UNISA EASTERN CAPE COUNSELLING AND CAREER DEVELOPMENT:

INVITE YOU JOIN US FOR THE EXAM PREPARATION WORKSHOPS FROM 26/08- 31/08 / 2021

The exam period is speedily coming up. Therefore, join us for the exam preparation workshop series to equip yourself by learning more about concentration, memory, time management and strategies to deal with procrastination.

Learn more as well about communicating effectively to negotiate support from others (family/ peers / colleague and within the university) during studies and exam periods. As well as strategies for preparing for online exams to improve success opportunities.

Date	Topic	Time	Link to Join
26/08/2021	Concentration and memory	13h00- 14h15 (Dr Sitshange & Mr Ngwadla)	https://bit.ly/3CZV3Pt
		17h00- 18h15 (Ms Somtsewu & Ms Mba)	https://bit.ly/2XAxfRX
27/08/2021	Assertiveness for studies and negotiating support	13h00- 14h15 (Ms Somtsewu & Ms Mba)	https://bit.ly/3mdOkeH
		17h00- 18h15 (Ms Somtsewu & Ms Mba)	https://bit.ly/37TmFHP
30/08/2021	Time management and tips for procrastination	13h00- 14h15 (Dr Sitshange & Ms Manina)	https://bit.ly/3mglkmP
		17h00- 18h15 (Dr Sitshange & Ms Manina)	https://bit.ly/3mdP2Zp
31/08/2021	Preparing for online exams	13h00 -14h15 (Ms Somtsewu & Ms Mba)	https://bit.ly/3gikJgB
		17h00-18h15(Ms Somtsewu & Ms Mba)	https://bit.ly/3mh87tK

Registration form: Please tick the session that you are planning to attend:

https://forms.office.com/r/NTDyT1S4Lw

For further queries about these workshops please do not hesitate to contact us at: mbay@unisa.ac.za; manino@unisa.ac.za; ngwadnt@unisa.ac.za

To have further discussions with Student counsellor (one on one session) about your learning skills- contact us at:

Student Counselling Services
Email: EL-Counselling@unisa.ac.za
Tel: 043 709 0426/27/23

Student Counselling Services
Email: MTH-Counselling@unisa.ac.za
Tel: 047 504 1311/12

Student Counselling Services
Email: PE-counselling@unisa.ac.za
Tel: 041 392 0117/8