Empower your students:
The journey begins here!

The UFS co-curricular programmes offer students the chance to elevate their university experience. Designed to support the UFS's *Vision 130*, these programmes emphasise excellence, innovation, impact, accountability, care, and social justice, providing opportunities for personal and professional growth that complement academic learning.

At the heart of this initiative is the Co-Curricular Hub, a dedicated team that promotes academic quality, integrity, reciprocity, and care. The team collaborates to provide learning experiences that extend beyond the classroom and align with the UFS Graduate Attributes. The initiative focuses on the holistic development of our students, aiming to nurture responsible and responsive citizens.

By encouraging students to participate in our programmes, you'll empower them to not only earn certificates that highlight their skills but to gain experiences that enhance their employability. They will also be able to add these credentials to their LinkedIn profiles, building a portfolio that sets them apart in the job market.

Additionally, these modules are crafted to meet students' academic, social, and emotional needs, helping them develop leadership qualities and engage in community service while building a sense of social responsibility. They will learn invaluable life skills – like stress and time management – that will give them a competitive edge in their future careers.

So why wait?

Encourage your students to join us on this exciting journey of personal and professional development and unlock a world of opportunities that will benefit them now and, in the future. With the support of the Division of Student Affairs and a commitment to high standards, our co-curricular programmes are your students' gateway to a more successful future.

Empower your students:
Inspire their future!

Invite your students to take charge of their personal and professional development by enrolling in one of the co-curricular programmes available. Whether they seek to enhance their leadership skills, engage in community projects, or prepare for their future careers, there's something for everyone. By promoting these valuable opportunities, you can help them grow, connect, and make a positive impact.

Unlocking opportunities beyond the classroom

As lecturers, you are important in shaping the educational journey of your students. The following offices provide support that enables you to promote growth, develop leadership, and encourage meaningful engagement within your classroom. Explore how these programmes can equip your students to thrive and succeed at the UFS.

Uncovering talent:
Key attributes for a bright future

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

As lecturers, you play an important role in motivating your students to enrol in these programmes. We will be focusing on the following attributes:

Critical thinking:
Encouraging your students to enrol in the programmes will enhance their critical thinking skills, enabling them to analyse information effectively and make informed decisions. In a world surrounded by data and differing opinions, this important skill helps students distinguish between fact and fiction, empowering them to navigate complex issues with confidence.

Problem solving:
By promoting our co-curricular programmes, you'll equip your students with the tools they need to tackle challenges head-on. Whether faced with complex projects, team conflicts, or unexpected changes, they will learn to devise solutions that showcase resilience and adaptability. Empowering your students with problem-solving skills prepares them to navigate life's challenges like pros.

Oral communication:
Empower your students to make their voices heard. Encourage them to participate in our co-curricular initiatives to refine their oral and written communication skills. This preparation will enable them to express their ideas clearly, engage their audience, and leave a lasting impact – traits that are essential in today's collaborative work environments.

Written communication:
Help your students write with clarity and impact. Promoting effective written communication is key to ensuring that your students craft their messages with clarity and precision. Whether writing essays, reports, or emails, they will develop the skills needed to express their ideas effectively, making every word count and leaving no room for misinterpretation.

Ethical reasoning:
Instil integrity and accountability in your students. Guide them to always do the right thing, even when it's challenging. Our programmes emphasise the importance of ethical reasoning, helping them make principled decisions in difficult situations. This attribute not only builds character but also earns them respect in both academic and professional settings.

Community engagement:
Inspire your students to make a difference. Encourage them to be forces for good in their communities. Our programmes build connections and promote positive contributions to society, nurturing a sense of social responsibility and cultivating empathy. This engagement helps them understand diverse perspectives and make meaningful differences.

Entrepreneurial mindset:
Motivate your students to think big. Instil an entrepreneurial mindset in them by inspiring them to think creatively and take calculated risks. This attitude is important for innovation and can open doors to new opportunities and career paths, empowering them to turn their ideas into reality.

