



Returning Strong!

Centre for Teaching and Learning

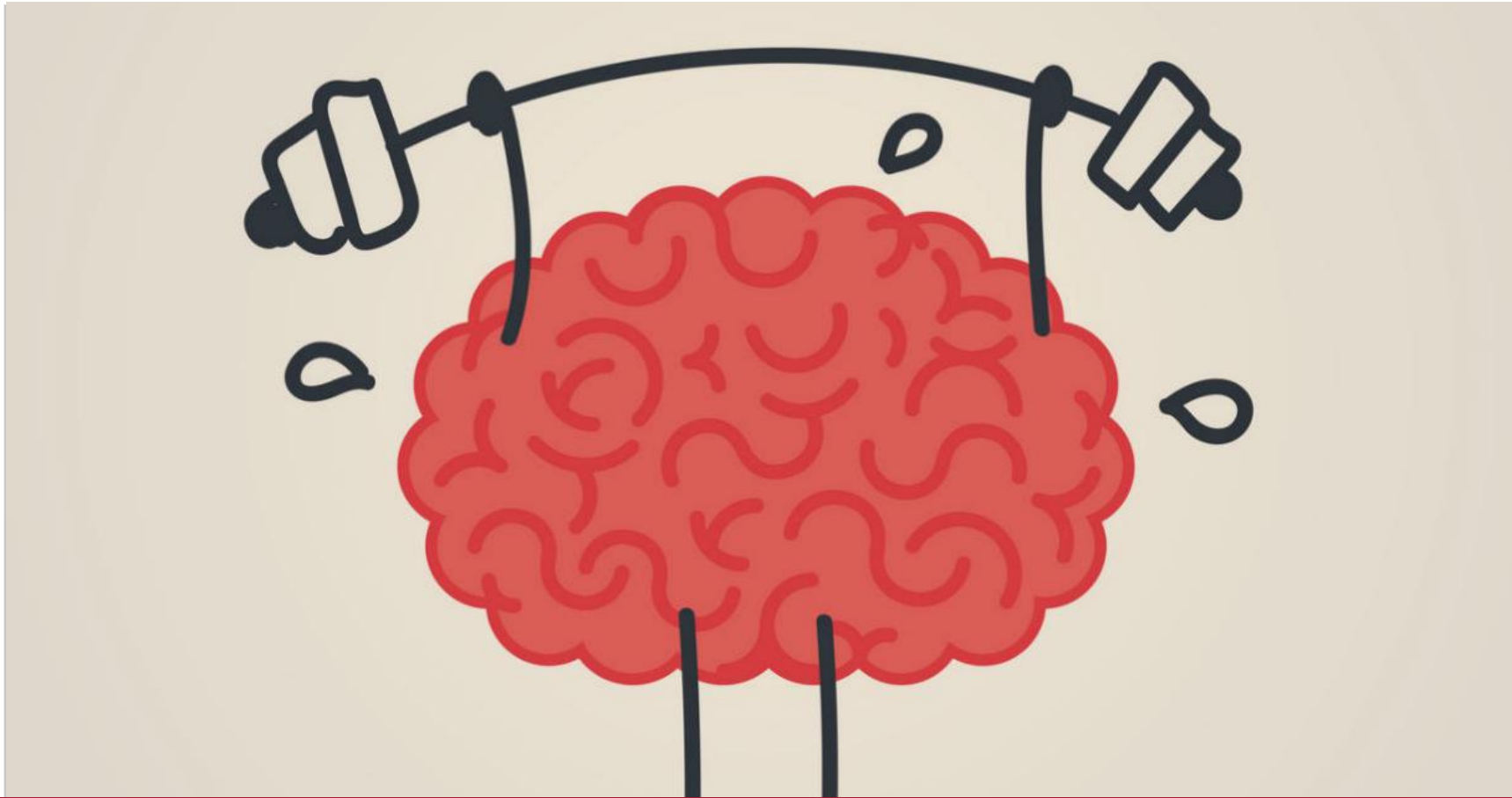
Inspiring excellence. Transforming lives.

VISION **130**
*Renew and Reimagine
for 2034*

UNIVERSITY OF THE
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UFS
CENTRE FOR TEACHING
AND LEARNING (CTL)



