

Student Counselling UNIT **RESILIENCE** *Competition*



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

UP's Student Counselling Unit (SCU) has launched an exciting competition for all our amazing students in honour of the inspiring level of RESILIENCE shown last year and so far in 2021!



All you have to do is share your inspiring story with us about how you overcame a challenge or adversity recently or in the past.

WHAT TO INCLUDE IN YOUR COMPETITION ENTRY:

1. Share your personal story about how you overcame a challenge/adversity.
 2. Also, share the different RESILIENCE SKILLS you developed in order to cope with that challenge/adversity.
 3. You can choose how to present your story of resilience:
 - **Written** - a brief self-narrative (max. 5 pages) or poem (max. 2 pages)
 - **Visual** - photos/art/drawings/digital art with captions (max. 5)
 - **Performance** - a poem (max. 5mins) or song (max. 5 mins), or short play/sketch (max. 10 mins)
 - Video of your performance
- The medium you choose is up to you and depends on your strengths, interests and preferences.
 - All submissions must be made in electronic form.
 - Submissions will be showcased to the larger UP community. By entering you agree that your submission can be shared with the UP community/public. Additional terms and conditions apply.
- [Click here](#) for the photo/video consent form and the competition rules.



Competition entries must be emailed to:
resilience.competition@tuks.co.za
with the subject heading "Resilience Competition".

Don't delay... share your RESILIENCE story with us today!

**THE COMPETITION
STARTS ON 1 APRIL
2021 AND ENDS ON 31
MAY 2021.**

