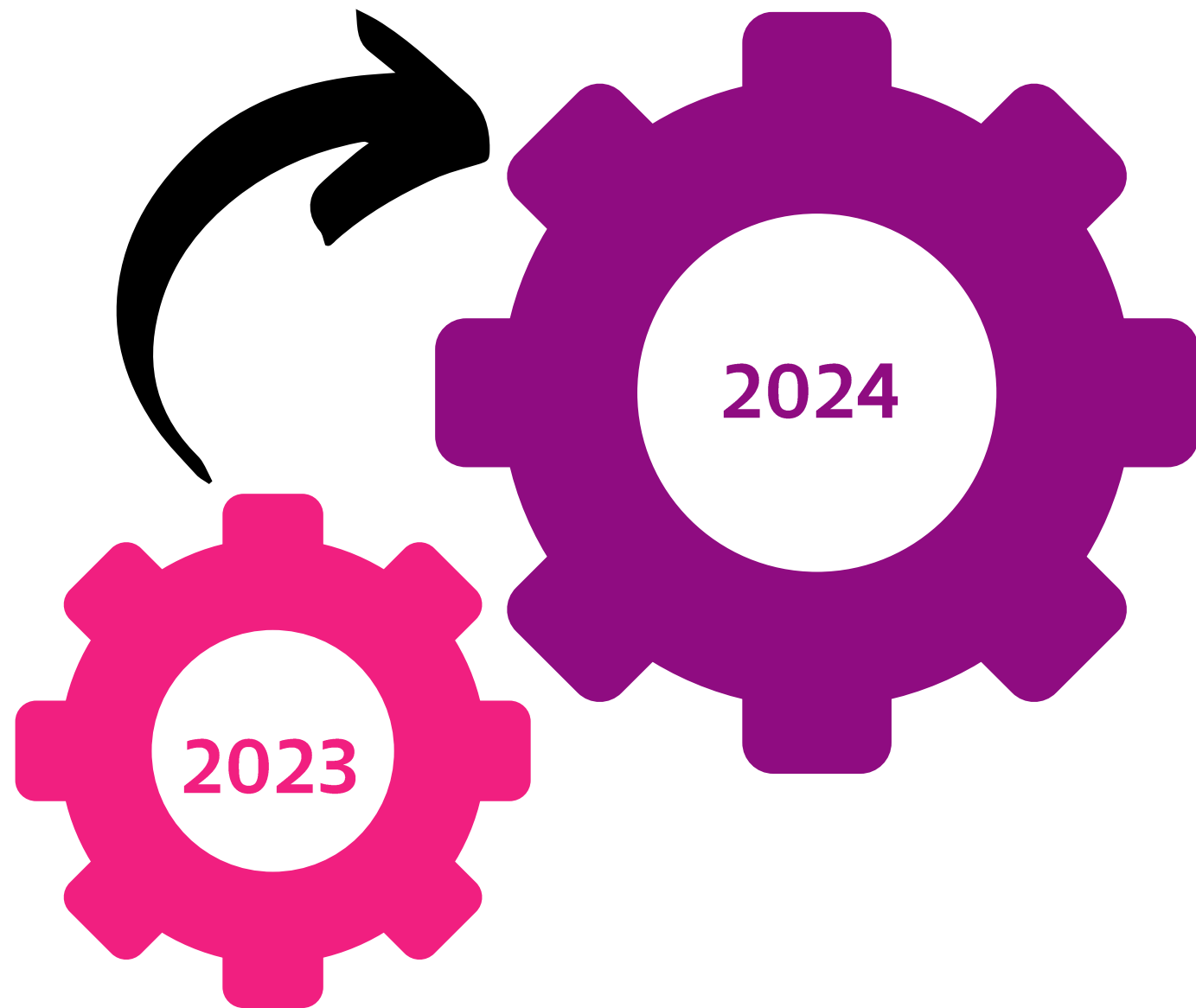
Through an analysis performed amongst a cohort of students involved in community-engaged social impact programmes, the need emerged to develop and recognize student learning through a structured pathway for holistic student skills and leadership development.

METHODOLOGY



- ACCESS conducted a Participatory Action Learning Action Research (PALAR) study
- Using nominal group technique, we collectively generated and analysed qualitative data.

