



College of Humanities Student Support Services

FIRST YEAR EXTENDED ORIENTATION PROGRAMME 06 – 23 APRIL 2021

Dear First Year Students, Congratulations and a warm welcome!
We are so pleased that you have selected the College of Humanities. We hope that you have a happy, safe and successful first year.

To help you settle in and adjust to your new learning environment, we invite you to participate in the life-skills* and support group** sessions listed below.

Date	Session	Click to Join	ID & Passcode
Tues, 06 April @8:30-9am	Virtual Meet and Greet the SSS Team Meet our team and learn about our services	Join	Meeting ID: 992 1701 3897 Passcode: 924099
Tues, 06 April @3-4pm	Adjusting to University Life: Taking charge of your learning	Join	Meeting ID: 920 5548 2404 Passcode: 761934
Wed, 07 April @10am	First Year Support Group (every Wednesday)	Join	Meeting ID: 920 4218 3022 Passcode: 961630
Wed, 07 April @3pm	Time Management	Join	Meeting ID: 980 2984 4269 Passcode: 759924
Thurs, 08 April @8:30-9am	Virtual Meet and Greet the SSS Team	Join	Meeting ID: 954 9447 7412 Passcode: 931453
Thurs, 08 April @3pm	Learning Styles	Join	Meeting ID: 920 3944 8558 Passcode: 535121
Fri, 09 April @3pm	Study Strategies for Remote Learning	Join	Meeting ID: 920 7547 3227 Passcode: 257966
Mon, 12 April @08:30-09:00	Virtual Meet and Greet the SSS Team	Join	Meeting ID: 953 9471 2744 Passcode: 359851
Mon, 12 April @3pm	Practical Memory Strategies	Join	Meeting ID: 918 8398 8084 Passcode: 724640
Tues, 13 April @3pm	Dealing with cyberbullying	Join	Meeting ID: 946 4288 4009 Passcode: 551901
Wed, 14 April @10am	First Year Support Group	Join	Meeting ID: 920 4218 3022 Passcode: 961630
Wed, 14 April @08:30-09:00	Virtual Meet and Greet the SSS Team	Join	Meeting ID: 918 7515 0802 Passcode: 177346

Wed, 14 April @3pm	Adjusting to University Life: Embracing Diversity	Join	Meeting ID: 957 2143 2024 Passcode: 402682
Thurs, 15 April @3pm	Time Management	Join	Meeting ID: 996 6913 9524 Passcode: 934572
Fri, 16 April @8:30-9am	Virtual Meet and Greet the SSS Team	Join	Meeting ID: 978 4387 1589 Passcode: 303634
Fri, 16 April @3pm	Learning Styles	Join	Meeting ID: 956 1518 9987 Passcode: 386631
Mon, 19 April @8:30-9am	Virtual Meet and Greet the SSS Team	Join	Meeting ID: 952 7401 6216 Passcode: 723519
Mon, 19 April @3pm	Study Strategies for Remote Learning	Join	Meeting ID: 997 4687 3794 Passcode: 964814
Tues, 20 April @3pm	Stress Management, Self-care and Mindfulness	Join	Meeting ID: 946 8290 8706 Passcode: 649346
Wed, 21 April @10am	First Year Support Group	Join	Meeting ID: 920 4218 3022 Passcode: 961630
Wed, 21 April @8:30-9am	Virtual Meet and Greet the SSS Team	Join	Meeting ID: 983 6458 6514 Passcode: 144452
Wed, 21 April @3pm	Violence and GBV	Join	Meeting ID: 949 1960 5054 Passcode: 536354
Thurs, 22 April @3pm	Adjusting to University Life: Dealing with peer pressure	Join	Meeting ID: 965 3408 2363 Passcode: 846188
Fri, 23 April @8:30-9am	Virtual Meet and Greet the SSS Team	Join	Meeting ID: 979 4561 9836 Passcode: 361729
Fri, 23 April @3pm	Time Management	Join	Meeting ID: 995 7354 8262 Passcode: 101717

*Life-skills webinars are live online presentations that provide information and skills on a range of topics that are likely to be beneficial to your academic career. We understand that being at university as a first time student can be both an exciting time and a time of anxiety. These skills and information life-skills sessions are designed to help you navigate your new learning environment.

**Support groups are usually small groups who meet regularly. Members of a support group often share a common experience or interest/concern in an issue or topic. Support groups are a powerful way in which students may support each other and learn from each other. The psychologist facilitates the conversation and sharing and ensures a safe space for all. There are some ground rules which help create a safe space for group members to share their thoughts and experiences freely. Two of the most important are confidentiality and respect. What is shared in the group, stays in the group.

For enquiries, email Angeline Stephens at stephensa@ukzn.ac.za

We look forward to meeting you and engaging with you 😊