

LEARN THE UP WAY *Online*

My pledge to succeed  
THE UP WAY



Name and Surname	The one thing I learned during the lockdown period is...	My message of support to my fellow students
 Aaron	Perseverance.	Hard work in challenging moments hardens you off for great accomplishments.
 Abongile	How to manage my time effectively.	The most important skill to learn is effective time management to ensure the best results.
 Albert	Learning goes beyond closed doors.	Our life goals should not change because of changes forced by the pandemic. Technology can see us through.
 Alemayehu	Committed to work in tension.	The challenge will pass in the glory of God. Keep working hard.
 Andrea	We all handle stress differently. Even though we are facing challenging and uncertain times, I am really proud to be apart of a University that is doing everything In their power to make sure this academic year does not go to waste. Thank you UP!	Do not give up. I always tell myself there are people in worse situations than I am and they get through tough times. Be grateful for where you are and work towards where you want to see yourself. You are capable of achieving everything you put your mind to no matter the circumstances you are in. As hard as it is now, it will all be worth it in the end!

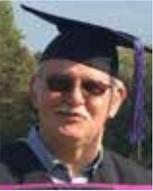
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 Aniebiet Etim	Persistence can bring down strong barriers.	Let's keep pushing, all will be well.
 Aninde	Patience.	Even though we are all uncertain about our future under the circumstances, keep telling yourself that "this too shall pass" even if it means that we have to adapt to the circumstances in the end.
 Anita	One day at a time, this will also pass. Look out for your family, friends and neighbours. They might need you, do what you need to do!	Be the difference you want to see!
 Anita	Effective time management.	The important thing is to start planning your days accordingly so that you do not lose track of your progress in your academics.
 Annlin	Completing my studies is more important now more than ever.	Never give up, it's very hard to go through this alone with no support but God is with you, keep trying.
 Ashleigh	That I am capable of things, I could never have imagined. And going outside is so crucial to mental health.	We are all going through unprecedented times at the moment, but we will all make it through this. This year has thrown us a massive curveball but out of all of this, one positive thing we can take from this is that we are capable of more than we know. Hang in there, this too shall pass! One positive note, it can only get better from here on out.
 Ayanda Nkambule	Keep moving even if you can't see the way.	Academic life has never been easy. It is even worse with the current challenges brought by the covid-19 pandemic. However, stay focused, know your purpose and push way harder when it's more darker for the sun will soon shine again.

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Ayodele	Family is a gold mine.	Lock-down should not lock you down intellectually.
 <p>Bamanye</p>	Stay focused and vigilant.	Continue working hard and you shall be rewarded!
 <p>Basirat</p>	The value of freedom and self discipline.	Don't give up. We are in this together and we will definitely come out of this stronger!
 <p>Batha Mthombeni</p>	I learned that we are living in a society that celebrates and applauds 'busyness'. Being busy is an epidemic, and we have to constantly and purposefully decide to slow down, re-group, be intentional, prioritise and reserve our energy for the things we've been called to accomplish. It is more than okay to rest.	Four words: You are doing great. This is a global pandemic, it is not a productivity contest. Don't allow the world to pressurize you in writing your first book, while juggling family responsibilities, becoming a Masterchef and being a Top performing student! Take things one day at a time, do the best that you can do, we are all in this together and believe in yourself.
 <p>Bathobile</p>	Time wasted is never regained.	"In a world where you can be anything, Be Kind."
 <p>Beadsley</p>	Never give up and be open to new ways of living such as online learning.	It is fine to face difficulties, it is fine to cry 'cause of so much pressure but never give up. Let's keep warm and safe together, we can survive as the human race at UP.
Bolanle	The absolute need to be resilient and keep going against my fears of all the unprecedented events and roles I had to play during this time.	Keep going guys.

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 <p>Boniswa</p>	<p>Be a chameleon. Always be mentally ready for any sudden changes in your environment and have the ability to switch up to different situations. This is a key survival skill. Yes, our backgrounds are different. Our blending in capabilities vary. But always be mentally ready for anything that can instantaneously take you out of your comfort zone.</p>	<p>#LifeAtTuks may sometimes be overwhelming because of academics, extracurricular activities, and so on. The University of Pretoria has an unbelievable range of student support services. Use them! Communicate your experiences. I have had a lot of academic and personal support because I have been aware of the kind of help that is available at the University for a number of things. Make sure you know where to access information and make the best use of it. #LifeAtTuks becomes even more of an amazing journey if you have a growth mindset so you can FLY@UP as you learn, impact and live the UP way :).</p>
 <p>Bradley</p>	<p>Even the darkest night will end, and the sun will rise.</p>	<p>Being negative only makes a difficult journey more difficult. You may be given a cactus, but you don't have to sit on it.</p>
 <p>Bridget</p>	<p>Keep motivated and opportunities show themselves.</p>	<p>You're studying because you believe in something bigger than yourself, never forget the reason why you aim to better yourself to serve others.</p>
 <p>Busisiwe</p>	<p>To remain focused on my goals.</p>	<p>Do not waste a moment. Stay focused towards completing that degree. Keep the UP fire alive!</p>
 <p>Chandini</p>	<p>Connecting with yourself is just as important as connecting with others. With the rush of life, it's easy to lose touch with yourself, especially in a spiritual sense. The lockdown period gave me a chance to reconnect with myself spiritually and really align myself with my goals and the future that I want.</p>	<p>The only way from here is UP. Keep the energy high, and your prayers strong. We can make it through these trying times. Remember: Tough times never last!</p>

