

Volume 1, Issue 7

29 May 2020

Academic Newsletter

Dates to look out for:

- Lockdown Level 3 1 June
- Meme-o-Thon 1 June—19 June
- Youth Day 16 June
- Examination Period 1 July

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Coping During Lockdown

2020. The start of a new decade. A new leaf. Many of us had decided that this year would be the year. One for the record books.

We planned to work hard, and maybe party even harder. We would make new friends, have new experiences. Go to that event we've always wanted to.

It started off great. Then boom, Corona. COVID-19. Who would've thought? Not me. Now most of our plans are gone, out the window. All we can do now is binge Netflix (Blood And Water anyone?), and

At the start of lockdown, personally. I was in shell shock. I couldn't believe it. I was unable to be productive. Any revision attempts were futile, and ended with me deep within the YouTube rabbit hole.

At the start of online learn-

ing, focusing on work was difficult. I had effectively been idle for around a month and being expected to kick it up to working 40 to 50 hours a week was quite the task.



It has taken a while for me to get into some sort of routine. I am able to (mostly) be productive, and complete tasks and work as they become due.

Falling behind has become very easy. My weekends have evaporated into thin air. I use them to catch up on work I should've done.

A lot of the above may resonate with you. You may feel trapped, where the only thing you can do is eat, sleep and study.

But there are ways to cope during this lockdown. Use this time to exercise. Develop hobbies or fun ways to keep yourself busy. Have video calls with your friends online. Learn new skills. Although we are expected to do a lot of work academically, carve out time for yourself.

It is very important that you look after yourself, and try stay healthy, not only physically, but mentally too. Take breaks when you need to.

This year has been tough on us all. But you are even tougher. Look after yourself, please. If you need help, reach out to us here at HouseCA. Stay safe out there.

Written By Minenhle Mtshali. (HouseCA Academics Portfo-

Follow us on our Social Media!!





@house_ca



HouseCAUP



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



EMS 2.88

(next to Accounting One Stop)





Knowing you.

Information Overload: Effect on the Public

In these uncertain times, fears about the coronavirus (commonly known as COVID-19) can take an emotional toll on many. It is frightening, as we are in the midst of a worldwide pandemic, with THE majority of countries currently facing complete shutdowns. With the increasing rates of infections and deaths, everyone is constantly on edge wondering how exactly this would impact us currently and in the months and years to come. This makes it all too easy to spiral out into a state of panic. All of us are constantly watching the headlines and wondering, "What is going to happen next?".

A vast majority of people utilize social media platforms to try to reduce the uncertainty that they may be feeling during this lockdown period.

Social media has become overloaded with a vast amount of information, and it is not easy to distinguish which information is reliable, and which is not.

False information being released on social media has been on the increase, and spreads like wildfire with the simple click of a "Share" button. The exposure of such misinformation can cause anxiety and other negative feelings within a person, who may already be struggling with the difficulties that the COVID-19 pandemic and lockdown have brought about.

The aim of this article is to make the public aware of the negative impacts' misinformation can have on a person, including anxiety attacks, and ways on how to combat these impacts.

NEGATIVE IMPACTS DUE TO OVERLOAD OF COVID-19 INFORMATION

Misinformation on the COVID-19 pandemic is a massive concern for the public nowadays, as infections and deaths increase daily globally. Due to the global crisis, major news stations and networks are battling to keep up with the continuous flow of information released by the WHO (World Health Organisation) and various country governments, who try to inform the public as soon as possible. The easiest and fastest way of informing the public, includes the use of various social media platforms.

According to an article released by the UN News, "There seems to be barely an area left untouched by disinformation in relation to the COVID-19 crisis, ranging from the origin of the coronavirus, through to unproven prevention and 'cures', and encompassing responses by governments, companies, celebrities and others."

Misinformation has caused various social-economic distress, from racism against the Chinese to "self-mediation" techniques putting a person's lives at risk.

The overwhelming amount of updates and news can cause a lot of anxiety already, and the increase in misinformation can increase this substantially.

ANXIETY AS A RESULT OF THE IMPACT OF MISINFORMATION

With the COVID-19 pandemic and misinformation impact on the public, the normal occurrences of anxiety are becoming more common among individuals.

