

Unlock your potential: The journey begins here!

Are you ready to take your university experience to the next level? The University of the Free State (UFS) invites you to explore our co-curricular programmes, specially designed to align with the university's Vision 130 that has at its core the values of excellence, innovation, impact, accountability, care, and social justice. Our co-curricular offerings are here to help you grow personally and professionally, contributing to these core values while enriching your academic journey.

At the heart of this initiative is the Co-Curricular Hub, a dedicated team that promotes academic quality, integrity, reciprocity, and care. Team members collaborate to offer dynamic learning experiences that extend beyond the classroom and align with the UFS Graduate Attributes. This isn't just about ticking boxes; it's about becoming the best version of yourself.

By participating in our programmes, you'll not only earn certificates that highlight your skills but also gain experiences that enhance your employability. Plus, you can easily add these credentials to your LinkedIn profile, building a portfolio that sets you apart in the job market.

These modules are crafted to meet your academic, social, and emotional needs, helping you develop leadership qualities and engage in community service, establishing a sense of social responsibility. You'll learn invaluable life skills – such as stress and time management – that will give you a competitive edge in your career.

So why wait?

Join us in this exciting journey of personal and professional development and unlock a world of opportunities that will benefit you now and, in the future. With the support of the Division Student Affairs and a commitment to high standards, the co-curricular programmes at the university are your gateway to a more successful future.

Seize the moment: Take charge of your future!

Take the next step in your personal and professional development by enrolling in one of the co-curricular programmes today. Whether you want to enhance your leadership skills, engage in community projects, or prepare for your future career, there's something for everyone. Don't miss out on these valuable opportunities to grow, connect, and make a positive impact. Join us and start your journey towards a more enriched university experience!

Beyond the classroom: Discover your opportunities

Each of the following offices plays a vital role in supporting you on your journey, offering opportunities for growth, leadership, and meaningful engagement. Explore how these programmes can enrich your university experience and help you thrive at the UFS.

Student Counselling and Development (SCD)

SCD is dedicated to helping you become your best self, offering free, professional counselling and development services to all registered UFS students. Whether facing personal challenges, seeking career guidance, or simply aiming for growth, SCD provides support through individual and group sessions to help students navigate university life and achieve their goals. The team collaborates closely with other UFS departments and has strong connections to external mental health resources, ensuring that you always have a supportive community. With SCD, you never have to face your journey 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
After completion of the programme, you 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.

Thirushni Sam | E: samt@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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Programme Manager:
Student Leadership Development
Assistant Director: Student Life
T: +27 51 401 9087
E: pelserr@ufs.ac.za

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

Maeshoane Mofokeng
Senior Assistant Officer:
Student Leadership Development
T: +27 51 401 9085
E: mofokengme@ufs.ac.za

Essential attributes for advancement: Grow your future!

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

We will be focusing on the following attributes:

- Critical thinking:**
Be a Sherlock – analyse, evaluate, and never accept things at face value. Enrolling for our co-curricular programmes you'll improve your critical thinking abilities, allowing you to analyse information effectively and make informed decisions. This skill is important in a world surrounded by data and different opinions, because it helps you distinguish between fact and fiction.
- Problem solving:**
Navigate life's challenges like a pro with creative solutions. Problem solving equips you with the tools to tackle challenges head-on. Whether you're faced with a complex project, a team conflict, or unexpected changes, you'll learn to devise innovative solutions that demonstrate resilience and adaptability.
- Oral communication:**
Speak up, make your voice heard, and wow your audience. Through our co-curricular initiatives, you'll refine both your oral and written communication skills. This means you'll be prepared to express your ideas clearly, engage your audience, and leave a lasting impact – traits indispensable in today's collaborative work environments.
- Written communication:**
Write with clarity and impact, leaving no room for misinterpretation. Craft your words with clarity and precision, ensuring your message leaves a lasting impression. Whether you're writing essays, reports, or emails, you'll develop the skills to express your ideas effectively, making every word count.
- Ethical reasoning:**
Always do the right thing, even when it's the hard thing. We emphasise the importance of integrity and accountability, guiding you to make principled decisions even in difficult situations. This attribute not only builds character but earns you respect in both academic and professional settings.
- Community engagement:**
Be a force for good, making a difference in your community. We allow you to connect with others and contribute positively to society. This involvement nurtures a sense of social responsibility and cultivates empathy, helping you understand diverse perspectives and make a meaningful difference.
- Entrepreneurial mindset:**
Think big, take risks, and turn your ideas into reality. With a strong emphasis on establishing an entrepreneurial mindset, you'll be inspired to think creatively and take calculated risks. This attitude is essential for innovation and can open doors to new opportunities and career paths.
- Digital skills and competencies:**
Master tech tools to stay ahead in the digital age. You'll gain hands-on experience with the latest technologies and tools, ensuring you are well-prepared for the demands of the modern workplace.

All these attributes revolve around **academic competence**, the foundation for your success. By sharpening these skills, you're not just preparing for exams; you're building a solid platform for lifelong learning and achievement in every area of your life.

Join us to unlock your potential and equip yourself for the challenges and opportunities that lie ahead.

SCD programme: REBT (Rational Emotive Behavioural Therapy)

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates
After completion of the programme, you 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)

Nadia Maloney | E: cloetn@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
After completion of the programme, you will be able to: ✓ Define self-esteem, identify the formation and their impact on well-being. ✓ Discover, reflect and learn about your 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.

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



More UFS programmes
continue on the flip side.

Navigate your path

Build on your journey of growth with the
UFS Student Affairs CO-CURRICULAR HUB programmes

www.ufs.ac.za

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

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Centre for Universal Access and Disability Support (CUADS)

CUADS is dedicated to ensuring that students with disabilities have equal access to everything the university offers. 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 and establishing an inclusive, welcoming environment. Their priority is helping students reach their potential. They're eager to see them thrive, 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.

Contact for CUADS: Antonigone 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
After completion of the programme, you will be able to: <ul style="list-style-type: none">✓ 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 assisting at CUADS.	Per semester

Scan the QR code for the programme:






Student Leadership Development (SLD)

Student Leadership Development provides workshops, training, and first-hand learning experiences to unlock leadership potential. It encourages active involvement on campus and within the community, equipping participants with the skills to become effective leaders. Its programmes are crafted to improve academic performance, building social connections, and elevating career prospects. It is all about establishing a path to future success and becoming a leader who truly makes a difference.

Contact for SLD: René Pelsier | E: pelserr@ufs.ac.za or Maleshoane Mofokeng | E: mofokengme@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
After completion of the programme, you will be able to: <ul style="list-style-type: none">✓ Recognise current affairs that affect your 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 your views.✓ Demonstrate responsibility as a leader in applying the acquired knowledge in your 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.

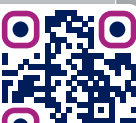
Scan the QR code for the programme:






SLD programme: FutureLEAD Challenge (FLC) Online Leadership Development

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates
After completion of the programme, you will be able to: <ul style="list-style-type: none">✓ Achieve knowledge to develop into a future leader at a personal/career/community level.✓ Prepare yourself 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)

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SLD programme: Student Governance Induction Training

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates
After completion of the programme, you will be able to: <ul style="list-style-type: none">✓ 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 your 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.

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Career Services

Make preparing for your dream job and excelling easier with Career Services at the UFS. We are providing a wide range of services and resources to develop important employability skills in today's job market. Visit the Career Services website and register on Career Hub to connect with employers, explore job opportunities, and receive guidance to achieve a successful career.

Contact for Career Services: Bloemfontein Campus: Nobesuthu Sonti | E: sontin@ufs.ac.za | Qwaqwa Campus: Mpho Thito | E: thitom@ufs.ac.za






Career Services programme: Career Development

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates
After completion of the programme, you will be able to: <ul style="list-style-type: none">✓ Evaluate your 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 Career Hub and stay connected with employer opportunities.	 Critical thinking (developing level)  Problem solving (developing level)  Written communication (developing level)  Entrepreneurial mindset (developing level)	Any student who is 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.

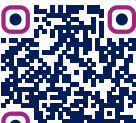
Scan the QR code to access the Career Hub:



Career Services programme: Work Readiness

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates
After completion of the programme, you will be able to: <ul style="list-style-type: none">✓ 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 industry requests and identify skill 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.

Scan the QR code to access the Career Hub:



Kovsie ACT

Are you a student 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. By joining Kovsie ACT, you can learn, grow, and contribute to a more sustainable world.

Contact for Kovsie ACT: Karen Scheepers | E: scheepersk@ufs.ac.za or Teddy Sibiya | E: sibiya@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
After completion of the programme, you will be able to: <ul style="list-style-type: none">✓ Generate and design innovative solutions to address the challenge of sustainable energy.✓ Assess and analyse the efficacy and effect 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)

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
After completion of the programme, you will be able to: <ul style="list-style-type: none">✓ Effectively demonstrate and execute the processes involved in planning, tending to, and harvesting a vegetable garden.✓ Transfer and apply your knowledge of maintaining a vegetable garden to collaboratively educate and support your 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)

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Kovsie ACT programme: Kovsie ACT Volunteers

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates
After completion of the programme, you will be able to: <ul style="list-style-type: none">✓ Demonstrate and exhibit professional work habits and attitudes essential for success in your 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 your professional portfolio.✓ Acquire the skills to diagnose projects in relation to your 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 (developing level)	All students	September to September (four hours a week)

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









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 for impact, 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. The Engaged Scholarship office provides an opportunity to learn, connect, and contribute to building a better community at the UFS.

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
After completion of the programme, you will be able to: <ul style="list-style-type: none">✓ 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.

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Engaged Scholarship programme: ACCESS UFS Volunteerism

Outcomes of the programme	Attributes developed through this programme	Target audience	Time required and event dates
After completion of the programme, you will be able to: <ul style="list-style-type: none">✓ 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

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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. Joining the Peer Mentoring office opens the door to a supportive relationship, guiding students on their path to success with a peer mentor by their side.

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
After completion of the programme, you will be able to: <ul style="list-style-type: none">✓ Build supportive and informative relationships with your first-year mentees.✓ Act as a mediator, helping your mentees adjust to new environments and experiences.✓ Provide socio-emotional support to assist your mentees in transitioning smoothly into university life.✓ Serve as a quick resource, connecting your mentees to the tools, support, or opportunities they need to thrive at university.✓ Plan and lead themed discussions that help mentees effectively navigate 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

Scan the QR code for the programme:



KovsieX

KovsieX offers an exciting opportunity for you to learn how to create and produce content for a dynamic digital platform that showcases student life at the UFS. By enrolling in the KovsieXco Learning Community course, you'll gain hands-on experience in everything from podcasting and video production to social media content creation, using cutting-edge equipment and software.

If you're passionate about storytelling, media, or just want to develop valuable multimedia skills, this is your chance to be part of a team that creates content for platforms like TikTok, Instagram, and YouTube. Plus, it's a great way to contribute to the UFS community and make your mark on campus life. Sign up and start building your creative future with KovsieX.

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
After completion of the programme, you will be able to: <ul style="list-style-type: none">✓ 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.

Scan the QR code for the programme:

