

YOU NISA

Magazine for Unisa students, alumni and friends

Issue 1 | 2020



SHAPING FUTURES THROUGH IMPACT

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Editorial

Mention the word 'impact' to just about anyone anywhere in the world at the moment, and the unprecedented Covid-19 pandemic will immediately come to mind. Yet the word carries an equally positive connotation, as was illustrated by LeBron James, widely regarded as one of the greatest African-American sportspeople of all time, when he said: 'I make impact plays. I make game-changing plays.'

Unisa's conventional (so to speak) academic impact is well known. As the largest institution of higher education in Africa it produces more graduates across a wider range of disciplines than its peers on the continent, a feat made possible by its open, distance and e-learning model. In the main section of this issue we look at the possibly lesser known but equally important impact the institution has on individuals, communities and society at large.

You, our readers, share your stories of how Unisa has, in often unexpected ways, made 'game-changing plays' in your environment. We report on a pioneering woman who has gained a winning African mind-set through a short course at a Unisa institute, a young farmer who is paying forward the food production skills gained at the university, an activist who has found an intellectual home at the institution and the impact the Unisa Art Gallery has on the African arts environment by building one of the finest collections on the continent.

It would be tone-deaf of us NOT to address the dreaded C-word somewhere in this issue, and in this regard we hope that students and non-students alike will find useful the expert advice on how to deal with stress in these trying times.

In closing, we hope that you will be neither discouraged nor overwhelmed by the current developments. As Unisa's Principal and Vice-Chancellor, Professor Mandla Makhanya, said in a recent message to students, staff and alumni: 'We need to keep clear heads and firm resolve to weather this storm. We shall overcome.'

The *YOUNISA* Team



Mañwalwa

Kha vha bule ipfi 'mveledzwa' kha muthu muñwe na muñwe huñwe na huñwe jifhasini zwazwino, dwadze ji sa athu u vha hone ja Covid 19 ji mbo qida muhumbuloni nga u javhanya. Ngeno ipfi jo hwala thalutshedzo yavhuḑi ine ya lingana, sa zwo sumbedziswaho nga Vho LeBron James, jifhasini nga vhuphara vha dzhiwa sa muñwe wa vhatu vhahulwane vha vhoramitambo vha African-American vha tshifhinga tshoṭhe, musi vha tshi ri: 'Ndi tṭuwedza u tamba. Ndi shandukisa mutambo.'

Mveledzwa dza akhademi ndi dzine dza qivheswa Unisa sa zwithu zwo ḡowealeho (u amba nga yeneyo nḡila). Sa tshiimiswa tshihulwanesa tsha pfunzo ya nṭha Afrika tshi bveledza vhaṭhaphudzagiriri u mona na masia manzhi o fhambanaho u fhirisa dziñwe yunivesithi dzine dza nga yone kha dzhangho, u swikelela ho konadzea nga tshiedziswa tshayo tsha pfunzo ya nnyi na nnyi ya u guda u kule ya u guda nga nyandadamafungo ya elekiṭhironiki. Kha khethekanyo khulwane ya Mafhungo aya ri sedza kha khonadzeo i ne ya qivhea zwituku fhedza nga yeneyo nḡila ya dovha ya vha mveledzwa dza ndeme dzine tshiimiswa tsha vha nadzo kha muthu muñwe na muñwe, na zwitshavha na vhatu vhoṭhe nga u angaredza.

Vhone, vhavhali vhashu, vha kovhana zwitori zwa nga ha uri Unisa i hani, nga nḡila nnzhi dzine dza mangadza, yo 'shandukisa hani mutambo' kha vhupo havho. Ro vhiga nga ha mufumakadzi wa jizhakanḡila we a wana muhumbulo wa Afrika nga kha khoso ya tshifhinga tshipufhi kha tshiimiswa tsha Unisa, rabulasi muswa a ne a khou vhuelwa nga zwikili zwa mveledziso ya zwiliwa zwa a zwi wana yunivesithi, muḡidzhenisi we a qḡi wanela haya ha vhuṭali kha tshiimiswa na mveledzwa dzine Gaḡeri ya Vhutsila ya Unisa ya vha nadzo kha vhupo ha vhutsila ha Afrika kha u fhaṭa nthihi ya khuvhanganyo ya khwinesa kha dzhangho.

Hu ḡo vha u sa dzhiela nṭha matshilisano kha riṇe Ri SA ambi nga ha ipfi C ji ofhisaho huñwe fhethu kha haya mafhungo, kha heji sia ri a fulufhela uri matshudeni na vhane vha sa vhe matshudeni nga yeneyi nḡila vha ḡo wana ngeletshedzo ya vhomakone uri vha nga shumana hani na mutsiko nga hezwi zwifhinga zwi konḡaho.

Musi ndi tshi khunyeledza, ri a fulufhela uri vha nga vha vho no ṭovhowa kana u kunda nga mveledziso dza zwino. Sa zwa ṭhoho ya yunivesithi na Tshanda tsha Mutshantseḡara wa Unisa, Phurofesa Vho Mandla Makhanya, vha zwi bula kha mulaedza wa zwinozwino wo livhiswaho kha matshudeni, vhashumi na vhaaḡumini: 'Ri fanela u humbula nga u javhanyedza ro dziika kha nyimele i konḡaho na u tandulula ro kwhaṭha u itela u kunda heji ḡumbu. Ri ḡo kunda.'

Thimu yavho ya *YOUNISA*



Umbono womHleli

Khuluma nje ngegama elithi 'Umthintela' komunye umuntu kunanyana kukuphi ephasini ngalesi sikhathi, kanengi umuntu emkhumbulweni womuntu kuzokuvula umbulalazwe i- Covid-19 . Kanti igameli limumethe ngokulinganako ihlathululo ehle, njengokutjho kuka LeBron James, ngokunabileko othathwa njengekutani yezemidlalo edumileko ngaso soke isikhathi, yomu-Merikha we-Afrika , lokha nakathi: **'I make impact plays. I make game-changing plays.'**

Umthintela we-Unisa kwezefundo waziwa iphasi loke. Njengeziko elikhulukazi lefundo ephakemeko e-Afrika likhiqiza aamagrajuweyithi amanengi kumikhakha eminengi yefundo ukudlula iintanga zayo enarhakazini, okuyinto ekghonakaliswa litshwayo layo lemodeli yefundo evulekileko, yokufunda ukude nemodeli yefundo ye-inthanedi. Esigabeni esikhulu salomtlolo siqala okungahle kube mthintela omncani, kodwana ngokulinganako oqakathekileko phezu kwabantu ngamunye, kwemiphakathi kanye nomphakathi wokana ngokubanzi.

Nina-ke, njengabafundi bethu, ache nicoce indatjana zenu zokobana ngabe i-Unisa, kanengi nangeendlela ezingakalindelwa, ngabe ngiyiphi indima eyidlalileko ukutjhugulula amaphilo wenu 'game-changing plays' iemabhodulukweni wenu. . Sithanda ukubika ngomma olivulandlela osele atjhugulule imikhumbulo yabantu be-Afrika ngesifundo esifitj hazana asenze ngaphasi kweziko le-Unisa, umlimi omumuntu omutjha osebenzisa amakghonofundwa wokukhiqiza ukudla awazuze eyunivesithi, umtjhotjhozeli ozifumanele ikhaya lefundo yeenhlakaniphi kuziko kanye nomthintela i- Unisa Art Gallery ebenawo ebhodulukweni lezobukghwari be-Afrika ngokwakha ibuthelelo elihle khulu enarhakazini.

Kuzakutjho bonyana asizwa lokha NASINGALUNGISI igama elisigandeleli elithoma ngo-C malungana nendaba le, kanti ngalokho-ke siyathemba kobana abafundi kanye nalabo abangasibo abafundi ngokufanako bazakuthola isiyeleliso esisebenzako sokobana sizokuqalana bunjani negandelelo eenkhathini ezibudisi kangaka.

Nangiphethako, ngiyathemba kobana anizokuphela amandla nanyana nihlulwe bujamo obukhona ngalesi sikhathi. Asiqine amandla silandele amagama waloyo oyiHloko neSandla seTjhansele ye-Unisa, uu Profesa Mandla Makhanya, kumlayezo wakhe wamhlapha awuthumele abafundi, abasebenzi kanye nalabo ababafundi bakade: **'We need to keep clear heads and firm resolve to weather this storm. We shall overcome.'**

IsiQhema se- YOUNISA



WORDWISE



What is a word? YOUNISA takes a look at the origins, meanings and applications of words and terms that we use every day.

Derived from the Latin *impactus*, meaning 'press closely', 'strike against' or 'drive into', the word impact holds two different meanings. Its application could mean a marked effect or influence or the action of one object coming forcibly into contact with another. The former informs the kind of impact Unisa has had and continues to have in the lives of hundreds of thousands of its current and former students around the world.

The sense in which impact is used in this issue is aptly illustrated by these quotations:

'Recognise that every interaction you have is an opportunity to make a positive impact on others.'
- Shep Hyken

'You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.'
- Jane Goodall

'I've always had a philosophy that position doesn't define power. Impact defines power. What impact are you making on people? What impact are you making on business?'
- Mindy Grossman

'Never be complacent about the current steps; don't agree and follow the status quo. Be determined that you are making an indelible impact with great change. Now, dress up and go to make it happen!'
- Israelmore Ayivor



Letterbox

We look forward to your thoughts on topics covered in *YOUNISA*. Email your letter to younisa@unisa.ac.za, or post it to the following address: *YOUNISA*, Department of Institutional Advancement, PO Box 392, Unisa, 0003.

Please note that letters may be edited to meet stylistic, grammatical and space requirements.

We asked you, our readers, to tell us how the university has an impact on YOUR community and society in interesting ways - not necessarily linked to the qualifications and courses offered by the institution. Here are the best letters received.

Please note that letters may be edited to meet stylistic, grammatical and space requirements.



A BETTER LIFE FOR ALL

Unisa makes a difference in people's lives. This I have witnessed in my family and in my community. I speak of the thousands of students that Unisa accepts when other higher educational institutions close their doors for reasons such as poor grade 12 results. Instead of denying us access to education, Unisa has systems in place such as bridging courses that eventually afford us an opportunity to further our studies. This opportunity has given many of us a chance to a bright future which we would not otherwise have had.

Three of my nieces and other youth in my community have benefited from Unisa's gateway to a better future. One of my nieces is now in the second year of her law studies, another is currently completing the Higher Certificate in Marketing and the third has completed the Higher Certificate in Adult Basic Education. These are young people who would have been sitting at home without future prospects, but Unisa has given them a second chance in life.

Big up to Unisa, an institution of choice and the people's university!

>Thabisile Hlatshwayo, BA Psychology

UNISA YETHU

Ngikhule ngaphansi kwesandla sikagogo lapho ngangingalitholi ithuba lokusabalala ngihlale nabangani ngifunde into ehlukile. Ngikhule ngifunda ezikoleni zasemakhaya ukusukela emazingeni aphansi ngaze ngafika kwaphezulu. Nganginezifiso ezinkulu ezinhle kodwa akuhambanga ngendlela engangihlele ngayo emuva kokuthi ngingaphumeleli kumatikuletsheni wami, lapho ngabona ukuthi kuphelile ngempilo yami.

Kodwa kwathi mangizwa ngokuthi kunezikhungo zemfundo ezingakwazi ukuthi ngithole isitifiketi sika-NQF L4 engingakwazi ukungena ngaso esikhungweni semfundo ephakeme, ngithe mangiqeda ngabhalisela ukufunda eUnisa ngathathwa, lapho ngajabula khona ngibona impilo yami iqhubuka.

I-Unisa isikhungo esikhulu semfundo lapho sikwazi ukunika umuntu ithemba lokuthi usengakwazi ukuqhubeka nokufunda noma engaphasanga umatikuletsheni. I-Unisa ikwazi ukukunika ithuba lesibili empilweni. Ngiyabonga ngethuba lesibili ngizolisebenzisa.

>uNonhlanhla Gebashe,
Higher Certificate in Accounting Sciences





BEATING ADDICTIONS AND MENTAL ILLNESS

I have always dreamed of becoming a lawyer. Unfortunately, my parents did not have access to information on how I could make my dream come true. When I completed matric in 2009, I pursued a diploma qualification at a local college but soon dropped out due to financial constraints. This led to depression and I began to abuse alcohol.

As time went by, my peers who used to hold me in high regard due to my achievements in high school began to prosper while my life remained stagnant. I continued sinking into depression and began abusing other substances. To finance my addiction, I started collecting waste material for recycling and became a laughing stock in the community. I continued drowning my sorrows with various substances to the point that I ended up living on the street.



My family and the priest of our congregation convinced me to go back home, but upon my return I experienced psychotic episodes. I eventually ended up in hospital where I was diagnosed with cannabis-induced psychosis and depressive disorder. While at the hospital, I was inspired to enrol for short courses which I passed with flying colours. My mother and psychologist then encouraged me to enrol at Unisa because it's a distance learning university. They felt that it would be appropriate for someone with my condition and would enable them to monitor my progress while I did something with my life.

Unisa will be my home for the next ten years or so, and I am determined to make my dream come true. I am grateful that Unisa accommodates students from various backgrounds while still offering quality education.

>**Karabo Matlou**, Diploma in Law



IT'S NOT WHERE YOU START, IT'S WHERE YOU FINISH

I initially began my studies with another university. Unfortunately I was diagnosed with severe depression and anxiety. I ended up dropping out of the institution and my self-esteem took a deep dive.

With nowhere to go, Unisa offered a solution. I could simultaneously study and work and, moreover, do so at my own pace. I registered with Unisa and I started feeling confident about my future. Unisa accredited some of my subjects and I proceeded successfully.

One of my biggest dreams is to complete my degree because I will be the first person in my family to graduate. I will make myself, my parents and family proud, and with the assistance of Unisa my dream can become a reality. Unisa has had a positive impact in my life.

>**Sasha Janse van Rensburg**
BCom Human Resource Management



TRULY AFRICAN, AND NOT IN NAME ONLY

As a child born to foreign parents in South Africa I did not qualify for citizenship. When the time came for me to apply to further my studies at a tertiary institution, no university could accept me because I had no passport or identity document.

I had given up hope of going to varsity when a friend suggested Unisa. I applied, and the university accepted me and resuscitated my dreams of becoming a lawyer. Although this opportunity was afforded me as an individual, its impact will benefit many.

I am grateful to Unisa for being a true African university in the service of humanity.

>**Rita Luwanda, LLB**



A BEACON OF HOPE

In the past, South African youth have been discouraged to apply for access to education at tertiary institutions due to financial challenges. Unisa has been a beacon of hope to students who come from disadvantaged backgrounds as well as working professionals who cannot attend full-time classes.

Through the distance learning system, students are able to study from the comfort of their homes and without worrying about where they are going to sleep or what they are going to eat as is the case at residential universities. Our institution has produced a number of working professionals who help to empower our country every day. I am proud to say that I am a Unisa student because of how our institution has been there for many disadvantaged and prominent people. Unisa has made it possible for disadvantaged youth to have access to the same education as the privileged rich.

>**Felicity Mncina,**
BA Psychological Counselling





Inspired to serve my community

My experience at Unisa has been nothing short of enriching. It is so much more than just a university. It is a network of people who come together to make a difference in our society. Unisa inspires its students to achieve academic greatness and push boundaries beyond their wildest imagination.

Studying at Unisa teaches one discipline, perseverance and integrity. Students are equipped to be the change in their communities. Our lecturers teach us that being at university is so much more than just studying a discipline, it's about putting it into action. My degree has enabled me to inform my community about environmental conservation. Through beach clean-ups, recycling initiatives, nature reserve projects, educating our youth and so much more, environmental degradation has drastically reduced in my community.

Unisa has helped me take a stand in my community and be the change that I want to see.

>Raquel Peters,
BA Environmental Management



ACCOMMODATING DIFFERENT VIEWS

The manner in which Unisa's student political organisations go about their activities at the Rustenburg campus is an inspiration to our community of how people with different ideologies can peacefully co-exist.

It is difficult to tell the South African Students' Congress (SASCO), Democratic Alliance Students Organization (DASO) and the Economic Freedom Fighters Student Command (EFF-SC) apart because of the friendly and cordial way they interact with each other. What a great example these young student leaders from different political affiliations set of how to co-exist with people holding different views.

Unisa actively promotes the rainbow nation that the likes of the late South African president Nelson Mandela fought so hard to bring about. Black, white, Indian, coloured, left-wing, right-wing, socialist or liberal – we are all one nation!

>Farirayi Kahwemba,
BA Communication Science





REWRITING LIFE STORIES

Over the past years I have seen Unisa live up to its vision and mission by ensuring that education is accessible to every individual who qualifies to further their studies and live their dreams regardless of race, age and social class.

In my community, I have witnessed young and old people rewrite their stories. In a country where the cost of good quality education escalates every year, Unisa offers education that enables one to compete on the local and global markets at a reasonable cost.

I have seen people becoming accountants and specialists in different fields. Adults changed their hopeless sad stories and became respected professionals in the community, all because of Unisa.

I am inspired to watch so many people in my community change their lives through Unisa.

>Tsakani Marcia Hlungwani,
BA Honours Media Studies



A TRULY CARING UNIVERSITY

I am a 28-year-old visually impaired student. Unisa has greatly contributed to my career success and that of other people living with disabilities.

As a person with a disability, I always thought that obtaining a degree would be impossible as I would require special assistance. In addition to my disability, I was also faced with the dilemma of not being able to afford tertiary education. However, Unisa made my dream of becoming a graduate a reality when I was awarded a bursary for students with disabilities.

To my delight, I was also assisted with special examination arrangements tailored to my needs, this included getting my study material converted to large print or audio format. I felt a great sense of belonging at Unisa, I began to believe that I could do it, and I did.

Thank you, Unisa, for providing me with a life-changing opportunity through your services for disabled individuals!

>Ashallia Roopnarain,
Postgraduate Diploma in Public Administration





TMALI ALUMNA ADDS FEMININE FLAIR TO AN ANCIENT CRAFT

Beer, one of the oldest and most widely consumed alcoholic drinks in the world, is big business. Regrettably, brewing is an industry almost completely dominated by men. This is set to change as **Apiwe Nxusani-Mawela**, armed with an Afrocentric mind-set courtesy of the Thabo Mbeki African Leadership Institute, blazes a trail for black women in this ancient craft.

A BSc Honours graduate in Microbiology and Biotechnology, Apiwe Nxusani-Mawela's unique Africa-centredness sets her apart from her peers. 'In everything I do within my company or within the industry, I ask myself whether it advances the African brewing sector,' she says. 'Does it showcase to the world what Africa is capable of? Will it lead to the long-term sustainability of the African brewing industry?'

From fascination to excellence

Nxusani-Mawela is South Africa's first black brewster (i.e. female brewer) and owner of Brewsters Craft, a company offering contract brewing, consulting, training and a laboratory facility. She says her interest in brewing started when she attended an open day at the University of Johannesburg and was fascinated by the study of biotechnology. 'Beer brewing is essentially a biotechnological process,' she explains.

Nxusani-Mawela is fully immersed in the industry. She serves as the chairperson of both the Africa Section of the Institute of Brewing and Distilling and the Beer Association of South Africa. She also serves on the board of directors for the Craft Brewers Association of South Africa. Through these key roles she has been able to advance brewing qualifications, especially for black women, across the African continent.

After leaving South African Breweries in 2015, Nxusani-Mawela went into a partnership to start Brewhogs microbrewery in Kyalami where she ran the brewery as a brewmaster (or, to be more accurate, brewmistress). She then started her own company, Brewsters Craft, where she initially focused on offering training and consultation. 'Next, I decided to add on a brewing facility and offer brewing services for brewsters,' she says. 'The company's academy is accredited by the FoodBev SETA to offer NQF3 brewing qualifications and learnerships. They are also accredited with the Institute of Brewing and Distilling to offer training towards the General Certificate in Brewing and Diploma in Brewing.'





TMALI adds African zing to the brew career

In 2017, Nxusani-Mawela completed a Thabo Mbeki African Leadership Institute (TMALI) short course entitled Thought Leadership for Africa's Renewal. The institute is a partnership between Unisa and the Thabo Mbeki Foundation. The principal purpose of TMALI is to train Africans for the political, economic, social and cultural renewal of the African continent and its people.

Nxusani-Mawela says that she found that the content of the TMALI course aligned with her company's vision – to become a leading company within the African brewing sector and to showcase to the world what Africa has to offer 'In one of the assignments I had to prepare a speech to deliver at the African Union on five keys decisions that need to be made in order for the African Renaissance to succeed,' she says. 'I included the five key things I believe should be changed within the brewing space in Africa. I am now working towards implementing some of those decisions in my company and within my space to bring about the African Renaissance.'



Spreading the gospel of success

Apart from offering training, learnerships and internships in South Africa, Nxusani-Mawela has also been offering advice and training to brewsters who want to set up their own breweries across the continent.

'In everything I do within my company and industry, I am mindful of advancing the African brewing sector and ensure its long-term sustainability,' she says. 'I believe this contribution shows many Africans that anything is possible and attainable, including Africans owning a brewery in Africa. I hope to see many small breweries across the continent brewing beers using local ingredients, celebrating the richness of Africa through the beers and creating much-needed employment.'

Ensuring success in a male-dominated environment

'In terms of my profession, I am a brewster first who happens to be a black female — I should be judged by my skills and not other aspects,' says Nxusani-Mawela.

The experience and knowledge gained over the years earned her a lot of respect within the industry. Nxusani-Mawela chooses to focus on the positives and lives by the motto "Be so good, they can't ignore you."

She urges women to keep their heads high as no one can take away their knowledge just because they are women. She acknowledges that, unfortunately, women constantly have to prove their worth, but believes that should not bring them down.

'Our struggles today are paving a path for the next generation of women in our workspace, so they do not have to go through what we went or are going through,' she concludes. 'One day, having women in male-dominated fields will be the norm.'



ADDING THE X-FACTOR TO AGRICULTURE



A Unisa diploma inspired a young farmer to shine in agriculture and make a living for himself – and others – in the farming industry.



'Studying through Unisa opened international doors for me as I have not only spent 18 months in USA but also few months in Switzerland doing farming and connecting with influential people,' says Mzwandile Duma, a livestock farmer who is determined to succeed in agriculture.

The thirty-two-year-old completed his National Diploma of Agricultural Management in 2013, gaining, in the process, a wealth of knowledge about leadership, task management, cost control, risk and time management.

In 2016, Duma completed Unisa's N4 Certificate in Project Management (N4) to acquire more skills to assist him to thrive in his field. Duma believes that the education acquired through distance learning played a big role.

After completing his qualifications, Duma worked at the African Conservation Trust (ACT) as the regional manager in Underberg. He started as a general worker and was promoted to supervisor after gaining his tertiary qualifications.

'The kind of work ACT was involved in entailed teaching rural communities to produce their own food, focusing on vegetable production for their own use with a surplus to sell,' says Duma. 'ACT educates farmers on environmentally safe agriculture.'

“I started as a consultant working for Future Farmers whereby I had to place 80 graduates on different farms across South Africa and provide them with mentorship on life skills and farming in general



Currently Duma is running his own farming and consultation company, Panaroger (Pty) Ltd. 'My passion and studies played a very big role to keep professionalism and standards,' he says. 'I started the company because I wanted to create job and internship opportunities for young farmers.'

The business started operating in January 2018 after Duma resigned from the African Conservation Trust.

His contagious passion made a huge impact on the community. 'I started as a consultant working for Future Farmers whereby I had to place 80 graduates on different farms across South Africa and provide them with mentorship on life skills and farming in general,' says Duma.

“I learnt so much from how things are done out there compared to how we do things here in South Africa, so I told myself that I will bring all the knowledge and skills to my fellow South Africans



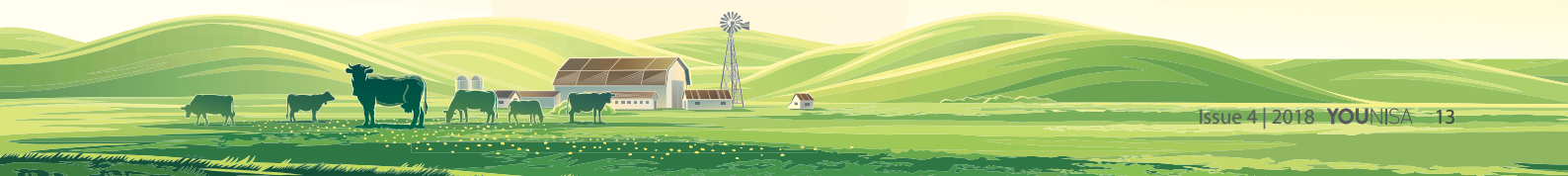
Duma contributed to the community for the past three years and he also did finance training and mentorship of commercial poultry farmers for a company called Franchising Plus, which has funding from the World Poultry Foundation.

During the year that Duma was in Florida, in the United States of America, he obtained an artificial insemination certificate. 'I learnt so much from how things are done out there compared to how we do things here in South Africa, so I told myself that I will bring all the knowledge and skills to my fellow South Africans,' he says.

Commenting on his current activities, Duma says that he is able to manage the budget and all the expenses of the farm that he is running. 'In addition, I can do planning and prepare for potential risks. I am also able to make the right decision at the right time for my farming enterprise. I have gained a lot of respect from neighbouring farmers because of what I can do with my hands and brain.'

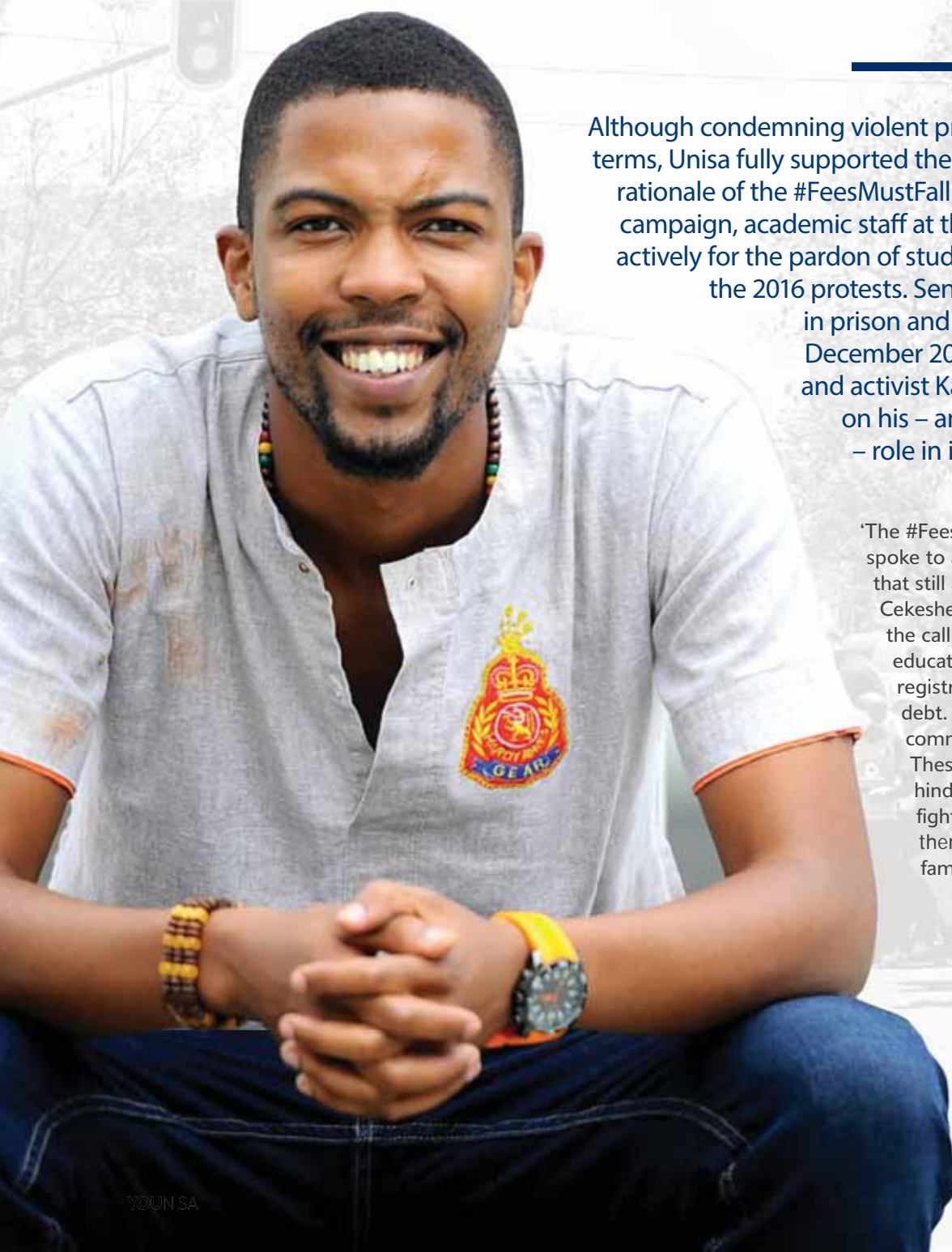
Commenting on what makes Duma tick, Francois Du Toit, a colleague from the African Conservation Trust, has this to say: 'Mzwandile Duma is a great young man, a natural leader who learns quickly and adapts despite challenges in rural communities. He remains a good friend and I am pleased to see his progress towards becoming a successful young farmer. He was never shy to seek advice and sought mentorship endeavours.'

Annie Baptiste, training manager at Franchising Plus, says she met Duma during one of her business acumen workshops. 'Duma stood out and after I spoke to him about his history and experience, I decided to use him as a mentor to follow up with the delegates after training. It is a pleasure to work with him as he added so much value to participants after the workshop with his extensive knowledge on farming and poultry. He amazed me with his ability to get on with the job and I will definitely use him for future mentorship programmes in the agricultural industry.'





After #FeesMustFall, the decolonisation mission continues



Although condemning violent protest in no uncertain terms, Unisa fully supported the spirit and underlying rationale of the #FeesMustFall movement. After the campaign, academic staff at the institution lobbied actively for the pardon of students detained during the 2016 protests. Sentenced to eight years in prison and released on parole in December 2019, Unisa law student and activist Kanya Cekeshe reflects on his – and higher education's – role in influencing change in our society.

'The #FeesMustFall movement spoke to a number of societal issues that still affect our country,' says Cekeshe. 'It brought to the fore the call for free, decolonised education, and the scrapping of registration fees and student debt. It stood against the commodification of education. These challenges serve as hindrances to black students fighting for a better future for themselves as well as for their families.'



Cekeshe says that studying law at Unisa will provide him with expertise on different aspects of the constitution. 'Ultimately, this will enable me to play a role in creating the Azania we all dream of,' he says. 'I have always had an interest in law as a means to defend those who need defending, and hold the view that something is not right within our justice system. While in prison, I saw first-hand that some individuals who are serving sentences would not be in prison if they had proper legal representation. This further developed my interest in criminal law specifically.'

“Education for black people is one of the vital aspects of our society that needs to be invested in if the country is serious about addressing the injustices of the past

Cekeshe believes that South Africa's indigenous people are yet to benefit from free education. 'Black children have yet to be fully empowered so they can truly start off on an equal footing with the rest of society. Until this is done, there can never be a rainbow nation. If I had the power and opportunity to change the current education system, I would aim to firstly improve its quality. Secondly, I would create an education system that is diverse enough and accommodating for the different needs we have in our society, be it academic or other skills. The system must be accessible even to the marginalised within our society. I would integrate pro-African academic content within the curriculum and eliminate the western epistemologies currently present within our education systems.'

In closing, Cekeshe says that the lack of support by South African political leaders experienced during the #FeesMustFall campaign is regrettable. 'Education for black people is one of the vital aspects of our society that needs to be invested in if the country is serious about addressing the injustices of the past and changing the lives of the marginalised group.'



Dr Sibusiso Chalufu, Acting Executive Director: Student Affairs and Regional Services and Dean of Students

#FeesMustFall: Lessons learnt

Writing in the Daily Maverick on 14 August 2018, Dr Sibusiso Chalufu, Unisa's Dean of Students at the time, said that there is a need for critical reflection on the events of 2015/2016, with a view to extrapolating critical lessons to guide institutions of higher education into the future.

'We need to ask ourselves whether we could have done better in the manner in which we as universities – particularly as student affairs and services practitioners – dealt with the #FeesMustFall period,' he wrote.

'Should we, perhaps, have pledged greater solidarity with the students; could we have worked closely with student leaders even as we were most often targets of attacks or seen as the enemy? Is there more that could have been done? How else could we have contributed to the legitimate student struggles for transformation and free higher education? Are there any lessons that were learnt from what transpired during the 2015/2016 period in our institutions? Did we or have we done enough to know who our students are and to develop an understanding of where they come from, what they seek and what contribution we can make towards all that? These and other questions still require critical reflection and, perhaps most importantly, they require us to develop and design an agenda for transformation that is both responsive and forward looking.'



Viva, woke art!

The Unisa Art Gallery has grown its permanent art collection and recently added acquisitions with a rich symbolic meaning. The new acquisitions were inspired by Africa's rich historical background and created by some of the country's most woke artists.

Since its inception in 1986, the Unisa Art Gallery has grown to be a significant exhibition space in South Africa. The gallery owns a permanent collection of contemporary South African and international art. Its recent acquisitions are African-inspired art by, among others, Mmakgabo Helen Sebidi and Claudette Schreuders.

Jacob Lebeko, Assistant Curator at the gallery, says that the acquisitions of these artists' artworks are inspired by a variety of factors. 'We purchase artworks first of all because they will serve as educational tools to our Visual Arts students, and secondly because they are relevant for the growth of the Unisa permanent art collection that has been in existence

since late 1970s,' he says. 'The collected pieces are weighed on individual merit. Some of the art is considered based on its cutting-edge approach, while some is purchased to close gaps of what the gallery is missing. The gallery also supports young and upcoming artists with the hope that they will become household names. Importantly, however, we always consider the subject matter of the art.

Every Unisan should visit the gallery to experience the best of local and international art. Until you do, here is a summary of two of the new acquisitions and information on the artists who created them.





Title: *After Lobola (Married)*

Medium: Nine-colour lithograph

Mmakgabo Helen Sebidi is an extraordinary artist who has been awarded the Order of Ikhamanga (Silver) by the Office of The Presidency. In a book on her by David Krut, she says of her grandmother: 'I remember lying down next to my grandmother while she was making the floor out of cow dung. I wanted to see why her floors were different to everybody else's, so I lay down to watch her and I saw her fingers.'

Sebidi says the cattle in *After Lobola (Married)* are a way of saying thanks to the ancestors for growing her. 'The woman's true nature is only revealed once the couple are married and lobola has been paid,' she says. 'The snake in her hand (lower right-hand side of print) is the woman's true nature which is revealed after marriage. The snake is a symbol of danger resulting from her decisions as she has become a dangerous woman. The snake shows the effects of city life. Once a woman is highly educated and earns more money than her husband, it begins to create problems in their marriage. She also becomes pretentious and a snake thus represents her nature.'

Title: *Loved Ones*

Medium: Sculpture, jelutong wood, oil and enamel paint

Claudette Schreuders creates carved and painted wooden figures that reflect the ambiguities of the search for an "African" identity in the post-apartheid 21st century. She says that the domain of woodcarving is a contested one for a white, Afrikaans woman, and the subtractive process of carving offers a certain lack of control that she enjoys.

Schreuders' sculptures are essentially modern deities for modern problems. 'They take with them the figures' potential to "cure", as well as engaging with issues around foreignness and hostility and the means we use to create a space for ourselves in a perceived 'alien' environment,' she says.

The artist describes her self as something of a perfectionist, working slowly and indulging in her labour-intensive process, which she sees as quite revelatory in terms of understanding one's intention and desire. Explaining her artwork, Schreuders says, 'I think what I'm interested in is telling stories. It's portraiture, but it's a vehicle for telling a particular story, or the way in which society makes people who they are, or the group against the individual.'

Unisa Art Gallery details:

Physical address: Kgorong Building, Unisa Main Campus, Muckleneuk, Tshwane

Visiting times: Tuesday to Friday, 10:00 – 16:00

Website: unisa.ac.za/gallery



GRADUATE *of* NOTE

PROUD UNISA GRADUATE BEATS THE COVID-19 BLUES IN STYLE

A UNISA STUDENT HOSTED HER OWN GRADUATION CEREMONY AT HOME AND SHARED IT ONLINE TO MARK AN IMPORTANT MILESTONE DURING THE COVID-19 CRISIS.



BCOM INDUSTRIAL
PSYCHOLOGY GRADUATE
SONKE NKWANE



Due to cancelled graduation ceremonies as part of Unisa's Covid-19 emergency measures, Sonke Nkwane, a Unisa BCom Industrial Psychology graduate from the College of Economic and Management Sciences, was inspired to organise her own "home graduation moment" to commemorate an academic accomplishment even without the formal occasion that all students relish.

'Before the advent of the Covid-19 crisis my loved ones and I greatly looked forward to celebrating this milestone,' says Nkwane. 'In my mind's eye I could already see myself walking across the stage in the ZK Matthews Hall to collect my certificate. Imagine, then, my disappointment when I learnt that this was not to be. I felt as if I needed closure to understand that I am now closing this chapter of my life, so I can continue with other things.'

Not one to take things lying down, Nkwane, a self-taught makeup artist and beauty salon owner, dressed up in her academic finery on the big day and celebrated joyously at home with her family. Nimble leaping across the social distance required in these bleak times, she shared the special occasion with her followers in the Twitterverse.

That this positive spirit and enthusiasm are core characteristics is evident as Nkwane describes her future plans. 'I hope to help companies manage employee relations and resolve co-worker conflicts with the degree I obtained from Unisa,' she says. 'I want to help organisations improve workplace morale and employee satisfaction, and use my expertise to assist with the hiring and promotion of employees. I plan to attain a master's degree in the next five years and then I will take it from there.'

Asked to share a message with other students, Nkwane says: 'Don't go around saying the world owes you a living. You owe it to yourself. Never think you can study a complete syllabus the moment you receive your study, much as you would eat a bowl of cereal in one sitting. You need to eat a little bit every day, and chew thoroughly.'



SHARE YOUR HOME GRADUATION STORIES

Did you have a special graduation ceremony at home, or know of a student who did or intends to? We would love to hear from you – email your story and photos to younisa@unisa.ac.za.

Unisa alumnus named ICT minister in Namibia



MICT management welcomes newly appointed minister, Hon Peya Mushelenga, and his Deputy Minister, Hon Emma Theofelus. Image source: Ministry of Information and Communication Technology, Namibia

The Department of Political Sciences at Unisa was delighted to learn that alumnus Dr Peya Mushelenga has been redeployed as the Minister of Information and Communication Technology in Namibia. This is his third Cabinet position.

Mushelenga has completed three degrees at the university in Political Sciences: a Bachelor of Arts (Hons) in International Politics, a Master of Arts in International Politics, and a Doctor of Literature and Philosophy in International Politics. He is currently enrolled for theological studies at Unisa.

According to the Windhoek Observer, Mushelenga cites his late mother, a teacher, as his motivation to study. He believes in life-long learning and that there is no limit to searching for knowledge.

'I study through distance education. It does not take up much time, but it requires self-discipline. For the courses where class attendance was required, I attended night classes. To make enough time for my studies, I cut out leisure time and reduced sleeping hours. When I travel long distances, by road or air, I do not sleep, but take my books to read or work on my assignments.'

“I study through distance education. It does not take up much time, but it requires self-discipline. For the courses where class attendance was required, I attended night classes

“We study, to quote another political scientist, Harold Laswell, ‘who gets what, where, when and how.

Critical analytical skills

Unisa’s Professor Jo-Ansie van Wyk from Political Sciences affirms that the department has had a fair number of high profile alumni that include the Robben Island generation.

‘We study, to quote another political scientist, Harold Laswell, ‘who gets what, where, when and how’. I would like to add ‘who (or which state) gets how much of what, or not, when, or not, why, and how, by whom, and for what purpose’.

Van Wyk says that they equip their students with critical analytical skills to understand, explain, and predict political relations among civil society, among those in power, and between the population and the state. ‘Moreover, we focus on policy formulation and analysis.

Herein lies the value of our offerings: we empower our students to have solid foundation on politics, the state, policy, and the social contract. As our department offers three majors (Politics, African Politics and International Politics), we offer students the opportunity to obtain a unique qualification.’

She concludes by saying that this is confirmed by the increase in Political Science student numbers, and an increase in the number of high-profile students from here and abroad.

Young politician a breath of fresh air

Mushelenga’s deputy minister, Emma Theofelus, is also a Unisa alumna, and, at 23 years, the youngest in the Namibian Cabinet. She holds an LLB from the University of Namibia and a Diploma in Afrikan Feminist and Gender Studies from the Thabo Mbeki African Leadership Institute (TMALI).

Alumna heading Unisa's second-biggest region

The KwaZulu-Natal (KZN) region, the second biggest region of Unisa, with about 70 000 registered students, will now be led by one of its alumni. The university warmly welcomes the newly appointed Regional Director (RD), Philisiwe Joyce Myeza, who assumed her position in February 2020.

The RD joined Unisa from the University of KwaZulu-Natal (UKZN) where she was director of the UKZN libraries and special collections from 2015 until 2020. Before this assignment, she worked at various institutions of higher learning, including the Mangosuthu University of Technology (MUT) and the Durban University of Technology (DUT).

The region should become more student-centred and guide students through their studies to succeed academically.”



Myeza is a family person and a mother of three children. However, she is also an accomplished scholar and published author. She received her very first degree from Unisa, a BA in 1994, and further obtained a Postgraduate Diploma in Information Studies and an Honours in Information Sciences from UKZN. She also holds two master's degrees, one from DUT and one from the Simmons College in Boston, USA, where she was a Fulbright scholar from 2007 to 2009. She also obtained a Leadership certificate from the renowned Harvard University in Cambridge, USA. She is currently reading for her PhD.

The KZN region has several offices across the province from the central hub in Durban to regional offices in Newcastle, Pietermaritzburg, Richards Bay and the Wild Coast in Mbizana. This vast region, like other Unisa regions, has a mandate to deliver the full bouquet of learner support services to students, and Myeza as a leader with undoubted passion for libraries, will ensure the region delivers on this mandate.

I will lead by example in order to motivate others—more like a mother taking care of her children”

In a meeting with the regional management, the RD articulated her leadership style, emphasising her strong belief in servant leadership, saying, 'I will lead by example in order to motivate others—more like a mother taking care of her children'. She further said that the region should focus on the bigger picture, namely to ensure that Unisa students succeeded in their studies. The region should become more student-centred and guide students through their studies to succeed academically. She said since all staff members were there to serve the students, the focus should be on the throughput rate as a measure of success on the university's core business of teaching and learning, thus enabling Unisa to successfully achieve its academic project through scholarship.

Myeza said the message she would like to share with all KZN region staff members is that she believes in respect for each other, and urged colleagues to reach out to each other and to show Unisa students the same respect that Unisans show towards their families.





Unisa Political – Sciences – alumnus to head IAPSS research committee

Ian Fleming-Zhou, a Unisa Political Sciences graduate, has been appointed the next chair of the International Association for Political Science Students (IAPSS) **Research Committee on Security Conflict and Crime**. The association caters for all political science students worldwide and aims to strengthen their academic profile by offering various opportunities for development. As the chair, Fleming-Zhou believes that the knowledge gained through his studies with the university influences his leadership traits and daily work activities. 'I learnt to be committed, dedicated and disciplined.'

He says: 'Distance education boosted my professional career as there wouldn't be anyone chasing after me to submit assignments and meet deadlines. If one does not have the right work ethic, the process becomes challenging.'

“I am constantly working hard to make sure the voices of the younger generation are not only prominent in international politics, but they are heard

Fleming-Zhou, who joined IAPSS in 2014 as a member, became part of the journals authorial board and wrote articles that covered all topics from nuclear diplomacy, cyber security, and foreign policy. Before he became the chair, he was appointed as a vice-chair in 2017.

Building a good rapport with lecturers in the Political Sciences Department and attending tutorial classes at undergraduate level encouraged Fleming-Zhou to achieve his academic goals. He has completed three degrees at Unisa, a BA in International Relations and Diplomacy, BA Honours in International Politics, and an MA passed cum laude. 'I would also like to emphasise that I would not have asked for anything better than the supervision I got during my master's,' he says.

In his new position, Fleming-Zhou is learning a great deal about the workings of a multicultural organisation. He firmly believes that it is important to have youth leadership in the field. 'I am constantly working hard to make sure the voices of the younger generation are not only prominent in international politics, but they are heard,' says Fleming-Zhou. 'I strongly believe that through this position, I have the resources and means to make it possible.'

'Zhou is dedicated, independent, and also highly motivated,' says Professor Jo-Ansie van Wyk from the Department of Political Sciences in the College of Human Sciences. 'As a student he was an avid reader, engaged with the relevant literature and strong theory. This made it wonderful to work with him as he passed with distinctions,' she says. 'His involvement in this organisation confirms his open-mindedness and realisation of the benefits of international cooperation and exposure,' affirms van Wyk, who co-supervised Zhou's master's dissertation.

“I would also like to emphasise that I would not have asked for anything better than the supervision I got during my master's

“I strongly believe that through this position, I have the resources and means to make it possible.’

Van Wyk adds that they co-authored an article that was accepted for publication by the Asian Journal of Peacebuilding in 2020. 'We just submitted another joint article to the journal International Negotiations.'

Now they are working on a third joint article where they have developed a new model, an amendment of Amira Galin's model on small states' use of time-delay tactics as an instrument to entrap a stronger state during diplomatic negotiations. 'We argue that North Korea is very astute and analyse its operationalisation, looking at instruments of time delay as a tactic,' says Van Wyk.



Ian Fleming-Zhou, Unisa graduate and Chair: International Association for Political Science Students (IAPSS) Research Committee on Security Conflict and Crime



TMALI announces big plans

In March the Thabo Mbeki African Leadership Institute (TMALI) held its first interactive session for 2020 where TMALI students had a robust interaction with the former President of South Africa and Chancellor of Unisa, Thabo Mbeki. It was announced that a new school, Thabo Mbeki, has been established at Unisa, which is going to be a flagship programme on the continent. The school will offer African-centred knowledge and scholarship in governance, diplomacy and state affairs with the view to advance African Renaissance and unity, tailored in the legacy of Thabo Mbeki and other African thought leaders.



Pursuing the French Connection

Unisa's Principal and Vice-Chancellor, Professor Mandla Makhanya (right), led a Unisa delegation on 9 March 2020 in a meeting, held at the university, with HE Aurélien Lechevallier, Ambassador of France to South Africa (left), and Dr Moncef Meddeb, Science and Technology Attaché of the Embassy of France to South Africa. The parties agreed to organise and host dialogues, seminars and colloquia on issues of common interest within the higher education landscape.



Gender equality still facing many challenges

Taking the platform at the Thabo Mbeki Foundation's celebration of International Women's Day on 7 March 2020, Dr Samar Jabr (Head: Mental Health Unit, Palestinian Ministry of Health) stressed that special attention needed to be paid to the lived experiences of women and children.

When the 'why' is big enough, the 'how' will take care of itself

Sandras Phiri, the CEO and co-founder of the Sandras and Lelemba Institute, shared his leadership, entrepreneurial, coaching and public speaking expertise with Unisa students at the Muckleneuk Campus on 11 March 2020. Phiri encouraged the students to take stock of their beliefs about money to ensure that these beliefs were empowering instead of limiting.



Partnership sealed between Unisa and Titans Cricket

On 15 March 2020, Unisa launched a partnership with Titans Cricket (Pty) Ltd following the signing of a three-year memorandum of understanding. The partnership will develop sports through higher education by enabling study opportunities for club cricketers in the Northern Gauteng region, strengthening learning at the governance and administration level of executive business, and establishing and branding the Unisa model as the African thought leader of choice. Pictured here are (left) Professor Mandla Makhanya (Principal and Vice-Chancellor: Unisa) and Pierre Joubert (Acting Chief Executive Officer: Titans Cricket Pty Ltd).



#SciComm through FameLab SA



In the world's largest science communication (SciComm) and public speaking competition, FameLab, emerging researchers present a three-minute scientifically accurate talk with clarity and charisma to a panel of judges. The annual FameLab SA/Unisa Regional Heat coaching session and competition took place on 4 and 5 March 2020 at the Gallagher Convention Centre in Midrand. Pictured here are (from left) runners-up Karabo Mashiloane (NanoWS, Unisa) and Trevor Simbayi (IDEAS, Unisa), and winner Pinky Mokwena (Master of Applied Science in Environmental Sciences student, TUT).



Solidarity in action

The Principal and Vice-Chancellor of Unisa, Professor Mandla Makhanya, has pledged to contribute a third of his monthly salary for the next three months to the Covid-19 Solidarity Fund. The university's vice-principals have also pledged to make contributions to the fund on an individual basis and as determined by each person.

'As Unisa, we recognise that our country is at a definitive moment in its history and that it is incumbent upon all of us to support all national efforts to curb the spread and impact of the COVID-19 virus' said Makhanya. 'This pledge to the Solidarity Fund is our humble contribution to this noble cause aimed at ameliorating the devastating impact of COVID-19 on the economy of our country and the livelihoods of our people, particularly the most vulnerable sections of the population.'

“As Unisa, we recognise that our country is at a definitive moment in its history and that it is incumbent upon all of us to support all national efforts to curb the spread and impact of the Covid-19 virus



We feature two books published by Unisa Press, the university press with a major impact in Africa. The titles reviewed here are co-winners of the 2018 Hiddingh-Currie Award, a prestigious annual research prize for authors of published works within Unisa Press.

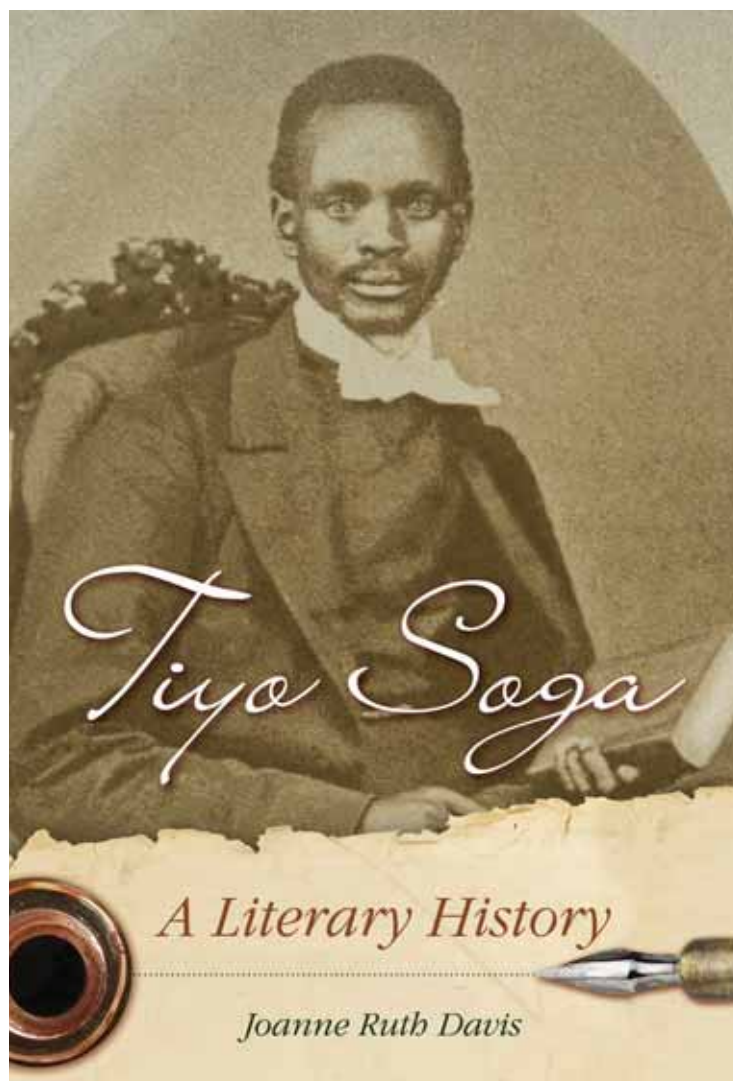
Reshaping SA's literary history

*By Dimakatso Malema, Marketing Officer, Unisa Press

Tiyo 'Zisani' Soga was a prominent yet little-studied 19th-century African intellectual. Born in 1831 in free Xhosa lands, the son of a counsellor to the Xhosa chief Ngqika, Soga completed his degree at the Andersonian Institute in Glasgow in 1854 and was ordained as a minister in the United Presbyterian Church of Scotland in 1856. He returned to the Eastern Cape with his Scots bride, Janet, née Burnside, as an active minister, prolific writer, and translator.

Tiyo Soga: A literary history, by Joanne Ruth Davis, offers a comprehensive study of Soga's literary significance and his lasting relevance to African intellectualism, diaspora, and theological studies. Davis presents fresh scholarship on Soga's literary works. Her meticulous research has unearthed previously lost writings including speeches, letters, and two grammatical treatises on the use of Xhosa in the translation of the Bible into Xhosa. In combination, these discoveries will contribute to reshaping South African literary history.

Davis explores the different representations of Soga in works by other scholars. She explains Soga's pivotal role in the Xhosa Bible translation and offers innovative ways to read his writings. The volume incorporates a detailed list of appendices to facilitate further scholarship on Soga.

