











LEARN THE UP WAY *Online*








My pledge to succeed THE UP WAY





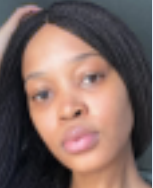



Name and Surname	The one thing I learned during the lockdown period is...	My message of support to my fellow students
 Kabelo	The world as we know it will never be the same, and I hope neither will we. If we are privileged enough to survive this, let's hope we break from the past and enter the world anew, carrying a fresh perspective and a greater sense of appreciation, for everything we have.	Whatever the challenges, have the end in mind and visualize it. That will guide your every step to the end.
Kamogelo	You need to be innovative with the way you learn.	Focus on the goal and keep working towards it no matter the challenges you face.
 Karen	To look beyond the challenges, and grasp opportunities in this no contact teaching period.	We have so much to be thankful for. Focus on the positive things, make a difference in the lives of those not as fortunate as us, and we will reach the end of this road stronger and more united.
 Karen	We can all succeed, with determination and willingness to learn new skills.	Perseverance and persistence will get you through!
 Kate	I have learned that a situation can change in an instant.	We do not grow when things are easy. We grow when we face challenges.
 Kathryn	Flexibility.	We are all in this together.



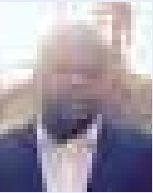




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 <p>Kehinde</p>	<p>Perseverance.</p>	<p>Keep the spirit of success going.</p>
 <p>Kimbalee Cupido</p>	<p>Persistence, determination.</p>	<p>Please look after yourself-mentally, spiritually and intellectually.</p>
 <p>Klara</p>	<p>Self-discipline is everything.</p>	<p>Challenges are there to build you up and not to break you down...you grow through what you go through.</p>
 <p>Kwanele</p>	<p>A strong mind is the biggest asset you can have.</p>	<p>Never move your eyes away from your goals, keep focused. Challenges are there to test your inner strength and to sharpen you.</p>
<p>Landie</p>	<p>What is actually important in life.</p>	<p>Taking learning into our own hands, so to speak, makes us more independent and helps us grow. We can do this online learning.</p>
 <p>Lebohang</p>	<p>Resilience will see us through these trying times.</p>	<p>Keep safe! Stay the course and the rewards will outweigh the challenge.</p>
 <p>Lerato</p>	<p>Nothing beats dedication in academia.</p>	<p>Hang in there, keep pushing and be consistent. You will reach the finish line.</p>






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 <p>Lerato</p>	<p>We all have time and the choice of how to use the time optimally for benefit beyond lockdown.</p>	<p>Studying during the lockdown came with uncertainties, but we remained resilient and focused on the end goal, the finish line. I am confident that with this attitude we will do well. Good luck for the exams fellow students.</p>
 <p>Lifutso</p>	<p>Time is precious, use it wisely.</p>	<p>All things work together for good to them who love the Lord and are called to His purpose!</p>
 <p>Lindiwe</p>	<p>There is no weakness in needing help! Communicate your concerns with family, friends or other people and they will be willing to help you. As much as there are different challenges being faced during this time, there is still a lot you can try to do to make things better for yourself.</p>	<p>You can do anything you put your mind to! One of my favourite quotes says, "Whether you think you can or you can't, you're right!" from Henry Ford. What you think about, believe and meditate on can have an impact on what you do. Try to grow and maintain a positive and determined mindset because your attitude will determine your altitude! All the best and I believe that you will be victorious this year!</p>
 <p>Linette</p>	<p>Structure your day, say NO, take time off, be soft on yourself.</p>	<p>An empty tank will take you nowhere - take time to refuel.</p>
 <p>Lintle</p>	<p>Believing in oneself is the key to succeeding. It is almost impossible staying at home and trying to do all the school work but I have learned to hang in there and be courageous, that all will be well. I have learned that everything is possible if we set our minds right. Whatever challenges we face during this lockdown can be defeated if we believe and have faith in ourselves.</p>	<p>Watch, stand fast in faith, be brave and be strong black child. There is always light and the end of the tunnel. "If God be for us, who can be against us?"</p>
 <p>Loice</p>	<p>Resilience in the midst of adversity. This has been a time of learning, self reflection and rest before we emerge.</p>	<p>We will rise again- stronger together as the children of the universe finding solutions to the communal challenges we face. It is time to rise and be counted.</p>




