

FLY@UP Support Post

It's semester 2! What now?

Vol 1, August 2021



With UP's support services, the Finish Line is Yours!

Online Kumospace Support Event

FLY@UP hosted its first virtual support event on 25 August
This is what students had to say...

I enjoyed the casual nature of the event! I got to ask 'silly questions' that usually feel too silly to send an email about. It is great how dynamic the event is ... The extras ... such as grabbing a coffee and using the white board made it feel like a video game, which made it so much fun.

I loved the uniqueness of it, it felt so real like I was somehow on campus again yet online.

I loved the way the advisors were so friendly and accommodative and the fact that the advice they gave us was actually quite relevant and informative on which I can apply on the my life and the course I am doing. The Student Career service was the one I actually enjoyed more than the others

The music was great as it added to the overall ambiance. The games and how they allowed you to play against real people was also very refreshing. I enjoyed being able to talk to people in a new and fun way. Where we could all appreciate that the other was still adapting to the platform, yet make the most of it. Everyone I spoke to was friendly and welcoming and I even received an invite to be taught how to play chess. These are just of the things I loved.



FLY@UP's top success tips

TO GRADUATE ON TIME

1. Think carefully before dropping modules.
2. Make responsible choices with your time and work consistently.
3. Aim for a good semester mark.
4. Sometimes all you have to do is seek help. Speak to your FSAs and peer advisors.

www.up.ac.za/advising

www.up.ac.za/fly@up



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Student Counselling Unit

Your mental health is essential to your academic success.

At the SCU, we are committed to supporting you in achieving academic success, higher levels of mental health and optimal overall wellbeing.

Some of SCU's supportive resources to help you succeed in semester 2:

- Supportive conversations with a **Counsellor 24/7** – UP Care line Phone: 0800 747 747/ SMS: 31393
- Join a UP Peer support group today! Phone: 0800 747 747.
- Online workshops. Register for a workshop, send an email to scuworkshops@up.ac.za
- The Chatbot SCU-B logon to your student portal, click on SCU-B and login with your student details.
- Online e-counselling sessions

The Student Counselling Unit (SCU) would like to wish you a happy, healthy and productive 2nd semester!
To access our services, send an email to: studentcounselling@up.ac.za



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Career Services

5 Tips when drafting your CV

- Use some of the **key words** used in the company job specifications provided when drafting our CV.
- CVs need to be kept **brief and to the point**.
- **Following application instructions** shows that you are able to follow simple instructions, and you are giving the company exactly what they are asking for
- When applying for a position, you need to **adjust your CV** according to the job specifications provided for that particular position.
- You should endeavor to **build a comprehensive CV**, preferably from your first year.

HOW? 

- Get involved in Leadership/ Membership / and Achievement related activities
- Get work experience, voluntary or otherwise, the more relevant to your career goals the better
- Complete additional courses that would be a strategic advantage consider, short training relevant to your degree, or non relevant, such as the Ready for Work program.

For employability and career advice contact the Career Services office at careerservices@up.ac.za

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Student Health Services

How do you maintain a healthy lifestyle?
Follow a balanced diet, exercise regularly, drink fluids, reduce stress and get enough sleep. By making a change in your lifestyle you can help to reap big benefits of overall health.

As we celebrate Women's month we at Student Health Services are committed to bring awareness about Cervical screening together with Breast examination awareness to all UP students.



[Click here](#) to visit our website
To book for a FREE pap smear, between June & September 2021, send an email to info.shs@up.ac.za to secure your appointment. Kindly note, the numbers are limited.

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A LITTLE PROGRESS
EACH DAY ADDS UP TO
BIG RESULTS
AK MOTIVATION

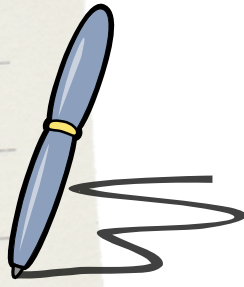
Disability unit

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Were you granted concessions such as additional time at school?
Do you need to make use of assistive equipment, take medication or need additional time for tests?
Do you have any other disability support requirements?

Please be sure to get in touch with the Disability Unit (DU) so that we can assist in having these measures put in place while you are at UP. These could help you function at your peak potential as well as actualizing your academic goals.

Students wishing to arrange a consultation or to get more information should send an email to du@up.ac.za and one of our members of staff will be in contact with you shortly.



Faculty Student Advisors FSAs

FSAs offer, among others:

Individual consultations and workshops on:

- Academic support;
- Goal setting & motivation;
- Adjustment to university life;
- Time management;
- Study methods;
- Test / Exam preparation;
- Stress Management and;
- Career exploration.



Find out more [here](#)

Peer Advisors

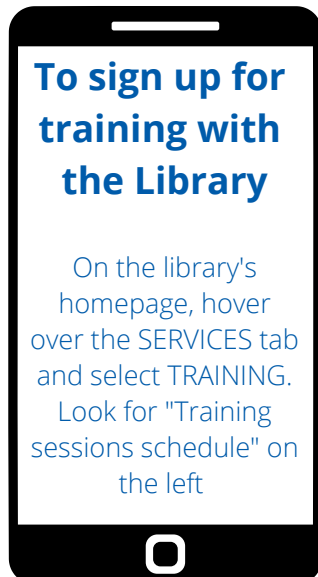
Peer advisors are senior students. This gives them the opportunity to assist you from a first-hand perspective.

The primary role of Peer Advisors will be to assist you with basic advising questions. Peer advisors will also serve as a resource to connect you with the Faculty Student Advisors (FSAs) (where applicable) and/or with general campus resources.

do it for you!

Department of Library Services

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We are your gateway to academic growth and success by offering support, online training sessions and a variety of products and services, accessible from the DLS Website.

We strive to be your companion in accelerating your academic endeavors. The DLS's virtual services are key and important to support all students with their online studies.

Ask and Chat virtual service from 8:00-21:00 Mondays-Fridays and 9:00-13:00 on Saturdays.

Mobile/ WhatsApp at 066 509 1285 or e-mail at library.enquiries@up.ac.za.