

Volume 1, Issue 8

15 June 2020

## Academic Newsletter

# Dates to look out for:

- Meme-o-Thon 1 June—19 June
- Youth Day 16 June
- Examination Period
  1 July 21 July

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## The Youth—Catalysts for Change

On the 16th of June, 1976, thousands of young students protested in townships across the country. These students protested for change to the education system, which was disenfranchising them, and had made learning extremely difficult.

These protests were what triggered the easing, and eventual abolishment of the Bantu education system, and Apartheid as a whole. This brief history lesson is important. Why is that?

The world we live in today is filled with injustice, and situations that need change. In the last two weeks alone, Gender Based Violence (GBV) has come to the forefront of the nations attention.

So too have issues surrounding racism, police brutality, and let us not forget the millions who are adversely affected by the COVID19 pandemic world wide.

Of course, you may ask yourself, "okay great, but what does this have to do with me?". Some of us may

not be affected by some, or any, of these issues. But as young people, every single one of us has the ability to drive real, tangible change.

It can be something as small as signing petitions that can reach those in positions of power. It can be donating to your local charity, or a Go-FundMe aimed at helping those affected.



If you have the resources too, these are all great things we can do to inspire change. Being vocal about issues you would like to see change, is also important.

Soon, many of us will be members of one of the most important professions. In time, we will be sitting on a board of directors, be C-Level executives, be lecturers, in seats of power, or have our own JSE listed companies. What will we do to change the social ills when we have this power and influence?

It is vital that we start now to be catalysts for change. Even if its something small, it will make a difference. Educating ourselves about the problems we may not understand is important. Helping others, benefits everyone in the long run

It may, at times, be difficult to try and make a change. But that's the point. Change is meant to be uncomfortable. Just like going to the gym, initially, is uncomfortable, but after a while, you start seeing the benefits when you look in the mirror.

Be a listening ear. A caring ear. Help those, around you. Be it friends, family, or even strangers you may come across. That small action, that may not mean much to you, will ultimately, make a big difference in that person's life.

Be the change that you want to see in the world.

#### Follow us on our Social Media!!





@house\_ca



HouseCAUP



houseca10@gmail.com



https://www.up.ac.za/house-ca



EMS 2.88

(next to Accounting One Stop)



#### THRIVE IN THE FACE OF CHALLENGE

Article by:

Jovika Wiese

Clinical Psychologist & Employee Assistance Practitioner at BDO South Africa

The recent outbreak of COVID-19 and the subsequent lockdown enforcements across the world has had a significant impact on how we as human beings had to change and adapt our daily living.

Things have changed, and even though we know that it is temporary, we realise that things will be different. The loss of normalcy and connection has had a significant impact on us and it almost feels similar to a grieving process. On top of that, we are also experiencing anticipatory grief or an intense feeling of the uncertainty that the future holds and this has had a direct impact on our sense of safety.

Usually, it is easier to cope with a difficult situation if one can understand it. And understanding the stages of grief in context to our current reality is important. At the beginning we all went through the denial stage when we thought that we won't necessarily be impacted. That was quickly followed by the anger stage when lockdown was enforced and we were made to stay home. The bargaining stage followed where we rationalised that if we stay home for 3 weeks everything will be better and then the lockdown was extended which took us into the sadness stage where many of us felt that this will probably never end. And finally we have now entered the acceptance stage where we know that this is our new reality and we have to figure out how to proceed.

As with most things in life, power lies in acceptance as we find a sense of control in acceptance. And therefore it is important that we focus on what we have control over and not fight our current reality with unhelpful negative thoughts. Try to find balance in the things that you are thinking and be intentional by keeping your thoughts realistic optimistic. Try to stay in the moment, breathe and be mindful. And allow



yourself to experience your emotions, but not to let them over-power you. Then you will be able to be the survivor, rather than the victim of the current situation.

