

# UNISA Counselling and Career Development

We acknowledge that given the current uncertain circumstances it may be difficult to manage your career development and Unisa studies. Unisa Student Counsellors are available to help you address **Career, Academic** and **Personal** issues that affect your study success. We offer a free and confidential service to prospective and registered students; virtually, by telephone, and face-to-face when permitted.

## Support Services:

- **Career counselling** to enable you to choose a qualification to match your planned career, interests, abilities, and personality
- **Personal counselling** to deal with challenges that affect your study progress e.g., trauma, grief, relationship issues, anxiety and stress, or financial management.
- **Academic support** and adjustment to the Open Distance eLearning context (Study skills, Time management, Stress management and Exam preparation Workshops and Resources)
- **Preparing for career and job opportunities** (Employability skills and Graduateness)
- **Self-help resources** also available on our website [www.unisa.ac.za/counselling](http://www.unisa.ac.za/counselling)

Book an online session with a counsellor:

Visit the link below  
<https://bit.ly/33GJa45>

or Scan the QR code



We are available Monday to Friday from 8am to 4pm

## Contact Us:

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