Digital skills and competencies:
Equip your students for the digital age. Encourage them to master essential tech tools that will keep them ahead in the digital age. They'll gain hands-on experience with the latest technologies and tools, ensuring they are well-prepared for the demands of the modern workplace.

All these attributes are centred around **academic competence**, which serves as the foundation for your students' success. By encouraging them to sharpen these skills, you are helping them prepare not just for exams, but for a solid platform of lifelong learning and achievement across all aspects of their lives.

Motivate them to unlock their potential and equip themselves for the challenges and opportunities that lie ahead.

Student Counselling and Development (SCD)

The Student Counselling and Development (SCD) office is committed to supporting students to become their best selves. SCD offers free, professional counselling and development services to all registered UFS students. Whether students are facing personal challenges, seeking career guidance, or aiming for personal growth, SCD provides vital support through individual and group sessions.

The SCD team collaborates closely with various UFS departments and maintains strong connections to external mental health resources, ensuring that students have access to a supportive community throughout their university journey. By encouraging students to engage with SCD, you can help them navigate university life and achieve their goals, reinforcing that they never have to face their challenges 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	Assessments that will validate meaningful learning
After completion of the programme, students 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.	**Critical thinking** (proficient level) **Problem solving** (developing level) **Entrepreneurial mindset** (entering level) **Community engagement** (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.	• Depression, Anxiety and Stress Scale - 21 items (DASS-21) - designed to measure the emotional states of depression, anxiety and stress. • The Subjective Happiness Scale (SHS) - scale of global subjective happiness which assesses whether a person is happy or unhappy. • Brief Resilience Scale (BRS) - assess the perceived ability to bounce back or recover from stress. • Adult Hope Scale (AHS) – measure the respondent's level of hope. • Each psychometric measure is administered at the beginning and at the end of the programme to assess the effectiveness of the programme.

Thirushni Sam | E: samtc@ufs.ac.za
Scan here for the programme:

SCD programme: REBT (Rational Emotive Behavioural Therapy)

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates	Assessments that will validate meaningful learning
After completion of the programme, students will be able to: • Identify, challenge, and replace irrational thoughts. • Increase helpful emotions and behaviours. • Increase rational thoughts.	**Critical thinking** (developing level) **Problem solving** (developing level) **Digital skills and competence** (entering level)	All students on all three UFS campuses. (on Blackboard)	March to November (self-paced workbook on Blackboard)	• Pre-test: Shortened General Attitude and Belief Scale (26 rating questions). • Test your knowledge: Case study (A case study with 15 multiple choice questions). • Post-test: Shortened General Attitude and Belief Scale (26 rating questions).

Nadia Maloney | E: cloeten1@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	Assessments that will validate meaningful learning
After completion of the programme, students will be able to: • Define self-esteem, identify the formation and the impact thereof on well-being. • Discover, reflect and learn about their own self-esteem formation. • Develop and implement relevant self-esteem-building skills.	**Critical thinking** (proficient level) **Problem solving** (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.	• The co-curricular offering for the Self-esteem programme is not subject to assessment.

Mosa Setlaba | E: setlabanm@ufs.ac.za
Scan here for the programme:

Stay connected: We're here to help!

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

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Student Leadership Development
Assistant Director: Student Life
T: +27 51 401 9087
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www.ufs.ac.za/ufs-co-curricular-hub

Guide your
students' growth

Support their journey
with the UFS Student Affairs
CO-CURRICULAR HUB programmes

Centre for Universal Access and Disability Support (CUADS)

The Centre for Universal Access and Disability Support (CUADS) is dedicated to ensuring that students with disabilities have equal access to all the university has to offer. It provides assistive technologies, accommodations, and advocacy services to support students' success. Whether on the Bloemfontein, South, or Qwaqwa campus, the CUADS team is committed to supporting students throughout their academic journey while establishing an inclusive and welcoming environment.

CUADS' priority is to help students with disabilities reach their full potential, and it is eager to see them thrive at the university, celebrating each achievement along the way. To this end, the conversion of study material into accessible formats for students with visual impairments is one of the priority programmes within CUADS.

