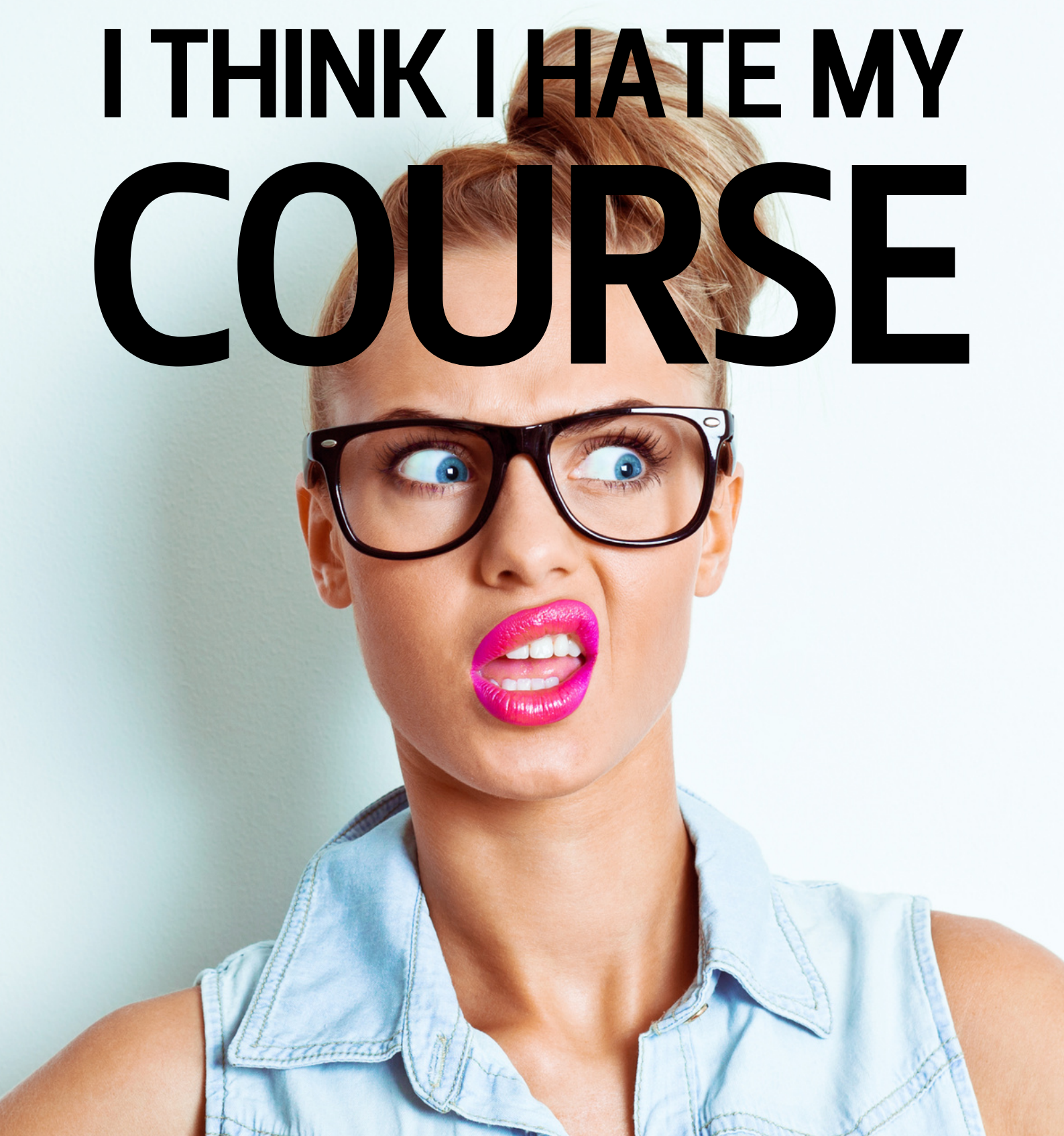






I THINK I HATE MY COURSE



www.ufs.ac.za/kovsiecounselling

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DITABA TSA BATHUTI
STUDENT COUNSELLING AND
DEVELOPMENT (SCD)

I THINK I HATE MY COURSE

Lize van den Bergh

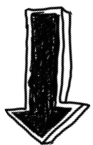
Many students feel confused with regards to their studies at some or other time during their course.

It is important to figure out WHY you don't like it or have lost motivation so you can find the most appropriate solution.



What is the main reason I "hate" my course?

I chose this degree for the wrong reason(s)



Career counselling and some self-exploration might help in this regard. Choosing a degree solely based on money, status or others' wishes is not helpful in the long term.

I am experiencing a lot of stress



It is important for you to find ways to manage your stress. Feeling anxious can influence our feelings regarding our studies in a negative manner.

I think I am burnt-out / tired



Many students forget to find balance in their lives. Make time for yourself and find social support during difficult times. Take a well-deserved break!

I am struggling academically



Often it is not the course, but your study skills that are lacking. This might lead you to feel discouraged. As soon as you have acquired some new skills, you will be right back on track.

SO WHAT NOW?

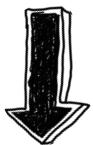


If you have figured out what your specific REASON for disliking your course is, the next step is to DO something about it.

Here are some guidelines:

What is the main reason I "hate" my course?

I chose this degree for the wrong reason(s)



UFS Student Counselling & Development can help you with career counselling to figure out which degree would suit you the best.

I am experiencing a lot of stress



Refer to the sections on stress in this toolkit. You can also schedule an appointment at UFS Student Counselling & Development or attend one of our workshops.

I think I am burnt-out / tired



Refer to the sections on study skills or time management in this Toolkit. You can also schedule an appointment at UFS Student Counselling & Development or attend one of our workshops.

I am struggling academically





RESOURCES



CONTACT US AT:

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+27 51 505 1298 or scdsouth@ufs.ac.za (SOUTH)

WEBSITES

www.onlinecareerguidance.co.za

www.sastudy.co.za

www.sacap.edu.za

www.gostudy.net

www.postmatric.co.za

APPS

Tshedza App or visit <http://tshedzaapp.co.za>

SORTED: Career Guidance app

BOOKS

"Career Focus: A Personal Job Search Guide"
by Helene Martucci Lamarre & Karen McClughan