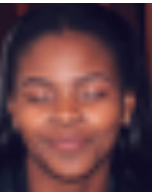


Name and Surname	The one thing I learned during the lockdown period is...	My message of support to my fellow students
 <p>Louwrens</p>	<p>Where there is a will, there is a way.</p>	<p>You are not alone; support is a phone call away.</p>
 <p>Lungelolethu</p>	<p>Dealing with uncertainty and fear.</p>	<p>Set your mind and keep it set.</p>
 <p>Luyanda</p>	<p>Working independently.</p>	<p>Let us be vigilant and work hard towards our dreams.</p>
 <p>Madikgomo</p>	<p>Patience.</p>	<p>At the end of the day what matters is the fact that you tried and that you continue to try.</p>
 <p>Mahlora</p>	<p>Hygiene.</p>	<p>Study hard, this Covid-19 is temporary, we still have a lot ahead of us.</p>
 <p>Makgarebe</p>	<p>Commitment is key.</p>	<p>Do what you do the best way you know how to.</p>
 <p>Malefyane</p>	<p>Nothing is impossible if we all adhere to the regulations.</p>	<p>Do not despair. Strive to reach your goals even when the future looks bleak. Perseverance is a virtue we need to reach greater heights.</p>







Name and Surname	The one thing I learned during the lockdown period is...	My message of support to my fellow students
 <p>Malindane</p>	<p>Effective use of the online learning platform of the University and how to use virtual platforms to my advantage amidst the COVID-19 pandemic.</p>	<p>Continue using the UP online platform, it is one of the best globally. Stay safe and remember to always wash your hands and sanitise.</p>
 <p>Maria</p>	<p>To balance work and personal life, but also to take one day at a time.</p>	<p>Only focus on what is urgent for tomorrow, and tackle that task first. Also, make sure that you still rest over weekends. I like to just take a walk outside every hour to get some fresh air...</p>
 <p>Maritsa</p>	<p>How to do everything online.</p>	<p>Stay strong and focused and you will succeed. Try your best.</p>
 <p>Mataeli</p>	<p>Technology is the best tool in bringing the world together.</p>	<p>4th industrial revolution is now not tomorrow.</p>
 <p>Mathelela Steyn Mokgwathi</p>	<p>To work independently from home.</p>	<p>It seems impossible until is done.</p>
 <p>Matimba</p>	<p>Independence.</p>	<p>Keep your eyes on the prize.</p>
 <p>Maxwell</p>	<p>Try your best to be positive.</p>	<p>Just stay strong.</p>








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 <p>Mckayla</p>	<p>To live in the now.</p>	<p>Remind yourself of everything to be grateful for and see the positive. Do not get consumed by all the bad news in the media, but live in the now where life is happening!</p>
 <p>Mduzuzi Comfort Hlophe</p>	<p>Learning in isolation makes you an independent thinker.</p>	<p>The problems engulfing the world today need independent thinkers, please be one.</p>
 <p>Megan</p>	<p>Time management.</p>	<p>It seems hard but it will all be worth it at the end. Keep trying your best.</p>
 <p>Melusi Mamba</p>	<p>Save money in good months.</p>	<p>Being a student in the University of Pretoria is a privilege that we should be grateful for. In other institutions learning online is only a dream. COVID-19 has taught us that material things are far less of value as compared to our lives, save money in the good months and spend wisely. Let us utilise the resources that the university is putting at our disposal and work very hard to achieve the desired results in our studies. The country awaits our contribution to the economy, let's make a difference.</p>
 <p>Michael</p>	<p>Things can change very quickly.</p>	<p>Rough seas create seasoned sailors.</p>
 <p>Mohamed</p>	<p>Work independently and against many deadlines. Was able to grasp the concept of working more with technology.</p>	<p>Firstly, take care of yourself as a healthy body leads to a healthy mind. Keep calm and set attainable goals for yourself daily. Treat yourself when accomplished. Rest and enjoy.</p>


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 <p>Moritidi</p>	<p>Time management.</p>	<p>Studying in times like this is hard but with relevant support from fellow students we can conquer this challenge.</p>
 <p>Moshakobo Sekhaulela</p>	<p>Online learning is feasible.</p>	<p>Use all available opportunities to learn.</p>
 <p>Mulalo</p>	<p>Digital Transformation.</p>	<p>We are ultimately the drivers of our own destiny.</p>
 <p>Mzwandile</p>	<p>Where there is a will, there is a way.</p>	<p>Hang on there guys, we shall emerge victorious in this never explored route. We are now the pioneers of such a territory.</p>
 <p>Nabeel</p>	<p>Life is short, enjoy it in its full glory!</p>	<p>Conquer fear and you have conquered death.</p>
 <p>Nerissa</p>	<p>Self motivation and dedication.</p>	<p>You are not alone, look for mentors and keep in contact with peers.</p>
 <p>Nhlakanipho Brian</p>	<p>I'm actually a great digital storyteller and writer.</p>	<p>If there are people who have done it before and succeeded, don't give up. You too can do it, and perhaps even better. So don't give up. Trust that you can and you will.</p>