Keeping with this theme, it is crucial that you take care of your mental health during this time. As mentioned, uncertainty can easily lead to increased levels of anxiety. The social isolation can lead to feelings of loneliness and the confrontation with the meaning of it all to an existential crisis. You might find yourself over-thinking everything and these thoughts are unfortunately most of the time, negative thoughts.

So here are a few pointers that could help you survive spiraling negative thoughts about this uncertain time.

1. Manage your thoughts by reframing "I am stuck inside" to "I can finally focus on my myself"

Think of the mandated lock-down situation as an opportunity to refocus your attention from the external to the internal. By staying productive, you can foster a positive attitude. Instead of ruminating on the situation, set your sights on long-avoided tasks, or create something you've always wanted to. Approaching this time with a mind-set of feeling trapped or stuck will only stress you out more. This is your chance to slow down and focus on yourself in order to be productive.

2. Stay close to your normal routine and keep things organised.

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As you study from home, it could be tempting to fall into a more lethargic lifestyle, which could lead to negative thinking. It is important that you still wake up and go to bed around the same time, eat meals, shower and adapt your exercise regimen. By sticking to your normal routine, you will remain active and productive and be less likely to spiral into a negative or procrastinating state. It will also make it easier to readjust to the outside world when it's time to get back to the new normal. Despite the uncertainty outside, it is vital to keep the inside organised and predictable. Set up mental zones for daily activities and keep your space clean and neat in order to avoid that your environment becomes uneasy or claustrophobic.

# 3. Avoid obsessing over endless Coronavirus coverage and start a lockdown ritual

Having more time on your hands gives you plenty of time to obsess, and if you have a tendency to consult Google for every pain or sneeze, you may be over-researching the situation as well. So rather have something special during this time will help you look forward to each new day. Start a daily journal to jot down thoughts and feelings to reflect on later. Or start a home-based exercise routine, read a book or connect with your family or friends over a call.

As you manage your thoughts during this time, managing your behaviour will be just as important. Staying productive while studying remotely can be a double-edge sword, because it can actually be harder to focus when the daily routine of physically attending classes is absent. It can be very tempting to rather settle in and binge watch a new series or Netflix, as supposed to doing some revision on class work.

So here are some tips on ways to stay productive while working from home.

# Get ready for your day and commit to a daily schedule

As mentioned earlier, the act of physically getting ready for your day (having breakfast, brushing your teeth, getting dressed, etc.) will help you mentally get ready for a productive day. Create a daily routine and set a firm schedule. Decide on a starting time and finishing time and use timers to divide your tasks for the day. Use the Pomodoro technique: set a timer for 25 minutes, and work exclusively on the task at hand until the timer finishes. Any interruptions must be put off until the timer goes off. Then, you can take a short five minute break before starting another 25-minute session. Every few hours you can take a longer 15-30 minute break to recharge. This technique is perfect if you are not used to remote studying or tend to procrastinate.

# Keep yourself healthy and communicate frequently with other students.

Your personal health is the most important aspect of how productive you are during remote studying. So try to stand up at least once an hour and stretch your legs, get some water from the kitchen and stay hydrated. Also monitor you screen time by taking a few seconds to look away from your screen every 15 minutes or so. Also be mindful of your eating habits. Snacking can be crucial to keeping energy levels high, but don't just munch on fatty chips and cookies. Rather keep some fruit or a healthy snack on hand. Also communicate frequently with your class mates in order to combat feelings of loneliness or isolation. Form study groups which can serve as a mechanism of motivation and accountability.

Finally, when it comes to uncertainty, we may not always be able to control the outcome, but we can control our response to it. And that's resilience. It gives you the tools to bounce back from tough situations and thrive in the face of challenges. So keep things in perspective, concentrate on the good things in your life, no matter how small and ask for help if you need it.

#### Sources:

https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief

#### Lockdown Alert Level 3

As of 1 June 2020, South Africa has moved down to lockdown level 3.