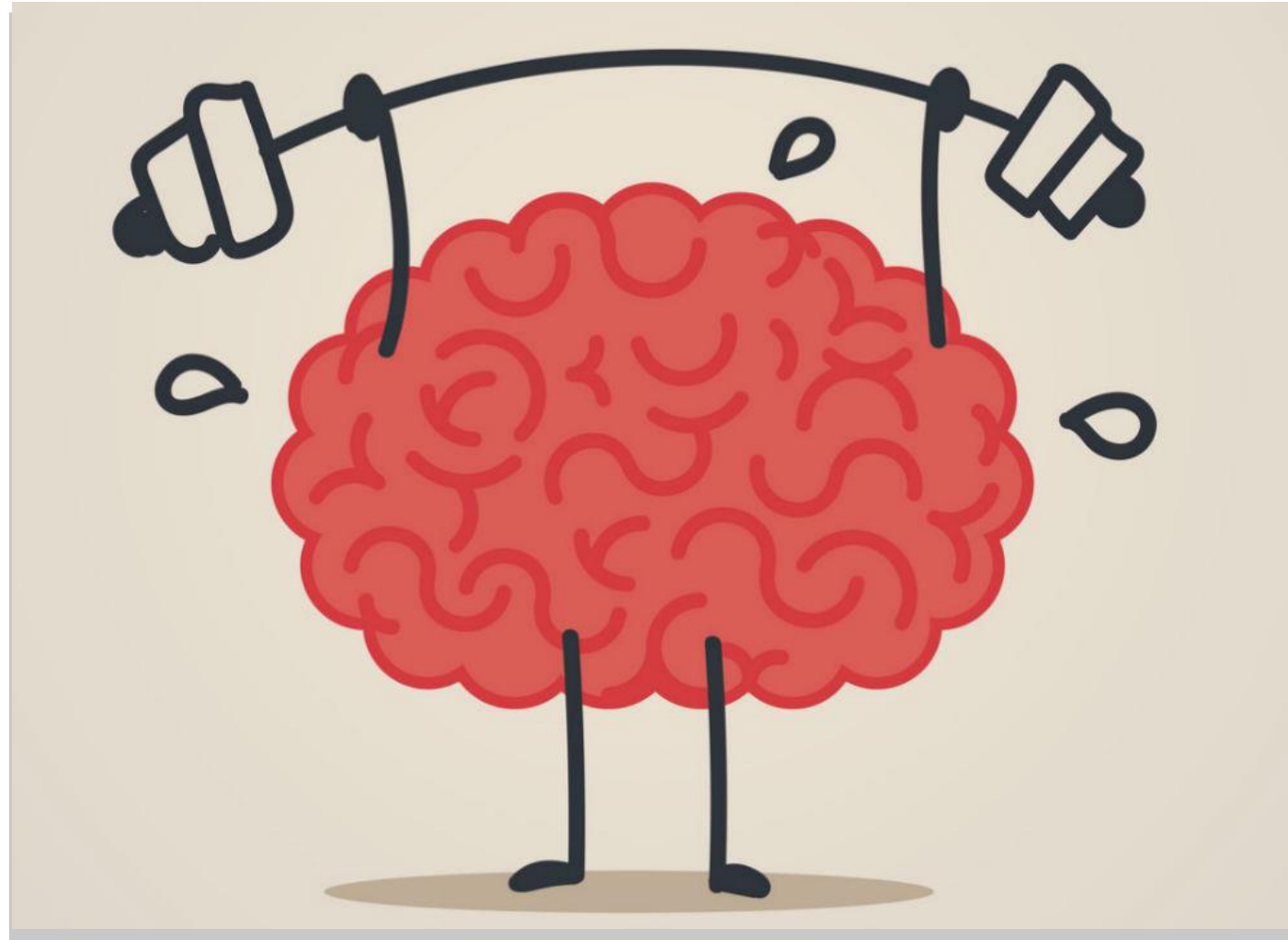
How do I return strong?

