

The SCU is here to help you succeed!



1) Cutting Edge Technology! Introducing SCU-B!

On 15 March, the SCU launched SCU-B, a chatbot designed to provide students with extra self-help resources to better manage their student life. SCU-B does not replace formal counselling but provides information on various aspects of mental well-being and enables students to build their own personalised toolkits comprised of tips and skills to manage their mental health. The chatbot is based on AI (artificial intelligence) so the more it is used, the better it gets at interacting. Three information categories have been provided to date (depression, anxiety and lifestyle management) but more will be added. To access SCU-B, logon to your student portal, click on SCU-B and login with your student details.

2) Mental Health Posters for March/April are available on:

- studying from home
- boundaries and communication skills for online learning
- coping during the Covid-19 pandemic

<https://www.up.ac.za/student-counselling/article/2960452/scu-mental-health-awareness-series>

3) "When your brain feels drained, get it trained!"

Online Cognitive Training Program now offered at the SCU. For strong and weak learners. Find out more! It's free of charge!

https://www.up.ac.za/media/shared/396/ZP_Resources/cognitive-training-flyer-pdf.zp201273.pdf

4) Listen to our latest podcast episode "Creating and Maintaining a routine with Online Learning." <https://anchor.fm/scumentalhealth>

5) Great online workshops starting soon! Check our website for more info. Upcoming topics include adjusting to university and test and exam preparation.

- 6) Check our website for an **exciting resilience competition** with cash prizes up to R2500 up for grabs!!!

To access our services, send an email to:

studentcounselling@up.ac.za