Name and Surname	The one thing I learned during the lockdown period is...	My message of support to my fellow students
 <p data-bbox="172 409 228 439">Nico</p>	<p data-bbox="331 219 778 286">The importance of self-study and self-discipline.</p>	<p data-bbox="930 219 1241 248">Keep safe and study hard.</p>
 <p data-bbox="172 665 228 694">Nico</p>	<p data-bbox="331 474 858 542">Discipline is needed to effectively work from home</p>	<p data-bbox="930 474 1433 542">Make the best of the situation as it is. You can make it fun for yourself if you try.</p>
 <p data-bbox="164 920 236 949">Nicole</p>	<p data-bbox="331 730 842 797">There are so many things to be grateful for that we look past everyday.</p>	<p data-bbox="930 730 1465 976">There are so many things that are outside of our control during this period but one thing that we do have control over is our thoughts and beliefs about ourselves. Be your biggest fan and believe that regardless of what you're going through right now that you will persevere in the end. You will make it.</p>
 <p data-bbox="164 1314 236 1344">Nicole</p>	<p data-bbox="331 1122 850 1335">That people are important and that slowing down is not a bad thing. Taking a walk or a jog outside helps to clear your head. Ultimately, I learned that time is short, and it is good to work hard towards achieving a goal.</p>	<p data-bbox="930 1122 1473 1413">What you do everyday matters more than what you do once in a while. I hope that you all take each day as it comes, tackle each challenge when it presents itself and continue to work towards your dream. We are the generation that will shape the future - let's not forget the hard work that is needed to shape a good future.</p>
 <p data-bbox="164 1709 236 1738">Nikita</p>	<p data-bbox="331 1516 499 1545">Self discipline.</p>	<p data-bbox="930 1516 1465 2096">We were born for a time such as this! How privileged are we to still be able to persevere in our studies at this moment? Just think about how worth it, it all will be when we come out the other side knowing that we never backed down and never gave up. Our degree will end up representing so much more than just our knowledge and abilities within our chosen field, but also tell us so much more about ourselves as individuals, our work ethic, determination and adaptability. All of this will not be for nothing! We will have, in the end, proven something to ourselves and to others about just how ready we are to tackle challenges that life throws our way. You are not alone!</p>

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 <p>Nkepile</p>	<p>Technology has made life easy because we continue to connect and learn despite the lockdown restrictions.</p>	<p>COVID-19 is like a storm, it too will pass. But like every other storm, it will leave destruction in its path. All we need is to stay courageous and do our part to fight COVID-19. Lets keep it up and keep studying.</p>
 <p>Nkita</p>	<p>I stay focused knowing that life is made of many surprises (good and bad).</p>	<p>Do not just give up because of challenging times.</p>
 <p>Noah Ntiza</p>	<p>Together we are more powerful. Challenges come to test our true measure of humanity.</p>	<p>Let's not lose hope. We have demonstrated over the past periods of academic levels that we are able. This is a good time to graduate from undergraduate to post-graduate. We are more than able.</p>
 <p>Nolwazi</p>	<p>Perseverance and Resilience.</p>	<p>This has been one of the most difficult times in my life. Like so many others it has made me question my capabilities, my intelligence and my will power but in all this it has made me realise that I am resilient and that my yearning for my own success is greater than any obstacle thrown my way. The emotional strain this time has put on me, on us as students, it has been the pits of pittsville BUT I can do this, I want this and I will get it by any means. If you're reading this I'd just like to remind you that you are capable, resilient, worthy, adaptable, phenomenal and you can do it, you were built for success. You will do it.</p>
 <p>Nokwanda</p>	<p>Self-discipline.</p>	<p>Plan your time accordingly and keep giving it your best!</p>
 <p>Nomasonto Sithole</p>	<p>Patience is a virtue.</p>	<p>We are in a tough era of anxiety and uncertainty. However, time is of the essence.</p>