Overview

**Part 1: Academic
Wellbeing and Student
Success**

**Part 2: The Finish
Line: The Student
Experience**

Part 1: Academic Wellbeing and Student Success



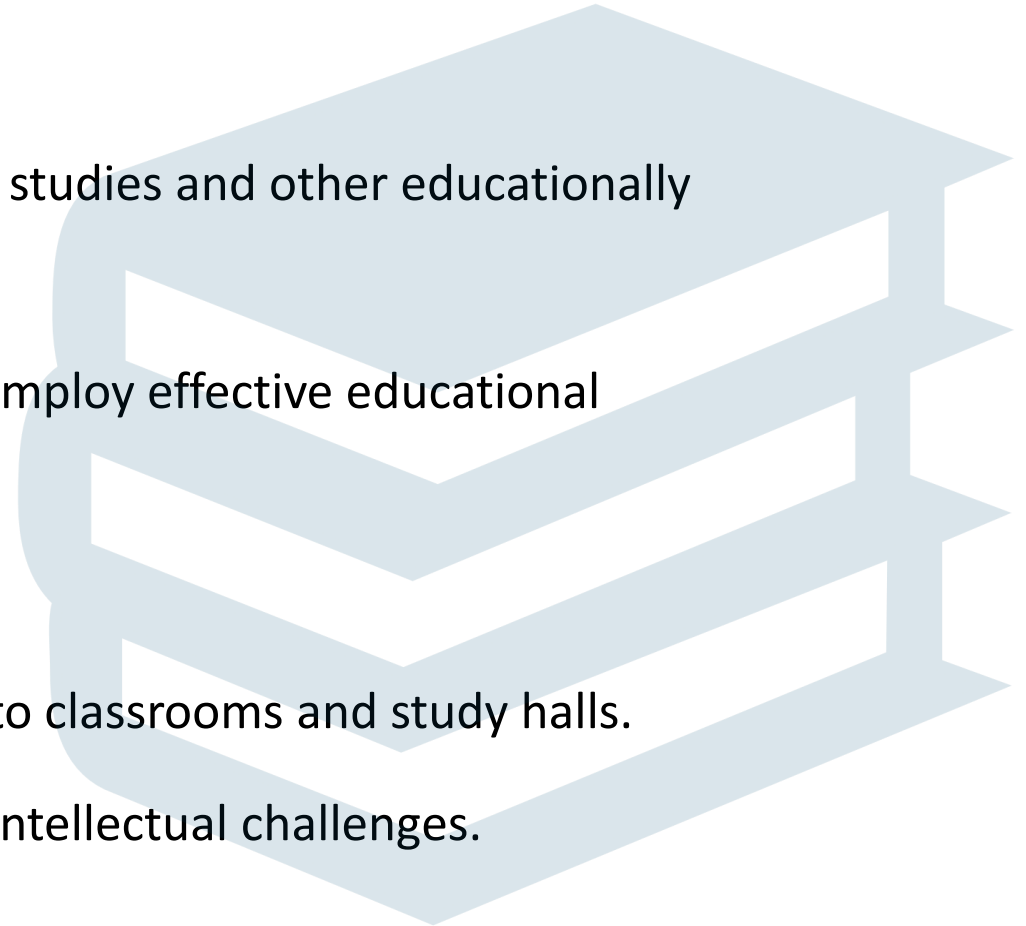
Defining Student Engagement and Intellectual Wellbeing

Student engagement:

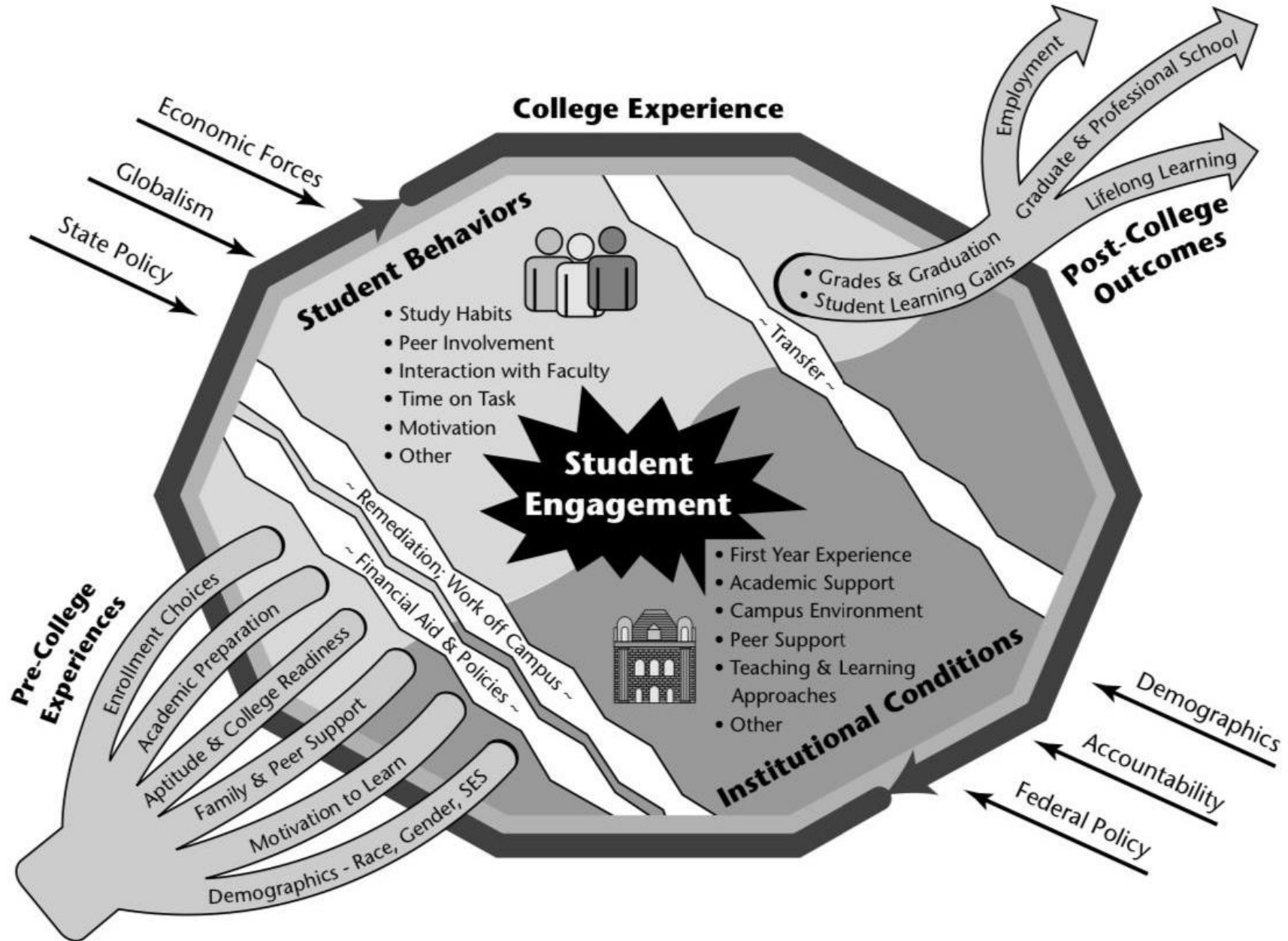
1. The amount of time and energy students put into their studies and other educationally purposeful activities.
2. What institutions do; the extent to which institutions employ effective educational practices to encourage students to do the right things.

