

ADVOCACY AND PREVENTION

These programmes promote the holistic development of students by facilitating psycho-social learning and life skills development through workshops, training and interactive group processes.

Amongst other, topics include:

- Managing Anxiety
- Coping with Failure
- Healthy Relationships
- Diversity Literacy
- Awareness of Self
- Managing Exam Stress

NB: Simply register to attend any of the above sessions at OSS Reception.

Mentoring is designed to enhance student academic success, cultivate a sense of community and create a positive, learning experience for students. Furthermore mentoring aims to:

- Assist students transition to University;
- Guide students to clarify & prioritise study goals;
- Facilitate peer learning through the creation of learning communities and
- Promote positive role modelling and interpersonal interactions.

OSS also conducts regular campaigns, radio talks and publishes newsletter articles to enhance students mental health & wellness.

WHERE TO GET HELP

Office of Student Success (OSS)

PVT Building 1st Floor
29 Princess of Wales Street
Parktown

or

OSS Satellite Office

Student Liaison Hub
4th Level
Entrance Faculty of Health Sciences



Wits Student Crisis Line

0800 111 331 (Available 24/7/365)



OFFICE OF STUDENT SUCCESS

is staffed by a dedicated professional team that enables the holistic development, wellbeing and support of the Health Science student towards their academic success.

ACADEMIC ADVISING

Navigating a new place requires a compass or GPS. The OSS Academic Advising Team provides direction for you to negotiate academic activities. Advisors provide academic assistance through class sessions, small group and/or one-on-one sessions. These sessions are tailored to upskill you for success.

Study Skills

Effective study involves more than just reading. It includes learning to learn independently using all the resources available to you. Learning to study effectively is like learning a new subject. You will need OSS experts to teach you how to learn.

Academic Reading and Writing Skills

Learn to read for a purpose and with understanding in order to develop your academic writing skills. The better you reading is, the better your writing will become. Consult your Academic Advisor for details.

Workload Management Skills

Health Sciences degrees are probably not more difficult than any other rigorous degrees, but students often find them challenging because of high work volume per hour and long school days. You will need efficient and effective study methods which are aligned to the huge volume.

Time Management and Planning

'Time' is a precious resource. To achieve success at university you need to be self-disciplined, meet deadlines and develop a balanced student life.

LEARN YOUR WAY TO SUCCESS!

Critical Thinking Skills

Learning in high school is usually about acquiring information and regurgitating it in tests and examinations. At University, you are expected to learn information and use it to solve problems. This requires you to think critically through applying information learnt in new situations, analyzing information and making judgements that lead to the creation of new knowledge.

Maximising in-class Learning

University education is structured in a way that those that fully engage in classroom activities learn more. This calls for deep knowledge of course requirements as spelt out in the course outlines, class attendance as well as full focus and participation in learning activities, and meaningful note-taking instead of just copying.

Maximising learning resources

A successful student makes use of all resources at her/his disposal. Be sure to use the following and more:

- course outlines and all course materials
- prescribed and recommended textbooks
- online resources (available through the Library and SAKAI)
- human resources (lecturers, tutors, classmates and OSS Academic Advisors).

Preparing for Tests/Exams

Preparing for tests/exams is a process, not an event. Learn how to prepare for end of year exams from the beginning of the academic year.

Consult your OSS Academic Advisor for more information. To book a one on one appointment email anelisa.mofakeng1@wits.ac.za or kasturi.naidoo@wits.ac.za

THERAPY SERVICES

OSS Psychologists provide a confidential, supportive and caring space where you can talk about your concerns and challenges.

The following services are offered:

Individual Counselling

This is a safe supportive session where you can talk about your issues. Counsellors will listen, empathise and help you to help yourself through a process of reflection.

Crisis Management

Sometimes a student may experience a traumatic incident such as a robbery, etc. This could result in the student requiring immediate containment and support due to distress.

Debriefing

Following a traumatic event such as a loss of a friend or peer, students may require debriefing.

Support Groups

Depending on your need, Counsellors can facilitate several support groups for various student cohorts. For example groups focused on self esteem, emotional intelligence and/or diversity literacy.

To book a one on one appointment email anelisa.mofakeng1@wits.ac.za or kasturi.naidoo@wits.ac.za