By promoting awareness and understanding within the university community, CUADS helps create a supportive atmosphere where all students can excel. Encourage your students to connect with CUADS for the resources and support they need to navigate their academic paths successfully.

Contact for CUADS: Antigonie Vorster | E: vorstera@ufs.ac.za

CUADS programme: *Reformatting assistant for accessible study material*

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates	Assessments that will validate meaningful learning
After completion of the programme, students will be able to: ☑ Compare original and converted material. ☑ Recognise errors in the English language. ☑ Describe the reformatting process. ☑ Relate with students with visual impairments needs. ☑ Describe visual elements within study material. ☑ Illustrate computer literacy. ☑ Troubleshoot faster ways to reformat material.	**Problem solving** (entering level) **Digital skills and competencies** (developing level) **Written communication** (developing level)	Students interested in assisting at CUADS.	Per semester.	☑ Proofreading of converted material and feedback sessions.

Scan the QR code for the programme:

Student Leadership Development (SLD)

Student Leadership Development offers workshops, training, and first-hand learning experiences designed to unlock students' leadership potential. SLD encourages active involvement on campus and within the community, equipping participants with the skills needed to become effective leaders. The programmes are thoughtfully crafted to enhance academic performance, build social connections, and elevate career prospects.

It's all about establishing a pathway to future success and helping students become leaders who truly make a difference. By promoting leadership skills, you can inspire your students to take the initiative, engage with their peers, and contribute positively to the university environment. Encourage your students to enrol in these programmes, as they provide important tools for personal and professional growth, setting the stage for impactful leadership in their futures.

Contact for SLD: René Pelser | E: pelserr@ufs.ac.za or Maleshoane Mofokeng | E: mofokengme1@ufs.ac.za

SLD programme: *What Students Should Know (WSSK)*

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates	Assessments that will validate meaningful learning
After completion of the programme, students will be able to: ☑ Recognise current affairs that affect their student life and communities. ☑ Interact with experts in the field on these topics. ☑ Recognise the facts and (legal) implications around these matters. ☑ Critically engage with peers and reflect on their views. ☑ Demonstrate responsibility as a leader in applying the acquired knowledge in their learning and student communities.	**Critical thinking** (entering to developing levels) **Ethical reasoning** (entering to developing levels) **Problem solving** (entering to developing levels)	All students	Three talks/sessions per semester.	☑ Session evaluations/ surveys testing individual learning and developmental experiences, as well as personal value gained. *(No formal assessment of content knowledge.)*

Scan the QR code for the programme:

SLD programme: *FutureLEAD Challenge (FLC) Online Leadership Development*

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates	Assessments that will validate meaningful learning
After completion of the programme, students will be able to: ☑ Achieve knowledge to develop into a future leader on a personal/career/community level. ☑ Prepare themselves for student governance elections. ☑ Acquire leadership/'soft' skills that are valued by the corporate market.	**Critical thinking** (developing to proficient levels) **Problem solving** (developing to proficient levels) **Entrepreneurial mindset** (developing to proficient levels) **Community engagement** (entering to developing levels) **Written communication** (entering level) **Digital skills and competencies** (developing level)	All students	April to September (four modules and FLC Journal)	☑ Module quizzes, tests, and journal submissions.

Scan the QR code for the programme:

SLD programme: *Student Governance Induction Training*

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates	Assessments that will validate meaningful learning
After completion of the programme, students will be able to: ☑ Identify with the UFS and Division of Student Affairs' values and strategic goals. ☑ Describe and recognise the respective student leadership roles at the UFS, with reference to the Higher Education Student Governance Framework. ☑ Network and critically engage with peers (student leaders in other student governance structures on all three UFS campuses) on current student life affairs. ☑ Commit to leading ethically and effectively during their term. ☑ Apply leadership knowledge and skills in the execution of student governance roles.	**Critical thinking** (developing to proficient levels) **Problem solving** (developing level) **Ethical reasoning** (developing level)	Student governance structures, such as Student Representative Councils, Residence Committees, and Residence Assistants across all three campuses.	A weekend in September.	☑ Evaluations/surveys testing individual learning and developmental experiences, as well as personal value gained. *(No formal assessment of content knowledge.)*