RESEARCH QUESTION 1



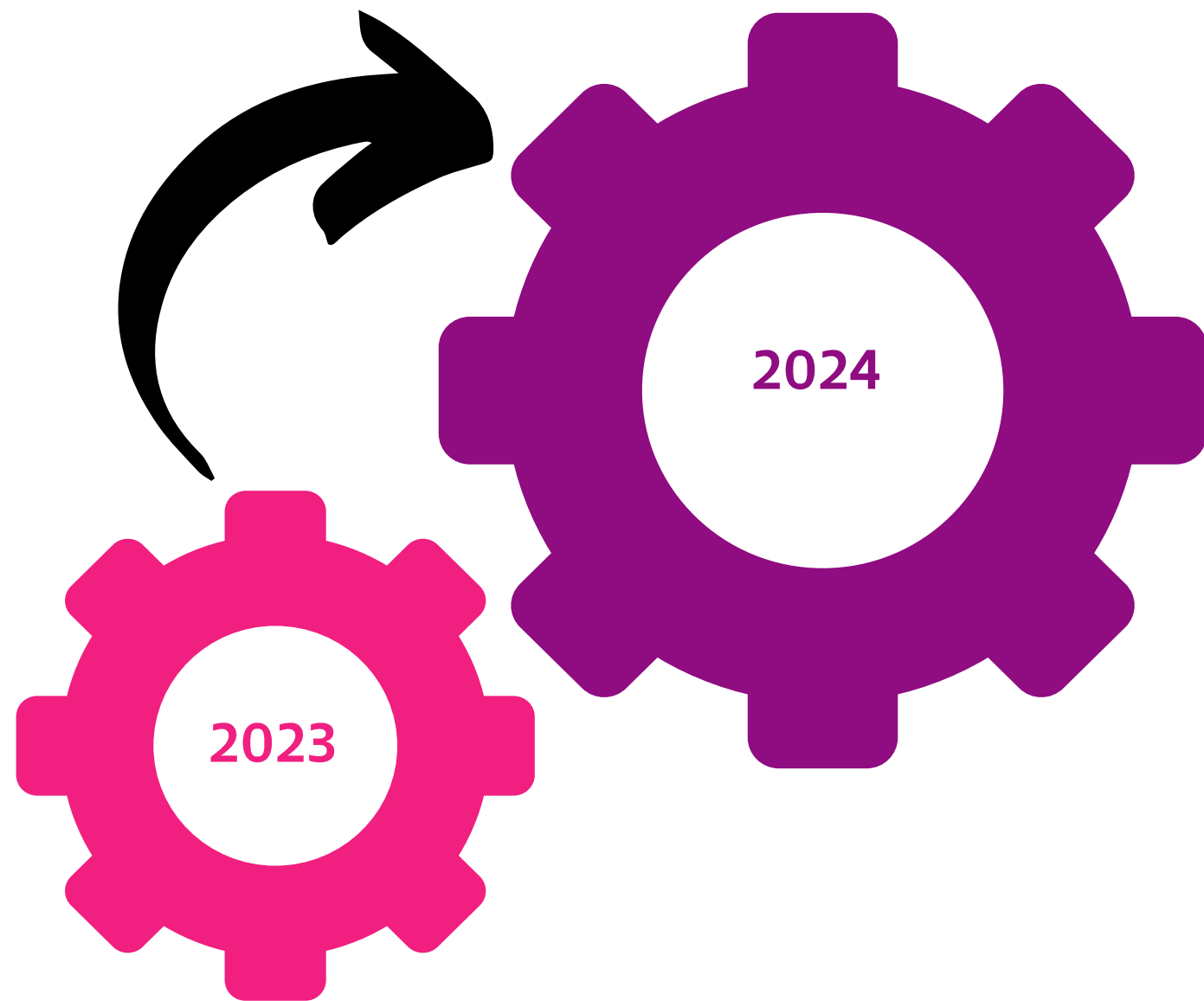
2023

- How can students create a working model for sustainable skills and leadership development?
- Working model was fully implemented by end of 2023.

2024

- How can ACCESS UFS develop a monitoring and evaluation framework to demonstrate societal impact?

RESEARCH QUESTION 2



2023

How can students create
a holistic community
through societal impact
interventions?

2024

How can ACCESS UFS
promote education and
advocacy through
societal development
opportunities in
collaborating social
learning communities?

DATA CO-GENERATION & ANALYSIS

NOMINAL GROUP TECHNIQUE STEPS



Silent Idea Generation



Round Robin Sharing



Clarification



Preliminary Voting



Group Discussion



Final Voting

@DEEPROJECTMANAGER

- ACCESS conducted a Participatory Action Learning Action Research (PALAR) study
- Using nominal group technique, we collectively generated and analysed qualitative data.

DATA CO-GENERATION AND ANALYSIS

Nominal Group Technique – Generated Action Themes

Themes were voted as most important to least important by the nominal group (ACCESS).

1. Knowledge co-creation for skills development and community Engagement (Short learning programs)
2. Create a sustainable stakeholder network and engagement.
3. Create a space for engaging events, activities, and initiatives (1ST year orientation)
4. Generate a sustainable project-orientated model that is regionally and globally relevant.
5. Celebrate engagement through innovative recognition platforms.
6. Create a strong media and marketing presence for visibility.
7. Students should build relationships for good communication.
8. Provide training and generate a M+E platform.
9. Equip students with fundraising skills for Events and projects.