There is a countrywide dynamic lockdown system, which consists of 5 levels, with varying degrees of mobility and activity being allowed in each level. Level 5 is the hard lockdown which we initially experienced at the start. We have since moved down to level 3 from Monday, 1 June 2020. From now, each province, district and municipality will be able to adopt a different level, depending on various circumstances. The level in your province, district or municipality may change, depending on the number of COVID-19 cases.

With that in mind, it is important to continue observing social distancing, and to wash your hands regularly. Wear a face mask when leaving home. For more info please go to <a href="https://www.stateofthenation.gov.za">https://www.stateofthenation.gov.za</a> or <a href="https://www.sacoronavirus.co.za">htttps://www.sacoronavirus.co.za</a>. Please stay safe and wash your hands.













#### **Back an Accounting Buddy!**

A fellow Accounting Sciences student, Kudzai Charangwa, who is currently completing his CTA, is requesting financial assistance. Due to the current economic situation in Zimbabwe, it has become difficult for his family to pay for his tuition.

Please visit the BackABuddy page, at https://www.backabuddy.co.za/kudzai-charangwa, to find out more and to donate.



### **House CA Hoodie Update**

Good news, the hoodies are finished!

Our supplier has been able to finalise every single one of the hoodies that have been ordered by students.

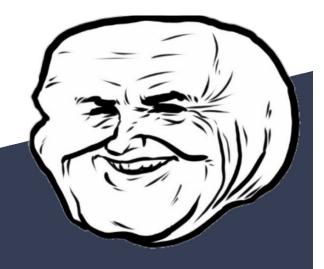
You will be able to collect the hoodies once we can all return to campus.

We are awaiting an announcement from the university as to when we will be able to return to campus. As soon as we know, we will communicate the procedure for collecting the hoodies in a way that is safe for all.

We thank you for bearing with us during this trying time.



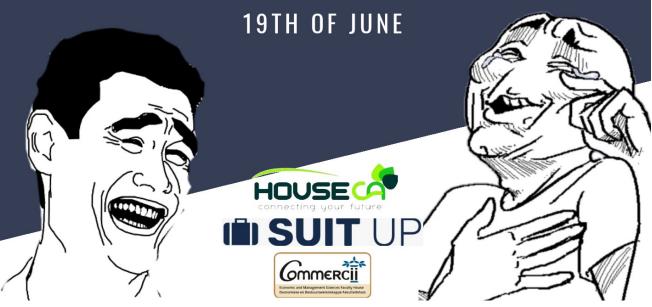




HOUSE CA EC 2019/2020 IN COLLABORATION WITH SUITUP PRESENTS:

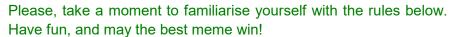
# THE ANNUAL MEME-O-THON

COMPETITION WILL RUN FROM THE 1ST TILL THE



#### **Meme-o-Thon Rules**

As with any competition, the HouseCA Annual Meme-o-Thon has a set of rules and regulations. These rules have been set up to ensure the competition is fair, and limited only to UP Accounting Sciences students. The rules also have guidelines set out for what will be deemed as an appropriate and inappropriate meme. We are all for banter and jest, however, we will not tolerate any memes that will discriminate against anyone. The memes must meet our ethical criteria.





#### **Competition Details**

The annual House CA Meme-o-thon, in collaboration with Suit Up, will take place from Monday 1 June 2020 - Friday 19 June 2020 (the last day Memes will be posted is Wednesday 17 June 2020).

The competition will take place on House CA's social media pages (Instagram and Facebook).

Please note that all Memes will go through an appropriateness check by the House CA Marketing Executive Committee Member and should meet our ethical criteria (as listed in our rules).

Ensure that you are following both House CA and Suit Up on Instagram or like both House CA and Suit Up pages on Facebook.