Scan the QR code for the programme:

Career Services

As a lecturer, you play a key role in guiding students toward a successful future, and one way to support their career readiness is by encouraging them to enrol in the Career Services co-curricular programmes at the UFS. These programmes offer students invaluable resources to develop important employability skills and prepare for their dream jobs. By registering on Career Hub, students can connect with potential employers, explore job opportunities, and receive expert guidance in navigating today's competitive job market. Your encouragement can make all the difference in helping them build a strong foundation for a successful career.

Contact for Career Services: Bloemfontein Campus: Nobesuthu Sonti | E: sontinr@ufs.ac.za | **Qwaqwa Campus:** Mpho Thito | E: thitomh@ufs.ac.za

Career Services programme: *Career Development*

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates	Assessments that will validate meaningful learning
After completion of the programme, students will be able to: ☑ Evaluate their career interests, skills, attributes and work values. ☑ Determine what skills and competencies should be obtained before graduation. ☑ Explore careers to list career plans. ☑ Register on CareerHub and stay connected with employer opportunities.	**Critical thinking** (developing level) **Problem solving** (developing level) **Written communication** (developing level) **Entrepreneurial mindset** (developing level)	Any students who are uncertain what they can do with their qualification, or what career options to consider when graduating.	Presented on Career Hub as a self-paced programme.	☑ The co-curricular offering for the Career Development programme is not subject to assessment.

Scan the QR code to access the Career Hub:

Career Services programme: *Work Readiness*

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates	Assessments that will validate meaningful learning
After completion of the programme, students will be able to: ☑ Get ready to apply for jobs (CV, cover letter, LinkedIn profile), including advanced features. ☑ Get ready for a job interview (completing a mock interview will better prepare students). ☑ Learn about the industry requests and identify skills gaps as well as knowing where to learn the necessary skills to be employable after graduation. ☑ Learn how to reach out to recruiters and company representatives without spamming them. Learn about being professional and building an online network of potential employers or business partners.	**Critical thinking** (developing level) **Problem solving** (developing level) **Oral communication** (proficient level) **Written communication** (developing level) **Entrepreneurial mindset** (proficient level)	All registered undergraduate and postgraduate students.	The programme offers both self-paced, asynchronous learning on Career Hub and live, synchronous sessions through face-to-face workshops or in-class presentations.	☑ All activities can be submitted on Career Hub to be reviewed.

Scan the QR code to access the Career Hub:

KovsieX

KovsieX is an exciting new initiative that brings the student experience at UFS to life through a range of media platforms. By combining radio broadcasting podcasts, and social media, KovsieX offers students a space to engage with one another, share stories, and explore important topics like mental health, leadership, and cultural events. This digital hub not only enhances the student experience but also gives students hands-on experience in creating content using cutting-edge technology.

As lecturers, you have a key role in encouraging students to tap into the rich resources KovsieX offers. By promoting the KovsieXco Learning Community course, you are helping students to build connections and strengthen their sense of belonging at the university, all while giving them the chance to develop valuable multimedia skills. Your support can make a real difference in enriching the student experience and building a vibrant, engaged campus community.

Contact for KovsieX: Gerben van Niekerk | E: vanniekerkga@ufs.ac.za | ufs.ac.za/kovsiex

KovsieX programme: *KovsieXco Learning Community*

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates	Assessments that will validate meaningful learning
After completion of the programme, students will be able to: ☑ Integrate different content delivery channels to provide relevant content on appropriate platforms for the target audience. ☑ Evaluate the implementation of content delivery across all available platforms. ☑ Interpret media consumption data and determine if any changes are necessary. Redesign an existing campaign based on all the data.	**Oral communication** (developing level) **Entrepreneurial mindset** (developing level) **Digital skills and competencies** (developing to proficient levels) **Critical thinking** (developing level)	Senior leaders working at KovsieX.	Bi-weekly, one-hour engagements during the academic year.	☑ Every student will submit a portfolio of their produced content at the end of each year. The portfolios are then rated by their peers and supervising officer. This can also serve as their portfolio when applying for a job.