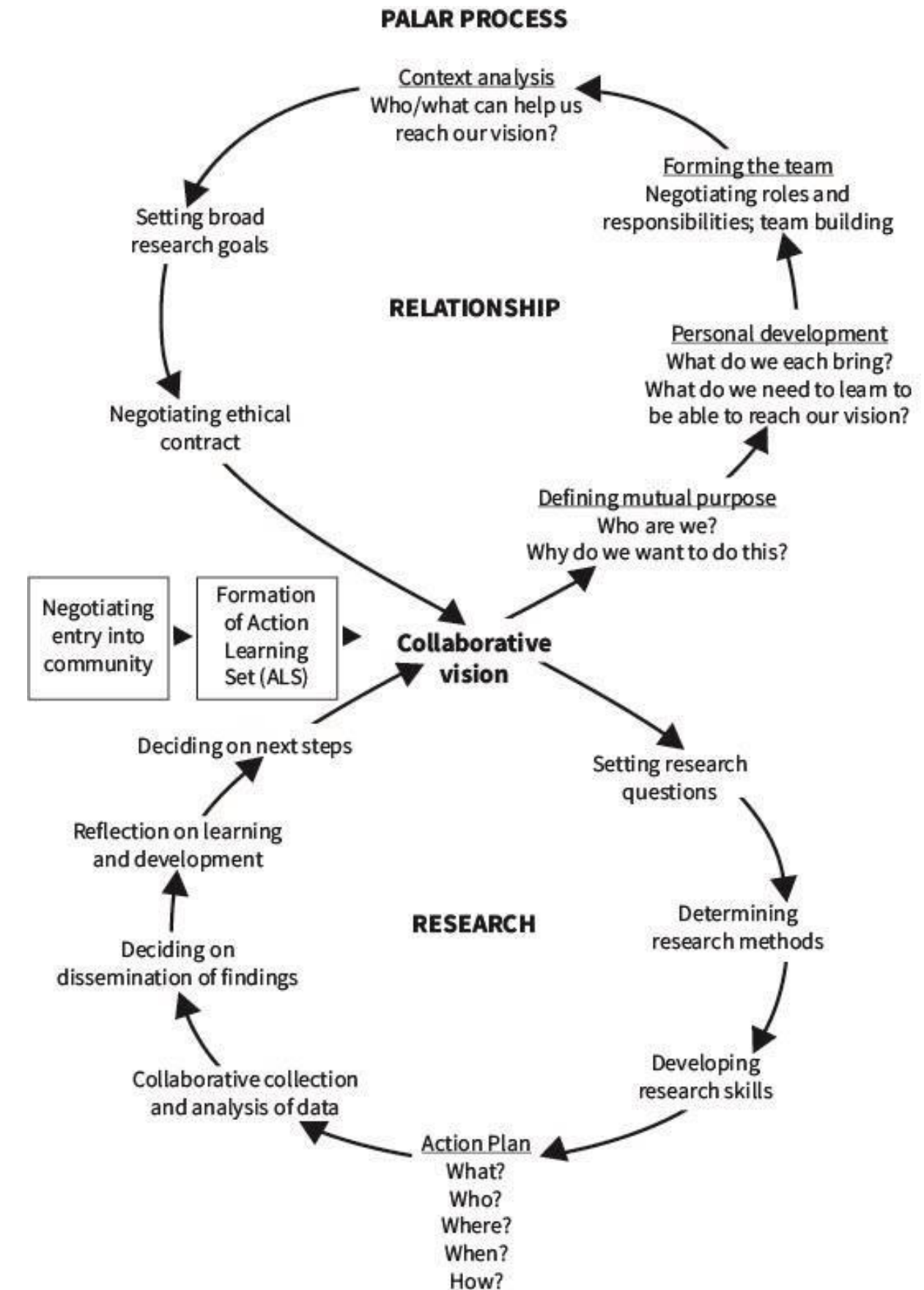
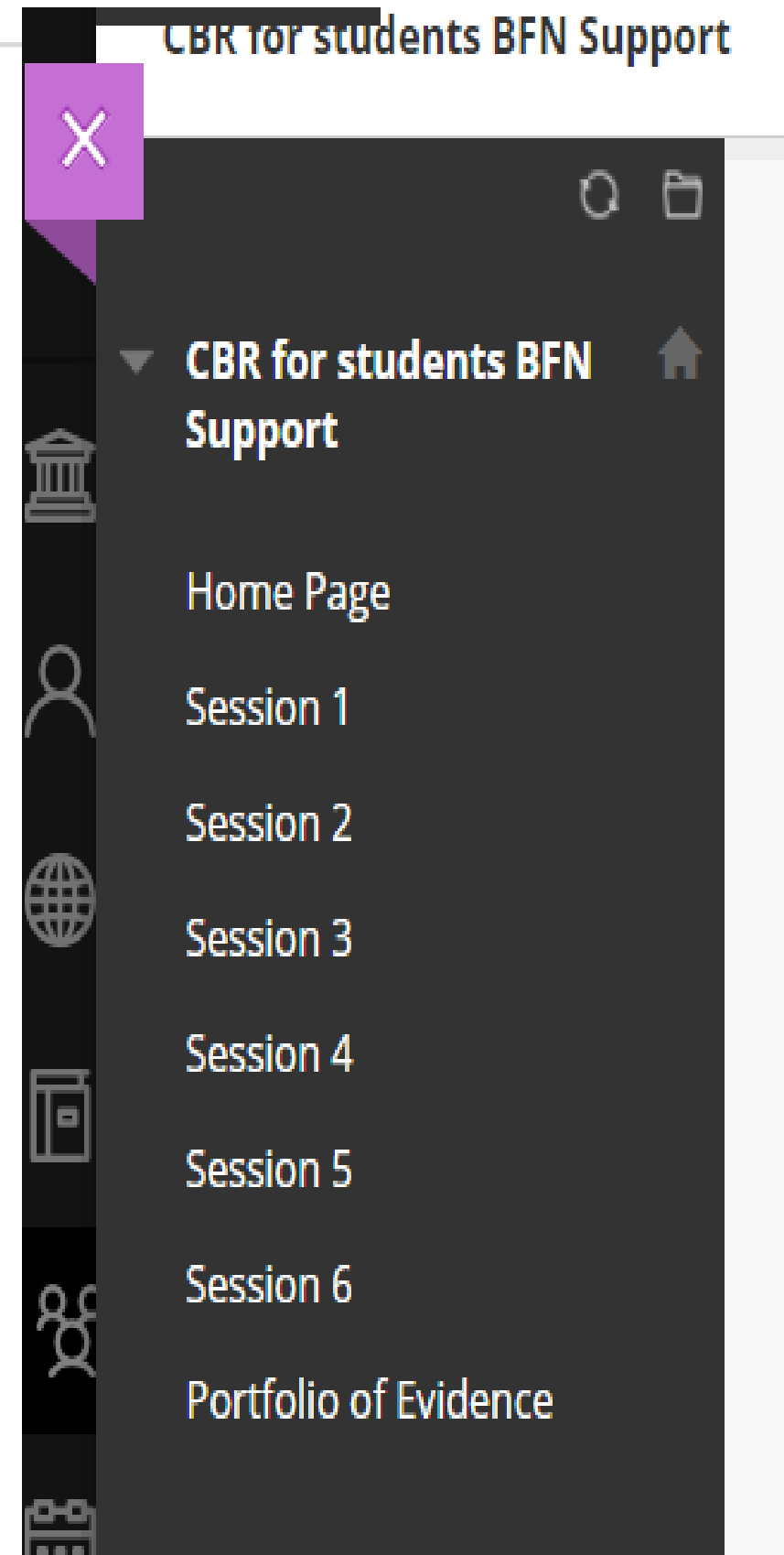
KNOWLEDGE CO-CREATION FOR SKILLS DEVELOPMENT AND COMMUNITY ENGAGEMENT

- Knowledge for Change consortium was created to address the globally observed gap in community-university engagement and prepare the next generation of community-based participatory research (CBPR) students, practitioners and academics.
- Community Based Research on Blackboard for reflective portfolios.
- Workshops for students in skills development and the three themes
- Creation of knowledge products (Booklets, videos and pamphlets)
- The work that is covered in the CBR programme also has a link to the academic programme of students

CBR ALIGNMENT

Short Learning Programme

- A blended (practical and theoretical) *Pathway for skills and leadership development*
- Pathway underpinned by a PALAR process
- Recognition of action learning
- Bachelor Professional Degree (L1-5) certified by the Global University for Lifelong Learning (GULL).