There will be cash prizes for 1st, 2nd and 3rd place. The prizes are as follows:

1st place: R3000 2nd place: R2000 3rd place: R1000.

These prizes will be given to the persons who have the most amount of "interactions" on their Meme. "Interactions" constitute the following:

· Likes, comments, tags and post on stories for Instagram · Likes, comments, tags, shares for Facebook.

A Meme can either be a picture or video and should be anything related to "accounting", the degree or any aspect of University life for a BCom/PGDip Accounting Sciences student.





## **Competition Rules**

5. Cash prize value for 1st, 2nd and 3rd place will be dependent on the sponsor Suit Up. Prizes are limited to 1 per eligible person.

6. In order for a person to win a prize, they would need to be a registered BCom/PGDip Accounting Sciences student at the University of Pretoria in either 1st, 2nd

, 3rd or CTA year. Any person who is eligible for a prize will be requested to produce their proof of registration for

7. All Meme's are to be sent through direct message to House CA's social media handles. The House CA Marketing EC Member will check each Meme sent and ensure that it meets our ethical criteria. For your Meme to be posted you would need to be following both House CA and Suit Up on Instagram or like both House CA and Suit Up on Facebook. This will be checked by the House CA Marketing EC Member before each Meme is posted.





## Competition Rules

- 8. The ethical criteria will ensure that all Meme's are appropriate, and no Meme shall intentionally harm any person, in any way. The criteria states that no Meme shall be posted if:
  - The content includes discrimination of a specific race, sex, sexual orientation, political views or religion.
  - The content aims to distastefully discredit the efforts of a lecturer or are explicitly malicious towards a lecturer.
    - · The content promotes any harmful acts or contains vulgar language
  - Or any other content deemed to be inappropriate by the House CA Marketing EC Member.
- 9. House CA values all Meme's to be posted, however we do understand that there may be instances whereby a Meme is considered as offensive to a particular person. We ask that if this is the case, that you contact us directly, thereafter we will consider the removal of the Meme.

10. All Meme's sent to the House CA social media pages should be original and under no circumstances will House CA post a Meme that belongs to another page or another person.





## Competition Rules

11. Reporting of Memes shall not be allowed under any circumstances. All Memes posted will have been checked thoroughly by the House CA Marketing EC Member and thus no Meme shall be posted that is inappropriate or against the ethical criteria. Any student who does report a Meme, and the Meme is removed, will forfeit all "interactions" on previous Memes and any future "interactions" will not be considered when determining a prize winner. If that person sent any Memes to be posted, all those Memes will be disregarded when determining prize winners.

12. All Meme's, as required by our sponsors, will have a logo from a firm, which will in no way affect the quality of the Meme. Each day will have a different firm's logo (as specified by our sponsor) and the description will be dedicated to an advertisement from that firm. 13. House CA EC Members may be allowed to participate however will not be eligible for the cash prizes.





#### **Updated University of Pretoria Calendar**

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Disclaimer: This calendar contains information relating to the academic activities of the University applicable at the time of publishing. Amendments to, or updating of the information contained in this calendar may be made from time to time without prior notification. The accuracy, correctness, or validity of the information contained in this calendar is not guaranteed by the University at eigent time and is always subject to verification. All staff and students are kindly requested to, at all times; verify the correctness of the published information with the University. Failure to do so will not give rise to any claim or action of any nature against the University by any party whatsoever.																								
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#### UNIVERSITY OF PRETORIA Explanation of lecture days for 2020 (Amended April 2020)

Start 4 May 2020 (Complete Q1)

Semester 1: 03 February - 29 June

Quarter 1: 03 February – 8 May

Mo = 8\*, Tu = 7, We = 7, Th = 7, Fr = 7 (36 lecture days) \*Monday 4 May repeating Monday 16 March

11 May - 29 June

Mo = 8 Tu = 6, We = 7, Th = 7, Fr = 7 (35 lecture days)