Scan the QR code for the programme:

Kovsie ACT

For students passionate about sustainability and eager to make a real impact, Kovsie ACT is the perfect place to start. This programme offers opportunities to work on community projects that promote environmental awareness and sustainable development. Participants can gain new skills, build meaningful relationships, and help create a greener future.

Encouraging your students to join Kovsie ACT allows them to engage with like-minded individuals and take part in hands-on initiatives that make a difference in their communities. This experience not only enriches their understanding of sustainability but also empowers them to become proactive changemakers. By participating in Kovsie ACT, students can learn, grow, and contribute to a more sustainable world, all while developing valuable leadership skills that will serve them well in their future careers.

Contact for Kovsie ACT: Karen Scheepers | E: scheepersk@ufs.ac.za or Teddy Sibiya | E: sibiyalt@ufs.ac.za

Kovsie ACT programme: *Eco-vehicle Sustainable Skills*

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates	Assessments that will validate meaningful learning
After completion of the programme, students will be able to: ☑ Generate and design innovative solutions to address the challenge of sustainable energy. ☑ Assess and analyse the efficacy and impact of Eco-vehicle within the South African context. ☑ Actively collaborate with peers to collectively work towards achieving a common goal.	**Critical thinking** (proficient level) **Problem solving** (proficient level) **Written communication** (proficient level) **Community engagement** (entering level) **Entrepreneurial mindset** (proficient level) **Digital skills and competencies** (developing level)	Senior students	January to October (workshops: 20 hours a month)	☑ Reflection assignment ☑ Report ☑ Feedback survey ☑ Video presentation ☑ Quiz

Scan the QR code for the programme:

Kovsie ACT programme: *UFS Food Environment Community Gardens Skills*

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates	Assessments that will validate meaningful learning
After completion of the programme, students will be able to: ☑ Effectively demonstrate and execute the processes involved in planting, tending to, and harvesting a vegetable garden. ☑ Transfer and apply their knowledge of maintaining a vegetable garden to collaboratively assist and support their peer team in successful garden management. ☑ Apply basic knowledge to successfully cultivate and produce vegetables in a garden setting. ☑ Develop an awareness and recognition of the significance of sustainable practices in food production and the associated value chains. ☑ Actively collaborate with peers and stakeholders in planning, maintaining, and harvesting vegetable gardens and fostering a collective approach to successful cultivation.	**Critical thinking** (developing level) **Problem solving** (developing level) **Oral communication** (developing level) **Written communication** (developing level) **Community engagement** (developing level) **Entrepreneurial mindset** (developing level)	All students and residence committees.	January to December (one hour a day)	☑ Report ☑ Survey ☑ Video presentation

Scan the QR code for the programme:

Kovsie ACT programme: *Kovsie ACT Volunteers*

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates	Assessments that will validate meaningful learning
After completion of the programme, students will be able to: ☑ Demonstrate and exhibit professional work habits and attitudes essential for success in their respective jobs. ☑ Develop the ability to assess information critically, determining its compliance with organisational standards. ☑ Actively collect a comprehensive record of work experience to enhance their professional portfolio. ☑ Acquire the skills to diagnose projects in relation to their student dimensions and formulate effective intervention plans. ☑ Actively collaborate with diverse organisations to strategically plan and execute events and projects. ☑ Develop the ability to resolve conflicts and negotiate effectively with others in professional settings. ☑ Inspire and foster positive interpersonal relationships with fellow committee members, contributing to a collaborative and productive work environment. ☑ Develop varied levels of communication to effectively engage with both internal and external stakeholders in a professional context.	**Critical thinking** (developing level) **Problem solving** (developing level) **Written communication** (entering level) **Ethical reasoning** (entering level) **Community engagement** (entering level) **Entrepreneurial mindset** (entering level)	All students	September to September (four hours a week)	☑ Discussion ☑ Survey ☑ Report

Scan the QR code for the programme:

Engaged Scholarship

Engaged Scholarship encourages involvement in meaningful projects that blend academic learning with real-world impact. With a focus on environmental affairs, health and well-being, and social justice, the Engaged Scholarship office aims to develop leadership skills and build a strong sense of community engagement. Through these programmes, participants gain practical experience while making a positive difference in their surroundings.

