

# Counselling and Career Development INVITATION

## Counselling and Career Development (DCCD)

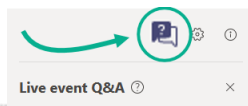
### Virtual **Counselling and Career Development support** Programme

The Directorate: Counselling and Career Development is inviting you to join us for the following sessions that will focus on setting yourself up for study success.

- These sessions will be hosted on Microsoft Teams Live Events.
- Click on the link next to the session to join us.

<b>Friday, 23 April</b> <b>10:00-11:00</b>	Get yourself organised & Time management Getting support Q & A	<a href="#">Click here to join the session</a>
<b>Wednesday, 12 May</b> <b>10:00-11:00</b>	Study methods (EFT) Notemaking Q & A	<a href="#">Click here to join the session</a>
<b>Wednesday, 19 May</b> <b>10:00-11:00</b>	Managing stress effectively during the academic year. Understanding PTSD (Post traumatic stress disorder) Q & A	<a href="#">Click here to join the session</a>

- Click on one of the event links to join in your browser.
- During the session you can ask questions by clicking on the icon on the top right-hand side screen.
- All sessions will be recorded and published on our Youtube channel ([www.youtube.com/unisacareers](http://www.youtube.com/unisacareers))



## Contact us

Send an e-mail to  
[counselling@unisa.ac.za](mailto:counselling@unisa.ac.za)

Visit our website:  
[www.unisa.ac.za/counselling](http://www.unisa.ac.za/counselling)