GULL Level 3-5

Professional Development

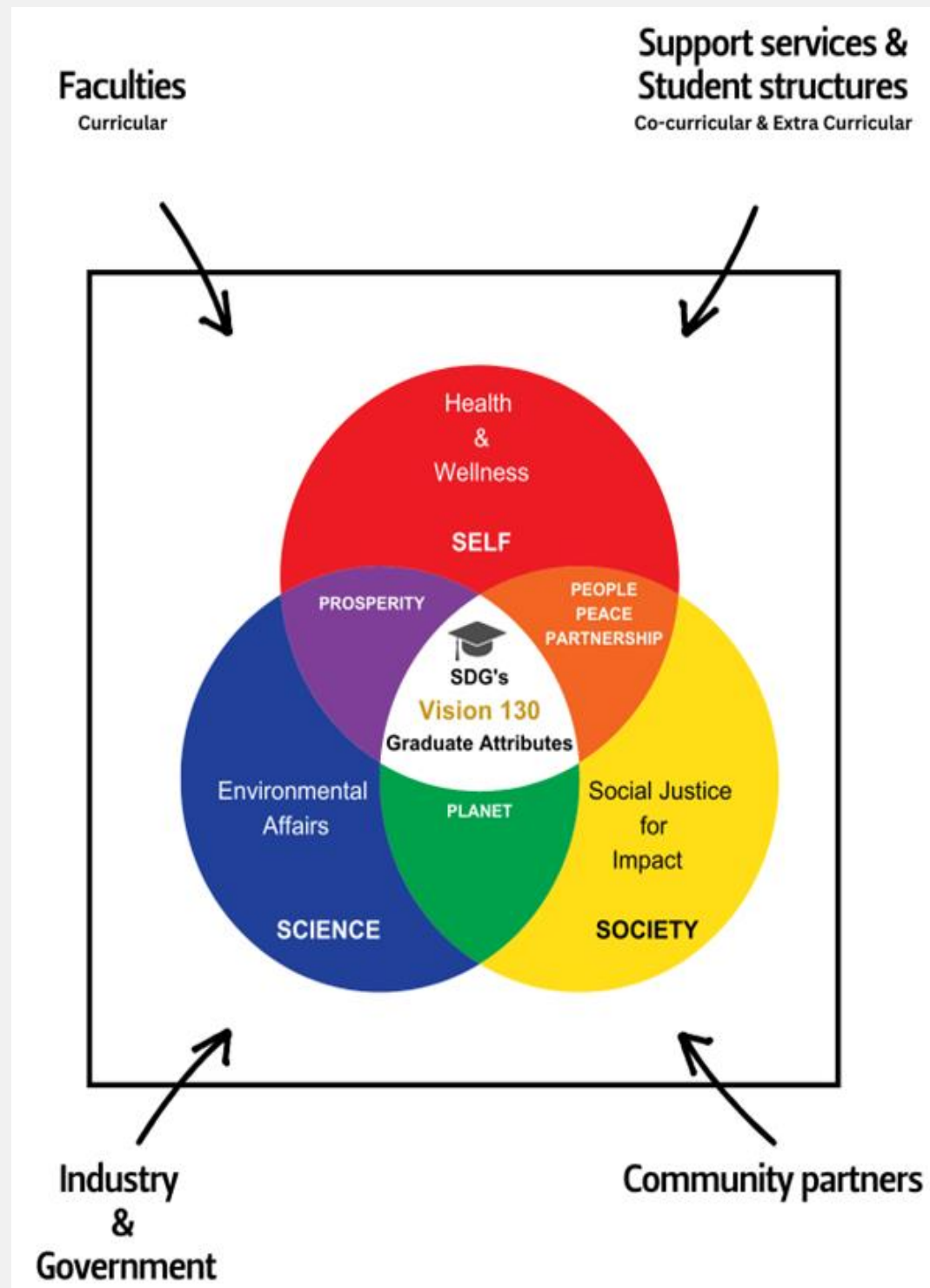
GULL Level 1-2

Personal Development

CREATE A SUSTAINABLE STAKEHOLDER NETWORK

Asset Map





STAKEHOLDER NETWORK

- Bloemshelter
- Talitha Cumi
- MINA Foundation
- School of nursing
- CUADS
- Student Counselling and Development
- Lighuis
- MakerSpace
- Social Support
- Protection Services
- Residences
- Student Organizations
- SRC
- Occupational Therapy
- Wool Wise UFS

IMPLEMENTATION

Environmental Affairs

Waste Management

Repurposing

- Eco-bricks
 - First year festival
 - Community Engagement Indaba
 - Spring Day Celebration
 - Climate change workshops – Climate Action, Microplastics and Waste Management
 - What Should Students Know? –Recycling workshop
 - Recycling drive
 - Clean-up campaigns