Furthermore, due to the uncertainty around the COVID-19 pandemic, many are at the risk of stress buildup and anxiety, as they feel they have no control of what might happen in the future, cannot plan for the future due to lock-down uncertainties, as well as possible stress due to a family member or friend suffering from COVID-19. Volume 1, Issue 7 Page 3



Knowing you.

The most common symptoms of anxiety that a person can experience is:

- feeling nervous,
- Increase in heart rate,
- feelings of future panic,
- hyperventilation,
- insomnia,
- feeling weak or tired,
- having trembles, etc.

There are many complications that could happen to a person suffering from anxiety, ranging from depression, social isolation, substance abuse and insomnia. These complications can result in the person having a poor quality of life, as well as problems functioning at work and home. In some cases when a person is not able to control their anxiety it could lead to suicide attempts.

WAYS TO COMBAT THE IMPACT OF MISINFORMATION AND ANXIETY

No matter how severe the impact of misinformation and anxiety may be on a person, there are ways to combat those impacts.

1. Consider the source:

The first thing that a person who is subject to misinformation should do is consider and verify the source from where they had obtained the information. The main thing that they should consider is if the information came from an expert or an organisation reliable like WHO, or is it based on an individual who posted something that they merely just heard and may have misinterpreted. This will help a person in determining if the information received is reliable or not. It is suggested that the following primary sources be visited rather than Social Media:

- a. Leading newspaper websites: Beeld, Sunday Times, News24.
 - Sunday Times: https://www.timeslive.co.za/sunday-times/
 - News 24: https://www.news24.com/
- b. The Presidency's website dedicated to COVID-19
 - https://sacoronavirus.co.za/
- c. WHO website
 - https://www.who.int/
- 2. Consider the relevancy:

Another important thing is to consider whether the information received is relevant or not, for instance is it important to know who is funding WHO's research. This will help a person to separate relevant information from non-relevant information, reducing the impact of the overload of COVID-19 information on them, as well as the amount of information received.

3. Turn off notifications:

There are also other ways in which a person can manage the COVID-19 information overload, such as turning off notifications from their social apps, and logging on their social apps once or twice a day to become informed of the current situation.

4. Keep busy and productive:

Take up new hobbies, such as reading or exercising to keep their mind occupied and away from negative thoughts, as well as establishing daily routines for self-care, such as family and relaxation time.

Knowing you.



Keep social:

Many companies have decided to provide free digital entrance to various social and cultural activities that can no longer be attended due to lock-down regulations. The Keukenhof Botanical Garden has virtually opened the gardens for the annual Tulip blooming season through their YouTube channel, various theatres stream their performances, etc.

If a person is suffering from an anxiety disorder, they should get help early in order to be treated as fast as possible, and avoid any complications that may arise, such as suicide and substance abuse

With the increase of social media comes great responsibility. Always think twice before hitting the "Share" or "Like" button to prevent spreading any fake news through your personal feed.

We need to all do our best to stop the spread of misinformation and the impact they may have on others.

Should you come across any 'fake news', please report the news to fakenewsalert@dtps.gov.za or WhatsApp 067 966 4015Should you be suffering from anxiety or know of someone who is suffering from anxiety and wish to help, please contact any of the following numbers below:

The South African Depression and Anxiety Group:

To contact a counsellor between 8am-8pm Monday to Sunday, call 011 234 4837

For suicidal emergency, call 0800 567 567

24hr Helpline, call 0800 456 789

Sonnet Bhugwathypersad SAIT Trainee, Kreston Pretoria

Visit Kreston Pretoria:



https://www.facebook.com/krestonpta

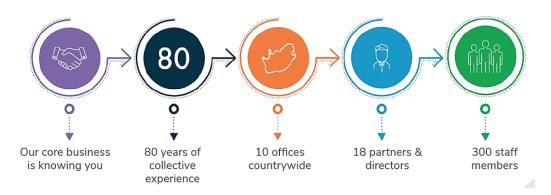


https://www.linkedin.com/company/kreston-pta/

Kreston Training Contracts



Kreston Pretoria is an audit firm founded in 2001 and is a provider of auditing, business consulting, taxation, internal auditing services and so much more. We are a member of Kreston International, currently ranked the 12th largest accounting network in the world. We offer dynamic, forward-looking, responsible individuals the opportunity to grow with us!