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 <p>Nomathemba N Msipa</p>	<p>To Stay at Home, Safe and Consider the Health of Others.</p>	<p>We can do this! Keep Pushing and studying hard!!</p>
 <p>Nombulelo</p>	<p>Studying your passion will prove you resilient all the time.</p>	<p>Speak up when you need help. Ask for support from your lecturers.</p>
 <p>Nomthi Mnisi</p>	<p>To accept the things you cannot change. Every day is different and you are no less of a person if you struggle to do what you did yesterday.</p>	<p>Keep going and if you fall, fall forward. That way you will be able to get up facing the right direction.</p>
 <p>Nondumiso</p>	<p>Consistency.</p>	<p>This too shall pass.</p>
 <p>Nonkululeko</p>	<p>I am stronger than I think and am truly blessed to be in UP. I've learned that nothing is impossible and that I can still achieve my goals. Productivity eliminates procrastination.</p>	<p>The struggle is real, but so are you. Understand that you were built for all that you go through. Take care of your mental health and ask for support when you need it. We will make it out of this. No matter how hard you've hit the bottom, the only way from that is up. There is so much that is out of our control and we need to accept, while doing our best to control the things we can, like saving the semester and graduating on time. We will still #FLY@UP. It's what we came here to do. Remember, procrastination is the thief of time, and that is the one thing that hasn't stopped.</p>
 <p>Nontobeko</p>	<p>To manage my workload from a more holistic (academic, financial, physical, mental) lifestyle perspective.</p>	<p>You have come this far in your journey. Learning to adapt is a precious skill that will serve you for the rest of your life.</p>

Name and Surname	The one thing I learned during the lockdown period is...	My message of support to my fellow students
 <p>Nontobeko Ndlovu</p>	<p>Nothing is for certain so always be open to embrace change.</p>	<p>The best years of our lives are just beyond these challenging times, so let's soldier on cheerfully and courageously!</p>
 <p>Nqophisa</p>	<p>During this lockdown I've learned that I can be very productive when it comes to work, because I'm by myself.</p>	<p>"In the middle of difficulty lies opportunity" -Albert Einstein</p>
 <p>Ntokozo</p>	<p>Consistency.</p>	<p>Do not give up, throughout each and every peculiar situation. Be strong and keep going, looking beyond the horizon.</p>
 <p>Ntombenhle Sabeth</p>	<p>Time waits for no man, all that a person plans can go terribly bad or good for reasons that were not perceived. Doing your work while you still can is highly advisable.</p>	<p>Try to calm down, we will get used to this new normal even though it isn't easy.</p>
 <p>Ntombizinzi</p>	<p>Focus and stay determined on my goals. To be resilient and thrive under the uncertainties.</p>	<p>Set your own goals so that they can be your compass in times of doubt and wondering. Keep focused by reminding yourself about your goals. Stay on the ball by adding your favourite hobby each day, stay positive and exercise.</p>
 <p>Ntuthuko Bhiya</p>	<p>To learn to be independent and to be responsible for completing my degree.</p>	<p>Keep Pushing, The finish line will soon approach, Focus on the journey, your reward is worth the push.</p>
 <p>Nyasha</p>	<p>I have learnt to be more patient with myself, to allow myself to feel my emotions when I need to and not just bottle them up and store them deep down. When I need to cry at the end of a chaotic day I should and remind myself that I am greater than all this.</p>	<p>In the midst of all the sudden changes happening everyday, be patient with yourself and remember that big things are achieved not all at once, but one day at a time.</p>

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 <p data-bbox="132 405 268 434">Nzwananai</p>	<p data-bbox="331 215 794 286">Live in the present and not the past for tomorrow is not guaranteed!</p>	<p data-bbox="930 215 1469 286">We are soldiers in an army. We must fight on until the victory is won!</p>
 <p data-bbox="132 701 268 730">Olawumi</p>	<p data-bbox="331 510 831 582">Nothing is certain in life. Whatever comes my way, I make the best out of it</p>	<p data-bbox="930 510 1445 618">Covid-19 pandemic is real, stay home, stay safe. Develop yourself daily. We shall come out stronger.</p>
<p data-bbox="132 766 268 795">Omphile</p>	<p data-bbox="331 766 863 1059">This current pandemic has made life difficult for everyone and unfortunately we don't have control over it but we can reduce the spread of it by staying at home, washing our hands regularly, alternatively use a hand sanitizer every now and then, avoid close contact with people and avoid touching our faces.</p>	<p data-bbox="930 766 1469 1021">Proper planning prevents poor performance, let us be determined and dedicated to our school work, not forgetting to pray for our country on the stop of Gender-Based Violence and the current pandemic. It is up to us to make a difference, let us be the change we want to see in our country.</p>