IMPLEMENTATION

Environmental Affairs

Recycling campaigns



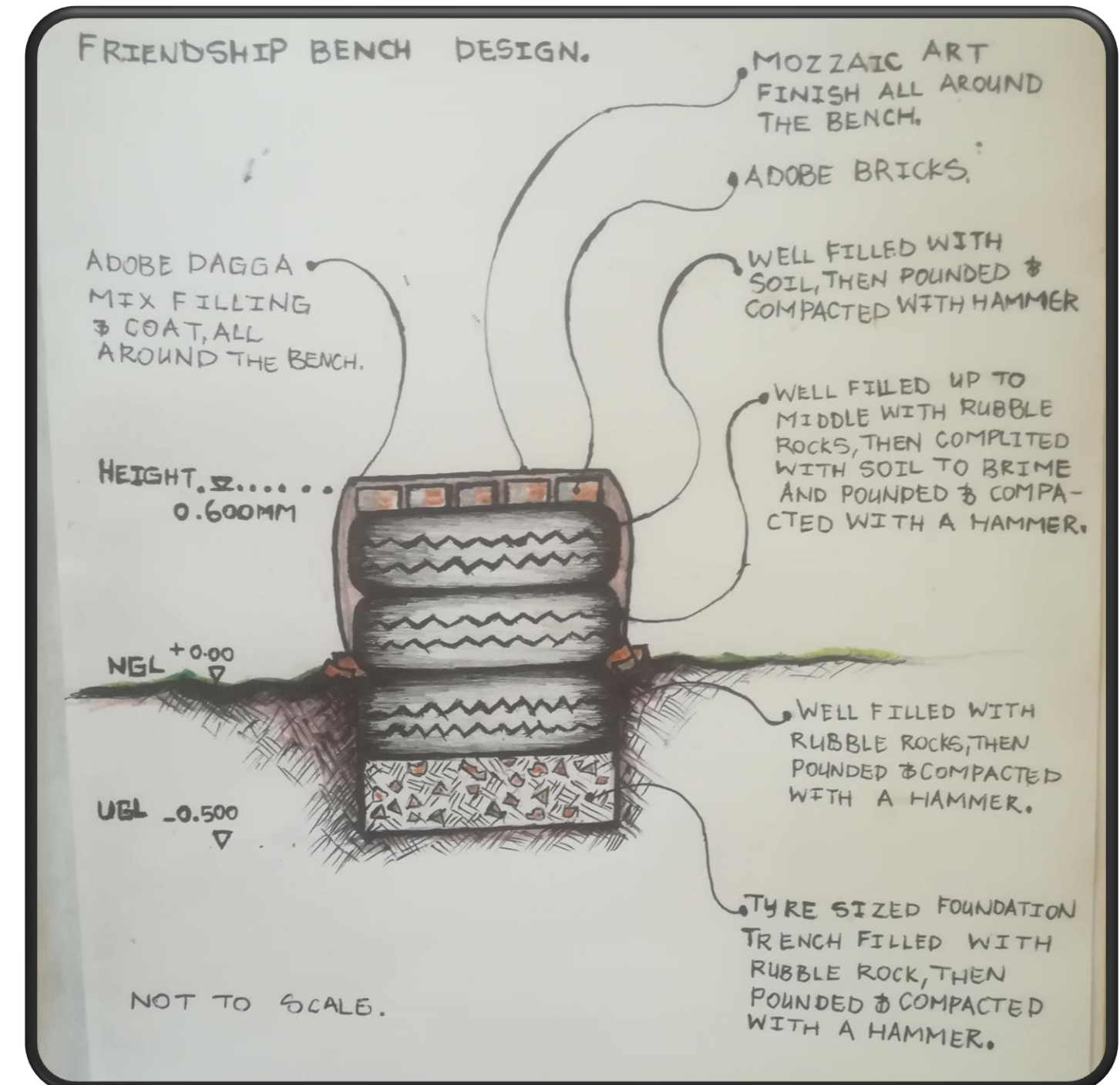
Implementation

Environmental Affairs

Living Labs

eARTtherapy

- SPACES at National Hospital
- Earth building
- Mosaic
- What remains through time, slowness & stillness?
- Meraka to Meraka



Friendship Bench Process Flow



IMPLEMENTATION

Environmental Affairs

Gardens

Carel du Toit School

- Gardening
- Worm farming
- Carpentry (Raised beds)

Community Gardens

- Workshops
- Gardening
- Lasagna gardening
- Composting
- Natural Pesticides

Community Gardens

- Soap making
- Indigenous herbs
- Medicinal garden
- Harvesting and storage of herbs

IMPLEMENTATION

Environmental Affairs



IMPLEMENTATION

Environmental Affairs

Vermiculture

- Residences
- Student structures
- South Campus
- Indaba
- Open Day
- Painting boxes
- Worm day
- Nogas Post/ CUT

ACCESS
Earthworm Products



“Go Green, Go Vermi:
Harnessing Earth’s Power for
Vibrant Gardens”

VERMICULTURE



VERMICULTURE SOCIAL ENTERPRISE



- Collaboration with Economic Management Sciences with the Entrepreneurship students to become a social enterprise.
- Set up a business plan
- This initiative is linking curricular and co-curricular learning

SPRING DAY

- Zumba
- Cheerleading
- Fun Walk
- Vermiculture
- Herb gardens



IMPLEMENTATION

Health and Wellbeing

Soap & Candle Making

- Skills development
- Community partners
- Residences
- Recycling - Molds and recycled soaps
- Aligned with Social Support
- Future prospects - Entrepreneurship

Murals

Bridge of Dreams

- Universitas Beautification
- Mindfulness and self-expression
- Platform for social cohesion

Womxns memorial wall

- Brought light to Social Justice related matters
- Visual reflection
- Womxns history

Wellness Wednesday

Crochet

- Skills Development
- Future prospects - Entrepreneurship (markets)
- Donations at NGO's
- Study breaks - mindfulness
- Creativity

Upcycling

- Paper beads
- Basket weaving from plastic

Baking

Needlework

- Skills development
- Future prospects - Sustainable fashion
- Wool Felting - Paradys

IMPLEMENTATION



IMPLEMENTATION



IMPLEMENTATION

Health and Wellbeing

First Aid Workshop

- Readiness for potential injuries during practical workshops and community engagement
- Work with children and vulnerable communities



IMPLEMENTATION

Health and Wellbeing

Menstrual Health

- Community Indaba
- Wear a Doek Day
- Collaboration with MINA foundation (Donated 1000 MINA cup)
- Menstrual Health project with School of Nursing
- Service Learning – Credit bearing (Partnership)
- Knowledge product – Health Education
- Linking curricular and co-curricular programmes




Menstrual Health Matters: Workshop

Date: 17 October 2024

Time: 16:00 - 17:30

Venue: House Ardour Gazellie

Join our 2nd Year Nursing students
for a conversation on Menstrual
Health




Menstruation is actually a cycle:

- Day 1-5: you will experience **Menstrual Bleeding**
- Day 1: Maturation of a egg cell (**Follicular Phase**)
- Day 14: An egg is being released from the ovary (**Ovulation**)
- Day 15-28: Preparation of the uterus for potential pregnancy (**Luteal phase**)



Visit Kvsie Health for any issues or call via 051 401 2603



General Background on Menstruation and Menstrual Health Management

Composed by:

Second year B.NURSING students:

- Bambiso, S
- Bremer, N
- Brettell, B
- Chiloane, RK
- Chobane, R
- Cloete, M
- Dichelwa, DJ
- Diniso, L
- Dlamini, PK
- Erasmus, N
- Fundama, NO


Myths and Facts

"I'd know if I had one"
→ Most STIs are silent

"Pregnancy protects babies"
→ Some STIs can harm the baby

"Only people with many partners get STIs"
→ One encounter is enough

"You can get STIs from toilet seats"
→ STIs don't survive outside the body



Who is at risk?