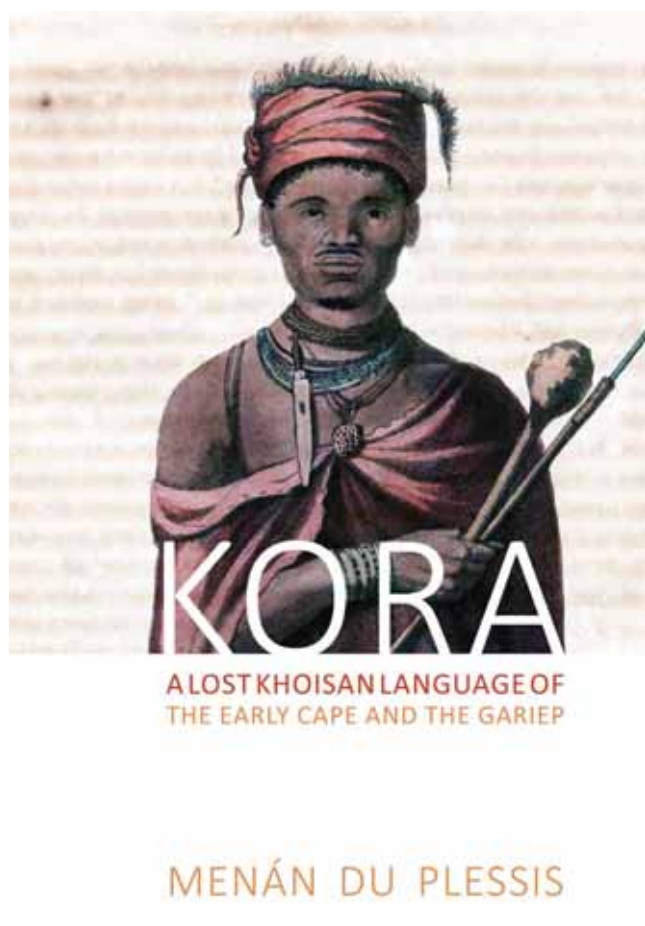


“ She explains Soga's pivotal role in the Xhosa Bible translation and offers innovative ways to read his writings



Celebrating a linguistic heritage

*By Dimakatso Malema, Marketing Officer, Unisa Press



Late last year, the Department of Arts and Culture invited the author to present a paper relating to her research on Kora. This event was an important expression for all indigenous cultures and culture enthusiasts. In 2020, the author will be part of a panel with Denver van Breda and Deirdre Jantjies on 11 March at the 2020 Wordfest, in Makhanda.

Unisa Press co-published *Kora: A lost Khoisan language of the early Cape and the Gariep* with South African History Online and the National Institute for the Humanities and Social Sciences. As part of a cultural restitution project and of heritage importance, Unisa Press is proud to be associated with research work that holds such importance to the discipline.

“In one of her presentations she said that the language was assumed to be lost until a fellow researcher stumbled upon a few elderly people who were still fluent.”

Among these are facsimile copies of original documents, including university and baptism records, and the Soga family register. *Kora: A lost Khoisan language of the early Cape and the Gariep*, by Dr Menán du Plessis, is described as a linguist's paradise of an obscure language and it is for this reason that it created much interest among different communities soon after it was published. Du Plessis received many accolades for the publication after the initial book launch, as well as several offers to discuss her research relating to the book.

In one of her presentations she said that the language was assumed to be lost until a fellow researcher stumbled upon a few elderly people who were still fluent. Only two brief audio recordings were ever made (in the 1930s). The language was assumed to have disappeared by about the mid to late 1960s.

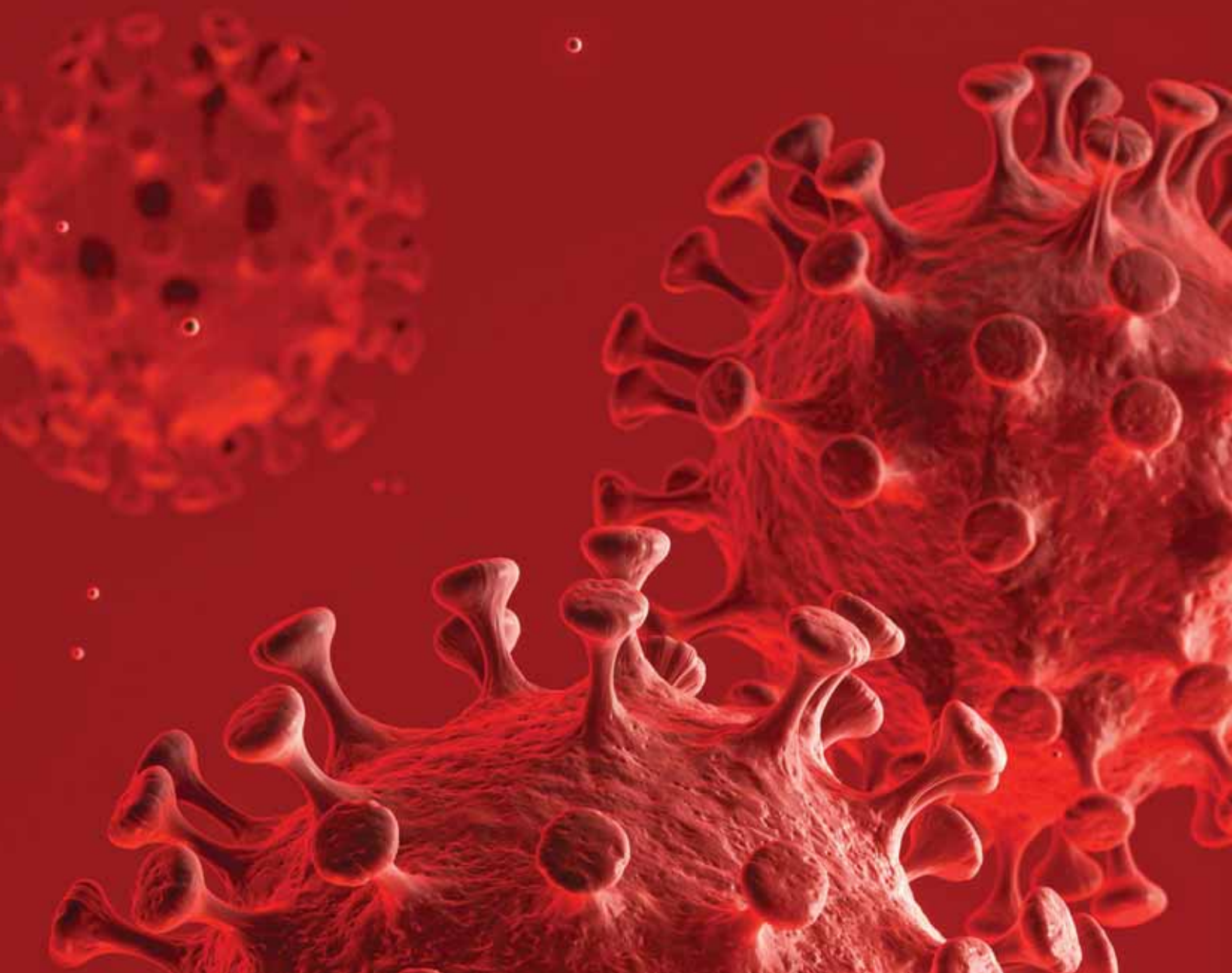
The book is available from Unisa Press – visit www.unisa.ac.za/press for more information



COPING WITH COVID-19



The World Health Organization provides the following advice, equally applicable to stressful situations not related to the Covid-19 crisis.





ADVICE FOR ADULTS



It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.



If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.



Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as the WHO website (who.int) or, a local or government public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

HELPING CHILDREN COPE



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting, etc. Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.



Children need adults' love and attention during difficult times. Give them extra time and attention. Remember to listen to your children, speak kindly and reassure them. If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalisation) ensure regular contact (e.g. via phone) and re-assurance.



Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age. This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



Unisa Covid-19 resources and messages:

<https://tinyurl.com/unisacovid>

Covid-19 24-hour hotline: 080 002 9999

Covid-19 WhatsApp support: 060 012 3456

Covid-19 Corona Virus South African Resource Portal:

<https://sacoronavirus.co.za/>

The SA Depression and Anxiety Group (SADAG) offers online resources related to your mental health and COVID-19. Learn more about managing stress and anxiety as well as living with a mental illness on their website at <http://www.sadag.org/>

The Psychological Society of South Africa General Public Information Resource contains useful links related to COVID-19 and working from home:

<http://psytalk.psyssa.com/general-public/>.

Find information about reporting and receiving assistance related to gender-based violence here: <http://gbv.org.za/>