Intellectual Wellbeing:

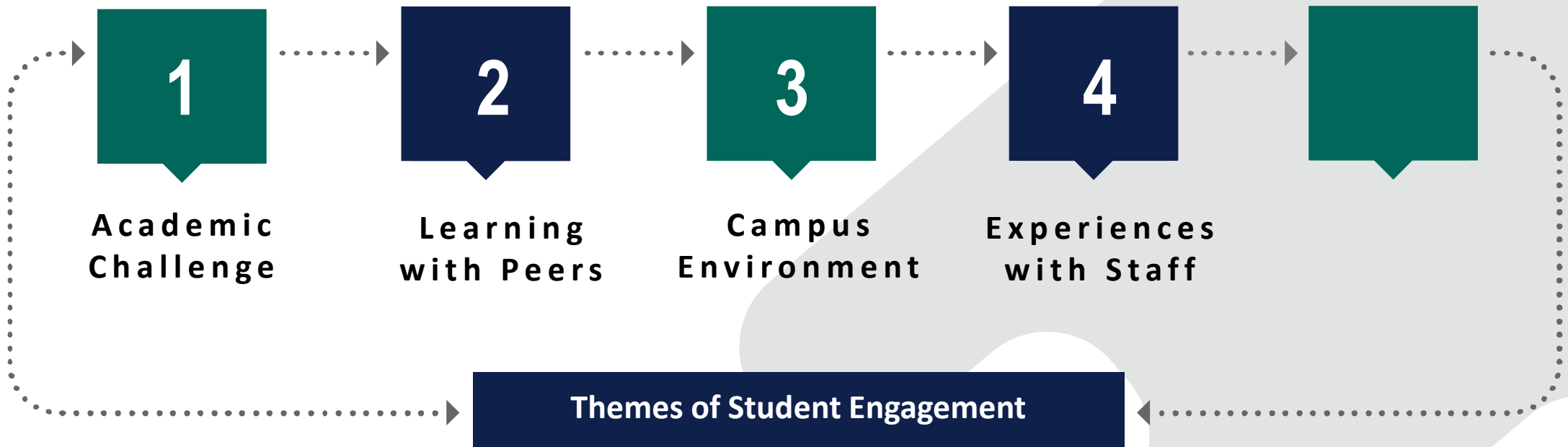
1. Engaging cognitively stimulating activities, not limited to classrooms and study halls.
2. Sharing knowledge with others and seeking to master intellectual challenges.
3. Reinforced through learning skills (practical and soft).



What Matters to Student Success



National Student Engagement Perspective



Student Engagement for Academic Wellbeing & Student Success



Academic Challenge

- Time spent preparing for class
- Learning strategies
- Reflective and integrative learning



Learning with Peers

- Collaborative Learning
- Discussions with diverse people



Campus Environment

- Supportive environment
- Quality of interactions



Experiences with Staff

- Student-staff interaction
- Effective teaching practices

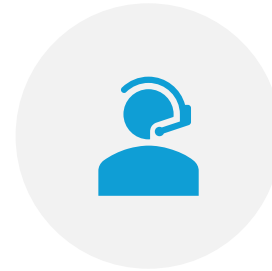
Returning Strong: Good Academic Habits



TIME MANAGEMENT
AND PLANNING



STUDY ENVIRONMENT
AND ACTIVE LEARNING



SEEKING HELP AND
SUPPORT



SELF-CARE

Central Academic Advising



Email: Advising@ufs.ac.za



087 240 6370



@Advice.4.Success

Part 2: The Finish Line Game



Thank You!

Any Questions?

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