As lecturers, you can inspire your students to embrace these opportunities, guiding them to explore how their academic knowledge can directly benefit their communities. The Engaged Scholarship office provides a platform for students to learn, connect, and contribute to building a better community at the UFS. By encouraging your students to get involved, you'll help them to develop not only as scholars but as compassionate citizens committed to creating lasting change.

Contact for Engaged Scholarship: Dr Karen Venter | E: venterk1@ufs.ac.za or E: accessdsa@ufs.ac.za

Engaged Scholarship programme: *ACCESS UFS*

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates	Assessments that will validate meaningful learning
After completion of the programme, students will be able to: ☑ 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.	**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)	Students who have shown sufficient interest and attendance in the volunteerism programmes.	The sessions take place between March and October.	☑ Weekly reflection journals. ☑ Portfolio of evidence at the end of the year encompassing the journals of the year.

Scan the QR code for the programme:

Engaged Scholarship programme: *ACCESS UFS Volunteerism*

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates	Assessments that will validate meaningful learning
After completion of the programme, students will be able to: ☑ 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.	**Critical thinking** (entering level) **Ethical reasoning** (entering level) **Problem solving** (entering level) **Community engagement** (entering level) **Digital skills** (entering level) **Written communication** (entering level) **Oral communication** (entering level) **Entrepreneurial mindset** (entering level)	Any student	February to October	☑ The co-curricular offering for the ACCESS UFS Volunteerism programme is not subject to assessment. ☑ Practical community engagement activities for the ACCESS UFS Volunteerism programme.

Scan the QR code for the programme:

Peer Mentoring

Adjusting to university life can be challenging, but students don't have to face it alone. The Peer Mentoring programme connects first-year students with experienced peers who provide guidance, support, and friendship. New students will benefit from having a mentor to help them navigate campus life, offer advice, and cheer them on as they pursue their goals.

As lecturers, you play a key role in promoting this initiative, encouraging your students to take advantage of the supportive relationships formed through the programme. By participating in the Peer Mentoring office, students gain not only valuable insights from their mentors but also build a sense of belonging within the university community. This connection builds resilience and confidence, equipping students to thrive academically and socially as they embark on their university journey. Your support in recommending the Peer Mentoring programme can make a significant difference in their adjustment to university life and overall success.

Contact for Peer Mentoring: Makhosazana Mazibuko | E: mazibukom2@ufs.ac.za or Dimpho Mokhoantle | E: mokhoantled@ufs.ac.za

Peer Mentoring programme: *Student Life Peer Mentor*

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates	Assessments that will validate meaningful learning
After completion of the programme, students will be able to: ☑ Nurture supportive and informative relationships with mentees. ☑ Act as a mediator, helping first-year students adjust to new environments and challenges. ☑ Commit to providing socio-emotional support to ease the transition into university life. ☑ Act as a rapid referral, connecting mentees with resources, support, or opportunities to effectively navigate university life. ☑ Plan and facilitate themed discussions aimed at effectively navigating university life.	**Critical thinking** (developing level) **Problem solving** (entering to developing levels) **Oral communication** (developing level) **Community engagement** (developing level) **Entrepreneurial mindset** (developing to proficient levels) **Ethical reasoning** (developing level) **Digital skills and competencies** (entering to developing levels)	Senior students	February to October	☑ Peer mentors are expected to complete Mentor Learning Experience (MLE) tasks using 12 MLE tools. ☑ Peer mentors are required to submit a report after each theme discussion with their mentees. This ensures that the office has a record of the discussions and can assess their effectiveness.

Scan the QR code for the programme: