



UNIVERSITY OF  
KWAZULU-NATAL™  
INYUVESI  
YAKWAZULU-NATALI

## College of Law and Management Services

### Student Support Services

Dear CLMS Students,

CLMS Student Support Services offers you our exciting group sessions to help you develop your skills and cope better during these challenging times. Please contact Ms Noma Makathini at [makhathinin@ukzn.ac.za](mailto:makhathinin@ukzn.ac.za) to book a session.

You can also access information, audios, blogs and presentation on our CLMS SSS website: <https://clmsstudentsupport.ukzn.ac.za>

**We are with you on your journey to success - Sikanye nawe ohambeni lakho oluya empumelelweni**

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**Topic: Growth mindset**

**Date: 1, 15, or 29 September (Tuesday); Time: at 11h00; Facilitators: Zamangwane Khanyile & Margot Sennett Freedman. For any questions about this workshop, please contact Zama on [Khanyilez@ukzn.ac.za](mailto:Khanyilez@ukzn.ac.za)**

Do you believe that you were born and raised with a fixed set of skills and abilities—such as your IQ—that you had from birth and will stay with you your entire life? Or do you believe that your ideas and beliefs are changing, that you can learn new skills if you work at them, and that your wisdom and intelligence grows with each new experience?

If you said "yes" to the first question, you have what is called a "fixed mindset." If one has a "fixed mindset," it can be problematic because one's fear of making mistakes can lead one to avoid opportunities which would help one grow, improve oneself in important ways, do well academically and create the life one desires.

If you said "yes" to the second question, you probably have what Stanford professor Carol Dweck calls a "growth mindset". If one has a "growth mindset," one enjoys challenges, despite the risk, usually because one values learning and growth. more than others thinking one knows what one is doing. University graduates have generally been found to have a growth mindset (How about deleting this?)

So if you currently have more of a fixed mindset- do not worry —you can develop a growth mindset! Developing a growth mindset will teach you to embrace failure and find new ways of succeeding .

Attend this workshop and achieve your academic potential!

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**INSPIRING GREATNESS**  
www.ukzn.ac.za

## **Topic: Women's Group**

**Date/s offered: 2, 9, 16, 23, 30 September (Wednesday) ; Time: 10am – 11am; Facilitator: Margot Sennett Freedman. For any questions about this group, please contact Margot on [sennett@ukzn.ac.za](mailto:sennett@ukzn.ac.za)**

The aim of the group is to provide a safe online space for any female student within the college to share any issues around your experience of being a woman. These issues, within relationships, including any interactions with men (for example lecturers, tutors), not only romantic, could include setting personal boundaries, negotiating relationships, assertiveness in relationships and knowing one's worth, being comfortable within one's body and life. The group also intends to cover negotiating intimate relationships, empowerment, and ways of leaving relationships that are no longer nourishing.

It is hoped that this group will translate into a face to face group when Lockdown ends. Until then, it intends to provide a safe, accepting space for women.

Who is the session aimed at: Female students registered within the College of Law and Management Studies.

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## **Topic: First Year Support Group**

**Date/s offered: 3, 10, 17, 24 September (Thursdays) ; Time: 10am – 11am; Facilitator/s: Margot Sennett Freedman. For any questions about this group, please contact Margot on [sennett@ukzn.ac.za](mailto:sennett@ukzn.ac.za)**

First year students had barely tasted their new independence and spread their wings, when Lockdown came and they had to return home. First of all students began to adjust to the new beginning, only to have to return home and adjust to another beginning and "new normal." Many students have struggled with re-adjusting to life at home and to the new demands of university studying. Many are missing the friends they had just made and grieving for the lives they had just begun. This group aims at providing a safe space for first year students to talk about their experiences both on campus and at home and how they are navigating the readjustment and "new normal."

Who is the session aimed at: Any first year student registered within the College of Law and Management. The group will begin when we have four students.

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## **Topic: The Art of Time management**

**Date/s offered: 2, 9, 16, 23, 30 September (Wednesdays) Time: 13: 30**

**Facilitator/s: Cebisile Kubeka and Claire Mondlana**

**Email: [KubekaC@ukzn.ac.za](mailto:KubekaC@ukzn.ac.za), [MondlanaC@ukzn.ac.za](mailto:MondlanaC@ukzn.ac.za)**

Many students have struggled with managing time while at home, keeping a balance between family responsibilities and their academics whilst some have struggled with finding a quiet, private working space as extended family members and younger siblings are at home during the lockdown. Keeping to a plan or even exercising some control over their lives (particularly their academics) has become immensely difficult for many of our students.

The session will help you learn how to set goals, create a planner or a time schedule, prioritise activities and exercise control over your use of time. Ultimately the sessions will guide you and allow you to understand the barriers you might be facing with achieving your goals on time.

**Who is the session aimed at?**

All students who want to improve their time management skills.