- Adolescents and young adults
- People with multiple partners
- People living with HIV/AIDS
- Sex workers
- Survivors of sexual assault

Visit Your Clinic Today

Confidential STI testing & treatment available (Only for registered UFS students)

Clinic Address: KOVSIE Health Nelson Mandela Dr, Brandwag, Bloemfontein, 9301

Phone: 051 401 2603

Appointment-Based, 08:00-16:30 (Mondays to Fridays)

Website: Visit the UFS website for more info

STIs: What You Need to Know

Protect your health.
Get tested.
Stay informed.



CHOOSING PERIOD PRODUCTS




MENSTRUAL PADS

Disposable or reusable pads that are worn inside underwear to absorb menstrual blood.




TAMPONS

Cylindrical products made of absorbent material that are inserted into the vagina to absorb menstrual blood.



MENSTRUAL CUPS

Reusable silicone or rubber cups that are inserted into the vagina to collect menstrual blood.



PERIOD PANTIES

Underwear designed with special absorbent fabric that can be worn without additional period products.

It's important to change pads, tampons, menstrual cups, and sponges regularly.

CONQUER AND COMBAT HIV & AIDS FACTS:

HIV is a viral infection that attacks the immune system by targetting and destroying CD4 cells.

ADVANCED HIV DISEASE is when CD4 is less than 200 cells/mm3 or WHO stage 3 or 4 (adults and adolescents). All children born with HIV = ADH

AIDS is the most advanced stage of HIV

HIV TRANSMISSION

- PENETRATION DURING SEXUAL INTERCOURSE (vaginal and anal)
- BLOOD TRANSFUSION AND SHARING OF NEEDLES
- MOTHER TO CHILD TRANSMISSION DURING PREGNANCY

HIV PREVENTION

SAFE SEX: Condoms are highly effective. Correct and consistent use of condoms during sexual contact can significantly reduce HIV

PROPHYLAXIS: PREP is a daily pill for HI- negative individuals at high risk. **PEP** is a 28 day treatment taken after potential HIV exposure. It must be taken within 72 hours of exposure

REGULAR HIV TESTING: This enables early detection, facilitates timely treatment, helps prevent the spread of the virus, reduce the chances of transmission and increases life span

TESTING AND DIAGNOSIS

- ANTIBODY TEST:** detect antibodies that are produced by the immune system in response to HIV infection
- ANTIGEN ANTIBODY COMBINATION TEST:** Detect both HIV antigens and antibodies
- NUCLEIC ACID TEST:** Detect the actual presence of HIV RNA in the blood. Identifies the virus itself rather than antibodies or antigens

Ending Sexual Violence: Know the Signs, Get Help, Speak Out

What Is Sexual Violence & Abuse?

Sexual violence and abuse is any behaviour thought to be of a sexual nature which is unwanted and takes place without consent. Sexual violence and abuse can be physical, psychological, verbal or online. Any behaviour of a sexual nature that causes you distress is considered sexual violence or abuse.

Forms of abuse:

- Physical (rape, molestation)
- Verbal (sexual harassment, threats)
- Digital (revenge porn, cyberstalking)
- Coercion & Manipulation (grooming, pressure)

Consent: What it really means

Consent is an agreement between participants to engage in sexual activity. Consent should be clearly and freely communicated.

Consent Can Be Withdrawn at Any Time

Silence Does not Mean Consent

Consent cannot be given by someone who is under the influence of drugs or alcohol

Consent is an explicit, clear "YES", not the absence of "NO"

How to help a Survivor

- Listen - Do not interrupt
- Believe them - People rarely lie about sexual violence
- Remember - It's not their fault
- Offer - Resources such as hotlines and counsellors

Sexual Assault Response Team (SART) - UFS Support System

- Report any sexual violence, discrimination and GBV to SART
- Monday - Friday: 07:30 - 16:30 : +27 51 401 7777
- After hours: 0800 204 682 (toll-free line)
- UFS Student Careline at 0800 00 6363

Resources and Support

- GBV Command Centre (Gender-Based Violence)
- Toll-Free Number: 0800 428 428 (0800 GBV); Emergency SMS: 1207867#
- Thuthuzela Care Centres (TCCs) - run by the National Prosecuting Authority (NPA) - Tshepong TCC
- National District Hospital, Roth Avenue, Willows Bloemfontein 9301
- Tel: 051 448 6023
- Fax: 051 403 2232
- Lifeline SA (Counselling & Crisis Support)
- Tel: 0861 322 322 (toll-free)
- SAPS (South African Police Service)
- 10111 (emergency) / 0800 150 150 (GBV hotline)
- Report at any police station - request a female officer if needed.
- Further Contact Details and Information regarding The Sexual Offences Amendment Act (SOAA):

ENDOMETRIOSIS

Endometriosis is a disease where tissue, which is similar to the uterine lining, grows outside the uterus. This leads to scar tissue and inflammation in the pelvic region

Symptoms:

- Very painful menstrual cramps and back pain
- Heavy bleeding
- Stomach problems such as constipation
- Pain during intercourse
- Infertility

Natural remedies:

- Hot water bottle to help with pain.
- Anti-inflammatory products such as ginger, green tea, olive oil, green leafy vegetables, berries and fish

Pharmaceutical:

- Pain meds that you can get over the counter such as clicks, dischem genpaysne, nurofen, Advil, ibuprofen, antiinflammatorys) or that the doctor prescribes
- Laxatives for constipation
- Surgery to remove tissue on uterus
- Hysterectomy

Polycystic Ovary Syndrome (PCOS)

Polycystic Ovary Syndrome (PCOS) is a condition that can affect any woman or person with ovaries, that have reached reproductive age, it usually starts during adolescence, but the symptoms may fluctuate over time.

Symptoms of PCOS are:

- Polycystic ovaries.
- Irregular Periods or an absence of periods.
- Can cause a lack of ovulation, which can lead to infertility
- Acne or oily skin
- Weight gain
- Excessive hair on the face or body
- Male-pattern baldness or hair thinning


Pharmaceutical remedies for PCOS:

- Birth control medicine (oral contraceptives) can help regulate the menstrual cycle and reduce symptoms.
- Other medications can be used to help reduce acne and hair loss
- Medication like Clomiphene can be used to help women who are trying to fall pregnant, by encouraging ovulation.

