

Student Counselling and Development: Division of Student Affairs Keneilwe Molebale and Rachel Moffat



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

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

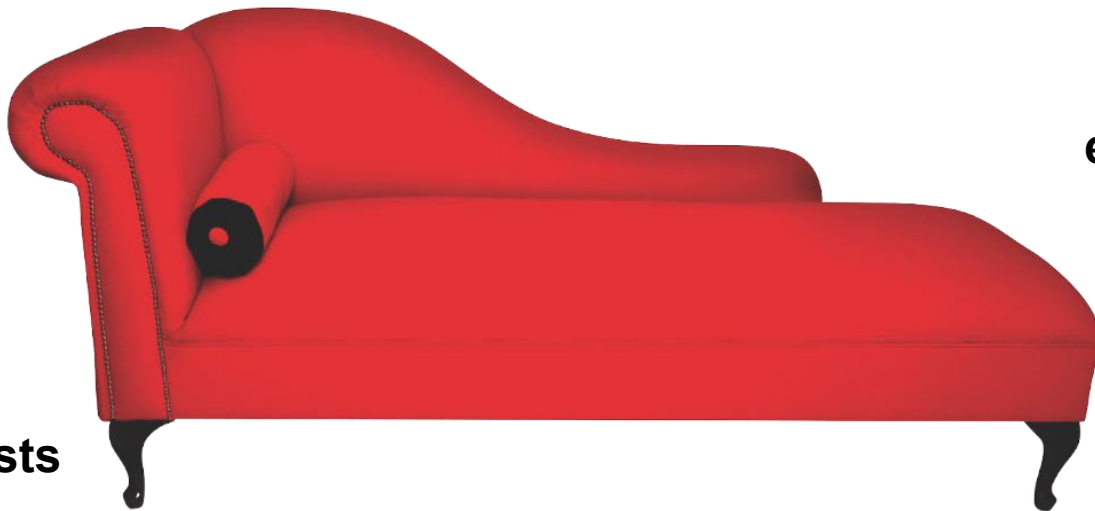
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UFS
STUDENT AFFAIRS
STUDENTESAKE
DITABA TSA BATHUTI

Student Counselling & Development (SCD)

An SCD
office on
each UFS
campus



Staff at SCD:

- Psychologists
- Social Workers
- Counsellors
- Intern Psychologists

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STUDENT COUNSELLING AND
DEVELOPMENT (SCD)

A new mirror image:

Self-Esteem



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How does it develop?





VALUES
are like
fingerprints.

Nobody's are the
same, but you
leave 'em all over
everything you do.

- Elvis Presley

**What
are
your
values?**

Different Perceptions



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Committing to the truth

3 rules

1. Deciding that you will only tell yourself the **truth** and that you will only **act** upon what you **know** to be true.
2. Making a commitment to forming your **own values and beliefs** rather than adopting the beliefs of others without question.
3. Deciding that you will not live your life on the basis of “**what-ifs**” but that, once again, you will only make decisions on the basis of truth, fact, and history.



Live your truth!

What is Resilience

The capacity to withstand or to recover quickly from difficulties or toughness.

Benefits:

Coping with stress

Lower levels of depression

Adaptability

Life satisfaction

Bouncing back

True connection

Improved health

What is self-awareness?

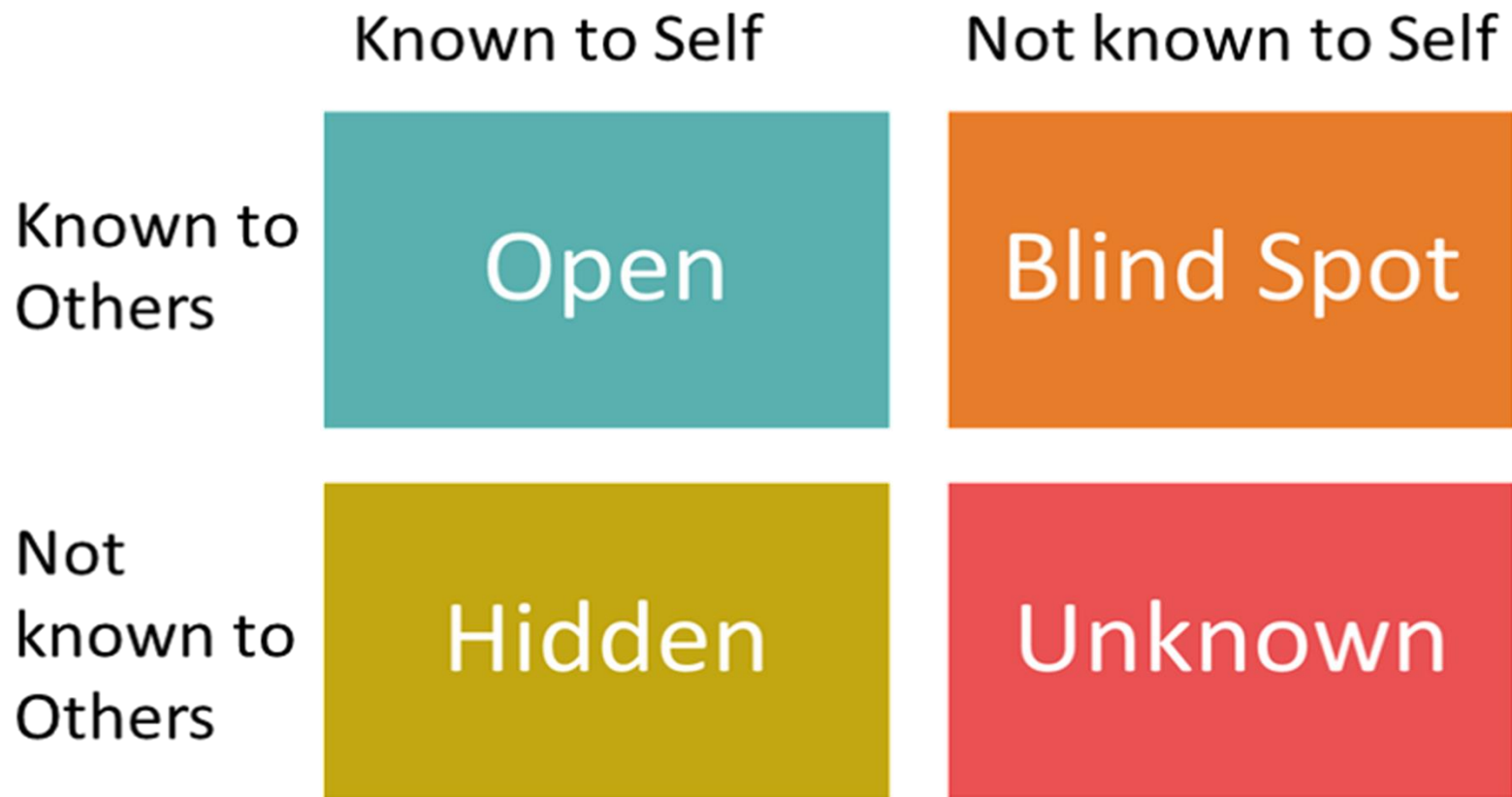
Knowing your: internal states; habits; values; beliefs;
preferences; abilities.