CAREER PATHS	SAICA	SAIT	SAIPA	CIA
Minimum	PGDip Acc Sc.	Hons. Taxation/	Degree	BCom (Internal
requirements	(CTA)	PGDip Acc.	(Accounting)	Audit)
	, - /	:3 years	3 years	3 years
End qualification	Chartered Accountant	Tax Advisor (SA)	Professional	Chartered Internal
	(SA)		Accountant (SA)	Auditor

Send your CV & academic transcript to recruitment@krestonsa.com



www.krestonsa.com

House CA Buzz

The coronavirus has forced us to all to observe social distancing, and stay at home. Currently, all we have to keep us busy are online lectures. However, HouseCA has come up with a fun way to help you stay busy during lockdown.

The HouseCA Buzz is a weekly feel-good pamphlet that has shared with students on a weekly basis. So far we have shared 2 with you, and the response has been great! This is our third edition, and we hope you enjoy it.

Featured is a short, interesting recipe to make a popular flavour of ice cream at home. We also have our second crossword puzzle, and weekly motivation.

If you have any suggestions for content you want featured in the HouseCA **Buzz**, send us a direct message on Instagram or Facebook. For now, enjoy!







COOKIES 'N CREAM ICE CREAM RECIPE

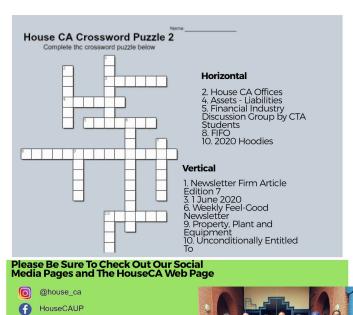
Ingredients: 500ml Fresh Cream 1/2 Tin of Condensed Milk 1 Teaspoon of Vanilla Essence +/- 6 Oreos (crushed)

1. Using an electric mixer, whip the cream until soft peaks form and is no longer pourable 2. In another bowl, mix the condensed milk and vanilla essence 3. Slowly and fold the vanilla essence and condensed milk mixture into the whipped cream so that the whipped cream doesn't lose its form 5. Add in the crushed Oreos and fold gently

gently
6. Transfer into a freezer safe container and cover with cling wrap or a lid
7. Freeze for 6 to 8 hours (or

overnight) 8. Once frozen, serve and enjoy.





Special Announcement

M houseca10@gmail.com

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

(next to Accounting One Stop) **Weekly Motivation**

House CA EC 2019/2020 in collaboration with SuitUp presents to you the second annual Meme-O-Thon. You can stand a chance to win some awesome cash prizes! Please be sure to check out our Instagram and Facebook for more details with regards to the competition.

"You've got to get up every morning with determination if you're going to go to bed with satisfaction."
-George Lorimer

Lockdown Alert Level 3

Following the address by President Ramaphosa on the 24th of May, South Africa will be moving down to lockdown level 3.

Starting Monday, 1 June 2020, the country will adopt a 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. We will move down to level 3 from Monday, 1 June 2020. Each province, district and municipality will be able to adopt a different level, depending on various circumstances.

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 https://www.stateofthenation.gov.za or htttps://www.sacoronavirus.co.za. Please stay safe and wash your hands.













House CA Hoodie Update

As lockdown restrictions ease, our supplier has been able to continue with making our hoodies. Unfortunately, the supplier has a backlog of items and is in the process of adjusting their production schedule, they are only operating at 20%.

At this stage, we can not give an estimated time of arrival for the hoodies.

We will inform you in the future about the arrival and distribution of hoodies once we have more information.

We sincerely apologise for the delay.



Oh Snap! The Meme-o-Thon is Back!



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.

Please, take a moment to familiarise yourself with the rules below. Have fun, and may the best meme win!

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 eight entire 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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S0004/19 nded April 2020)

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)

Monday 29 June Tuesday timetable is followed

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
		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
		and semester 1
8 May		Lectures end for quarter 1
11 May		Lectures commence online for quarter 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		Cooling off period for all non-academic student activitie
-		before and during the examination period
		Examinations of first-quarter, second-quarter and first-
1-21 July		Examinations of first-quarter, second-quarter and first-

		S0004/19
22-28 July	Т	Supplementary examinations of first-quarter, second-
		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