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 <p>Charlotte Sambo</p>	<p>Being goal driven.</p>	<p>Stay focused, we can conquer this journey together.</p>
 <p>Christianah</p>	<p>Perseverance.</p>	<p>I encourage my fellow students to persevere in this difficult period and remain focused on your study programs. Also be determined to see the end of this tunnel.</p>
 <p>Christopher</p>	<p>Time management.</p>	<p>Strong and successful people find courage in difficult situations. In fact, difficult situations work to make progressive people stronger. I have concentrated on making the lockdown situation a motivator and the reason to realize my strength. Tomorrow will be a good story to tell because of a new skill and potential realized.</p>
 <p>Clarence</p>	<p>One needs to be flexible, you never know when the need will arise for specific traits/ responses to the environment.</p>	<p>Keep your heads up, adapt and treat carefully.</p>
 <p>Clint</p>	<p>Patience and perseverance will overcome all!</p>	<p>You are not alone, we are together!</p>
 <p>Collins</p>	<p>Life must go on even in adversity.</p>	<p>Keep the light on!</p>
<p>Coselia Basani Sithole</p>	<p>I must need it enough for myself to be able to take the positives out of a tragedy and grab the opportunities it comes with.</p>	<p>Every cloud has a silver lining, try even harder whenever you feel you can't. You have a role to play in realising your dreams even when it seems impossible. You can and you will do it!</p>

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 Crisaldo	The World will never ever be the same!	
 Criska	How much time I actually got to spend with family before the lockdown period started. I am thankful to lockdown as I could see more of my family everyday.	This obstacle in your path to FLY@UP is not your end. This period is to help you become more focused on yourself and your abilities to succeed in what you believe that you can achieve.
 Cynthia	That I may not have control of what happens around me but have full control of what happens within me.	Self-motivation and being positive helps to go through any challenge.
 David	To take advantage of every opportunity that comes my way whatever and remain focus.	Draw up a plan as usual and stay connected working on your scheduled plans with focus and determination.
 David Oluwasegun	The time of compulsory, unexpected and sudden lockdown was a time of understanding how resilience, perseverance and perspiration has complex powers in the trajectory of success.	You can climb that mountain, just go for it...
 David Oluwasegun	Silence and quietness are important in the quest for achievement; in the repeated quiet times, I achieved more in a less time.	You began this programme, will COVID-19 stop you from completing, NO, Get up and fight, You will make it. #FLY@UP

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 <p>Dawie</p>	<p>Look at life and see it for what it is!</p>	<p>The best is yet to come, adversity breeds success.</p>
 <p>Desiré</p>	<p>Time is invaluable. Even when it seems to be standing still.</p>	<p>You will prosper as those before you have. Do not lose sight of the value of knowledge that you will attain through your studies. Use this time as preparation for the unforeseen circumstances that will resurface throughout your life. Your contributions are more valuable to yourself than to anyone else. Therefore, do not get discouraged by alternate forces, but harbour the will to power within yourself.</p>
 <p>Duduzile</p>	<p>To be patient.</p>	<p>Stay focused, do not lose sight of your goals.</p>
 <p>Dunisani Chauke</p>	<p>Stay committed to my goals and to strive for greatness.</p>	<p>Stay focused and keep on pushing the boundaries of what you can achieve.</p>
<p>Edwin</p>	<p>To keep staying focussed on my studies. More time for studies.</p>	<p>However long the night is, the dawn will surely break.</p>
 <p>Elizabeth</p>	<p>To accept any assistance that you are offered.</p>	<p>This too shall pass.</p>

Name and Surname	The one thing I learned during the lockdown period is...	My message of support to my fellow students
 <p>Elizabeth</p>	<p>New ways of working, working from home, you have to learn to adopt and adapt quickly or else you will be overwhelmed.</p>	<p>We are in it together and together we can.</p>
 <p>Elly</p>	<p>I had to be in a position to handle pressure, to set timelines for my studies and to find means of being efficient with my academic work around my family.</p>	<p>Do not despise small beginnings.</p>
 <p>Emile</p>	<p>Plan coherently.</p>	<p>Be committed and stay true to your goals.</p>
 <p>Emmanuel</p>	<p>Writing international grant proposals. Also, I have perfected my GIS and R skills through online learning.</p>	<p>Be quick but don't hurry. We all have our destiny. Depends how you want to unfold it.</p>
 <p>Ephenia</p>	<p>Learning to stay sane and push myself consistently.</p>	<p>Reach out to other fellow students and talk to them, it helps.</p>
 <p>Eric</p>		<p>While keeping safe, keep your eyes on the price, your dreams matter after the pandemic.</p>
 <p>Eugenie</p>	<p>Where there's a will, there's a way.</p>	<p>Don't procrastinate. There is no time like the present to get things done.</p>