Being honest

Who we are

How others see us

How we fit



The Johari Window (Luft, 1969)

	Known to self	Unknown to self
Know to others	<u>My public self</u> <ul style="list-style-type: none"> • Efficient implementer and executer • Strategic thinker • A reliable team member • Good at integrating ideas and put together final work 	<u>My public blind spots</u> <ul style="list-style-type: none"> • Do not like to take risks • Over-avoidance in confrontation • Need to actively involve others
Unknown to others	<u>My hidden self</u> <ul style="list-style-type: none"> • Afraid to be different/creative • Lots of second-guessing myself • Don't feel comfortable under competition 	<u>My unconscious self</u> <p style="text-align: center;">?</p> <p style="text-align: center;">To be discovered...</p>

Application of Johari Window (Johari as cited from Beach 1982)



What is self-regulation

Controlling one's behaviour, emotions and thoughts
in the pursuit of long-term goals

To think before acting

Benefits:

Allows us to bounce back from failure

Live according to values

Stay calm under pressure

To resist immediate gratification

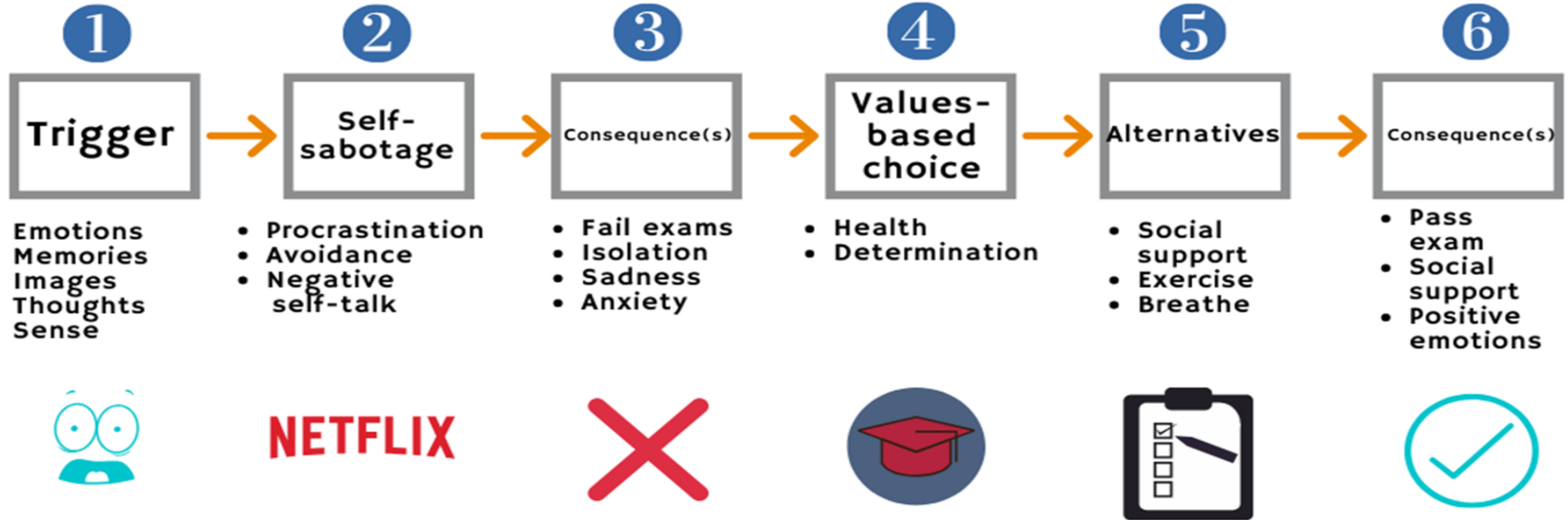
To prevent poor decisions

Improved planning

Improved problem-solving

Developing cognitive flexibility

SELF-REGULATION IN ACTION



Conclusion



**Thank you for your
time!**