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**Topic: Strengthening my coping mechanisms**

**Date/s offered: 4, 11, 18, 25 September (Fridays); Time: 09: 00**

**Facilitator/s: Cebisile Kubeka**

We all have different ways to cope with life's challenges that we use every day. However, different unforeseen situations, such a global pandemic like COVID-19 can throw us off our normal rhythm and impact on our coping mechanisms. Join this group to improve your coping mechanisms, learn new ones and adapt effectively during the COVID-19 pandemic and beyond.

Who is the session aimed at: All students who want to improve/strengthen their coping mechanisms.

If you have any questions about the group, please contact Ms Cebisile Kubeka at [KubekaC@ukzn.ac.za](mailto:KubekaC@ukzn.ac.za)

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**Topic: Learning Styles**

**Date: 9, 10 September 2020; Time: 12:00pm; Facilitator/s: Ishara Maharaj & Michelle Scharnick**

You are a unique learner. No one else learns in exactly the same way you do. The Learning Styles sessions will help you identify the way in which you process information and learn. By increasing awareness of how you learn, you will be better able to manage your learning process. This will enable you to monitor and select learning approaches that work best for you in different learning situations. There are many benefits to discovering your learning style. It will give you insight into your strengths and habits. It will also help you identify the areas that need development.

An added benefit is that you will better understand why you are responding to the COVID 19 experience in the way you are. You may want to explore better coping mechanisms in a counselling session or a group session.

The Learning Styles assessment is not a test, it is an experience in understanding how you learn. Scores on the assessment should not be interpreted as definitive but as a starting point for exploration of how you learn best. It is worth taking the time to know your learning styles.

Who is the session aimed at: All students wanting to improve their study skills

If you have any questions about the group, please contact Ms Ishara Maharaj at [Maharaji@ukzn.ac.za](mailto:Maharaji@ukzn.ac.za)

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**Topic: Managing your studies during lockdown: adjusting to online learning in the home environment**

**Date: 1, 8, 15, 22, 29 September 2020 (Tuesdays) ; Time: 12:00pm; Facilitator/s: Michelle Scharnick**



Change is often not easy but we can learn how to adjust and adapt to the changes we experience. This group session will address the changes you have experienced with your studies, as learning has moved from the university environment to the home environment. The session is aimed at providing guidelines and steps to help you to continue to be consistent with managing your studies and achieve desired results. It is also a safe space to discuss your challenges and work towards helpful solutions.

Who is the session aimed at: All students who want to improve their study management skills.

If you have any questions or would like to find out more about this group, contact Ms. Scharnick at [Scharnickm@ukzn.ac.za](mailto:Scharnickm@ukzn.ac.za)

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**Topic: Stress Management Workshop- How do I manage my stress?**

**Date: Webinar 17<sup>th</sup> September 2020; Time: 12:00pm; Facilitator/s: Michelle Scharnick & Ishara Maharaj**

**Groups: 2, 23, 30 September 2020 (Wednesdays); Time: 12:00pm; Facilitator/s: Michelle Scharnick**

Feeling stressed due to all the changes you have to deal with? This webinar aims to offer you practical ways to deal with the stress you may be experiencing. It will help you understand what stress is, how stress can affect you (your physical and mental health), how sometimes the way we think about a situation can increase our stress levels and help you find new ways to cope with stress. The group sessions will provide you a space for engagement with your peers.

Who is the session aimed at: All students who would like to develop new ways to cope with stress

If you have any questions or would like to find out more about this group, contact Ms. Scharnick at [Scharnickm@ukzn.ac.za](mailto:Scharnickm@ukzn.ac.za)

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## CAREER DEVELOPMENT

**Topic: Job seeking skills during the pandemic**

**Date: 09 September**

**Time: 10am**

**Facilitator/s: Yanga Lufundo**

The purpose of this workshop is to help students find new strategies for job hunting during the lockdown.

Who is the session aimed at: Students looking for jobs

If you have any questions about the group, please contact Ms Yanga Lufundo at [Lufundoy@ukzn.ac.za](mailto:Lufundoy@ukzn.ac.za)

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**Topic: Cover letter/CV writing**

**Date: 16 September**

**Time: 10am**

**Facilitator/s: Yanga Lufundo**

The session aims to help students compile a good Cover letter and a CV that is attractive to the employer.

Who is the session aimed at: All students looking for jobs

If you have any questions about the group, please contact Ms Yanga Lufundo at [Lufundoy@ukzn.ac.za](mailto:Lufundoy@ukzn.ac.za)

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**Topic: Interview skills**

**Date/s offered: 23 September**

**Time: 10am**

**Facilitator/s: Yanga Lufundo**

To develop the understanding of the interview process and suggest tips on how to answer interview questions

Who is the session aimed at: Students looking for jobs

If you have any questions about the group, please contact Ms Yanga Lufundo at [Lufundoy@ukzn.ac.za](mailto:Lufundoy@ukzn.ac.za)

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**Student Support Service**

**Law & Management Studies**

**For Bookings Contact: Ms. Nomathemba Makhathini**

**Email: [makhathinin@ukzn.ac.za](mailto:makhathinin@ukzn.ac.za)**

**We are with you on your journey to success - Sikanye nawe ohambeni lakho oluya empumelelweni**