



Guide your students' growth

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



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

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

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Starting off your co-curricular journey

- The UFS co-curricular programmes are an opportunity that can **make a real difference** in your university experience
- These programmes are designed to **complement what you learn** in class, helping you develop leadership skills, improve your employability, and gain life skills like stress and time management. You'll even earn certificates to add to your CV or LinkedIn profile, setting you apart in the job market.



CO-CURRICULAR HUB



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Decide on your destination

There are many areas where you can enroll to grow, lead, and engage meaningfully.

- **Student Counselling and Development (SCD)**
- **Centre for Universal Access and Disability Support (CUADS)**
- **Student Leadership Development (SLD)**
- **Career Services**
- **Kovsie ACT**
- **Engaged Scholarship**
- **Peer Mentoring**
- **KovsieX**

Student Counselling and Development (SCD)

SCD offers three impactful programmes to help you navigate challenges and reach your potential:

GROW (Growth, Resilience, Optimism, Wellness)

- Builds self-awareness, self-regulation, and cognitive flexibility.
- Enhances social support and compassion, building a positive outlook.

REBT (Rational Emotive Behavioural Therapy)

- Teaches you to identify, challenge, and replace irrational thoughts.
- Encourages rational thinking and positive emotional growth.

Self-esteem programme

- Explores self-esteem formation and its impact on well-being.
- Develops skills to build and sustain healthy self-esteem.





Centre for Universal Access and Disability Support (CUADS)

CUADS is committed to providing equal access and **support for students** with disabilities. Here's how CUADS can assist you:

Reformatting Assistant for Accessible Study Material

- Assists in **converting study material** into accessible formats for students with visual impairments.
- Helps **develop skills** to compare, recognise, and correct errors in reformatted materials.



Student Leadership Development (SLD)

SLD offers opportunities for students to unlock their leadership potential through workshops, training, and real-world learning experiences.

What Students Should Know (WSSK)

- Engage on current affairs affecting student life and communities.
- Apply leadership in learning and student communities.

FutureLEAD Challenge (FLC) Online Leadership Development Programme

- Develop leadership skills for personal, career, and community growth.
- Prepare for student governance elections.

Student Governance Induction Training

- Learn about UFS values, student leadership roles, and governance structures.
- Network with peers across campuses and engage with current student affairs.

EMPLOYMENT

Career Services provides programmes to help students develop key employability skills and prepare for a successful career.

Career Development Programme

- Explore career options and create a career plan.
- Register on Career Hub to stay connected with employers.

Work Readiness Programme

- Prepare application materials: CV, cover letter, and LinkedIn profile.
- Practice for job interviews through mock sessions.



Kovsie ACT

Kovsie ACT empowers students passionate about sustainability to create positive change in their communities.

Eco-vehicle Sustainable Skills Programme

- Design innovative solutions for sustainable energy.
- Collaborate with peers to achieve common goals.

UFS Food Environment Community Gardens Skills Programme

- Manage vegetable gardens and apply sustainable food production practices.
- Understand the value chains in sustainable food production.

Kovsie ACT Volunteers Programme

- Develop professional work habits and build a portfolio.
- Plan, execute, and assess community projects.



Engaged Scholarship

Engaged Scholarship offers students the opportunity to integrate academic learning with community-focused projects, making a real-world impact.

ACCESS UFS Programme

- Develop UFS graduate attributes through hands-on initiatives.
- Organise and manage fundraisers for events and projects.

ACCESS UFS Volunteerism Programme

- Take part in Living Lab projects, Social Justice events, and Volunteer programmes.
- Develop leadership and organisational skills.





Peer Mentoring Programme

The Peer Mentoring Programme connects first-year students with experienced peers to support their transition into university life, offering guidance, friendship, and practical advice to help them thrive academically and socially.

Student Life Peer Mentor Programme

- Offer socio-emotional support and assist with the adjustment to university life.
- Facilitate discussions on navigating university life effectively.



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KovsieX

Where media meets student life; experience a dynamic digital hub combining radio, podcasts, and social media.

KovsieXco Learning Community:

- Combine delivery channels to share impactful messages.
- Evaluate and refine campaigns using media consumption data.
- Redesign strategies based on analytics for maximum impact.

These **CO-CURRICULAR HUB** programmes, an initiative of the Division of Student Affairs offer valuable opportunities for personal growth, leadership development, and hands-on experience that will set you apart in your academic journey and future career. Visit the website for more information:

www.ufs.ac.za/ufs-co-curricular-hub



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