Natural remedies for PCOS:

- Dietary changes: Anti-inflammatory foods, such as fatty fish, nuts, seeds, and leafy greens. Avoid processed foods and sugary snacks.
- Herbal remedies: Spearmint Tea, Cinnamon, Licorice Root.
- Essential Oils: Lavender Oil, Tea tree Oil, Rosemary Oil
- Supplements such as Vitamin D, Zinc, and Omega-3 Fatty Acids.
- Adequate sleep
- Acupuncture

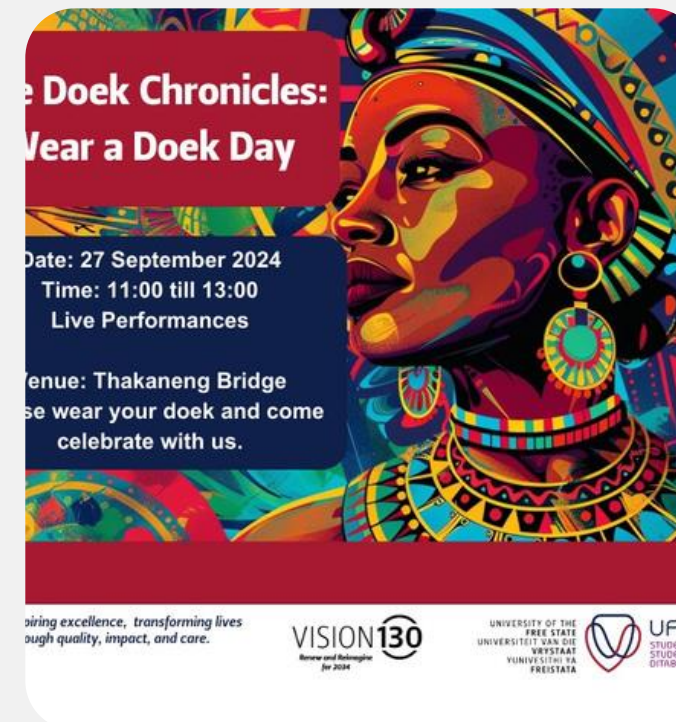
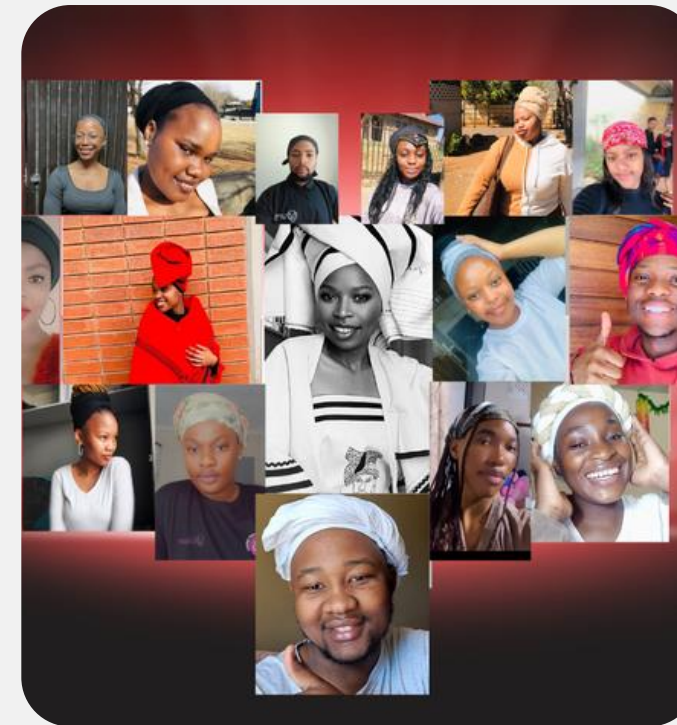
Diseases and symptoms associated with menstruation



KNOWLEDGE PRODUCTS – BRIDGE LAUNCH

#KOVSIESCARE GBV

- The doek as a symbol of empowerment.
- Students reflected on how the doek makes them feel, and everyone was encouraged to wear one on the day.
- Goals: advocacy, education, and empowerment.
- Brought together offices included Peer Mentorship, Gateway First-year Orientation, the HIV Office, Student Counselling and Development, CUADS, Protection Services, and Students for Law and Social Justice.
- The MINA foundation also participated, educating students on menstrual cups and generously donating them to those in need.



#NoToDrugs

- No to Drugs Pledge and online campaign



INTERNATIONAL DAY AGAINST DRUG ABUSE
26 JUNE 2025

#NOTODRUGS

PLEDGE

Sihle Chelsea Mashudu Vutlharhi Thandiwe Chichi
Shepherd Olwethu Phemelo Atlegang Ayanda Dineo
Athini Kelefile Cute Sonto Kuhle Setja
Tshepang Sibongakonke Keitumetse Palesa Zinhle Neo Luyanda Ayanda Emihle
Dieketseng Nsuku Tlou Alex Asekho Mphoo Mokhantsho Nonceba
Olebogeng Lutricia Lerato Phuti Tebogo Sinempumelelo Sinesipho Nomphumelelo Lebogang
Thulo Aphiwe Patience Oarabile Nkateko Rebaone Femi Lenosa Tshepiso Khotso Mamello
Mofenyi Ofhani Ronaldo Bayanda Moeketsi Beth Masechaba Retsepetse
Kutlwano Vanessa Dakalo Gernus Pulane Bibi Dzunisani Lesego Maake
Koketso Siphokazi Sifiso Nceba Pulane Aretha Audrey Kutullo Tshegofatso Eshly
Amogelang Sanele Banele Karabo Bophelo Kganya Thabo Tersia Kelebogile Refentse
Fortunate Mpho Uyathandwa Ayanda Tshifhiwa Nimet Thuto Lutho Thandi Legate Chantel
Destiny Kabelo Vuyani Rhandzu Naledi Chantel Indiphile Philasande Asisipho Dinah
Kattleho Boitumelo Xolani Vuyiswa Thandolwami Kananelo Ursula Kabelo Rearabetswe
Boitumelo Thandeka Eric Thobeka Thandisiwe Zanele Ayanda Rhandzu Ntandokazi
Precious Lwazi Blessing Thato Nono Musa Candice Koketso
Molebogeng Amakhe Tshokolo Shanay Zanele Ayanda Sinesipho Neliswa
Delisile Lucia Confidence Anoyolo Innocentia Pretty Lisa Nqobile Alicia
Vukona Maria Angela Relebogile Bophelo Thando Vuyisile Nomthandaso Nomsa Anita Lifalakhe
Zanele Sinoxolo Pfarelo Neo Panashe Mpumelelo Dimpho Paballo Seabelo
Awonke Ayanda Nomvuselelo Tsakane Pako Shantel Zintle Charis Puleng Kananelo Sharonrose
Venus Sinovuyo Precious Vuyisile Naledi Thapelo Mvuledzo Limpho
Rosie Rudzani Mokgadi Masabata Karen Naledi Mapaseka Masedi Zandile Ndzalama
Zwivhuya Semola Ahluma Oyama Masabata Masedi Nompumelelo Angel Patunia
Refilwe Mosibudi Noluthando Amogelang Nomshado Nompumelelo Angel Patunia
Lebogang Gofaone Emma Nancy Lilly Sijabulile Ayabonga