29 June Tuesday timetable is followed Monday

Semester 2: 3 August – 13 November

3 August – 21 September Quarter 3:

Mo = 7 Tu = 7, We = 7, Th = 7, Fr = 7 (35 lecture days)

28 September – 13 November

Mo = 7, Tu = 7, We = 7, Th = 7, Fr = 7 (35 lecture days)

#### **UNIVERSITY OF PRETORIA**

# CALENDAR 2020 MAIN DATES (Amended April 2020) Start 4 May (Complete Q1 – July/Sept short Recess)

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1 January		New Year's Day
3 January		Academic year commences
6 January		Commencement of online registration for senior
		students
6-17 January		Summer School
13 January		Commencement of online registration for first year
-		students
13-25 January		Assisted online registration for first year students at
		Hillcrest campus
24-26 January		Special orientation for non-RSA students
25 January		Welcome Day
27-31 January	1.	Orientation programme for new first year students at
-		Hatfield campus
	2.	Assisted online registration of senior students at
		Hillcrest campus
30 January		Closing date: Submission of final marks for Autumn
		Graduation
		(Students will receive degrees in absentia on the official
		graduation dates announced earlier)
1 February		INSYNC first year concert
3 February		Lectures commence for quarter 1 and semester 1
8 February		Rag
10 February		Anniversary of the University's founding
17 February		Closing date for amendments or cancellation of
3		modules (quarter 1, 2 and semester 1)
17 March-3 May		University closed for face-to-face lectures and
•		assessments due to the Coronavirus pandemic
21 March		Human Rights Day
10 April		Good Friday
13 April		Family Day
27 April		Freedom Day
1 May		Workers' Day
4 May	1.	Lectures commence online after recess for quarter 1
	1 40	and semester 1
8 May		Lectures end for quarter 1
11 May		Lectures commence online for guarter 2
16 June		Youth Day
29 June	1.	Tuesday timetable is followed
	2.	Lectures end for quarter 2 and semester 1
	3.	Last day for discontinuation of modules
15 June-30 July	3.	Cooling off period for all non-academic student activitie
io saile oo suiy		before and during the examination period
1-21 July		Examinations of first-quarter, second-quarter and first-
1-21 July		semester modules
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22-28 July		Supplementary examinations of first-quarter, second-
11.1.1.1.1.1.1.1		quarter and first-semester modules
30 July		Last day of submitting supplementary examination
-		marks of first-quarter, second-quarter and first-semester
		modules
31 July		Closing date: Submission of final marks for spring
		graduation
29 July-2 August		July short recess due to COVID-19
3 August		Lectures commence for quarter 3 and semester 2
9 August		National Women's Day
10 August		Public Holiday in terms of legislation
15 August		# Choose UP day
18 August		Closing date for amendments or cancellation of
		modules (quarter 3, 4 and semester 2)
18 September		International Students Day
21 September		Lectures end for quarter 3
22 September		Spring day
23-27 September		September short recess due to COVID-19
24 September		Heritage Day
28 September		Lectures commence for quarter 4
2 November-12 December		Cooling off period for all non-academic student activities
		before and during the examination period
13 November	1	Lectures end for quarter 4 and semester 2
	2.	Last day for discontinuation of modules
16 November-5 December		Examination of third-quarter, fourth-quarter, second-
		semester and year modules
7-12 December		Supplementary examinations of third-quarter, fourth-
		quarter second-semester and year modules
12 December		Academic year ends
15 December		Last day for submission of supplementary examination
		marks of third-quarter, fourth- quarter, second-semester
		and year modules
16 December		Day of Reconciliation
23 December		University closes at 10:00
25 December		Christmas Day
26 December		Day of Goodwill
4 January 2021		Academic year commences

**GRADUATION CEREMONIES 2020** 

28 September – 2 October 10 December

Spring Graduation Ceremonies Graduation Ceremony for LLM in Human Rights