#WORLDDRUGDAY #INVESTINPREVENTION #STOPORGANIZEDCRIME

INNOVATIVE RECOGNITION PLATFORMS

- GULL graduations at the SL Awards
- Reflection sessions
- Co-curricular hub mapping





CREATE A STRONG MEDIA AND MARKETING PRESENCE FOR VISIBILITY

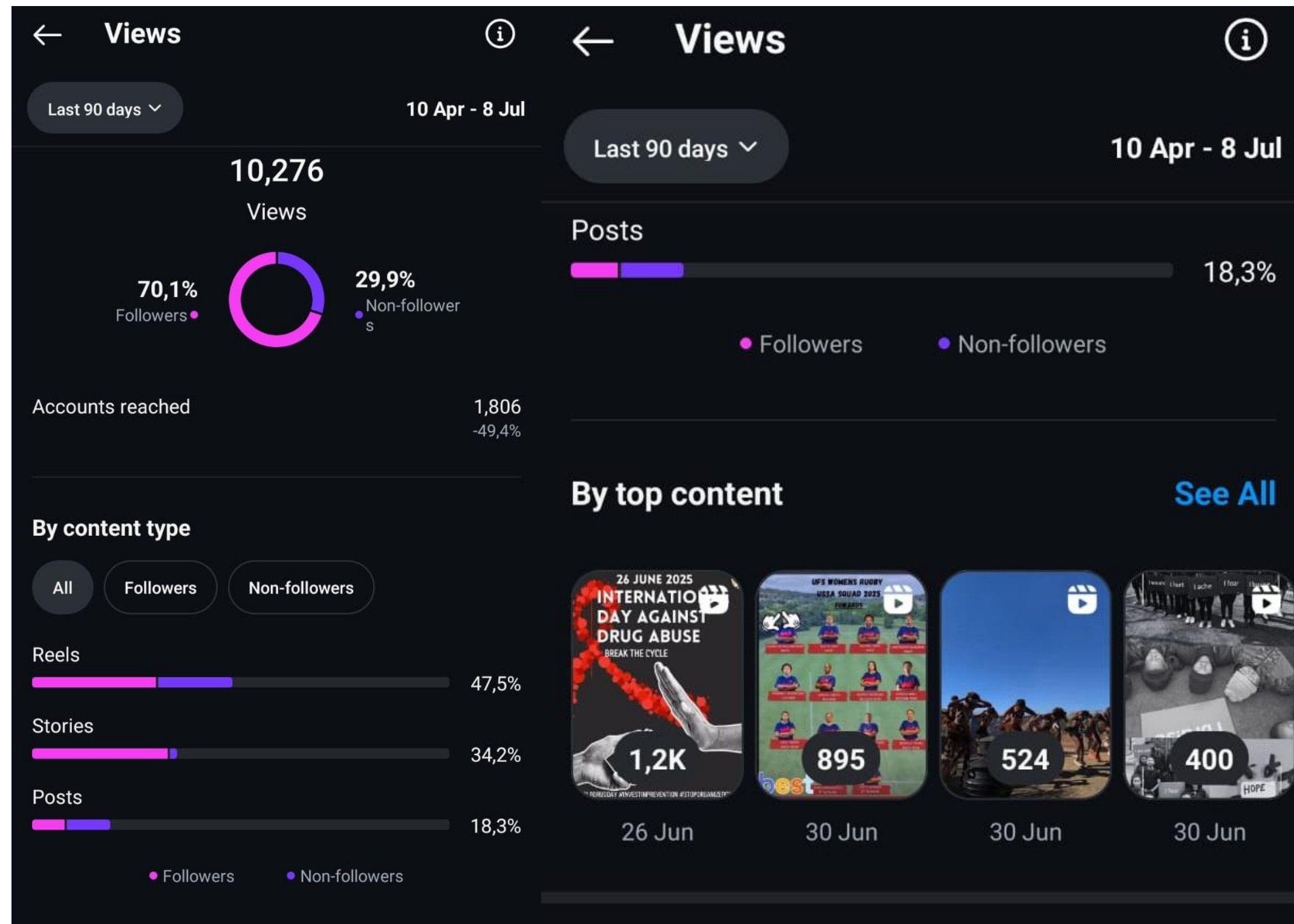
- Social Media Platforms

- Volunteer group

The volunteer group expanded from 70 students in 2023 to 900 students in 2025.

- Activations (Bridge, MakersSpace, Spring Day, Doek Event, Open Day)

CREATE A STRONG MEDIA AND MARKETING PRESENCE FOR VISIBILITY





EQUIP STUDENTS WITH FUNDRAISING SKILLS FOR EVENTS AND PROJECTS

- Social enterprise project with EMS
- Project Management workshop with Career Services
- Fundraising workshop with Institutional Advancement (2025)

WHAT IS NEXT?

Research question 1 – Action Themes for 2025

1. More Skills Development ✓
2. Advance Entrepreneurship ✓
3. More Collaboration ✓
4. Enhance Learning Environment ✓
5. Needs analysis to address the GAP for skills development ✓
6. Broaden Media and Social Media reach and impact ✓
7. Advance Education and Advocacy ✓
8. Improved Administration ✓
9. Create Knowledge Products/ Expanding themes ✓



**THANK YOU
QUESTIONS?**